

Building the "A1" Bow Stroke

Essential Warm-Up Exercise for Violin & Fiddle

♩ = 60-72 ... 90-120+ ... <40

Play at the balance point of the bow

blend (sustain) detache start (stop) start (stop) (8x)

Repeat for other pairs of strings.

Play forte. Listen for clean **starts and stops** - the "space in-between" the notes.

Posture left hand on the shoulder of the violin (not the neck).

This is a 2-cycle bowing pattern (it reverses itself). You can start on either Down bow or Up bow.

Variation

³ (sustain, sustain, sustain) (4x)

This is "single cycle" pattern. First start on Down bow; then repeat exercise starting Up bow. Save your bow! This variation brings much more "bow distribution" into play.