

Lesson 4

Bow Flow

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:

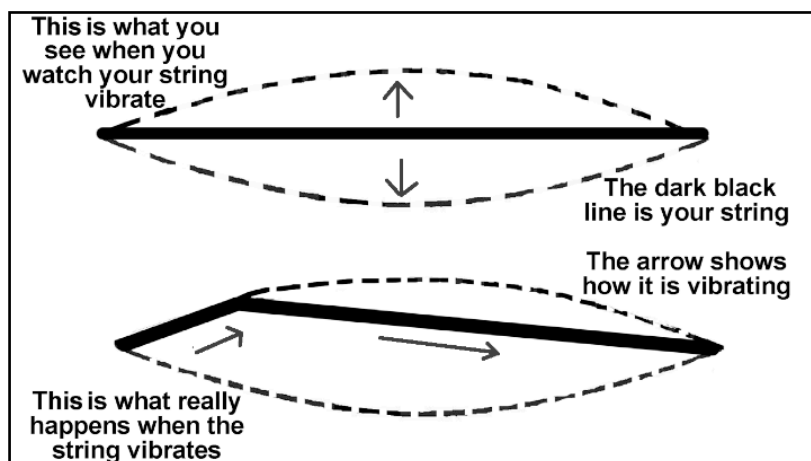
- Fluency in your bowing with beautiful resonance
- Regular sound
- Silent bow changes

From control you can achieve fluency

What you've learned:

00:47 Myth of silent bow changes

Your string vibrates with a Helmholtz motion, a V shape that is different in down bow and up bow. At bow changes you need to stop one movement and start another. [Click here](#) to read all about it. We can only create the ILLUSION of a silent bow change.



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05:41 Ignition point in your finger tips

Your bow flow is coming from your finger tips. Your body moves along.

What you can play with:

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

01:29 Boring bowing exercise

Bow with the whole bow on open strings and listen carefully for irregularities in sound and/or tempo, scratches, slips and other stuff you might want to fix.

02:41 Play a scale and glue all the notes together

Make seamless bow changes without stops. Focus on a regular sound. Your left and right hand must work together perfectly.

03:51 Finger bowing

Make short bow strokes while ONLY moving your fingers. You can start with bowing just with your wrist and fingers and move to finger bowing later. Make sure you maintain the contact points in your bow hold.

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