

NUMBER 1

1st Hum

Bow (breath) over the strings (vocal chords)

The diaphragm is the gentle hand of control on the Bow.

NUMBER 2

Vowels

a = a-yee

e = e-yee

i = ay-i-yee

o = o-oo

u = ee-you

Over annunciate to awaken the facial muscles and mask. Articulations - lips, teeth, tongue & ridge

NUMBER 3

2nd Hum

Bow through the lips, jaw, tooth line, lip line.

Imagine bow flowing out into the room.



NUMBER 4

Consonants

- Both Lips: M B P
- Both lips / Top teeth: V F
- Tip of Tongue to the Alveolar Ridge: De Ge Ja eL eN Te
- Sibilant: eS eX Ce Ze
- Back/Heel of tongue: K Q
- False Vowels: Y R W

Ba x 7 (x4)

Pa

Va

Fa

Da

La

Sa

Sha

Ka

Gah

Ya



NUMBER 5

3rd Hum

Bow through ridge.
Awaken cheekbones,
sinuses, air in nasal
cavities.

NUMBER 6

4th Hum

Drop the jaw x 3
Awaken hearing cavities

NUMBER 7

5th Hum

Release the tongue.
Didging:
ayunga ayunga ahye ahye x 2
oo wah oo wa wah x 2