

Name: _____

Lesson #6 Cello

A. Review Bow Hold Set-up!

Checklist:

- Is my Thumb Bent and in the right spot?
- Are my fingers rounded/curved OVER the bow?
- Is my thumb across from my middle finger and ring finger?

B. Bow arm movement - WITHOUT bows

1. Take both arms and hug a tree
2. With your left hand, hold your upper right arm still
3. Keeping your wrist loose, move your right arm from side to side. Move only from the elbow, as if it is like a door hinge.
4. Move your arm side to side as if you are painting a big picture. (not up and down)

Checklist:

- Make sure your elbow does not pull BEHIND your body, or above your body!
- Don't move the upper arm while moving the lower arm
- Relax the shoulder of your bow arm

C. Bow arm movement - WITH bow

- Start at the frog, then pull towards the tip
- Stay IN the bow zone
- Keep the bow STRAIGHT with the bridge
- Move only from the elbow
- Keep your shoulder loose

D. Book Pg. 10-13 (#23-#36)

E. French Folk Song - Pizzicato

Check off as you practice every day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Review Bow Hold Set up							
Bow arm movement without bow							
Bow arm movement with bow							
Review book pg. 10-13							
Lightly Row - pizzicato							