

Creating your bow hold:

Suzuki Bow Hold

Start with your "bunny face" nice and floppy and soft. Open the bunny's mouth, put the silver part of the bow on the very tip of your thumb, make sure it stays bent. 2nd and 3rd fingers (the bunny's teeth) hang over the stick of the bow, 3rd finger near the eye.

First finger flops close to the winding of the bow on the soft middle part of the finger.

Pinky sits on top, curved.

Practice on your shoulder, go "down" and "up" this counts as one!

It is important to remember to keep all muscles relaxed-shoulder, arm, wrist, and fingers, to have nice and fluid bowing. Think of painting a wall or a jellyfish swimming in the ocean.

The following pages are taken from Teaching From the Balance Point by Edward Kreitman. I highly recommend reading this book.

Suzuki Bow Hold

child faces the partner and sets up the initial posture and bow hold. The bow rests on the A string ready to begin the song. The left hands drop from the violins, and the children must hold hands every time they come to an open string in the song, returning the left hand to the fingerboard whenever the fingers are needed. We have a lot of fun with this game in the beginning group class. More advanced students can play the same game with Perpetual Motion, touching hands whenever there is a repeated open string.

DIAGRAM 7

POSTURE OF THE BOW

There are numerous variations on how to hold the bow, and each teacher will have his or her own ideas about the relationship of fingers and thumb to the bow. Still, we can all agree on a few things in the development of a beginner's bow hold. The thumb should be curved, and the contact with the bow should be on the tip toward the inside corner. The thumb knuckle should be slightly curved but not tense, with the pinkie curved and resting gently on the top of the stick (DIAGRAM 7). I like the thumb and the middle (holding) fingers to form a strong triangular arrangement. The index finger makes its contact with the top of the stick at the first joint in the finger (DIAGRAM 8). I want my students to feel that the holding of the bow happens between the thumb and the two inner fingers, leaving the pinkie

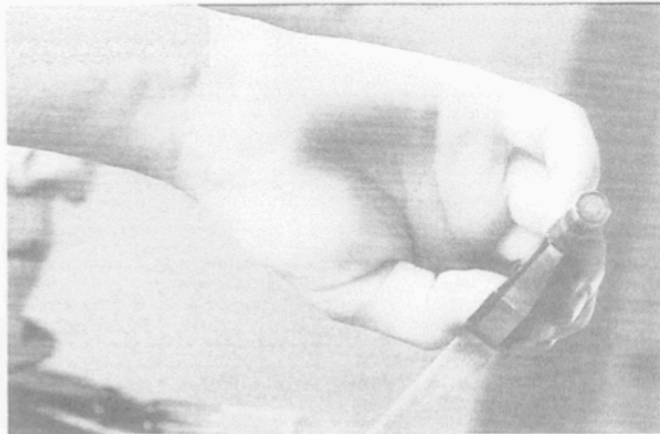


DIAGRAM 8

