

Practice Log

Date:

How to Hold the Bow: Crucial Fact #1

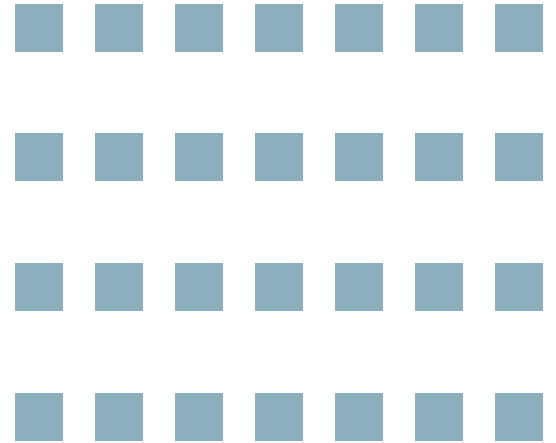
Important key points:

- The bow is typically held at a 45-degree angle, with the wood pointing toward the scroll.
- This angle affects how the bow is held and how the hand engages with it.
- Traditional instructions may be misleading because they don't account for this tilt.
- The correct orientation means the "top" of the bow, where the pinky rests, is actually the flat edge of the octagon @ back a ways on the bow.
- When tilted, fingers naturally wrap around the bow, creating a cradle with the middle fingers, crucial for control.
- The pinky sits properly "on top" only when the bow is tilted.

What to do:

1. Position your fingers on top of the bow, then tilt the bow and observe how the fingertips of the middle two fingers create a little "cradle".
2. Observe Professional Players:
Watch videos of great violinists and note the angle at which they hold their bows
3. Reinforce the Bow Angle:
Continuously remind yourself that the bow should be tilted, as this fundamentally dictates how the hand engages with the bow.

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What felt and/or sounded good:

What could feel and/or sound better: