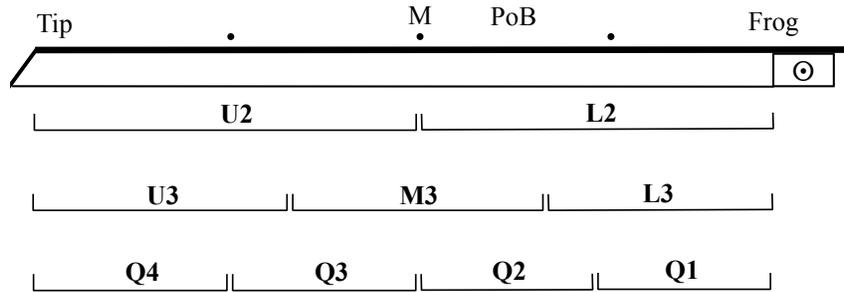


Basic Bow Distribution

by Andrei Pricope
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WB = Whole Bow
F = Frog
T = Tip
M = Middle
PoB = Point of Balance

L = Lower...
U = Upper...
2 = ... Half
3 = ... Third
4 = ... Quarter

Students may put tapes or stickers on the bow at the points indicating by dots above, dividing the bow into 4 quarters.

▢ = Down-Bow → ▽ = Up-Bow ←

The following German terminology is used in much of the traditional literature:

GB (Ganze Bogenlänge) for **WB**
OH (Obere Hälfte) for **U2**
UH (Untere Hälfte) for **L2**

M (Mitte) for **M**
Sp (Spitze) for **Tip**
Fr (Frosche) for **Frog**

Even Bow Distribution Practice on all strings, with good tone, using the metronome (start at 72-80 BPM)

1. ▢ ▽ 2. ▢ ▽ 3. ▢ ▽ 4. ▢ ▽ 5. ▢ ▽

Q1, Q2, Q3 or Q4 L2, M2 or U2 Q1-3 or Q2-4 WB Q1, Q2, Q3 or Q4
L2, M2 or U2 WB

Uneven Bow Distribution

6. ▢ ▽ ▢ ▢ 7. ▢ ▽ 8. ▢ ▽ 9. ▢ ▽ 10. ▢ ▢

Q1, Q2, Q3 or Q4; M; PoB L2; M2; U2 L2; M2; U2 L2; M2; U2 L2; M2; U2

11. ▢ ▽ ▽ ▢ ▽ 12. ▢ ▽ ▽ ▢ ▽ 13. ▢ ▽ ▽ ▢

Q1, Q2, Q3 or Q4; M; PoB Q1, Q2, Q3 or Q4; M; PoB WB U2 WB L2

14. ▢ ▽ ▽ ▢ 15. ▢ ▽ ▽ ▢ 16. ▽ ▢ ▽ ▽ ▽ 17. ▢ ▽ ▢ ▽

WB Q4 WB Q1 WB T WB F Q1, Q2, Q3 or Q4 L2; M2; U2

18. ▢ 3 19. ▢ 3 20. ▢ 21. ▢ 22. ▢ ▽ 23. ▢

Experiment to find the best place in the bow for these patterns