



ELEMENTARY INSTRUMENTAL MUSIC!




Viola

Weekly Focus: Bow Lifts!

Explanation of Lesson Focus:

This week we are focusing on reviewing bow lifts. We will be learning the rules of bow lifts, about W.A.S.P, and practicing bow lifts in a scale and song.

Warm Up:

We are going to play our D major scale while practicing our bow lifts. A bow lift is notated like , and looks similar to an apostrophe. It is placed where the bow lift should happen – on the rest! Here is how you will practice your scale. Remember to say **PLAY LIFT SET; PLAY LIFT SET** as you practice on open strings. You also want to say the statement below out loud or in your head while you play your scale! That will help you.

D ' (lift) set E ' (lift) set F# ' (lift) set G ' (lift) set A ' (lift) set B ' (lift) set C# ' (lift) set D ' (lift) set


Viola D Major Scale

BOW LIFT EDITION



The image shows two staves of musical notation for a Viola D Major Scale. The first staff is in 3/4 time, with a key signature of one sharp (F#). It contains seven measures, each starting with a quarter note followed by two rests. A bow lift symbol (a short horizontal line with a small upward curve at the left end) is placed on the first rest of each measure. The second staff starts with a fermata over the first note, followed by the text 'same bowing' above the staff. It then continues with seven measures, each starting with a quarter note followed by two rests. The final note of the scale has a fermata over it.

Musical excerpt:

Now let's practice our bow lifts in #20 *Au Claire De La Lune*. Pay close attention to where in the music you are asked to lift your bow (). Make sure you are stopping the bow on the string before the lift and setting your bow on the string after you lift before you play. Don't forget to repeat and practice this often to really control your bow lifts.

Viola

Au Claire De La Lune

BOW LIFT EDITION



Essential Elements for Strings, Cello Book 1, by Michael Allen, Robert Gillespie, Pamela Tellejohn Hayes. John Higgins, arr. Publisher: Hal Leonard. Page 20.

RULE OF BOW LIFTS:

1. Curved and Relaxed Bow Hold
 - Thumb curved for cello and bent for violin/viola
 - Pinkies in proper place
2. Weight into arm and bow
 - Shoulder and elbow dropped
 - Use gravity
 - Weight into first finger
3. SET BOW before moving
4. Bow Speed

W.A.S.P. - for a clean sound (tone)

Weight

Angle

Speed

Placement

MUSIC VIDEO LESSONS

For Viola Lessons, go to Seattle Public Schools
YouTube site.

<https://www.youtube.com/c/SeattlePublicSchoolsTV>

Violin lesson was developed by Stephanie Hellekson, Orchestra Teacher at TOPS K-8