

Bow Arm Warm Up Exercises Summary

Bow Thumb Balance

- Bow on the G string, upper ½ of the bow.
- *Balance the bow on thumb – all other fingers in the air.
- Place other fingers on the bow.
- Do a small Down bow.
- Stop the bow

Follow this sequence 4 times: Balance/bow hand/down bow

Follow this sequence 4 times: Balance/bow hand/up bow

Repeat!

Core Fingers

- *Bow on the G string, upper ½ of the bow.
- Balance the bow on thumb and place your middle and ring finger only on top of the stick with both fingers pointing straight
- Play very small Down bows and Up bows tremolo style.
- Do for 30 seconds up to 2 minutes.

String Arm Levels

- *Bow on the G string where your arm makes a perfect right angle.
- **Move your upper arm from string to string stopping at each string or pair of strings. There is no sound to this exercise.
- The forearm and bow are completely passive and act as if you have a cast on your arm so that when the upper arm moves your forearm and bow automatically go too. There is NO wrist movement. (It's in the cast too.)
- Repeat at the tip.
- Repeat at the frog.

Forearm

- *Bow on the G string where your arm makes a perfect right angle.
- Using the forearm only go exactly from your right angle to the tip and back to your right angle.
- 50 times on each string**.

Upper Arm

- *Bow on the G string where your arm makes a perfect right angle.
- Go Up bow to the frog and back by swinging your upper arm keeping your right angle the same. You will need to raise the wrist to get to the frog
- You may want to set up by backing up against a wall with the back of your upper arm against the wall. As you go Up bow your elbow will leave the wall and must return to the wall at the end of the Down bow.
- 50 times on each string**.

Bow Hand Finger Swap

- Raise pointer finger from frog to middle. Pointer finger on the bow from middle to tip.
- Raise pinkie from middle to tip. Pinkie on the bow from middle to frog.
- Another variation – keep pinkie up the whole time but use the ring finger instead. Raise ring finger from middle to tip. Ring finger on the bow from middle to frog.
- Combine with all other exercises.

Bow Hand Tidbits

- If your pinkie will not curl check that your pointer finger is resting on top of the stick and not curled too far around it.
- Wrist: Up at the frog, level in the middle, down at the tip