

Module 1

Goal: Master the bow hold

- ☐ I am able to hold my bow correctly
 - ☐ My little finger and thumb are rounded
 - ☐ The knuckle of my first finger is relaxed
 - ☐ All my fingers are curved and naturally spaced
 - ☐ My hand feels generally relaxed

- ☐ I mastered the exercise “stirring the clouds”
 - ☐ My movement comes from the wrist

- ☐ I mastered the exercise “windshield wipers”
 - ☐ My elbow rests against my body
 - ☐ Movement comes from the forearm

- ☐ I mastered the exercise “spider race”
 - ☐ I can move up and down the bow without losing the right bow hold



60 min.