

Basic Bow Technique

Open and shut elbow- Running running stop stop

Row the boat- down bow out, up bow in. Out pony, in pony

Paint the wall- Down pony, up pony

Creepy fingers- Mississippi Alabama, scoot the bow with fingers

Airplane- go all the way to the end of the bow and stop

Snap- down...downup....updown, etc.

Rubber band arm- draw it down, snap it back

Pudding bow- push and pull bow with resistance