

Viola Gauntlet: Day 4 (Thursday): Bowing

Key of the day: F major

One short F major figure played with a different bow stroke each time: *detache*, *legato*, *martele*, *hooked* rhythms, *colle*, string crossings, *spiccato* and *sautille*. The left hand stays easy so the whole day is about the right arm, over a light groove.
About 23 minutes with the video.

Every exercise starts with 2 bars of count-in clicks. Stretch items are marked: aim at them, don't force them.

1. Open-string long tones ~3.3 min

One unbroken tone per bow, in tune with the drone; near the fingerboard: light and fast, then back to the middle

Stretch: 12-beat bows with no audible bow change

♩ = 60
8-beat bows

13

25

37

12-beat bows: *son file*, even *pp*

2. Drone intonation ~1.7 min

Each note rings with the drone - no beats; thirds low, leading note high

♩ = 66
listen for the beats to stop

11

17

interval ladder: hold the tonic, place each note against it

colour note

3. Fifths across strings ~1.7 min

One finger flat across two strings: a pure fifth means the hand frame is right

$\text{♩} = 60$
one finger flat across both strings - finger 1

finger 3 *finger 4*

finger 1 *finger 2*

mp *mp* *mp* *mp* *mp*

12 *finger 3* *finger 4* *finger 2* *finger 3* *finger 4*

mp *mp* *mp* *mp* *mp*

4. Detache: middle and whole bow ~2.5 min

One note per bow, no gaps, no accents: the bow changes are invisible

$\text{♩} = 60$
M: detache, smooth and even

mf

4

7 *WB: grand detache*

f

11

15

19

22

26 *UH: detache, lighter*

mp

29

32



5. Legato slurs: 4, 8 and 16 ~1.9 min

Long slurs with an even bow speed; string crossings rolled, not bumped

Stretch: 16 notes per bow at q=60 with full tone to the end of each bow

$\text{♩} = 60$
4 per bow



3



6



8 per bow

9



12



15



16 per bow: plan the bow

18



21



24



6. Martele: bite and stop ~1.6 min

Pinch the string, release with speed, stop: clean silence between notes

Stretch: the 16th-note martele at q=60, each stroke still stopped

♩ = 60

UH martele: bite - release - stop

Musical score for the 'UH martele' exercise, measures 4-22. The score is in 2/4 time with a key signature of one flat (Bb). It features a series of eighth-note patterns with accents. Measure 4 starts with a forte (*f*) dynamic. Measure 13 includes a mezzo-forte (*mf*) dynamic and a marking for 'M: small martele'. The exercise concludes with a double bar line at measure 22.

7. Hooked bowing, dotted rhythms ~1.9 min

Dotted 8th and 16th in the same bow; the short note stays short and clear

♩ = 60

dotted, separate bows: save bow on the dot

Musical score for the 'Hooked bowing, dotted rhythms' exercise, measures 4-22. The score is in 2/4 time with a key signature of one flat (Bb). It features eighth-note patterns with dotted rhythms. Measure 4 starts with a mezzo-forte (*mf*) dynamic. Measure 10 includes a marking for 'hooked: both notes in one bow, stop between'. The exercise concludes with a double bar line at measure 22.

8. Colle (optional quick drill) ~0.8 min

At the frog: a tiny pinched click, then lift the bow off the string

$\text{♩} = 60$
Fr: colle, pinch and lift

mf

Fr: all down-bows, lift and reset

6

mf

9. String crossings: bariolage ~1.6 min

Fingered note against the open string: tiny level changes, from wrist and fingers

Stretch: the slurred 8s across G-D with no bumps on the open D

$\text{♩} = 66$
D-A bariolage, M: forearm, small

mf

3

6

slurred 4: wrist and fingers only

mf

9

12

G-D bariolage, M

mf

15

18

slurred 8: arm level stays between strings

mf

21

10. Spiccato, lower half ~1.6 min

Off the string: each note is a small dropped arc, clear and even

Stretch: spiccato 16ths at q=72 through the whole figure

$\text{♩} = 72$
LH spiccato: drop and lift, short arcs

mf

6

11

15 *16ths: smaller, closer to the string*

20

23

11. Sautille, brisk ~0.8 min

Fast short detache at the balance point: the stick bounces, you just steer

Stretch: the whole exercise: sautille 16ths at q=100

$\text{♩} = 100$
M sautille: let the bow bounce itself

mf

3

6

9 *again, lighter: less arm, more fingers*

mp

12

15

12. Mixed bowings (Kreutzer 2 style) ~1.8 min

Uneven groupings with even sound: plan where the bow is before each group

Stretch: all three patterns at $q=66$ without drifting to the frog or tip

$\text{♩} = 66$

2 slurred, 2 separate

1

f

3

6

9

1 separate, 3 slurred

12

15

18

3 slurred, 1 separate

21

24