

GYMNASTICS

for the BOW ARM


A. Chang, Jr. 14.

POSITION:

1. Stretch the right arm in front of the body locking the elbow with no inner tensions
2. Hold the bow normally - hand dropped - hair facing the body.

PROCEED TO

EXERCISES:

A. With finger motion only - move the bow 
up & down - movement concentrated in the knuckles and 2nd joint. (Do not alter the "dropped" hand position.)

B. With wrist action only - move the bow so that the hair faces 1.) the body first & 2.) away from the body.

C. Combine both movements - A. and B.

D. By combining the finger and wrist actions make circular motions:

