



Bow hold checklist:

- *Are all the joints in all my fingers curved?
- *Do I have a bumped thumb?
- *Are my fingers loose and relaxed?
- *Is the corner of my thumb where the frog meets the bow stick?
- *My thumb isn't too far under the bow stick, is it?
- *Do I have space between the base of my index finger and the base of my thumb?

