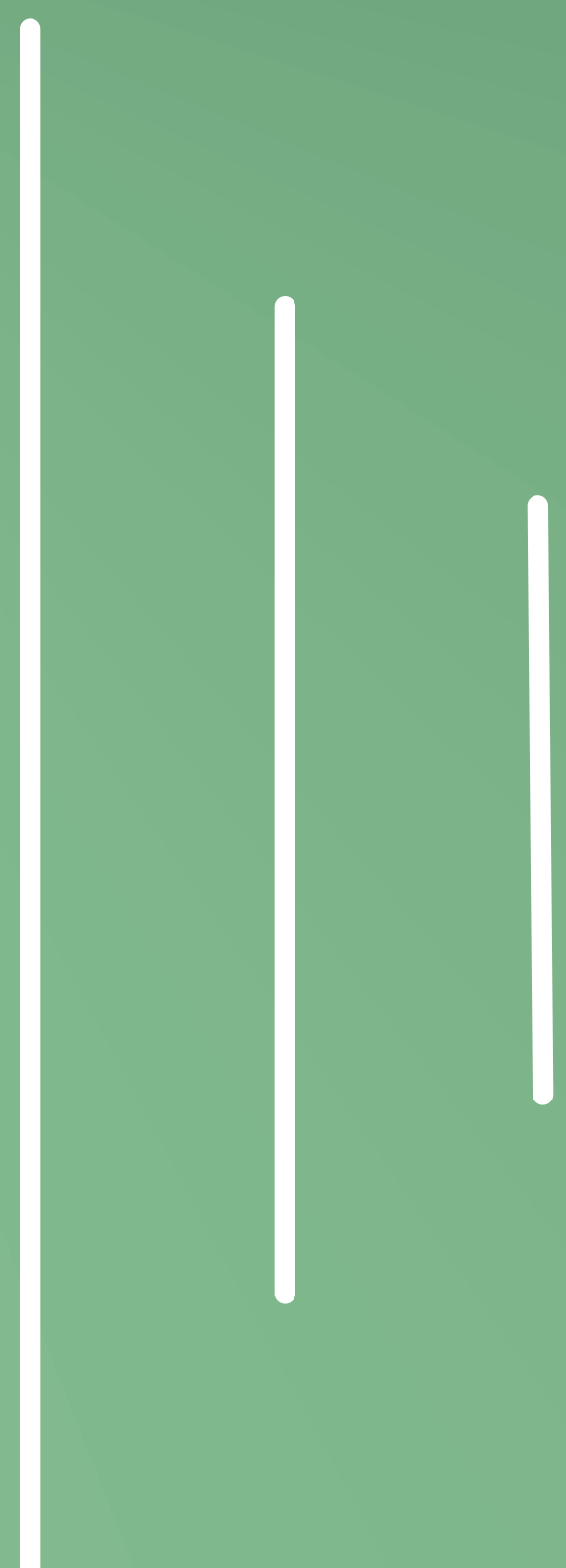




SUSAN
MOSES

BOW
SETUP



ABOUT THE COURSE

In this lesson, we learn about the very basic setup of the right hand. Susan Moses explains how we find where to place our thumb and fingers on the bow. We learn that pronation is when we turn our hand in (to our left as we look down at the bow) and we rotate the arm into the bow. Supination is the opposite. If you play over and over on one string, you will “feel you’re making the sound also with the fingertips!” as Paul Tortelier described. Feel all parts of your fingers vibrating and rotating.



If you have any corrections, comments, or critiques relating to this workbook, please send them to marek@tonebase.co. We strive to deliver the highest quality enrichment experience. Thank you!

Bow Setup

- Susan Moses asks players to try this procedure when considering bow setup: sit down, place a pen in the lap, make a fist with both hands, drop the arms, and pick up the pen without thinking about it.
- It is crucial to keep the thumb as flexible as possible.
- The most logical place for the thumb to hit the pen is between fingers 1 and 2. Just feel the pen in your hand without thinking about the bow or the sound!
- No matter what bow you have – expensive or not – you **can** make your own sound! You need to understand the feeling of the fingers.
- Professor Moses explains that pronation is when we turn our hand in (to our left as we look down at the bow) and rotate the arm into the bow. Supination is the opposite.
- The best way to begin is **not** to play at the frog at the beginning. Feel the stick of the bow and play back and forth in the middle!
- For beginners, try working mainly on the lower part of the bow.
- Feel the pull and push of the bow!
- Leonard Rose taught a famous figure-8 pattern with the bow.



- Get comfortable with the collé stroke, a sharper articulation that makes us pull and push the bow over and in the strings.
- If you play repeatedly on one string, you will “feel you’re making the sound also with the fingertips!” as Paul Tortelier described. Feel all parts of your fingers vibrating and rotating.