

**Fun in the Fundamentals:**  
**Teaching Devices for the Classroom and Studio**  
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Posture

- Front four inches of chair
- Feet flat
- Without moving feet, stand up
- Grow an inch
- Marionette
- Lengthened and balanced
- King and queen

Bow not parallel

- Negative model: squeezed thumb
- Pinkie taps at ear
- Bow hold vertical
- Bow hold spider crawl
- Bow hold “on back”
- Stradivarius says
- Row your bow
- Helicopters
- V/V elbow to the wall (UH bow)
- Tape a line on top of instrument under bow path
- Tube (paper towel roll, PVC)
- Bow the rosin
- Straws in the F holes
- Chopsticks on the bout
- Commercial bow-straight devices
- Stand-partner/buddy bowing
- Partner tunneling
- C/B “frog to the floor”
- Martelé first: short and stopped develops into long and smooth

Bow “freedom” (control) and use

- Thumb pillow and/or pinkie house
- Pick a strawberry/pinecone hold
- Finger tapping (r. h.)
- Hooked bows to tip and back
- Longest bow competition

- Forward bow w/pinkie push-ups
- Reverse bow (hold tip)—must keep thumb bent “forward”
- Reverse bow w/pinkie push-ups
- Whole bows frog to tip and lift (circle)/repeat tip to frog
- Bow divisions (upper third, middle, lower third; then upper half, lower half)
- Clothes pins
- Stickers and tape
- Follow the leader
- One-inch rule

Right hand flexibility

- Knuckle pull-ups w/thumb wiggles
- Salt & pepper shaker
- Bow elevators w/wrist resting on music stand
- Air seaweed and squid
- Lift and set/Helicopters (1/2, 1/3, 1/4, 1/8)
- Hooked bows from frog to tip: 8, 6, 4, 2
- Louré
- Unmeasured knuckles/ “eraser stroke” at tip; then frog (avoid floppy “fish” with your bow tilt)
- Measured “erasers” and travel to opposite end of bow: 8, 6, 4, 2, and 1
- Legato détaché in middle four inches; add inches on each end until full length
- Add measured “erasers” to scales or create your own repertoire-based etudes

### Rapid string crossings

- Open strings only
- Rhythmic variations

### Tone

- Bow Lanes
- Peer tunneling
- Peer tunneling w/eyes closed
- Reverse frog/tip hold
- Opposite bow direction

### Left hand tension

- Thumb taps
- Finger taps with others down
- Finger popping (tapping) patterns
- Wrist twist exercises

### Left hand shape

- V/V: Squared first finger – C/B: Grapefruit hold
- V/V: Thumb up; wrist down – C/B: Elbow shelf
- V/V: Elbow swing/left hand strum – C/B: Left arm hug
- Tunneling open strings

### Notes/Reading

- Flash card/PowerPoint sequence
- Spelling echoes
- Leaving notes out
- Leaving notes out and adding an action

### Ear Training

- Mystery person (pitch)
- Hot/cold
- Finishing melodies
- Silent melody
- Singing note names
- Singing solfege
- Memorize!

### Precision

- Musical assassin
- Silent pulse
- Catch keys
- Baton chases
- Mystery person (rhythm)
- In the dark
- In the round
- Facing away from podium
- Partner w/different instrument
- Double basses in front facing orchestra
- Rotate seating
- Broadcast metronome/drum machine

### Musical Story

- Dudley Dooright
- Santa Plays Viola
- Tortoise and the Hare
- Ashokan Farewell
- Recruiting Story

### Solfège CD:

*Verbal Association Skills Program Part Two: Melody (Solfège)*. Compact disc. Chicago: GIA, 1999. MLR-379CD  
<http://www.giamusic.com/scstore/P-MLR.html>

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