



# Stance & Violin Position

## Straight Bow Geometry

- In the middle of the bow, envision a square between the sounding point, shoulder, elbow, and hand. At the tip, this becomes a triangle between the sounding point, shoulder, and hand.
- The elbow has to be extended forward considerably to keep the bow straight at the tip.
- At the frog, we reach another triangle. The sounding point and the hand are now in the same place and the triangle is formed with the shoulder, elbow, and hand.
- The bow grip should remain the same from the frog to tip. The wrist has to make the necessary adjustments. See the section *Chin Rests and Body Size* to make these motions comfortable.
- The upper arm is always on the same string level as the bow.
- Every up bow is initiated by closing the elbow.