

We can move our bow in different directions to create different emphasis on notes. Sometimes the music will instruct us which way our bow should move with special symbols above notes.

Below is an explanation:



Down Bow

This is the down bow symbol. If you see one of these above a note then you should **pull** your bow, in the direction from the heel towards the tip/point.

Down bows are generally stronger than up bows as there is more weight at the heel of the bow, and so strong beats, usually the 1st beat are often played on a down bow.

Up Bow

This is the up bow symbol. If you see one of these above a note then you should **push** your bow, in the direction from the tip/point towards the heel.

Up bows are generally weaker than down bows as there is less weight at the tip of the bow. This means that weaker beats, usually the last beat of the bar, or the 'up beat' are played on an up bow.



This diagram may help you see where the symbols came from!



The following exercise will help you practice **down** bows:



HINT- During the rests, do a circle in the air with your bow so that you get back to the heel for the next down bow (this is called a **retake**).

The following exercise will help you practice **up** bows:



HINT– This piece starts on beat 4, which is the 'up beat' that I mentioned earlier. The down bow in bar 1 is the stronger beat.

You may need to match the speed of you bow to the note lengths in pieces. For example, quavers need less bow than minims. Sometimes you will need to plan your bowing so that you have enough bow left for a minim or even a semibreve!