



Music Virtual Learning

Philharmonic Orchestra

May 4, 2020



Philharmonic Orchestra

Lesson: May 4, 2020

Objective/Learning Target:

Students will understand forearm rotation in bow usage.

Warm-Up





#Goals

Monday Motivation:

We often overlook small things we accomplish towards achieving our goals. Your challenge this week is think through some of the goals you have had (music, school, personal) and make a list of your achievements. Keep the list on your phone, an electronic document, or piece of paper where you can see it and add to it!

Today we will be working on



LONG BOWS

Try these exercises in front of mirror if you can!

Long bow exercises can help us improve our tone quality, intonation, and focus on moving like a healthy musician. Watch these videos then try bowing on long, slow open strings.

Violin/Viola



Cello



Bass



Lesson



You just practiced long bows thinking about your

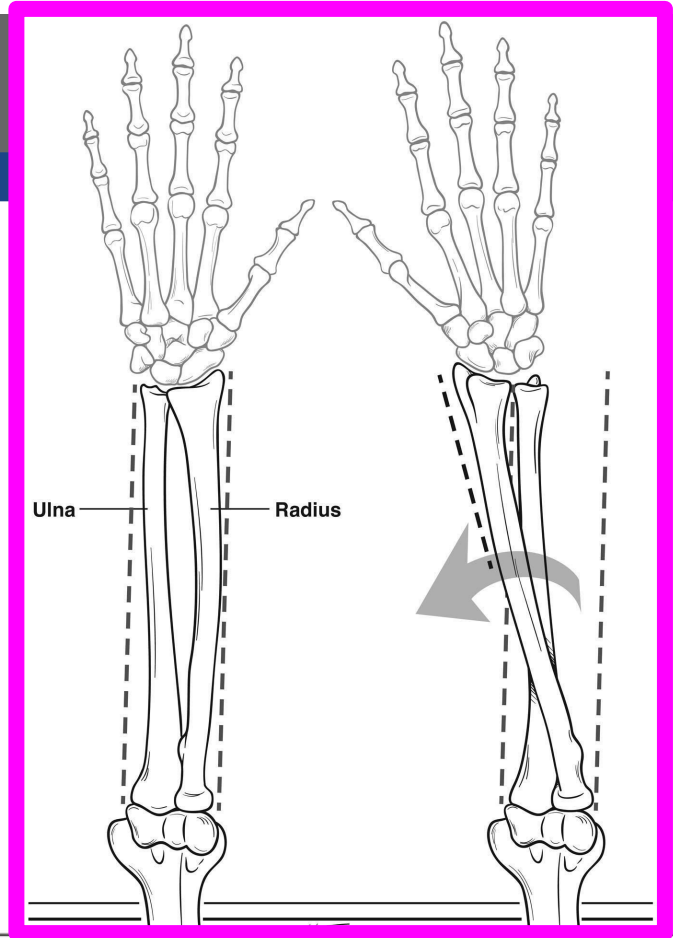
Shoulder blades

&

Collar bones!

Let's find our

radius
&
ulna



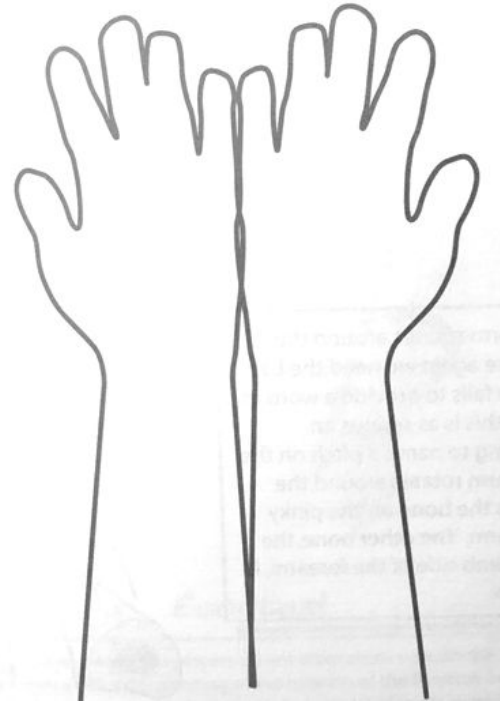
Try this!

1. Get a piece of paper and trace your hand.
2. Then flip your hand and trace it again.

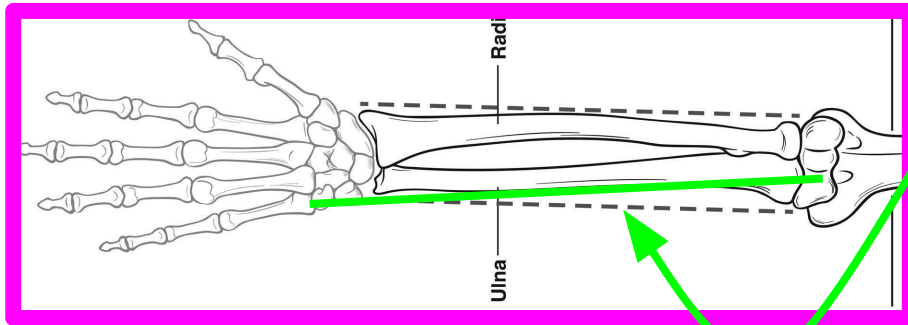
Does it look like this?



Then you are using your
arms well!

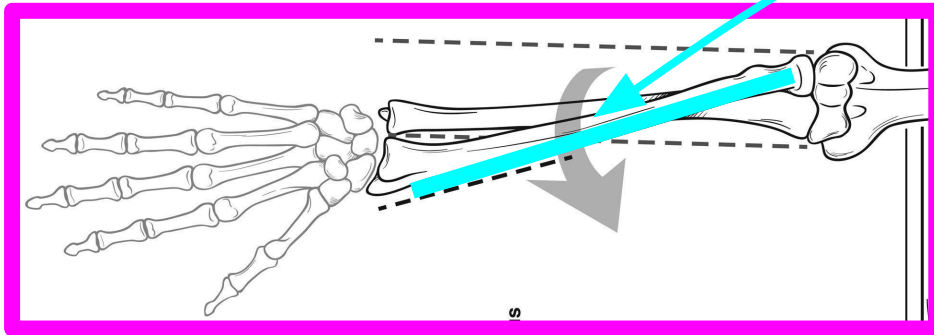


If not...think about your ulna!



This is the straight
bone that does not
move!

Your radius or thumb side is the side that rotates!



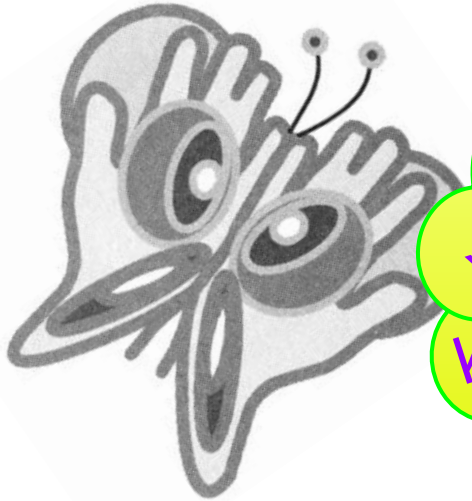
This bone actually
flips over the top
of the other bone!

Try again!

Can you leave your pinky in the same place but turn from your elbow?



Does it look like this?



You may have to
keep working on it!



Now try using your bow again!



Think about your elbow leading the
bow...

Does the thumb side stay straight?

Did your elbow turn out just a little?

Does your ulna rotate?

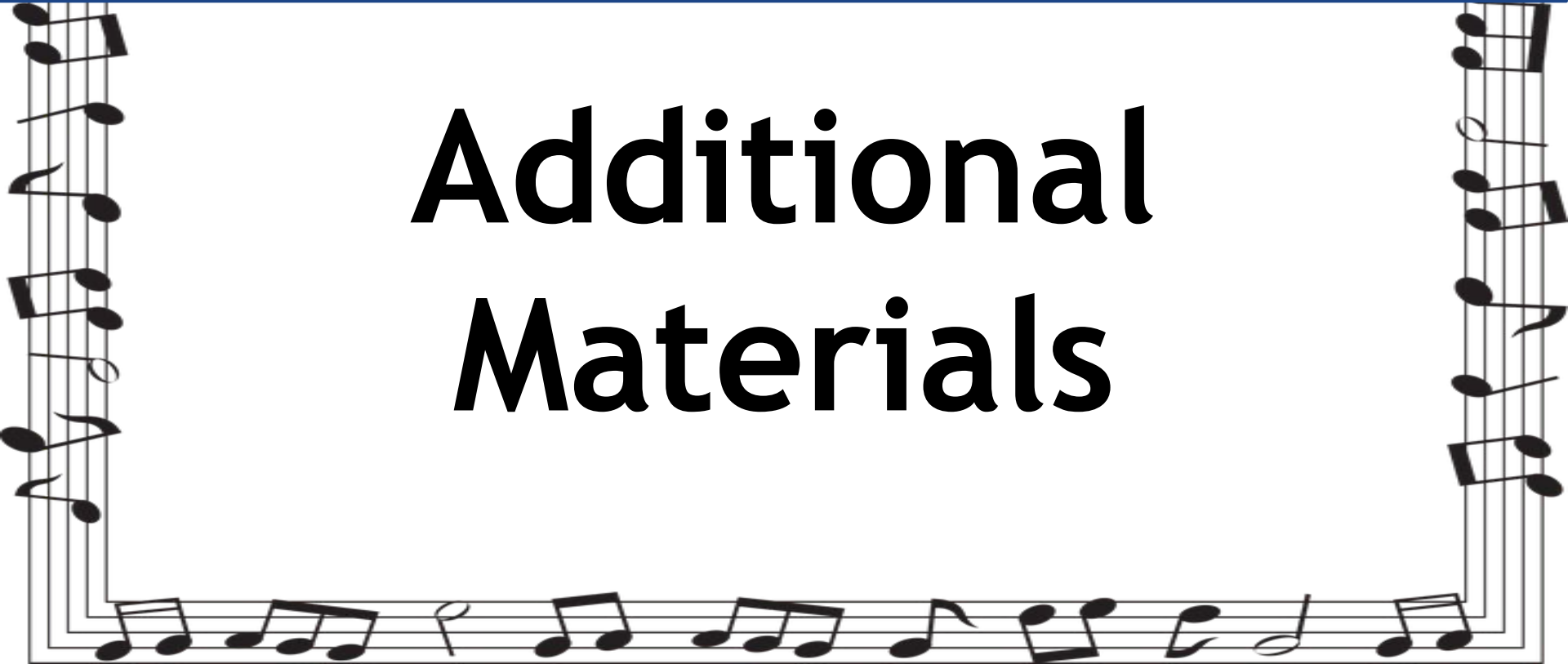
Review



When you play your instrument you should feel

movement

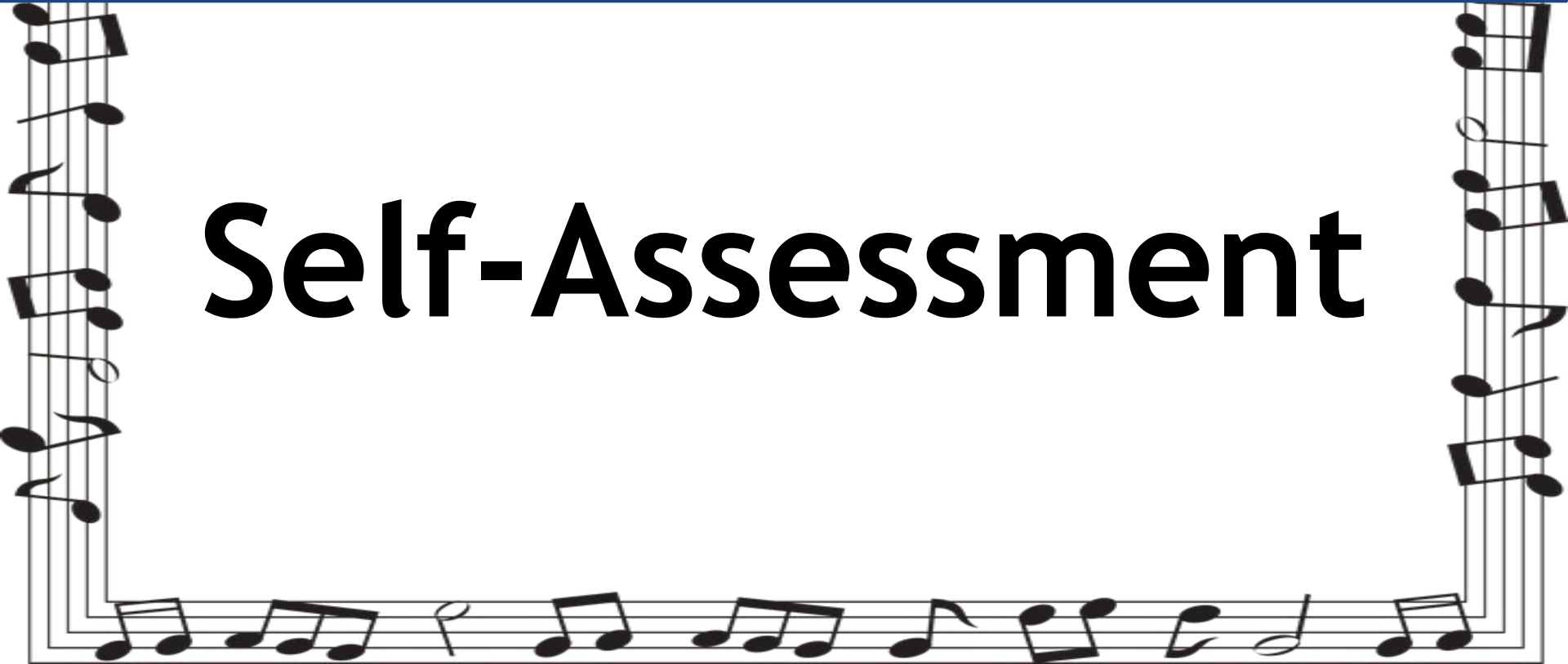
Additional Materials



Watch these!



Self-Assessment



A professional video camera, likely a Panasonic model, is shown from a rear-quarter perspective. It features a large lens hood with "LEICA DICOMAR" printed on it, a microphone with "RODE" branding, and various control buttons and dials. The camera is set against a light blue background with a decorative border of musical notes on staves. The text "Have someone record your playing from behind. See if your shoulder blade moves and your arm rotates just a little bit from the elbow!" is overlaid in a bold blue font.

Have someone record your playing from behind. See if your shoulder blade moves and your arm rotates just a little bit from the elbow!