POSITION:
1. Stretch the right arm in front of the body locking the elbow with no inner tension.
2. Hold the bow normally — hand dropped — hair facing the body.

PROCEED to
EXERCISES:
A. With finger motion only — move the bow up — down — movement concentrated in the knuckles and 2nd joint. (Do not alter the "dropped" hand position.

B. With wrist action only — move the bow so that the hair faces 1) the body first — and 2) away from the body.

C. Combine both movements — A. and B.

D. By combining the finger and wrist actions make circular motions: