

Content Area 1C Right Hand Skills and Knowledge
4.1-3 Advanced Bowing Checklist—Practice and Self-Assess

Advanced Bowing Checklist and Self-Assessment

Name: _____

Directions: In each column is a list of characteristics of the bow style and steps to practicing. Mark an X in the blank column to the right if you are able to complete this step. Do the same for the practice section.

Ricochet	X	Sautillé	X	Flying Spiccato	X
Bow hand and fingers are relaxed.		Completely relaxed bow hold.		Relaxed bow arm, relaxed and curved fingers, and control of bow speed.	
Bow placed in the upper half of the stick using flat bow hair.		Measured bow stroke performed from the string (rather than off the string).		Must be able to already perform the slurred staccato, brush, and spiccato bow strokes with control.	
Bow hair is dropped on the string creating a rebound motion.		The weight of the bow hand and the rebound of the bow vertically occur together with horizontal motion of the bow hand and the speed of the repeated bow stroke.		The first note starts on the string and comes off.	
Two bounces in a single bow direction.		Only happens at rapid tempo.		Series of collé motions in a single bow stroke.	
Upper half of the bow placement.		Only works with good quality bow.		Always done up-bow.	
Plays double down- bow followed by a single up-bow stroke.					

(continued)

ASTA STRING ASSESSMENT GUIDE

Practice		
Practice performing a double down-bow followed by a single up-bow stroke.	Practice on a single note.	Play one collé bow stroke, then two, then three, etc.
Create a short story and use this bowing as sound effects.	Switch notes after every four strokes.	Increase the speed of execution, while making sure the bow hand is balanced and relaxed throughout the stroke.
	Switch notes after every two strokes.	
	Switch every note.	