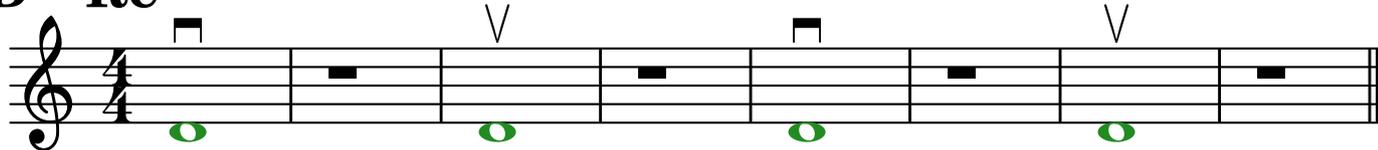


Entire length of the bow

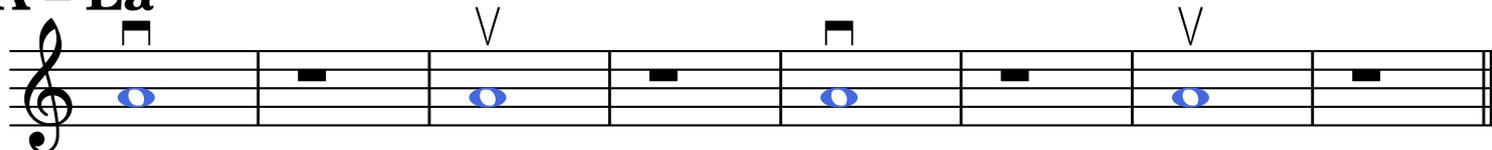


D - Ré

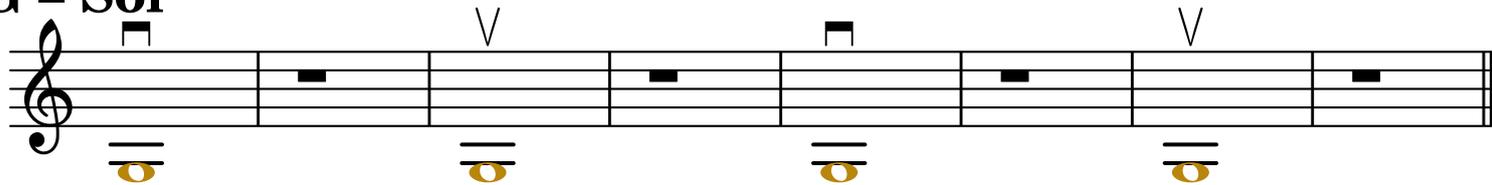


“ 1, 2, 3, 4... ”

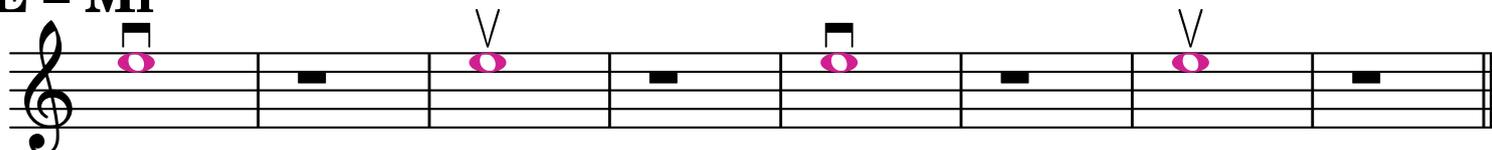
A - La



G - Sol



E - Mi



Down Bow: from frog to tip.

Up Bow: from tip to frog.

Lay the bow about halfway between the bridge and fingerboard. Play each note using entire length of the bow. Take care to draw the bow in a parallel direction to the bridge.

1) Count “1 2 3 4” on each note. Between each note, stop the bow and don't lift it. Then check the position of your bow (ask someone or use a mirror).

2) When you have taken the insurance, play without silences.