

2 ■ Holding Your Bass and Bow

■ HOLDING YOUR BASS

- Study the pictures carefully.
- Pull the end pin out far enough to make the nut about as high as the top of your head when you are standing.
- With your bass at arm's length, and the end pin in front of your left foot, turn your bass to the right (clockwise) so the back right edge is facing you.

Sitting Position

- Sit on the front edge of the stool with your left foot up on the first rung and your right foot on the floor.
- Bring your bass toward you so the edge touches the left side of your stomach and the back rests against the inside of your upper left leg. (Figure 1)



Figure 1: Good Posture and Position (sitting)

Standing Position

- Step forward toward the end pin with your left foot and bring your bass toward you so the back edge touches the left side of your stomach.
- It is helpful to have your left foot on the rung of a chair (6–10 inches off the floor) so you can rest the back of your bass against your upper left leg.
- The neck of your bass should be close to your neck and you should be able to comfortably reach the bowing area of the strings with the palm of your right hand. (Figures 1 & 3)

■ LEFT HAND PLAYING POSITION

- Keep your elbow up and out to the left side. (Figures 2, 3 & 4)
- Be sure your wrist is relaxed and straight.
- Make sure your first finger points up toward your left ear, making a space between the first and second finger. (Figures 2, 3 & 4)
- Keep your thumb relaxed (never squeezing) and rest it behind the neck under your second finger. (Figure 2)

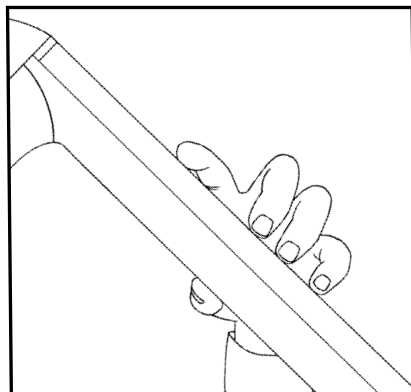


Figure 2: Four Fingers Down

■ HOLDING YOUR BOW

French Type

- Make a circle between the tip of your thumb and the space between your second and third fingers. The thumb touches your fingers between your first and second joints.
- Place the bow between your thumb and fingers. (Figure 5)
- Place the first joint of your first and fourth fingers on the bow. (Figure 5)
- Place your right thumb tip on the bow stick just above the end of the frog. Place your other fingers on the bow stick.
- Be sure your second and third fingers hang relaxed over the stick. (Figure 5)

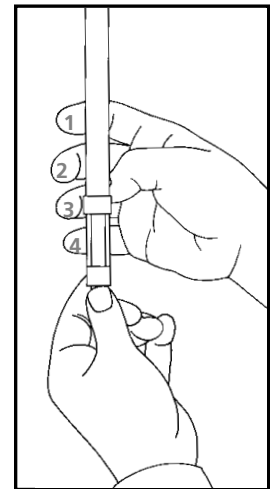


Figure 5: Holding Your Bow

German Type

- While holding the bow stick with your left hand, place the back side of the frog across the base joints of your first three fingers. (Figure 6)
- Let your fingers relax and curve so that your fourth finger tip is underneath the frog near the ferrule, and your thumb is over the top of the stick. (Figure 6)
- The first and second finger tips touch underneath the bow stick. The third finger rests inside the curve of the frog. Make sure your wrist stays relaxed and straight. (Figure 6)

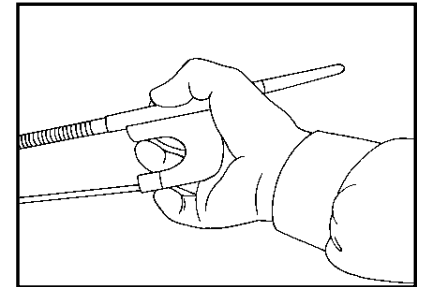


Figure 6: Holding the German

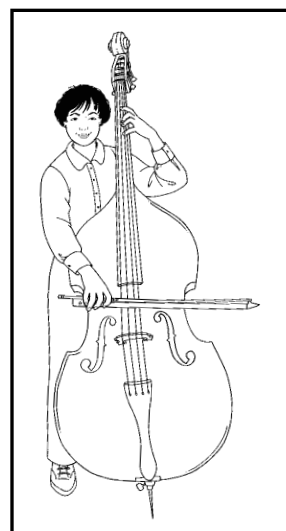


Figure 3: The Whole Picture (French Bow)

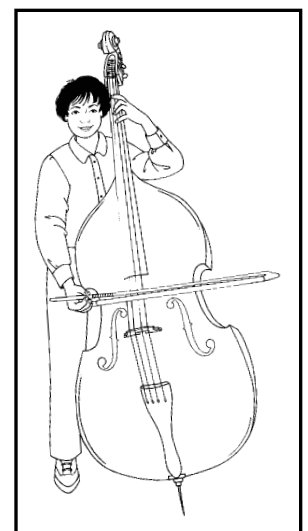


Figure 4: The Whole Picture (German Bow)

Scarborough Fair

Andante

A *mf* legato

B *mp* legato

A 9 *f*

B *mf*

A *mf*

B *mp*

18 *mp*

A -4 -4 -4

B *f*

26 *mp*

A *p*

B *pp*

rit.