

III. Vc.—The thumb crooked beneath the tips of the fingers

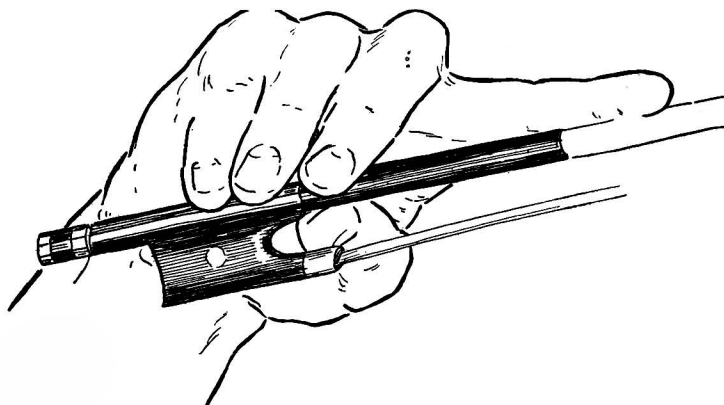
## EXERCISE VI.

## GLIDING MOTION OF THE FINGERS ON THE BOW-STICK.

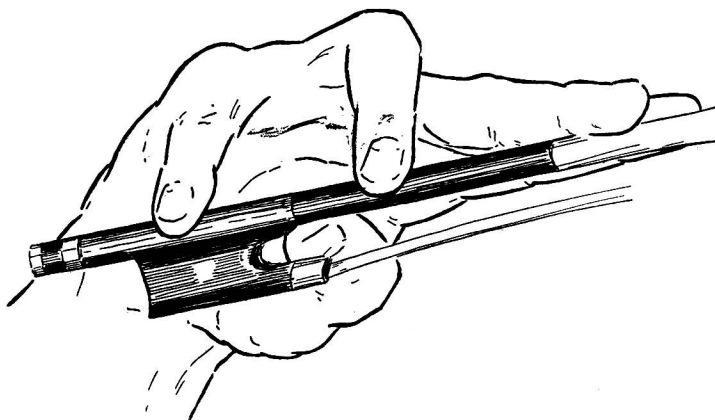
Hold the bow with bent thumb, and fingers closed as though about to play, and as though the middle of the bow were resting on the D-string. This is the starting position. Now let the first finger glide upward along the bow-stick, as far as it will go *without raising it*. The object is to increase the sideward movement of the fingers and to make the most of their existing capacity for extension.

The out-stretched finger should glide back in the manner already described to the starting position, and should repeat the exercise four times; whereupon it should be held in position at the furthest point reached in the movement. The second finger should now be moved from its starting position, along the bow-stick, until it lies beside the first finger. After repeating this gliding movement, up and down, four times, the second finger should take position stretched out beside the first. The third finger should now glide upward from its starting position, stretch out as far as possible and, after four repetitions of the movement, should come to rest somewhat apart from the second finger. This movement on the part of the third finger includes a contracting movement as well. The fourth finger may now glide four times to the side of the third, and be withdrawn as far as the tension of the hand will allow. The fatigue of the hand may best be relieved by allowing it to hang quietly until blood circulation is once more normal.

Four weeks of daily practice are required before the right hand will be able to go through this exercise with a perfectly balanced bow, and the student should patiently await the development and elasticity of the muscles. This result is sure to come and bring its well-earned reward of great ease and lightness of the fingers.



III. VIa.—Position of the hand with outstretched first finger.

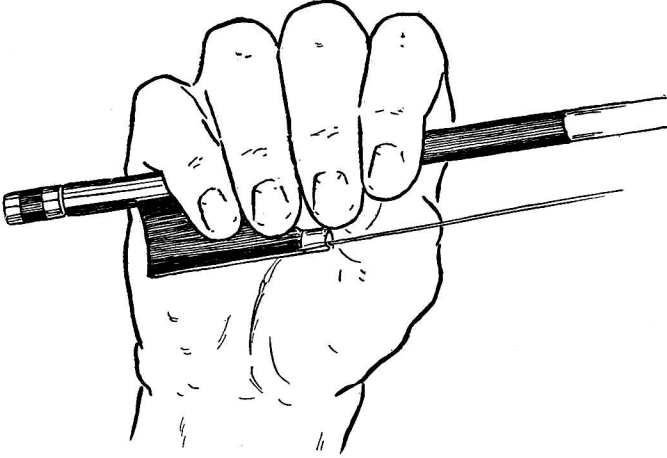


III. VIb.—Position of the hand with little finger thrust out beyond the original position.

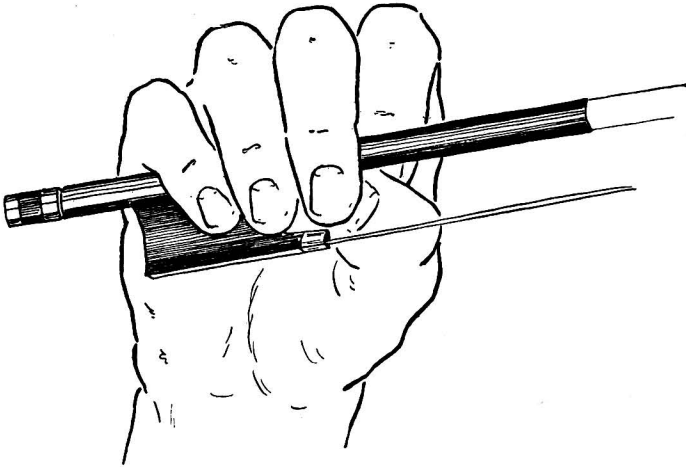
## EXERCISE VII.

## BENDING MOTIONS OF THE FINGERS.

The starting position of the right hand is much the same as in the foregoing exercise. Yet here we must emphasize the fact that the fingertips or, rather, the first joints of the fingers, should lie firmly against the side of the bow-stick, which is turned away from the player, i.e., *thrust out a little beyond their usual position*. This should be done with a considerable exertion of strength. From this position the first finger, held intentionally tense, should be allowed to glide over the curve of the bow; then be drawn upward *upon* the bow and down again on the side turned toward the player. The finger-nail will now be resting on the inner side of the bow, opposite the point where the tip of the finger rested before. The tension of the fingers should be deliberately encouraged, and sentience of touch in the fingertips developed. After a short rest, the finger should reverse the movement described, that is, it should return to its original position by drawing itself up and thrusting itself forward. Each finger should repeat the same movements four times, and the entire exercise should be repeated four times in succession as well.



III. VIIa.—The starting position.



III. VIIb.—Position of the hand with first finger drawn across the bowstick.

## EXERCISE VIII.

This exercise, like Exercises II and IV, is a continuation of its predecessor.

During the time occupied by the forefinger, which has been drawn over the bow-stick, in returning to its starting position, draw another finger—in this case the second finger—across the bow-stick and *vice versa*.

The fingers should alternate in the following manner:

1 . . . . 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2  
 3 . . . . 2 . . . . 3 . . . . 2 . . . . 3 . . . . 2 . . . . 3 . . . . 2  
 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4  
 1 . . . . 4 . . . . 1 . . . . 4 . . . . 1 . . . . 4 . . . . 1 . . . . 4  
 1 . . . . 3 . . . . 1 . . . . 3 . . . . 1 . . . . 3 . . . . 1 . . . . 3  
 2 . . . . 4 . . . . 2 . . . . 4 . . . . 2 . . . . 4 . . . . 2 . . . . 4

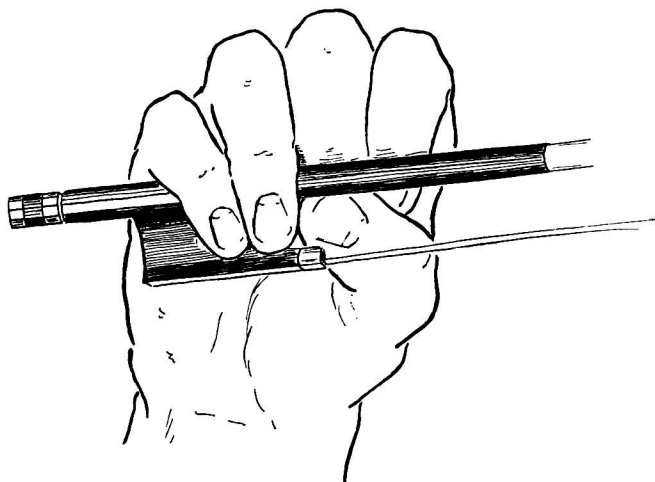
The number indicates the finger to be drawn across the bow-stick. Repeat the entire exercise four times.

## EXERCISE IX.

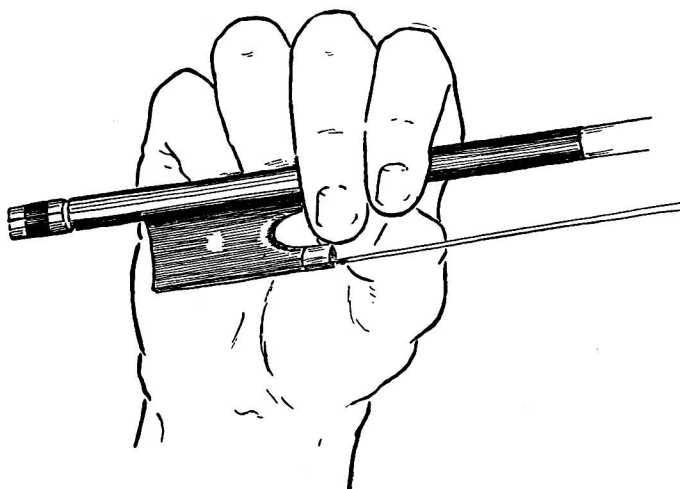
This exercise should be carried out in exactly the same manner as the two preceding exercises, but the combination of fingers should be that of Exercise IV. It should invariably be practiced with two fingers and in the following manner:

{ 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2 . . . . 1  
 { 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4  
 { 1 . . . . 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2 . . . . 1 . . . . 2  
 { 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4 . . . . 3 . . . . 4  
 { 1 . . . . 3 . . . . 1 . . . . 3 . . . . 1 . . . . 3 . . . . 1 . . . . 3  
 { 2 . . . . 4 . . . . 2 . . . . 4 . . . . 2 . . . . 4 . . . . 2 . . . . 4

Practice this four times.



III. IXa.—Position of the hand with first and second fingers drawn across the bowstick.



III. IXb.—Position of the hand with third and fourth fingers drawn across the bowstick.