



Bow Change Exercise

Beginner

- In the up bow, lift the bow off the string at the frog. Let the string ring. Start the bow speed for the down bow in the air, and perform a gentle “airplane landing” on the string, while the string still rings from the previous up bow.
- Shorten the time the bow is in the air. The string never stops ringing.
- Don’t lift the bow off the string. Instead, release all bow pressure at the frog with your little finger in the moment of the bow change.