

# FAVORITE SCALE BOWINGS

Rebecca Henry  
Peabody Institute

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Three Octave Scales: Basic Routine

**Major, Harmonic Minor, Melodic Minor.**

1. One note per bow, WB, no vibrato, light fingers, listen for the “ring”, adjust pitch.
  - a. Ascending and descending shifts with guide notes (old finger/old bow)
  - b. Ascending shifts on new finger/new bow descending shifts with guide notes
  - c. Relaxed, silent shifts
2. Overlap bowing, repeat out of tune connections until in tune 5x+.
3. Rhythmic Acceleration: As much as is appropriate for the student:  
2,3,4,(5),6,(7),8,(9),12,(16 2x), 24, up and down in one bow.
  - a. Martelé, equal bow distribution. (Finger Before Bow, then Bounce Fingers)
  - b. Legato, equal bow distribution (Later, adding various dynamics & distributions)

**Flesch Arpeggios**

1. One note per bow, WB, no vibrato, light fingers, adjust pitch. (Dotted half note, quarter = 40-60)
2. Overlap bowing as above
3. Slur 3, Martelé and Legato (quarter notes)
4. Slur 6, 2x (2<sup>nd</sup> starts up bow), M & L (8<sup>th</sup> notes, duple)
5. Slur 9, 3x in a row, no stopping. (triplet 8<sup>th</sup> notes)

The following are some favorite ways to practice scales for a variety of goals.

## **BOW DISTRIBUTION**

A. **VERY FROG** (one octave D scale in 1<sup>st</sup> position, or any)

Two 8<sup>th</sup> note martelé at the frog, followed by two 8<sup>th</sup> note rests.

- a. “Pinky Pushups at the Frog” – during the rests, do a Pinky Pushup. Let go of pinky and let the bow top over towards the G string. Push the pinky and it will return.
- b. “Thumb Off/Thumb On” – during the rests, take the thumb off gently and then return it. Feel the bow balance equally with all the fingers.
- c. “Curled Pinky” – Bend the last knuckle of the pinky and let it sit on the bow on the knuckle instead of on the tip of the finger. During the rests, you can keep it there, or alternate between this position and the normal position. This helps keep form over-pronating.

**B. SLUR/SEPARATE: EVEN** number of notes (2, 4, 6, 8, 12)

- 2 means slur two notes, then play 2 separate bows.
- Whole bow on slurs
- Half bow and gradually less on separate notes (flexible wrist)
- Start down bow and up bow

**C. SLUR/SEPARATE: ODD** number of notes (3, 5, 7, 9)

- Detaché
- Whole bow on slurs
- Travel bow (zig-zag) on separate notes
- Start down bow and up bow

**TONE****D. SUPER SLOW BOWS** (Quarter = 60)

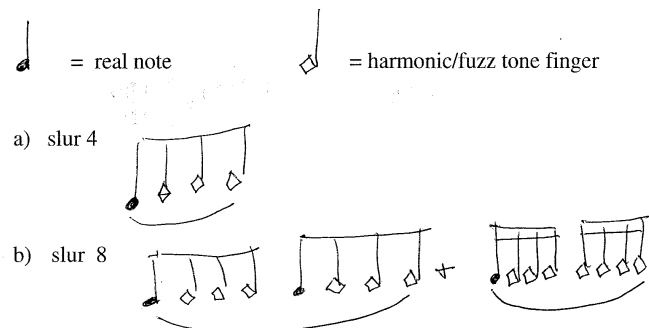
- The pulse and speed of the notes does not change.
- The bow goes MORE SLOWLY each time.
- Per bow: 2, 3, 4, 6, 8, 12

**E. SOUNDING POINT:** legato, 2-12 per bow (or any)

- Sul tasto (*p*)
- Middle of the road (*mf*)
- Pull to the bridge (*f*)
- Add more “tracks” and vary the dynamics in each bow

**SPEED, FACILITY & RELEASE OF TENSION****F. FUZZ TONE SCALES**

Play your scale routine, 2-12 per bow with only Fuzz Tones (Harmonic fingers). Try 24 and the whole scales up and down. Keep the bow in the string and the left fingers light, fast and close to the strings.

**G. FUZZ TONE FACILITY**

## H. BOUNCE FINGER ROUTINE

- a. Martelé Bounce Fingers – Drop the finger as the bow begins and immediately release the finger to a “harmonic” touch. Relax the fingers/hand/arm. (2 per bow, whole bows, then 3, 4, 6, 8 as ready)
- b. Legato Bounce Fingers – Same as above with a legato bow – hearing the “fuzz tones” as the bow moves.
  - i. Anti-Portato: try not to accent the bow when the fingers drop.
- c. Add vibrato during the fuzz tones

## I. FAST FINGERS

- Separate bows, detache
- 2-23 (24) at the middle (faster: at bouncing point)
- Same rhythmic acceleration as the basic routine.

## J. RHYTHMS

- Many combinations of short/long, long/short, etc.
- $\text{—} \cdot \text{—} \cdot \quad \cdot \text{—} \cdot \text{—} \quad \text{—} \cdot \cdot \quad \cdot \cdot \text{—}$
- $\cdot \text{—} \cdot \cdot \quad \cdot \cdot \text{—} \cdot \quad \text{—} \cdot \cdot \quad \cdot \cdot \text{—} \quad \cdot \text{—} \cdot$

## K. GROUPINGS

- Play each group very fast (group 2, 3, 4, 6, 8 notes, or any)
- Stop
- Relax both hands, thumbs, arms, and all fingers.
- Feel each group as one physical impulse

## LEFT HAND FRAME and LEVELS

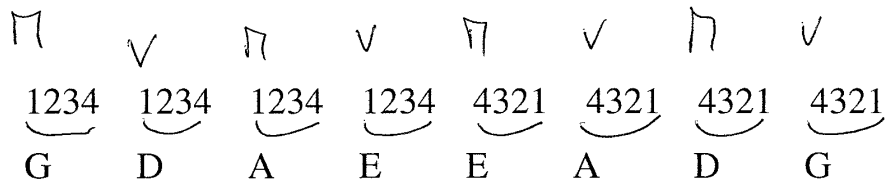
### L. SCALES ACROSS THE STRINGS

Slur 4 notes, playing 1 2 3 4 on each string, G-D-A-E –E-A-D-G

Make note of gradual left and right arm level changes and attend to smooth string crossings. Pick a Key. Pick a Position.

Play in the following major keys (advanced: add minors): C G D A F Bb Eb E B Ab Gb

Play in first position, then later in 1<sup>st</sup>-3<sup>rd</sup>, 1<sup>st</sup>-5<sup>th</sup>, 1<sup>st</sup> – 7<sup>th</sup>



### M. FRAME WORK

Two Octave scales – keep the pinky over the strings

1. Ascending: Leave the 4<sup>th</sup> finger down while you play 1, 2, 3, on the next string
2. Descending: Leave the 1<sup>st</sup> finger down while you play 4, 3, 2 on the next string

**N. ONE-POSITION SCALES (Two Octaves)**

Slur 2, 3, 4 for intonation. Optional add arpeggio

- a. Start on the 1<sup>st</sup> finger
  - i. A(b), Bb, C, D(b), Eb, F,
  - ii. A, B, C, D, E, F#, G
- b. Start on the 2<sup>nd</sup> finger
  - i. Bb, C, D, Eb, F
  - ii. B, C, D, E, F#

**STRING CROSSINGS****A. STOP AND CHANGE**

Hook any number of notes, martelé/staccato. Stop on the NEW string with the NEW arm level at every string crossing.

**B. DOUBLE STOP CROSSINGS**

Slur any number of notes legato, with a goal of smooth, gradual string crossings.

- Lightly touch a double stop at each string crossing.

**BOUNCING STROKES****C. SPICCATO**

- Feel initiating motion in the whole arm/upper arm
- Keep wrist, thumb and fingers loose
  - a. Each note 2x, 3x, 1x
  - b. Each note 1x in 8ths, 16ths, triplets, etc.
  - c. Slur 2, hook 2 ups (also 3, 4)
    - i. Start the note after the slur FROM the string
    - ii. Start the note after the slur from OFF the string.

**D. FAST DETACHÉ** (at the balance point, preparing for sautillé)

- 4, 2, 3 bows per note
- 1 bow per note; duple, triple


**E. SAUTILLÉ** (at the bouncing point)

- 4, 2, 3, 1 bows per note (duple; triple)

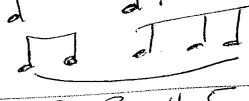
**F. RICOCHET** (slowly at the balance point, then faster closer to the tip)

- a. Two notes down, one note up
- b. Three
- c. Four (or more)


**RHYTHMIC CHALLENGES****G. SLUR 5**

3+2  
Count 1 2 3 1 2  
TapFoot d. d.  
Play 

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2+3 Count 1 2 1 2 3  
Tap d. d.  
Play 

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5 Count 1 2 3 4 5  
Tap d. d.  
Play 

**H. SLUR 7**

a. As above: 4+3, 3+4, 7


**I. ODD PATTERNS**


- Slur the following number of notes then repeat the pattern


121	212	2332	141	1221	2442
131	313	3223	414	2112	4224
232	343	3443	151	1331	2552
323	434	4334	515	3113	5225

make up your own

**J. SLUR 3 INSIDE FOURS**

1) 

2) 

3) 

**K. TRAVELING WITH SLURS**

- Slur 3, start at the tip and travel to the frog, aiming for the frog at the top of the scale, then return back to the tip on the downbow.
- Slur 4, 3, 2 per bow in that order. Start at the tip and travel to the frog and back to the tip as above.

**L. THREE AGAINST TWO**

- In the middle of the bow, slur 3, 3, 2, 2, 2 then repeat (all 8<sup>th</sup> notes)
- In the middle of the bow, slur 3, 3, (triplet 8ths) then 2, 2 (duple 8ths)

**SHIFTING ON ONE STRING****M. THE 4<sup>TH</sup> OCTAVE**

- Begin at the top note of your three-octave scale.
- Overlap
- 2, 4, 6, 8, martelé and legato
- Fingering: 12 –12 –1234 –4321 –321

**N. ONE STRING SCALES (one or two octaves)**

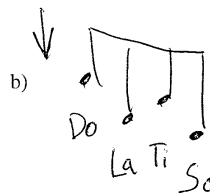
- Pick a string AND Pick a key
- Bowings: overlap, 1, 2 legato, any
- Slur 2 (1x), slur 4 (2x), slur 8 (3x)
- Fingerings:
  - 12 –12
  - 23 –23
  - 34 –34
  - 123 –123
  - 234 –234

**O. ONE FINGER SCALES (two octaves on one string: overlap, slur 2, 4)**

- Pick a string
- Pick a key
- Pick a finger

**LEFT HAND BALANCE****P. BROKEN THIRD SCALES**

Separate bows, then slur 2, 4

**Q. FINGER WALK**

Play any scale, slur 2. As you add a new finger, release the tension in the previous finger, lifting it gently and maintaining the shape of the hand. (More advanced: feel the transfer of balance from finger to finger throughout the whole arm, swinging the elbow under as you approach the 4<sup>th</sup> finger)

## RETAKES, PICK Ups and CIRCULAR MOTION


### R. RETAKES

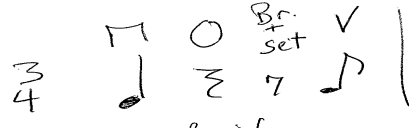
Setting the bow: Breathe on the beat as you set the bow prior to pick-ups. Set the bow below the middle for pickups, depending on the tempo.

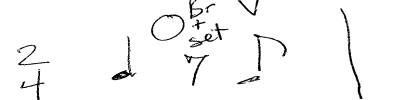
Circles: Follow through with a fluid, round motion.

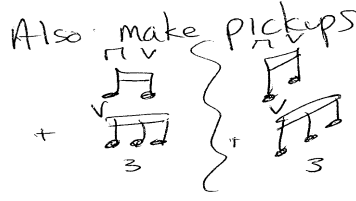
Change the pitch on each measure. Once mastered, change the pitch on each note.

Each pick-up is an 8<sup>th</sup> note. Once mastered, make them 2 or 3 16<sup>th</sup> notes.

1)  $\frac{4}{4}$   |

2)  $\frac{3}{4}$   |

3)  $\frac{2}{4}$   |

Also make pickups 

### S. CURCULAR ARM MOTION

This is an exaggerated motion for practice purposes.

On the down bow, feel the arm weight pull down, dropping and leading from the elbow.

On the Up bow, feel the arm weight release and spring back up, leading and slightly raising the elbow (NOT the shoulder).

Search for a fluid, circular motion regardless of how many notes you are playing per beat. Apply this to passage work as well as to scales. The more notes you play inside of one circle, the longer the musical line will be.

a)   $\downarrow$  = Elbow starts heading down

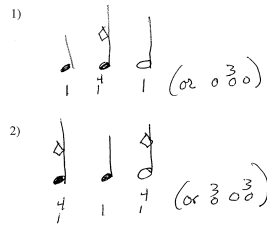
b)   $\uparrow$  = Elbow starts heading up.

c) 

d) 

**STRING THINGS****T. FALSE HARMONICS** (one or two octaves)

- On each note:



- Overlap
  - Bottom note only
  - False harmonics
- Slur 2
  - Bottom note only
  - False harmonics

**U. LEFT HAND PIZZ.** (no bow)

- Left fingers drop to hear the pitch
- Left fingers: LH Pizz.
  - play 1<sup>st</sup> finger, pizz. 4<sup>th</sup> finger; play 1<sup>st</sup> finger, pizz. 3<sup>rd</sup> finger

**V. IMPROV SCALES**

Play a two or three-octave scale with your usual fingerings. Each rendition should be different. Experiment with the following:

- Separate bows, but change up the rhythms as you go (not one pattern for the whole scale, but free rhythms)
- Add some slurs here and there
- Add some decorations (trills, grace notes, mordents, turns, slides)
- Add other bow strokes (staccato, spiccato, ricochet, sautillé)
- Add some string things (Pizzicato, harmonics, tremolo, chopping, etc.)

**W. Make up your own!!**