

Bow Hold Posture Tips

*The **rabbit**: bow-hold preparation*

- On the right hand, place the thumb inside the first knuckles of the middle and ring fingers
- Make sure the hand is round (make a circle with the thumb and fingers)
- The index finger is the “floppy ear” – let it be slightly extended but not straight
- The pinky finger is the “pointy ear” – it should be curled up fairly tightly

When the “rabbit” is ready, perhaps it would like to eat some carrots!

- Take hold of a pen or pencil (or other round dowel shaped object) between the thumb and inside joints of the second and third fingers
- The “floppy ear” should rest over the stick
- The “pointy ear” needs to stay standing tall on top of the stick

Move it onto the bow:

- The thumb fits either on the silver (for 3–5 year olds) or next to the frog on the stick
- The second finger wraps over the stick opposite the thumb
- The first and third fingers rest over the stick not quite touching the second
- The pinky stands tall on top above the frog