

Lesson 2

Strictly Straight

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:

- Discover the simple thing that might hold you back in more advanced techniques and pieces
- Bow straight with fluency and good resonance in your violin and bow

Often the solution to an advanced problem lies in something very simple

What you've learned:

01:38 Check if you're REALLY bowing straight

Bow on every string with the whole bow from the extreme frog to the extreme tip and back. Do this in front of the mirror.

Correct yourself, not only by bowing differently, but perhaps by holding your violin in a slightly different angle.

03:45 Bowing mechanics

Why you need those complex movements in your arm, wrist and fingers. Learn what ball sports and bowing have in common.

11:21 Secret about bowing straight

Smoothen your bow changes at the extreme tip by NOT bowing straight ;).

Upgrade your Violin Bow Technique

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

What you can play with:

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

03:02 Develop the feeling of bowing straight

Hold your bow like you would at the extreme tip and move your bow hand over the bow. This is how it feels like to bow absolutely straight.

05:41 Learn the right movements in your arm, wrist and fingers, so you can always bow straight without looking

Variations:

- Put a cloth in your elbow, hold your left arm like you're holding the violin and bow through your elbow
- Above while holding the violin
- Bow through a toilet roll you hold on your shoulder and bow to the front and back
- Above while holding the toilet roll exactly where you would bow on the violin

Focus on your pinky, wrist OR thumb movement and put them together once they are automated.

To add a rhythm to this exercise, count: one two pinky/thumb/pinky round.

08:57 Whole bow bowing in front of the mirror on every string

Do this in the beginning of your practice session and you'll see that you'll apply the movements in your playing after that.

10:12 Thibaud exercise for straight bowing

Do a short up bow at the frog and a down bow at the tip.

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

Reminder of your surprise gift

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

Maybe you haven't noticed this surprise gift in the previous lesson, so I'm kindly reminding you right here.

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

