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## BASIC BOW TECHNIQUES FOR CELLO AND BASS USABLE AND EFFECTIVE CONCEPTS FOR STRING TEACHERS

### THE SET-UP

1. Size of instrument
2. Height of instrument
3. Angle of instrument
4. Posture

*Warnings: Wrong size; wrong height; difficult access to strings; bad posture*

### THE BOW HOLD

1. Same for both the cello and bass
2. Fingers perpendicular to the stick
3. Thumb bent
4. Flexible hand, but no wandering fingers

*Warnings: High fingers; thumb locked; fingers not perpendicular; squeezing bow*

### ROUNDNESS AND THE PRODUCTION OF WEIGHT

1. CELLO AND BASS
  - a. Arm weight at frog. Weight centered in hand. Low elbow. RELAX.  
The push-up
  - b. Pronated arm past balance point. Weight on first finger and thumb.  
Elbow high
  - c. Play toward bridge. Hair facing bridge
  - d. Shoulder down

*Warnings: Elbow positions reversed; lifting the bow; tension at frog; raised shoulder; hair facing fingerboard; collapsing wrist*

## THE PERPENDICULAR

1. Cello
  - a. Combination of upper arm and lower arm
  - b. Movement begins with arm
  - c. Ovals for transference of weight
  - d. Play toward bridge. Hair facing bridge
  - e. Keep shoulder down
  - f. The hand and arm should look the same each time at the frog  
*Warnings: Wrong directions; wrong movement of arm; straight lines; starting motion with hand; playing and lifting toward fingerboard; raised shoulder*
2. Bass
  - a. Movement from shoulder. No forearm
  - b. Movement begins with arm
  - c. Play toward bridge. Hair facing bridge
  - d. Ovals for transference of weight
  - e. Keep shoulder down
  - f. The hand and arm should look the same each time at the frog  
*Warnings: Wrong directions; use of forearm; starting motion with hand; playing and lifting toward fingerboard; straight lines; raised shoulder*

## STRING CROSSINGS

1. Find directions of different strings
2. Executed with arm, not hand  
*Warnings: Wrong directions; lifting weight; hand from wrist; not leading from arm*

## SPEED, WEIGHT, AND CONTACT POINT

## BOWINGS

1. Legato
2. Marcato
3. Brush stroke
4. Sautille