

Lesson 1

Beautiful Basics

How to use this Fun Sheet?

1. Watch the video lesson
2. Read through this fun sheet

If you don't remember how to do an exercise exactly, rewatch that bit of the video. Put this fun sheet on your music stand (printed or on your phone).

PRACTICE! Do the exercises daily for at least one week.

Review bits of the video and this fun sheet on a regular basis to make sure your practice leads to perfection.

Celebrate and write down your results and go to the next lesson!

What you'll achieve:

- Update and perfect your basic bowing technique
- Learn the separate movements fluently, relaxed and controlled

A true master shows in the basics

What you've learned:

02:04 Body Posture

- Review your posture and discover the difference in sound
- Lift your shoulder to your ears and let them fall
- Swing around your arms with movement from your waist

04:06 Violin Hold

The button of the violin should point to the middle of your throat. Find the most comfortable violin hold for YOU!

05:26 Bow Hold & Movement

In the bow hold every finger has its own job and must be able to move independently. Your fingers must have strength, control and flexibility. They should be relaxed enough to free the resonance in your violin and bow. **Your bow hold can look different than mine.** That's ok! As long as you apply the basic principles.

Upgrade your Violin Bow Technique

10+1 lessons to improve your sound quality on the violin

06:09 Build up the bow hold with my stable pinky trick

What you can play with:

Do all exercises 5 to 9 times a day in the coming week

06:09 Bow hold exercises

06:09 Build up the bow hold with my stable pinky trick

Review your bow hold

07:44 Finger flexibility exercises you can do anytime and anywhere

Do this exercise with a pencil during boring meetings or when you're waiting in line.

08:44 Let the pencil fall

The cure for a stiff bow hold! Build up a good bow hold, relax your fingers more and more until the pencil falls. Do this slowly and discover how natural and relaxed your bow hold CAN be.

09:44 Window wiper

Improve the strength and flexibility of your bow hold with this exercise. Feel the 'pink pong' between your index finger and pinky.

Easy version: Hold the bow at the balance point.

Normal version: Hold the bow at the frog and make slow smooth movements.

Master version: Perform the exercise so quickly that you can hear the bow hair whipping. Be careful when you have pets and/or kids around! ;)

10:43 Bridge

Don't cheat: only move your pinky!

Slow movements make the exercise heavier. Start at the balance point and make the exercise heavier and more difficult by slowly moving to the frog every time you do this exercise.

11:23 Motor skill exercises

12:02 Bend your 'knees': only move your fingers!

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12:43 Paint in the air with fluent movements in your arm, wrist and fingers. Slowly move to a straight bowing movement as you would do on the violin.

13:35 Galamian Square with wrist movement and finger movement

Happy practicing and see you in the next lesson once you've done these exercises daily for AT LEAST one week ;).

Surprise gift!!!

Ha! You didn't expect that one, did you?

Perhaps this lesson made you discover that you want to polish up your basics a bit. That's ALWAYS a good idea!

I've got your back!

Here's my FULL violin beginner course with 10 videos and my beginner book for FREE: [Click here!](#)

