

## ***Right hand***

Focus on the ergonomics of the body in relation to the instrument

There is no fixed position, all depends on body shape and size.

Violin position ...(depending on the length of the arms and body form)

Collarbone

Chin rest, side, middle, shape

Shoulder rest, pad, none.

Bow strokes.

## ***Detache***

Upper half ( square position)...bow straight,full hair

Down bow-open the elbow, up bow close the elbow back to the middle

Lower half

Up bow from the middle to the bow grip and take the elbow to the heel ...check balance with the 4<sup>th</sup> finger.

## *Martele*

Hammered.....Lean on the bow through the first finger

Must be a strong accent 'bite' the stroke after the bite as in a fast detache (frog the bow can be lifted a little to help the relaxation of the stroke)

## *Legato*

Over 2 strings

Preparation-

a) D to A down bow A to D up bow, small double stop before the 2<sup>nd</sup> string. Bow and arm follow the bridge curve

b) D to A on up bow, small double stop before 2<sup>nd</sup> string. Bow and arm follow the bridge in reflection of (a)

c) Connection of (a) and (b)

D to A down bow, connection, D to A up bow

At slower tempi the connection is with the hand and arm together, especially at the tip.

4 legato all arm

8 legato last at heel wrist or hand flexible Fingers.

12 legato last 2 at heel with wrist 8at the tip with arm and hand but always becoming smaller as the number or tempo increases.

Over 3 strings

The same principles large movements large joints  
small movements smaller joints.

### *Spiccato*

The only stroke beginning off the string (exception ricochette which stems from spiccato)

Development

Let the bow fall from the hand 5 cm above the string, only thumb and 1<sup>st</sup> finger remain on the stick (height and speed of bow alter speed of bounce).

As above and draw the bow let it bounce out

As above then catch the bow with normal bow hold.

From 1- 8 bounces down and up bow

As above and change direction after 1 note and catch the bow after 2 notes (1 down, 1 up) until continuous

Repeat all previous exercises with all fingers on the bow

## *Sautille*

Similar to detache, beginning on the string at the balance of the bow