

Holding Your Violin

- Stand with your feet shoulder width apart
- Pick up your violin by its neck with your left hand.
- Hold it out in front of you like a lollipop person stopping the traffic.



Stopping the traffic!!

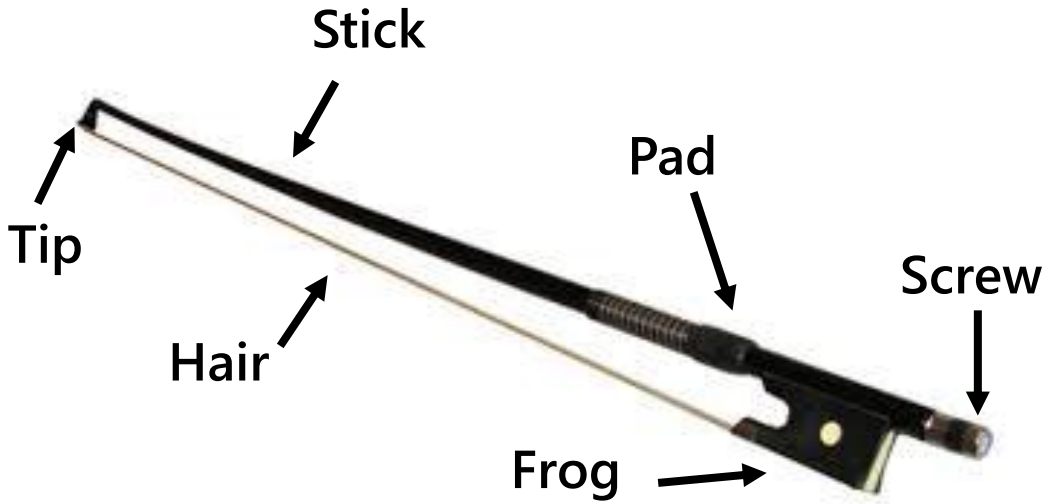
- Still holding your violin by the neck with your left hand, carefully swing the violin round and place it on your shoulder.



Holding the Violin on your shoulder!!

- Make sure your violin covers your shoulder.
- Put your chin on the chin rest.
- Look down your D string.

The Bow



You should tighten the screw before playing and loosen it again before you put your bow away.

The Bow Hold



- Make a circle with your middle finger and thumb of your right hand.
- Open the circle a little and slide the bow between your finger and thumb.
- The frog sits on your thumb and the first finger rests on top of the stick.

- Rest your other fingers over the top of the bow.
- Make sure your little finger (pinky) sits on top of the screw.



Bow Exercises:



Make sure you have a good bow hold before doing these exercises:

1. Do 10 Pinky Push Ups. Keep them slow and controlled. Don't turn your wrist to move your bow. Make sure your bowing arm is stretched out in front of you.
2. Do 10 Windscreen Wipers. Keep your wrist loose and make sure your bow travels all the way over so your horsehair is facing upwards.
3. Bow Writer. Write your name in the air. Use the screw as your 'pen' try writing your name in the air. Can you do 'joined up writing?' Can you 'write' in capital letters?
4. Rhythm Bows. Use the screw to tap the rhythms on the table. Do it gently so as not to damage your bow.
5. Spider Climb. Hold the bow at the heel between your first finger and thumb. Using only your hand holding the bow, climb your fingers up the stick and back down. Be careful not to touch the horse hair. Time how long it takes you to climb up to the point and back to the heel.
6. Long Bows. Put your bow on the string you are told to use roughly by the pad of the bow. Make your bow travel across the string (down bow) between the bridge and the fingerboard. Bow very slowly.



Dice Game: Roll a dice, the number it lands on is the number of the exercise you will do.