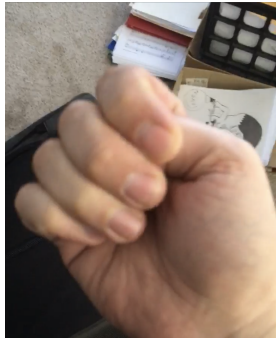
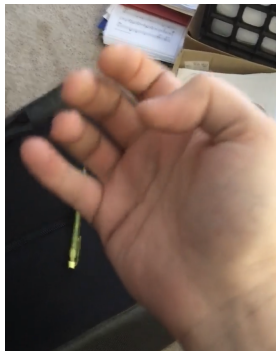


# BASS BOW

## PREPARE



**Step 1:**  
Make a fist, thumb INSIDE



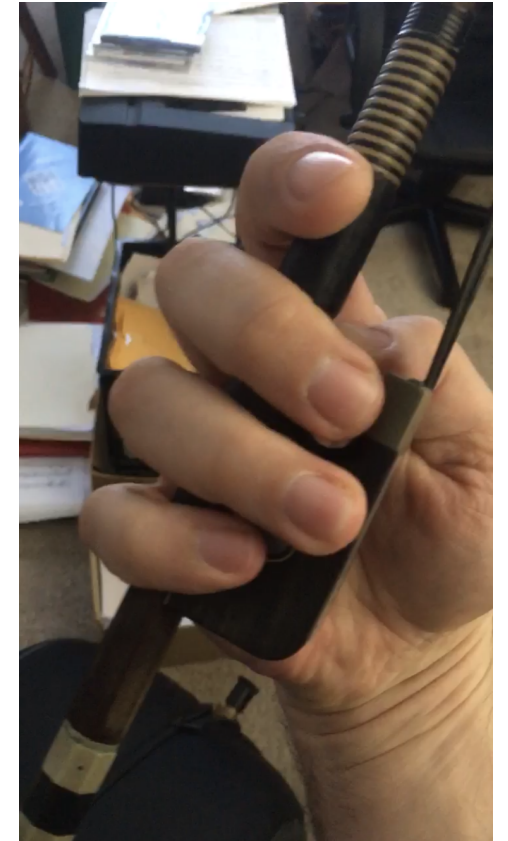
**Step 2:**  
Relaxed fist, thumb "inside"



**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.

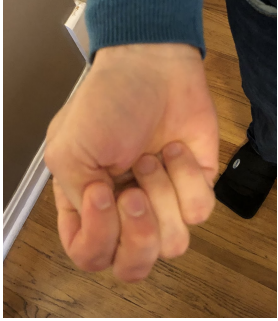
## APPLY

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

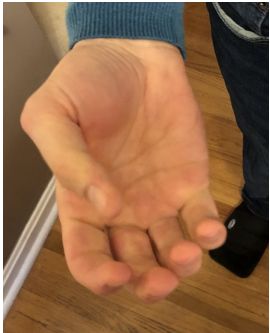


# CELLO BOW

## 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



Replace the pencil with the bow.

Thumb touches half stick/half frog lip.

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

Pointer finger lightly grips the stick



# 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.



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.

