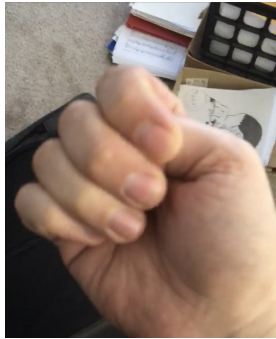


BASS BOW

PREPARE



Step 1:
Make a fist, thumb INSIDE



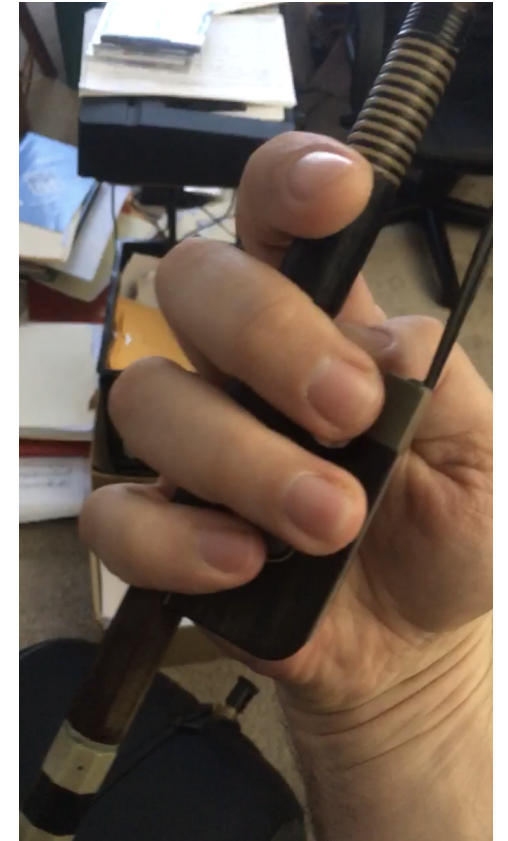
Step 2:
Relaxed fist, thumb "inside"



Step 3:
Apply relaxed fist to pencil using pocket clip as a stand-in for the frog lip. The thumb should point toward the clip.

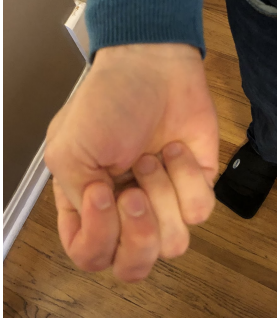
APPLY

Thumb points to frog lip, back toward the end-screw. Pointer finger lightly grips the stick.

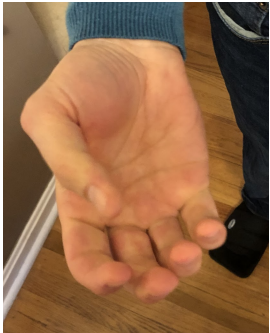


CELLO BOW

PREPARE



Step 1:
Make a fist, thumb INSIDE



Step 2:
Relaxed fist, thumb "inside"



Step 3:
Apply relaxed fist to pencil:
fingers on front, thumb on
back using pocket clip as a
stand-in for the frog lip. The
thumb touches half
pencil/half clip.

APPLY



Pointer finger lightly grips the stick

Replace the pencil with the bow.

Thumb touches half stick/half frog lip.

Middle finger touches half hair/half ferrule (silver part)



VIOLIN + VIOLA BOW

PREPARE



Step 1:
Make a fist, thumb INSIDE



Step 2:
Relaxed fist, thumb "inside"



Step 3:
Apply relaxed fist to pencil using pocket clip as a stand-in for the frog lip. The thumb should touch half pencil/half clip.

APPLY



Replace the pencil with the bow. Below you can see the thumb placement, touching half stick/half frog lip. Pointer rests lightly on the stick and gently wraps over. My pinky is gently curved, next to my ring finger and perched on the top/slightly back part of my bow.



Thumb curves very near to hair with space between thumb & hand. Knuckles and thickest part of the fingers remain low and in line with the hand.

