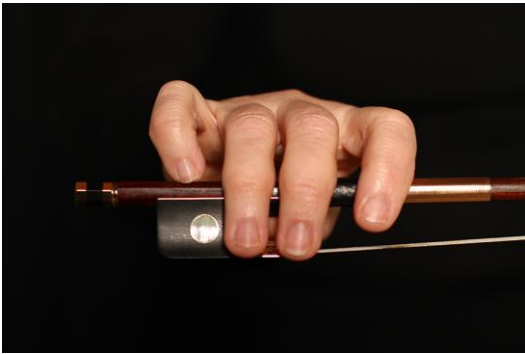


## Establishing the bow hand frame

Something we do everyday, holding a bottle of water produces the shape of a balanced bow hand.  
*Transferring the natural shape of the bow hold from the bottle to the bow:*



In order to establish this frame the following must be in place:

1. Thumb bent and flexible
2. Pinky curved on top of the stick (not on the side of the stick)
3. 2 middle fingers straight down
4. 1st finger gently (not pressing) lying on the stick at the 1st joint closest to the nail.

This must be done in a relaxed manner, but holding the bow firmly enough so that it cannot be easily taken from you.



This bow hand frame is all about the ability of the fingers to be flexible and create small motions. It enables both technical (ex. articulations) and musical effects and should be taught along with a relaxed arm weight.

Orchestras, San Antonio Symphony, The New Mexico Symphony, The Florida Philharmonic, The Pro Arte Chamber Orchestra of Boston plus numerous other arts organizations that include The University of Miami Faculty String Quartet and Trinity University String Trio. She has presented viola master classes nationally and internationally along with sessions on viola pedagogy. Members of her pre-college viola studio have been accepted into some of the leading music schools in the United States and Europe including The Curtis Institute of Music, The New England Conservatory, The Juilliard School, The Eastman School of Music, and in the United Kingdom, The Guild Hall School. In addition, her students and former students have been finalists or first-prize winners in competitions including the Primrose Viola Competition, The Munich Competition, The Max Rostal Competition in Berlin and the ASTA Competition. Dr. Seelman studied with Rolf Persinger, Principal violist of the San Francisco Symphony and later received her Master of Music degree from Boston University where she studied viola with Walter Trampler and studied chamber music with Eugene Lehner and Leslie Parnas. She received her Doctorate of Musical Arts in Conducting from the University of Miami, Coral Gables, Florida where she also studied viola with David Becker and, guest artist, Heidi Castleman. Dr. Seelman is committed to the unique sound of the viola and it's voice as a solo instrument.

Atlanta violist, Dr. Marilyn Seelman, is currently on the faculty of Clayton State University where she teaches viola and chamber music. Past appointments include Trinity University in San Antonio, Texas, The University of New Mexico in Albuquerque, and Georgia State University in Atlanta where she taught viola and conducted the university orchestra. She has performed with the

