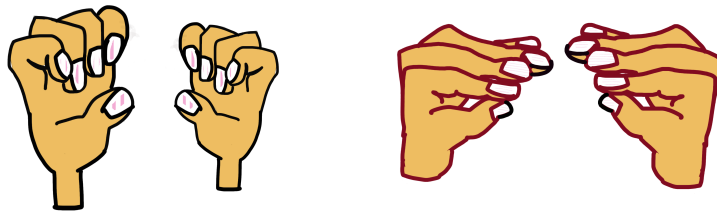
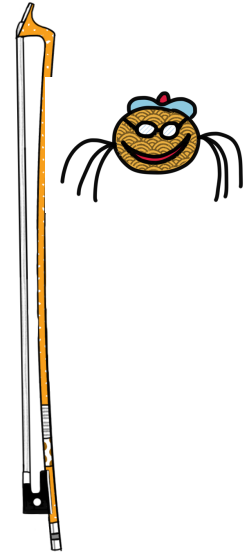
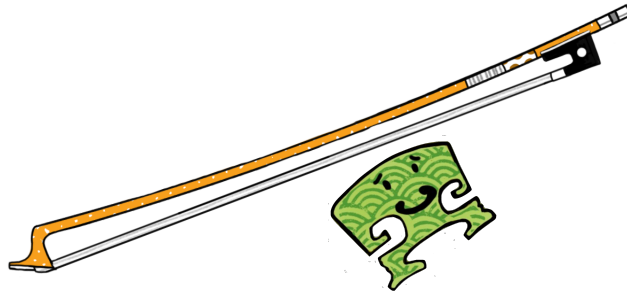


2. Flexibility for the Fingers



Seesaw on the bridge = Place your bow on top of the bridge, roll over the bridge from the lowest string to the highest without making a sound by moving your whole arm.

Fishing = Hold your bow at the balance point, give small impulses with your pinkie and watch the tip of the bow move up and down.

Biking= "Pedal" your bow with your index finger and pinkie like biking, hold the bow from the balance point again.

The saltshaker = shake your bow like your were using a salt shaker.

The Spider = Hold the bow with your normal bow hold with your thumb soft and curved, climb up and down the bow and try and keep the same bow hold.

Ostrich = Make your fingers flexible by imitating ostrich that are kissing each other.

The Flying Carpet = Hold the bow with your left hand at the tip, start by making the movement of the up bow by leaning on the index finger of your bow hand, fly the bow to your left, start the movement of the down bow and try to feel the weight of your bow arm on your pinkie, fly to the right. Try to feel the push and pull of the bow. Repeat.

Invent more exercises and have fun! (P.Rolland, U.Magnusson, J. Dixon, H. Sippel, L. Hämäläinen)



4. Duos in G Major ♥

1833-1884 FRANZ

WOHLFART



I

II

I

II

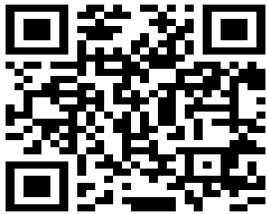


I

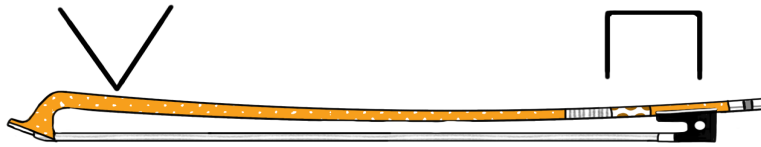
II

I

II



6. Bow Master

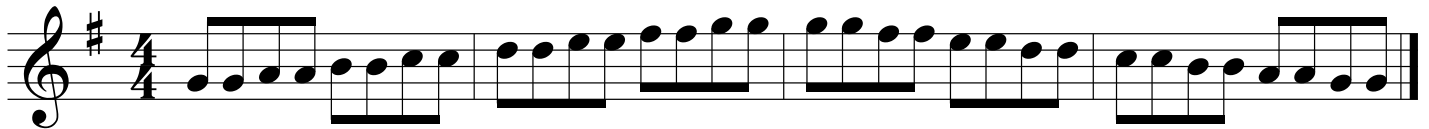


Sp = Spetsen
 Am Spitze (German)
 Sur la pointe (French)
 Punta d' arco (Italian)
 Tip of the Bow (English)
 Kärjessä (Finnish)

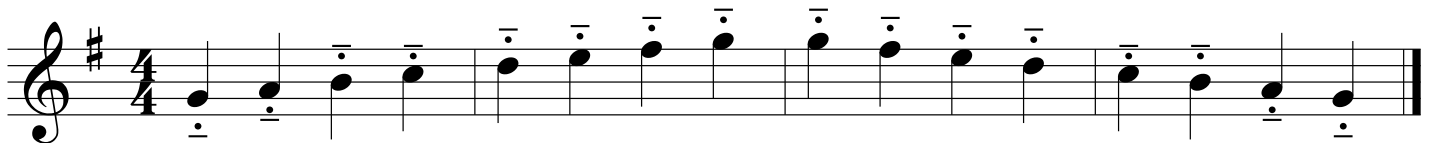
Mb = mitten av stråken
 MB = Middle of the Bow
 Auf der Mitte des Bogens (German)
 Au milieu (French)
 Keskiyousella (Finnish)

Fr = Froschen
 Am Frosch (German)
 Au talon (French)
 At the frog (English)
 Kannassa (Finnish)

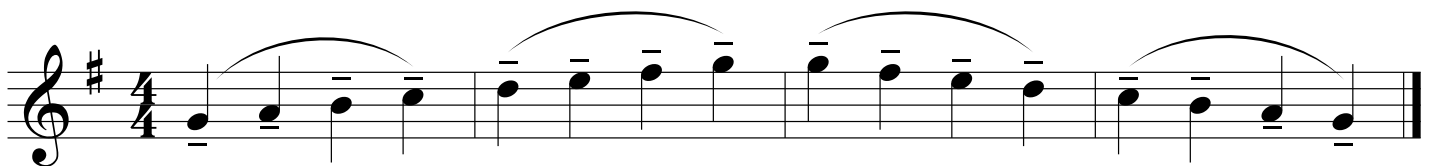
Détaché (mb, frog, tip)



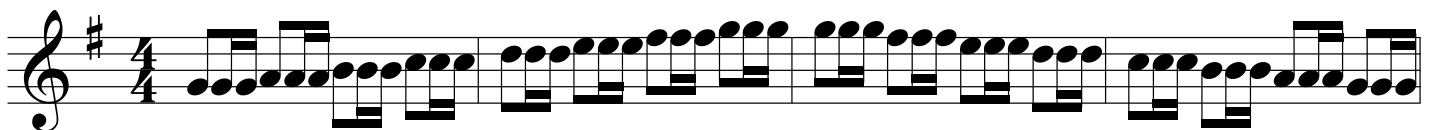
Martelé (tip)



Portato (whole bow)



The Swing

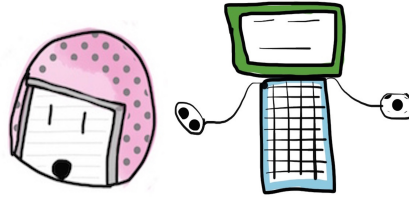


Mixed rhythms





7. Game Music



Lauri Hämäläinen
1972-

Play martelé like a computer

I

II

5

I

II

8

I

II

