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Holding the Violin and Bow in Rest Position. Bowing

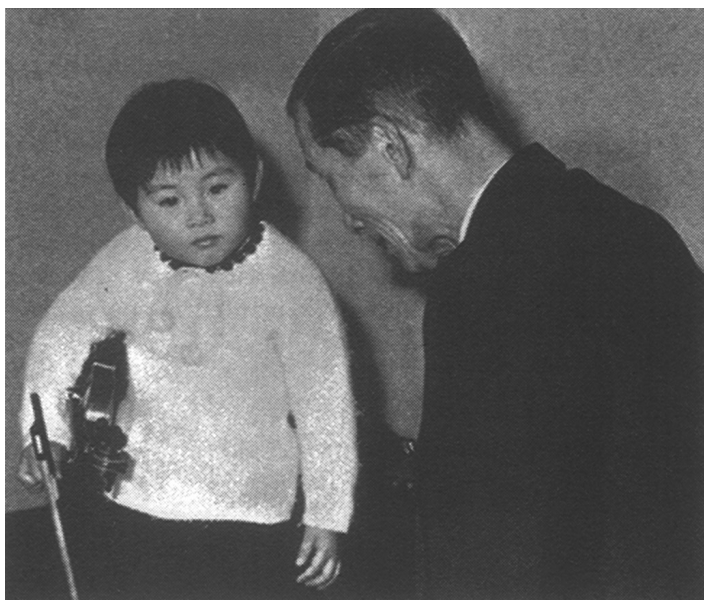
When the student is given the violin for the first time, he is taught to hold the violin at rest under his right arm. This is called 'rest position'. At this time the student is taught the proper greeting and bow which always open the private lessons. Suzuki says that the bow signifies respect for the teacher and should not be quick or perfunctory. He also points out that the teacher's answering bow indicates the teacher's respect for the student, so that mutual respect is expressed by the bows. The formal Japanese bow is too low in Suzuki's opinion. He wants the students to have an 'international' bow. The child bows slightly and holds the bow until he counts to three, then he straightens up.

These routines taught by Suzuki are valuable in teaching the small child respect for the instrument. He learns to control himself as he handles the violin. Holding the violin properly 'at rest' and bowing correctly may be the first point the new student will proudly demonstrate to his father at his first home concert.

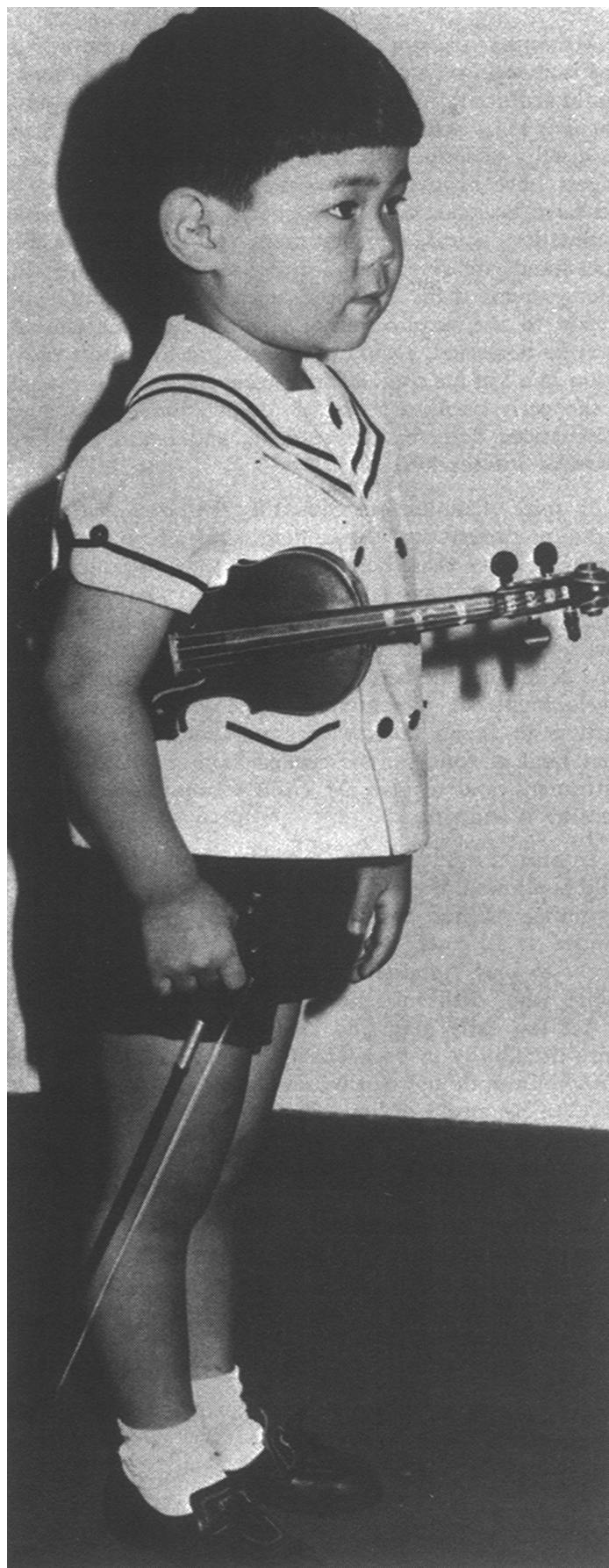
EXERCISE: *Teacher or parent places violin and bow in rest position. Bowing practice.*

1. Student faces teacher, standing straight with hands at sides and feet together.
2. Teacher raises child's right arm from side, placing violin under the upper arm so that the arm rests on the violin strings behind the bridge.
3. Teacher places bow in student's right hand. Student holds onto frog with right hand, with the bow pointing to the floor.
4. Student and teacher bow.

At group lessons, in order to ensure more deliberate bows, three chords may be played on the piano for the bows. The children bow on the first and straighten up on the third.



The bow shows mutual respect.



Rest position.