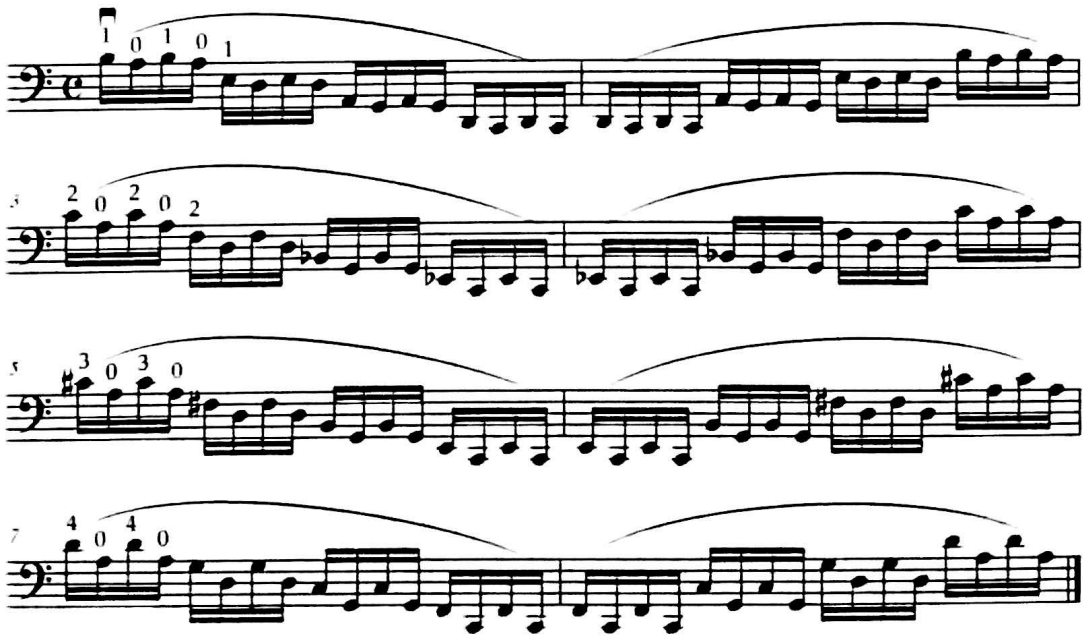
UNIT 1

Finding the Horizontal Axis of Movement

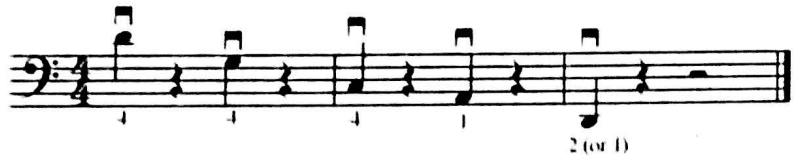
The Owl

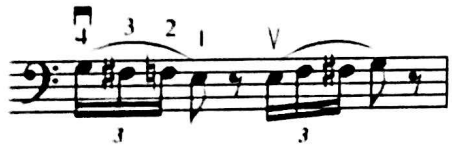
Posture:

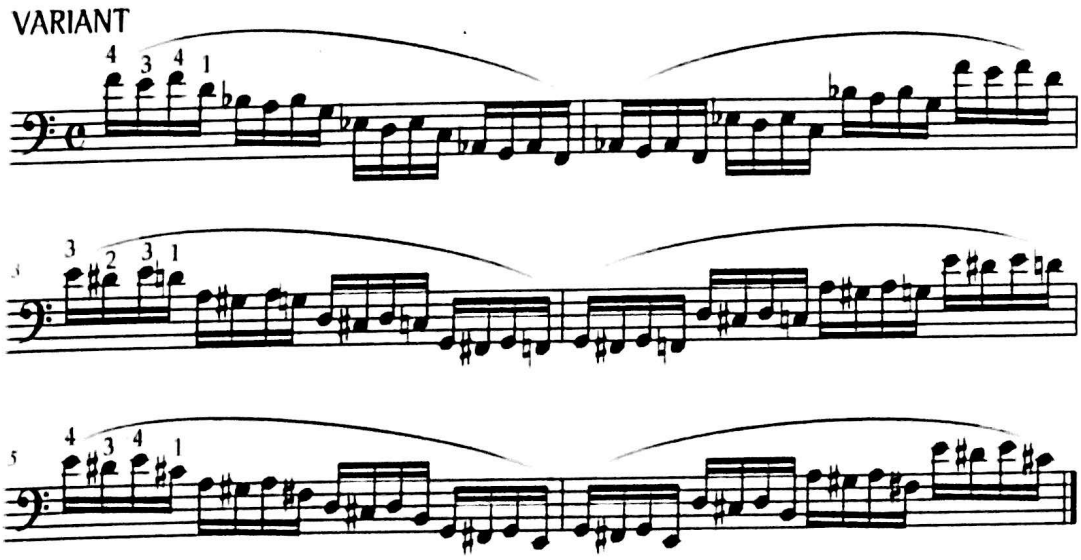
- Feet well 'planted'.
- Move freely from the hips.
- Keep your head and shoulders level as you sweep the room with your eyes – eyes should lead the bow. Swing across the strings from left to right and back again.
- Try rocking slightly from right to left against the bow direction, feeling your weight shift from right to left foot going down to the bottom string and from left to right foot coming back up to the top string.

The Owl

© Bartholomew Music Publications 2006

Owlets Exercise



Owlets doing Aerobics

etc. down to the C string

The Owl Variant

© Bartholomew Music Publications 2006