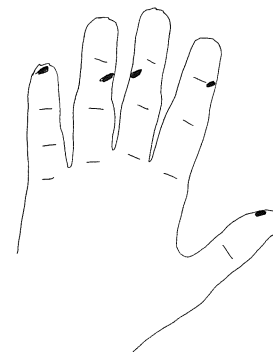


Tips and Tricks for Teaching Bow Technique

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Exercises for teaching bow techniques

Teaching Bowholds

- Thumb under the frog?
- Dot method
- Puppy/bunny method
- Gymnast hanging from bar (not for beginners)
- Jobs of fingers – thumb and middle are foundation, first finger steering, pinkie controls the tip
- Violin/Viola Goal: middle knuckles (one up from hand) is the highest thing in the air

Exercises for First-year students

Silent Beginning Bow hold exercises: Keep beginning bow holds pointed at ceiling

- Stirring soup
- Opening the door
- Elevator
- Ferris Wheel

Elbow Hinge Motion for Violin and Viola

- Washing Arm
- TP roll
- Mirror
- Someone holding the elbow
- Stuffed animals/pillows

Straight Bow

- TP roll
- Mirror
- Someone holds bow straight, slide bowhold up and down the bow

String Crossings

- Violin/Viola - hand leads crossing to lower string, elbow leads crossing to higher strings
- Cello/Bass – hand leads crossing to higher string, elbow leads crossing to lower strings
- Exercise: Silent: Find each string level – Move to each string level – then Play
- Short moves to a string and then back – violin keep elbow on lower string level
 - Exercise: (primarily for violin and viola)

A musical score for a string exercise in 4/4 time, consisting of four staves. The first staff (treble clef) starts with a whole rest, followed by eighth-note patterns: G4-A4-B4-C5, A4-B4-C5, G4-A4-B4, and A4-B4-C5. The second staff (alto clef) starts with a whole rest, followed by eighth-note patterns: G3-A3-B3-C4, A3-B3-C4, G3-A3-B3, and A3-B3-C4. The third staff (bass clef) starts with a whole rest, followed by eighth-note patterns: G2-A2-B2-C3, A2-B2-C3, G2-A2-B2, and A2-B2-C3. The fourth staff (bass clef) starts with a whole rest, followed by eighth-note patterns: G2-A2-B2-C3, A2-B2-C3, G2-A2-B2, and A2-B2-C3. The piece concludes with a double bar line.

Bow Distribution and Articulation Exercises

A musical score for bow distribution and articulation exercises in 4/4 time, consisting of two staves. The first staff (treble clef) contains five measures: 1) quarter notes G4, A4, B4, C5; 2) quarter notes G4, A4, B4, C5 with a fermata over the last note; 3) quarter notes G4, A4, B4, C5; 4) quarter notes G4, A4, B4, C5 with a fermata over the last note; 5) quarter notes G4, A4, B4, C5. The second staff (treble clef) contains five measures: 1) quarter notes G4, A4, B4, C5 with a slur; 2) quarter notes G4, A4, B4, C5 with a slur; 3) quarter notes G4, A4, B4, C5 with a slur; 4) quarter notes G4, A4, B4, C5 with a slur; 5) quarter notes G4, A4, B4, C5 with a slur. The piece concludes with a double bar line.

Exercises for 2nd/3rd year students

Bow hold Exercises

- Relax the bowhold until it drops into your hand
- Windshield wipers (from arm)

Whole bow

- Arm: Violin elbow leads down-open-close-elbow follows hand up; Cello: elbow up-elbow out-elbow in-elbow down
- Bowhold (square at frog, angled at tip, readjust on up-bow)
- Straight bow
 - TP roll
 - Bow hand up and down Bow stick
 - Pencils and rubber bands
 - Mirror
 - Violin/Viola: Going to tip, reach forward like throwing frisbee
 - Cello: Pet the dog

Bow Distribution and Bowings

The image shows two staves of musical notation. The top staff is in treble clef with a key signature of one sharp (F#) and a 3/4 time signature. It contains a sequence of notes: a quarter note, a half note, and a quarter note, followed by a double bar line. The second measure is in 4/4 time and contains a series of eighth notes. The third measure contains a series of quarter notes. The bottom staff is also in treble clef with a key signature of one sharp (F#). It contains a sequence of notes: a quarter note, a quarter note, a quarter note, and a quarter note, followed by a double bar line. The second measure contains a series of quarter notes. The third measure contains a series of quarter notes. The fourth measure contains a series of quarter notes. The fifth measure contains a series of quarter notes. The sixth measure contains a series of quarter notes. The seventh measure contains a series of quarter notes. The eighth measure contains a series of quarter notes. The notation includes dynamic markings *f* and *p*, and accents (>).

Exercises for Advanced Students

Bowhold exercises

- Spider up and down bow
- Bow crunches
- Hold bow parallel to ground – use fingers to move up and down
- Hold bow parallel to ground – use fingers to roll the hair back and forth
- Windshield wiper with fingers
- Bow pointed at ceiling – fingers move up and down
- Frog-tip (down at frog, up at tip; both up bows; both down bows; up at frog, down at tip)
- Rocking across strings with fingers
- For rolling fingers across strings (Exercise on next page)

Vln. $\begin{matrix} \square \\ 0 \\ 0 \end{matrix} \begin{matrix} V \\ 2 \\ 1 \end{matrix}$
 Vla. $\begin{matrix} \square \\ 0 \\ 0 \end{matrix} \begin{matrix} V \\ 1 \\ 0 \end{matrix}$
 Vc. $\begin{matrix} \square \\ 0 \\ 0 \end{matrix} \begin{matrix} V \\ 1 \\ 0 \end{matrix}$
 Cb. $\begin{matrix} \square \\ 2 \\ 1 \end{matrix} \begin{matrix} V \\ 0 \\ 4 \end{matrix}$

The image shows a musical score for four string instruments: Violin (Vln.), Viola (Vla.), Violoncello (Vc.), and Contrabass (Cb.). Each instrument part consists of a melodic line and a bass line. Above each staff, there are fingering diagrams for the first two notes of the piece. The diagrams show the finger numbers (0, 1, 2, 4) and the bowing direction (V for up-bow, □ for down-bow) for each note.

For smooth bow changes

Frog $\square \quad V$ WB Tip $V \quad \square$ D.C.

Violin

Viola

Violoncello

Contrabass

The image shows a musical score for four string instruments: Violin, Viola, Violoncello, and Contrabass. The score is in 4/4 time and consists of four measures. The first measure is marked with 'Frog' and shows a down-bow stroke (□) followed by an up-bow stroke (V). The second measure is marked with 'WB' (Whole Bow) and shows a whole note. The third measure is marked with 'Tip' and shows an up-bow stroke (V) followed by a down-bow stroke (□). The fourth measure is marked with 'D.C.' (Da Capo) and shows a whole note. The score is written for Violin, Viola, Violoncello, and Contrabass.

Spiccato – getting started – and information about the technique

- Down-bow circles, then up-bow circles – 4 down/4 up – 3 down-3 up – 2 down-2 up – 1 down/1 up
- Side of hair (or not)
- Place in bow related to speed (slow-FROG, faster towards middle)
- Violin – elbow hinge (80%) mostly, a bit shoulder (20%)
 - Or – from fingers
 - Cello/Bass – from arm (fingers relaxed)

Spiccato Exercises

Goals: be able to play spiccato at all speeds

Be able to mix spiccato and on-the-string strokes

Two staves of musical notation in G major. The first staff contains three measures: a 16th-note spiccato exercise in 2/4 time, a 3/4 time exercise with quarter notes, and a 4/4 time exercise with quarter notes. The second staff contains a single measure with a mix of spiccato and on-the-string strokes.

Bow Distribution and Bowings

Two staves of musical notation in G major. The first staff shows a 3/4 time exercise with quarter notes, followed by a 4/4 time exercise with eighth notes and slurs. Above the notes are bowing symbols: a square for down-bow and a triangle for up-bow. The second staff shows a 4/4 time exercise with quarter notes and slurs. Labels 'tip to frog' and 'frog to tip' are placed above and below the notes respectively. At the bottom of the second staff, there are two sets of horizontal lines representing bow distribution.