

Bow Exercises

Check bow hold	<ul style="list-style-type: none"> ○ Cannot lift middle 2 fingers. Index finger can lift. Cannot push pinky off
Bunny Rabbit	<ul style="list-style-type: none"> ○ <u>No bow</u>: Strong teeth (middle 2 fingers) ○ Wiggles floppy ears (index & pinky) ○ Takes a bow, Yawn, Ferris wheel, Hops (twinkle rhythms) ○ <u>Hold bow</u>: Chews on the carrot, Goes to grandma's house, Knocks, Hugs
Bow swings	<ul style="list-style-type: none"> ○ Arm straight out. Elbow slightly bent. ○ Vertical AND Horizontal
Quick bow hold	<ul style="list-style-type: none"> ○ Left hand holds bow by the stick. Right hand lands on the bow. ○ 3 seconds to a perfect bow hold. 2 seconds. 1 second.
Pinky taps/1 st finger taps	5x. Keep pinky curved. Lift from the base/ Tap 1 st finger
Spider crawls	Keep fingers slightly bent
Doughnut holes	Large hole, Medium, Small
Stir the Soup	Hold bow in middle, Rotate from wrist
Wave Bye-Bye	Wave from the wrist up and down
Rocket Poem	Up like a rocket, Down like the rain, Back & forth like a choo choo train. Round and round like a great big sun. Stop at your nose – curved pinky, bent thumb!
Elevator scales	<ul style="list-style-type: none"> ○ Horizontal bow ○ Sing the major/minor scale “1 2 3 4 5 6 7 8” “8 7 6 5 4 3 2 1” ○ Sing major/minor arpeggios “1 3 5 8” “8 5 3 1” ○ Express elevator: sing octaves “1 8 1”
Windshield wipers	<ul style="list-style-type: none"> ○ Wrist ○ Fingers only. Relax/Push the pinky. Hold how hand still with the left hand.
Tick Tocks	<ul style="list-style-type: none"> ○ Pinky moves the bow. Stop cleanly from “zero” to “E” positions. ○ Different strings: E, A, D, G
String Levels	<ul style="list-style-type: none"> ○ zero = ladder / E = skinny X / A = normal X / D = wide X / G = railroad
Silent string crossing	<ul style="list-style-type: none"> ○ G to E = Drop elbow. ○ E to G = Lift thumb
Bow circles	<ul style="list-style-type: none"> ○ 3 points: tip, hand, elbow. Feel the back shoulder muscle. ○ Parent or teacher holds 2 hands up at tip & frog. ○ Trace a small plate for a circle. ○ Down bow circles & Up bow circles
Thumb	<ul style="list-style-type: none"> ○ Thumb waves. No bow. Keep top of hand still. Move thumb only. ○ Thumb lifts. With bow. Left hand holds the stick and gives weight. ○ Bear tree game. Keep the bow strong.
Bow stroke shapes	E = backward J / A = small smile / D = Nike swoop / G = big smile
Finger Flexibility (Bk. 3)	<ul style="list-style-type: none"> ○ Spider Legs: coin on back of hand ○ Rabbit eating rice: more active thumb motion ○ Finger stretches: ‘good’ bow hold to ‘bad’ bow hold / pencil – dowel – bow ○ Hold a can of coke and drop it ○ Finger flicks: bow down to teacher's finger, teacher flicks pinky back up ○ Target practice: aim the turning screw for a dot on the book