

"DON'T DISTURB THE BOW" EXERCISES

(DISCOCIATING THE RIGHT SIDE FROM THE LEFT SIDE)

ETIENNE LAFRANCE

1

A) BOW FIRST. REMEMBER: FOR THE DOUBLE STOP THE BOW IS BALANCED ON THE BOTTOM STRING AND CARESS THE TOP ONE. KEEP THE CROSSING SMALL IN RADIUS, EXPERIMENT HOW CLOSE YOU CAN STAY TO THE DOUBLE STOP FEEL.



B) ADD THE LEFT HAND, BUT DON'T DISTURB THE BOW...

I.E. DISCOCIATE THE TWO SIDES, DON'T LET THE LEFT HAND MOTION DISTURB THE NICE BOW WAVE YOU FOUND.

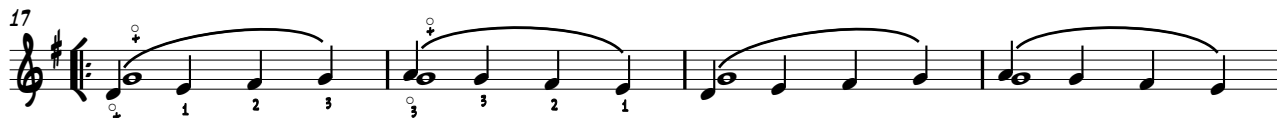


* = HERE THE HAND OPENS TO CATCH THE HARMONIC D WHILE THE THUMB ROCK TO THE SIDE TO RELEASE THE G HARMONIC. TOUCHING ONLY THE D HARMONIC FROM THE TIP. THE HAND CLOSES BACK FIRMLY TO PLAY THE C, WITH THE THUMB GETTING BACK TOUCHING BOTH STRINGS. THIS 3-3-3 MOTION/OPENING-CLOSING OF THE HAND IS IMPORTANT TO MASTER AND MUST NOT BE SLOPPY.

C) REVERSED, BOW FIRST.



D) ADD THE LEFT HAND, BUT DON'T DISTURB THE BOW...



NOTE: ALSO DO ALL THESE EXERCISES AN OCTAVE LOWER. BE CERTAIN THAT YOU ARE DEFINITE ABOUT BOW PLACEMENT ON THE STRING AND THAT YOU DEVOTE THIS ROLE TO YOUR CHEST. I.E. THE SHAPE OF THE RIGHT ARM DOES NOT CHANGE BUT YOU MOVE FROM THE HIPS TO PUT THE BOW AT THE RIGHT PLACE.

2 LONGER SLURS

A) BOW ONLY.

25

B) ADD LEFT HAND, DON'T DISTURB THE BOW...

29

(Svs. PLAY THE OPEN D STRING AS BOTTOM NOTE. BUT CARE ABOUT THE SOUND OF THE UPPER NOTES FOR BOW PLACEMENT)

C) REVERSED. BOW ONLY.

33

D) ADD LEFT HAND, DON'T DISTURB THE BOW...

37

D G

E) TWO REGISTERS COMBINED.

41

(Svs. CONTINUE TO PLAY AN OPEN D THROUGHOUT AS BOTTOM NOTE)

45

F) TWO REGISTERS, REVERSED.

49

D G

53

NOTE: ALSO PLAY E) AND F) WITHOUT REPEATING THE OCTAVE NOTES, LETTING THE BOW CHANGE HAPPEN WHEN IT COMES.

3 DIFFERENT STRING CROSSINGS. (ALSO TO BE DONE 8/8)

A) BOW ONLY. ALTERNATE BETWEEN DOUBLE STOP AND CROSSING.
KEEP THE CROSSING SMALL IN RADIUS. EXPERIMENT HOW CLOSE YOU CAN STAY TO THE DOUBLE STOP FEEL.



ADD LEFT HAND. DON'T DISTURB THE BOW...



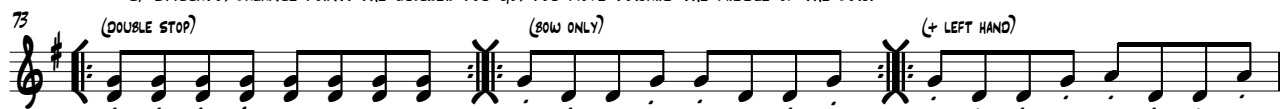
B) REVERSED. BOW ONLY.



ADD LEFT HAND. DON'T DISTURB THE BOW...



C) SPICCATO. BALANCE POINT. THE QUICKER YOU GO, YOU MOVE TOWARD THE MIDDLE OF THE BOW.



D) SPICCATO. REVERSED



NOTE: FROM NOW ON I WRITE ONLY THE LEFT HAND AND BOWING COMBINED BUT WE SHOULD ALWAYS DO THE SEQUENCE OF DOING THE DOUBLE STOP FIRST, THEN THE BOW ONLY AND THEN THE TWO HANDS COMBINED, BUT DISOCIATED, NOT LETTING THE LEFT HAND MOTION DISTURB THE BOW ..

E) ALTERNATE SLURS AND OFF THE STRING

85

89

93 REVERSED

97

101 F) BOWING...

105 REVERSED

109 G) BOWING...

113 REVERSED

117 H) DIFFERENT LEFT HAND. OFF THE STRING, ALTERNATING BETWEEN "WITH THE CURVE" AND "AGAINST THE CURVE".

(ETC)

121

