



The 3 B's: Beautiful Bow Arms for Beginners: Setting the right tone from the beginning

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BETTER BOW HANDS START WITH PREPARATION

Preparing the Hand

Preparing the hand placement with weight	<ul style="list-style-type: none"> • Hold 1st finger of left hand up horizontally VLVA right hand facing floor, C/B right hand facing body. • Hang right hand fingers on that finger and flop with hanging thumb. • Right arm comes from above. • Do throw ups and drop. • VLVA - tip of little finger sets on the fingernail. • C/B - little finger touches fingernail
Preparing the thumb	<ul style="list-style-type: none"> • Thumb taps on 2nd joint of left hand 1st finger. • Make a spyglass with right hand. • VLVA thumb and 2nd, C/B thumb and 2nd/3rd. • VLVA wave goodbye sideways. C/B wave up and down
Forming the hand	<ul style="list-style-type: none"> • Do a hand throw up and tap thumb on second joint of left hand finger. • VLVA - point left hand up and let right hand cantor down. Reset left hand parallel to the floor. • C/B lower left hand in front of tummy and set right hand.
Preparing the hand on the bow	<ul style="list-style-type: none"> • Do throw ups and thumb taps on the bow while holding the bow with the left hand.
Preparing for flexibility	<ul style="list-style-type: none"> • Do a hand throw up • Squeeze the left hand 1st finger with 10 lbs then relax to 1. • Now do it with the bow. • Slide the hand up and down the stick while holding with the left hand.

BETTER BOW HANDS BUILT WITH BASICS

Fingers Count - Finger Function

The finger down under - the thumb	Make a telescope with thumb and 2 nd finger
Sticking together - the thumb/second finger	Hold the bow with just thumb and second finger
Going along for the ride - the third finger	Even second fingers have friends
Lean on me - the first finger	Put the rabbit ear down
Point/counterpoint - the fourth finger	Put the other rabbit ear down

Example: String Explorer Book 1, Page 4, Activities 8 - 9

Where's the Rabbit - Setting up the Bow

Making a rabbit	As in Pic. A, B (String Explorer Page 4)
The Rabbit finds the Frog	As in Pic. C, D, E, F (String Explorer Page 4)
Rabbit check points: Thumb, Second, Third, First, Fourth Fingers	As in Pic. G,H,I, J, K, L (String Explorer Page 4)

Example: String Explorer Book 1, Page 4, Activities 8 - 9

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