

STICK TRAINING EXERCISES

The following exercises help train your bow-hand's
Fine Motor Skills.

Motor Skills give you the ability to perform movement.

Gross motor skills are the larger movements of the arms, legs, feet, or the whole body. (For example: walking, climbing and jumping)

Fine motor skills are the motions of smaller muscles.

Typing, writing, turning a door knob, and picking up a pencil with your fingers are excellent examples of fine motor skills in action.

Bowing employs various bow-hand fine motor skills control.

Fine Motor Skills employ three main types of motion:

FLEXING -- EXTENDING -- ROTATING

Flexing is the contraction or bending of muscles.

Extending is stretching-out of or expansion of muscles.

Rotating is the angle adjustment of muscles.

Violin and Viola Stick exercises may be performed with a *chopstick*.



Even a simple *pencil* can do the trick!



In order to simulate the thicker stick of the bow,
Cello and Bass stick exercises may be performed on a *drumstick*.

It's time to work on improving your *Fine Motor Skills*.

Now, let's perform the *Stick Training Exercises*.

THE STICK CRAWL

GOALS: Increase the control and flexibility of your bow-hand.
Practice extension and rotation motions of your bow-hand.
Prepare your fine motor skills for bowing motions.
Learn to feel a loose range of motion and avoid muscle flexing.

DURATION: 1 Minute

Step 1: While seated silently, rest your right wrist directly on the end of your right kneecap, palm faced up.

Make sure that your hand extends and hangs completely past the edge of your knee.

Feel the weight of your arm supported by your leg and relax all the muscles in your hand.



Step 2: Pick up a stick with your left hand and now place it directly across your palm.

Feel the weight of the stick resting on the base segment of your fingers.

Do not grasp the stick.

Keep your hand relaxed.



Step 3: Slowly extend your thumb and reach for the stick and roll it to your fingertips.

Curve your thumb in order to stabilize the stick at the location of your fingertips.

Keep your hand relaxed.



Step 4: Keeping your wrist on your knee, use your fingertips and your thumb to move the stick from one end to the other.

Travel the stick as if your bow-hand is crawling like an inchworm.

Do not allow the stick to leave your fingertips.

Slowly move the stick horizontally. Stay clear of your palm.



Step 5: When you get to the end of the stick, it's time to change directions.



Thread the stick between individual fingers in order to turn the stick around.



Now, crawl to the other end of the stick.

Remain loose and continue crawling and turning the stick as efficiently as possible.

Perform the motions of the exercise for one minute.

THE STICK PUSH-UP

**GOAL: Exercise Your Bow-Hand's Fine Motor Skills.
Practice Flexing and Extending Your Bow-Hand's Muscles.
Train Your Bow-Hand How To Eliminate Muscle Rotation.**

DURATION: 1 Minute

Step 1: While resting your right wrist face up on your knee, place the stick in your right hand as you did before.



Hold the stick 100% still with only your fingers and thumb.

Form a rounded tunnel shape with your right hand.



Step 2: Continue to hold the stick with your fingers.

Now, roll the stick into your hand, by using only the tips of your fingers and thumb.

The tunnel shape closes and your hand contracts.

This is the “bottom” of the push-up.

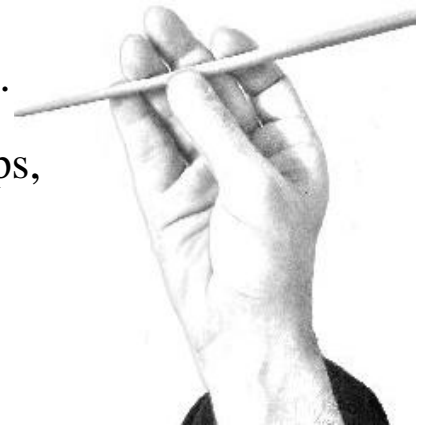
You have just flexed your muscles and your fingers curved naturally in the process.



**You are half-way there.
Now it's time to perform a
*Stick Push-Up.***

Step 3: It is now time to perform one *Stick Push-Up*.

While continuing to hold the stick with your fingertips, now extend all of your fingers and open your hand.



Congratulations!

You have completed one stick push-up.

In order to focus your attention on the fine motor skills that you are working on, it is suggested that you set a metronome to 60 BPM and perform 1 stick push-up per click. This prepares your bow-hand for bow training.

You may also wish to perform Eighth-Notes, which results in double time stick push-ups. Triplets are really fun! Be imaginative and create your own stick training regimen.

Try moving the stick only to the right or only to the left while performing the stick push-up. This hand action is much like many bowing motions!

For more variety and to simulate bow-hand position, you can turn your hand, palm face down and simulate the motion of an elevator, performing an upside-down stick push-up.

When performing the exercises, always remain flexible and focus on achieving a fluid range of motion.

A Sample Workout Plan is below:

STICK PUSH-UP	30 Reps	30 beats of Eighth-Notes
PUSH-UP RIGHT	15 Reps	10 beats of Triplets
PUSH-UP LEFT	15 Reps	10 beats of Sixteenth-Notes
UPSIDE DOWN	30 Reps	30 beats of Eighth-Notes