



Katie Glassman's
FIDDLE SCHOOL

STARTER KIT

UNIT 2



Your Bow Arm

- Your upper arm is the wall, your forearm is the door and your elbow is the hinge. **Keep the wall still as you open and close the door.**
- As your door opens, your arm straightens. As your door closes, your arm bends. Your wall remains perfectly still.

To practice this:

1. Raise your left arm straight in front of you, parallel to the ground with your palm down.
2. Put your right hand on your left elbow.
3. Straighten the right arm from the elbow to open the door.
4. Bend the right arm at the elbow to close the door.

Your Bow Hold

NOTE: When you practice your bow hold, always have a balancing force at the tip of the bow so that your fingers can rest on the bow and do not have to grip it.

1. Gently hold the frog in your right hand and loop your left thumb through the tip of the bow. Hold the bow parallel to the floor, bow hair down.
2. Put your **thumb on its tip and rounded below the frog**. Lift your thumb and gently tap it against the frog a few times to be sure you're not squeezing.
3. Hook your first finger around the stick at your middle knuckle.
4. Your second finger hangs on the side of the frog.
5. Your third finger pets the eye of the frog.
6. **Your pinky is on its tip and softly rounded on the wood of the stick**, not the metal. Lift your pinky and gently tap it against the stick a few times to be sure you're not harboring tension there.
7. Your hand is pronated so that your palm faces out and away from you.

Tighten and Rosin Your Bow

- Your bow needs to be tightened and rosined every time you unpack and loosened every time you pack up.
- When your bow is loosened, the hair rests on the stick. All bows are slightly different, but as you tighten yours, three good turns will give you the tension you need for fiddling, give or take one turn. **It should be just tight enough so that you can slide your pinky all the way through between the stick and the hair.**
- Once your bow is tightened, you're ready to rosin. Rosin is sticky tree sap that creates friction between the bow hair and the string. Hold the rosin in your left hand, your bow in your right hand. Pull and push the bow across the rosin with long strokes. Once you've learned your bow hold, you can

use your bow hold to rosin. Pull your bow through the rosin for 10 down strokes and 10 up strokes. **Rosin your bow every time you sit down to play.**

Bow Division

Bow division describes the area on the stick you use to play. We're going to place stickers on your bow so you can learn to play with even strokes. With this bow division, you're equipped to learn all the bowing patterns in Fiddle School.

To prepare, find your roll of eighth-inch car pin striping from Unit 1 and tighten your bow hair an extra turn or two to avoid touching the hair when you apply the stickers. Now:

1. Find the center of your bow.
2. **Go 2" below that center and place a sticker.**
3. **Go about 2" above that center and place another sticker there.** This is the place on your bow where you'll play even eighth notes, which we call short bows.
4. Notice the distance between your two stickers so far and mirror that distance in the upper half of your bow, towards the tip. Place the final sticker there. This top sticker indicates the bow division for long bows. **The bottom sticker and the top sticker will be equidistant from the middle sticker.**

Whisper Tube: Down Bow, Up Bow

- A **down bow** is a bow stroke that travels downward. When you play a down bow, your “door” (forearm) opens.
- An **up bow** travels upward. When you play an up bow, your door closes. You can practice down bows and up bows with the “whisper tube.”

Here’s how:

1. Take the cardboard tube of a toilet paper roll or paper towel roll and hold it in your left hand.
2. With your right hand, pick up your bow and gently thread it through the whisper tube.
3. Check in with your bow hold: your thumb is curved under the frog, your 1 is curled around the stick, your 2 falls on the side of the frog, your 3 pets the eye of the frog, and your 4 is softly rounded as it taps on top of the wood of the stick.
4. For now, **every down bow begins at the bottom sticker**. Place your bow in the tube at the bottom sticker and pull a down bow.
5. Now **begin at the top sticker and try an up bow**. Hear how the tube whispers each bowing back to you.
6. Lastly, connect your down bows and up bows. Remember to open and close your door while your wall (your upper arm) stays still.