

## Instructions for the String Crossing Exercise:

The bowings and fingers on the first line are to be applied to each string combination. The point is to practice every possible combination of strings and bow directions.

Use this exercise as a DAILY warmup. You should start to see improvement in your bowing in a few weeks.

- 1) Start SLOWLY AND DELIBERATELY. You should be able to play this without mistakes at a slower tempo before you try to get faster.
- 2) Make sure that you get a clean, "plucked" attack on each note.
- 3) Stop the bow, rock it to the next string, play the next note, stop, rock, and play. Be SURE your bow is on the next string before you play it.
- 4) Do this exercise first in a mirror, in order to see that your bow is perpendicular to the string it's on at all times. Once your bow is straight without having to look, then do this exercise with your eyes closed. You must learn to feel where the strings are.
- 5) Once you have developed some facility at a slow tempo, then it is time to speed it up. Use a metronome!!! As you get comfortable in the new, faster tempo, then increase the tempo again. Stay just outside your comfort zone, though not so far out of it that you make mistakes.
- 6) FINAL STAGE: To make this exercise sound smooth and seamless, it is necessary to make the string change in one, very quick motion. As soon as you have created the "plucked" attack, get off the string, allowing it to ring as you rock the bow over to the next string. The "stop" occurs WHILE you rock, thus getting you off the string faster and producing the ringing sustain.