

Feather Exercise for Violin and Viola

1. Make good bow hold on bow.
 2. In a standing position, put instrument under your RIGHT arm in rest position and get good foot position. Move one foot so your feet are below your shoulders.
 3. Cover the star with you left hand fingers and do Statue of Liberty.
 4. Put your instrument in playing position and float the left hand over the star.
 5. Put your bow on the A or D string at the middle of the bow if you are holding the bow where the wrapping ends. If you are holding the bow at the frog, put the bow a little below the middle. Be sure the bow is about one inch from the bridge.
 6. **KEEP YOU BOW ON THE STRINGS** for the rest of the exercise. Relax your bow hand and tap pinkie . . . first finger . . . middle two fingers. **DO NOT LIFT THE BOW.** Allow it to feel light as a feather.
 7. Stop tapping and relax hand. Relax shoulders. **KEEP THE BOW ON THE STRING!** Play four of the string you are on. **ALWAYS KEEP THE BOW ON THE STRING; DO NOT LIFT IT!**
 8. Again tap pinkie . . . first finger . . . middle two fingers. Relax hand and shoulders. Play a set of four more of the string you are on.
 9. Do a total of four sets of four notes the same way. Always leave the bow on the string and stop between each set of four notes to tap fingers and relax hand and shoulders. After four sets of four notes, wait three seconds with the bow still on the string and then take your instrument down and relax.
- Go back to #1 and repeat all nine steps of the exercise. This exercise will produce magic results, but not after one day of doing it. For the first week, every day do this entire exercise, #1 – #9 ten times.
 - In the second week, increase the number of sets to six sets of four notes. In the second week, still do the entire exercise, #1 - #9 ten times.
 - It is suggested that you do this exercise for two months every day you practice. As it gets easier, allow your arm to make longer notes. Let you bow arm go almost straight.