

BEGINNING VIOLIN/VIOLA BOW HOLD CHECKLIST

1. Tighten the hair of your bow, and add rosin (if needed).



2. Bend your thumb, and place it in the groove between the FROG and the GRIP.



Put the tip of your thumb there!

3. Place your “bunny nose” directly across from your thumb. Your ring finger will cover the dot, and your middle finger will touch the silver/metal part.
4. Spread your pointer finger (one of the “bunny ears”) away from your two middle fingers.
5. Put your pinky on TOP of the bow, right next to the ring finger.
6. Can you do....
 - a. Stir the Soup
 - b. Windshield Wipers
 - c. Tick-Tock (Pendulum) - work those fingers!

Here are some more pictures:



Things to remember:

- One plucked note = one bowed note
- Keep your RIGHT shoulder still, and bow from your elbow. You can practice with an egg carton, if you have one!