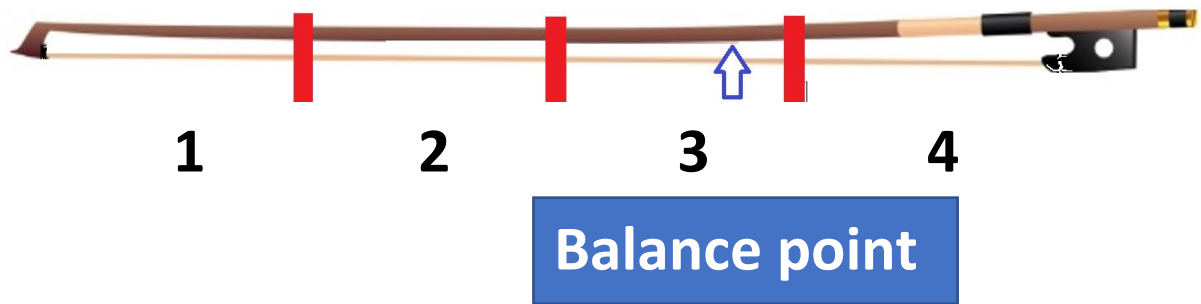


## Douglas's Rusty Bowing Exercises



### 1. WHOLE AIR BOWS

Make sure the bow is positioned half way between the bridge and the fingerboard. Stand in front of a mirror to check!

### 2. WHOLE BOWS ON EACH OPEN STRING

Slowly – check position as above

### 3. Play [A-440](#) as a reference

### 4. A MAJOR 2 or 3 OCTAVES

a. WHOLE BOWS - slowly and in tune . . .

Manage the shifts carefully

b. 2 notes to a full bow, then 4 then 6 then 8 . . .

Make sure you divide up the whole bow evenly

c. Using the tip (1) and the heel (4) only . . .

Slowly and evenly in the air over sections 2 and 3

d. Using the heel (4) only . . .

### 5. FIND THE BALANCE POINT

Practise playing staccato