

Name: _____

Lesson #6 Violin/Viola

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 middle finger across from the thumb?
- Is my pinky standing up on TOP of the bow?

B. Bow arm movement - WITHOUT bows

1. Hold your upper right arm still with your left hand
2. Keeping your wrist loose, move your right arm side to side. Move only from the elbow, as if it is a door hinge.
3. 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 go BEHIND 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							