

Lesson 3

Classy Control

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:

- Get control over your bowing
- Bow fluently at every part of the bow

Bowing is a subtle balance between control and relaxation

What you've learned:

Let's get to work with the exercises for smooth and controlled bowing!

What you can play with:

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

00:21 Quarter bow exercise

You'll gain control over the bow and learn the different functions of your fingers in the bow hold.

Place your bow on the string at the extreme tip and hold it with just your index finger and thumb. Bow a quarter and place your middle finger, bow a quarter and place your ring finger, bow a quarter and place your pinky.

The down bow variation is the exact opposite.

First do the exercise with stops and later without.

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01:58 Explore the bow

Make smooth little bow strokes in the middle of the bow. Mainly move your wrist and fingers: your upper and lower arm are almost still. Listen for a constant resonance in your violin. Once you got it, move slowly to the extreme tip and all the way back to the extreme frog.

03:31 Learn to bow on every part of the bow

Make four bow strokes per note in the middle, at the extreme tip OR at the extreme frog. Practice this on open strings, in a scale, etude or piece you're working on. Focus on smooth movements with your wrist and fingers.

04:27 Thibaud exercise for smooth bowing

Do a short up bow at the frog and a down bow at the tip. Focus on the fluent movement in your wrist and fingers I demonstrate in the video.

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