Pre-Bowing Exercises:
Navigating the Awkward Steps between Pizzicato and Détaché

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What are Pre-Bowing Exercises?

**Definition:** A logical sequence of right-hand activities that follow bow-hand shape exercises and bow-directional understanding, and prepare the détaché bow stroke. They are frequently performed with a bow or bow-like apparatus away from the instrument, but may involve the instrument toward the later stages of pre-bowing development. (Dakon, 2014)

### Three Stages of Implementation:
- Stage 1: Review the Bow-Hand Shape
- Stage 2: Joint Actions
- Stage 3: Simulation Exercises

### Materials:
- A yard stick
- Wooden dowel rods
- Toilet paper tubes or PVC pipe (thinnest available and cut into 6-inch sections)
- Rubber bands
- Unsharpened pencils
- Straws (McDonalds or Starbucks)
Describing Movement:

A.

“Close” = Elbow Flexion

B.

“Raise” = Abduction

C.

“Open” = Elbow Extension

“Turn away” = Supination

“Turn Into” = Pronation

Stage 1: Review the Bow-Hand Shape

- Is the bow-hand shape correct and relaxed?
- Be patient and persistent
- Materials: pencil or straw
Stage 2: Joint Action

• Derived from Paul Rolland’s use of movement or ‘action’ to release excessive tension in the muscles surrounding the shoulder, elbow, wrist, and fingers.

Strategies:

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Stage 3: Simulation Exercises

• Simulates a ‘quiet’ simple connected détaché stroke—i.e., the action of pulling and pushing the bow, while pausing in between strokes to set the succeeding stroke.
• Requires a pencil or straw, tube, dowel, bow, rubber band, and a yard stick

Three Primary Motions:
1. The extension and flexion motions in the right elbow joint.
2. A slight abduction and adduction of the right shoulder joint.
3. Pronation and supination of the right forearm.

Strategies:

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Questions?
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