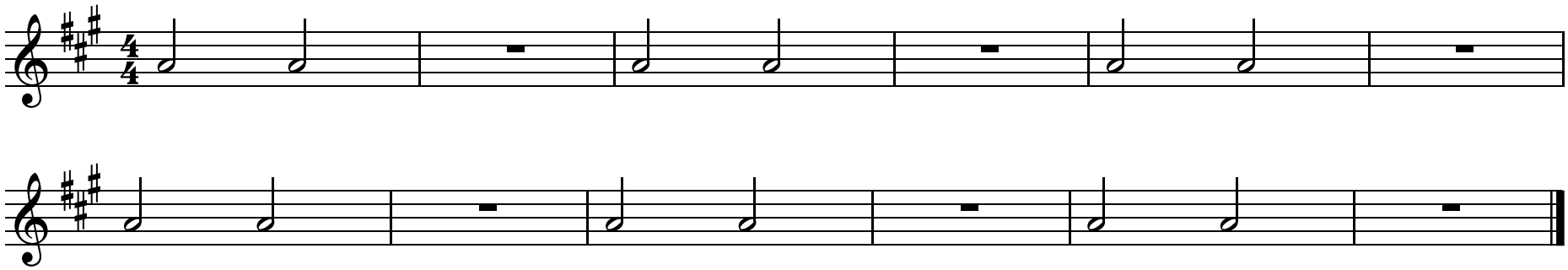
Smooth Sailing

Prep Exercise

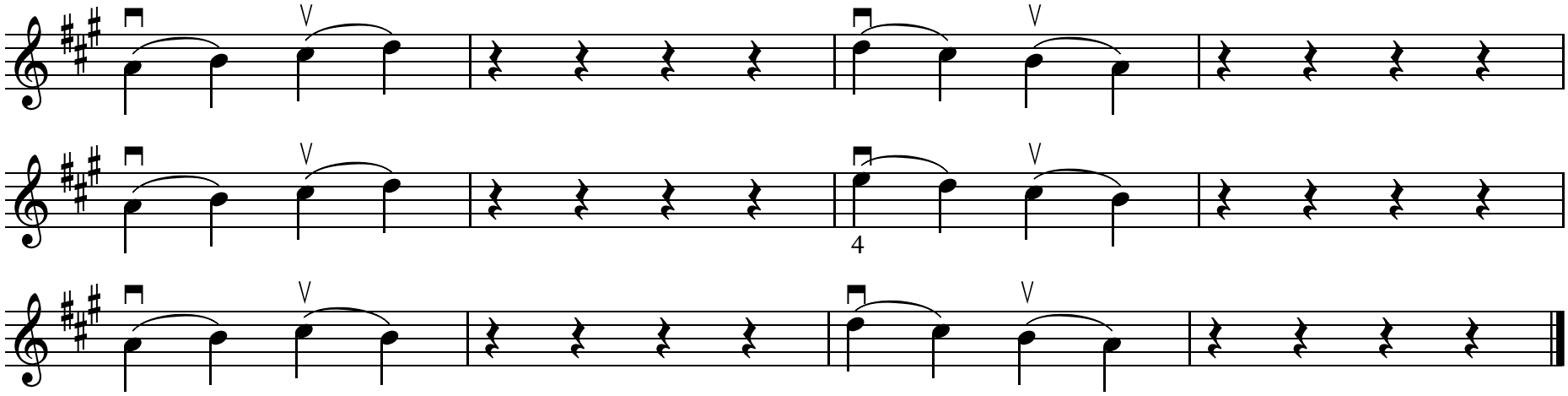


Listen to the track without playing first.
Can you hear how the bow moves slowly and
changes smoothly from frog to tip?

Try to match with your bow!

When you have this down, move on to page 2!

Play along with the “Smooth Sailing” audio track



Now we'll add in a few extra pitches. Still concentrate on using long, smooth bows, like you did on page 1!

Play along with the "Smooth Sailing" audio track