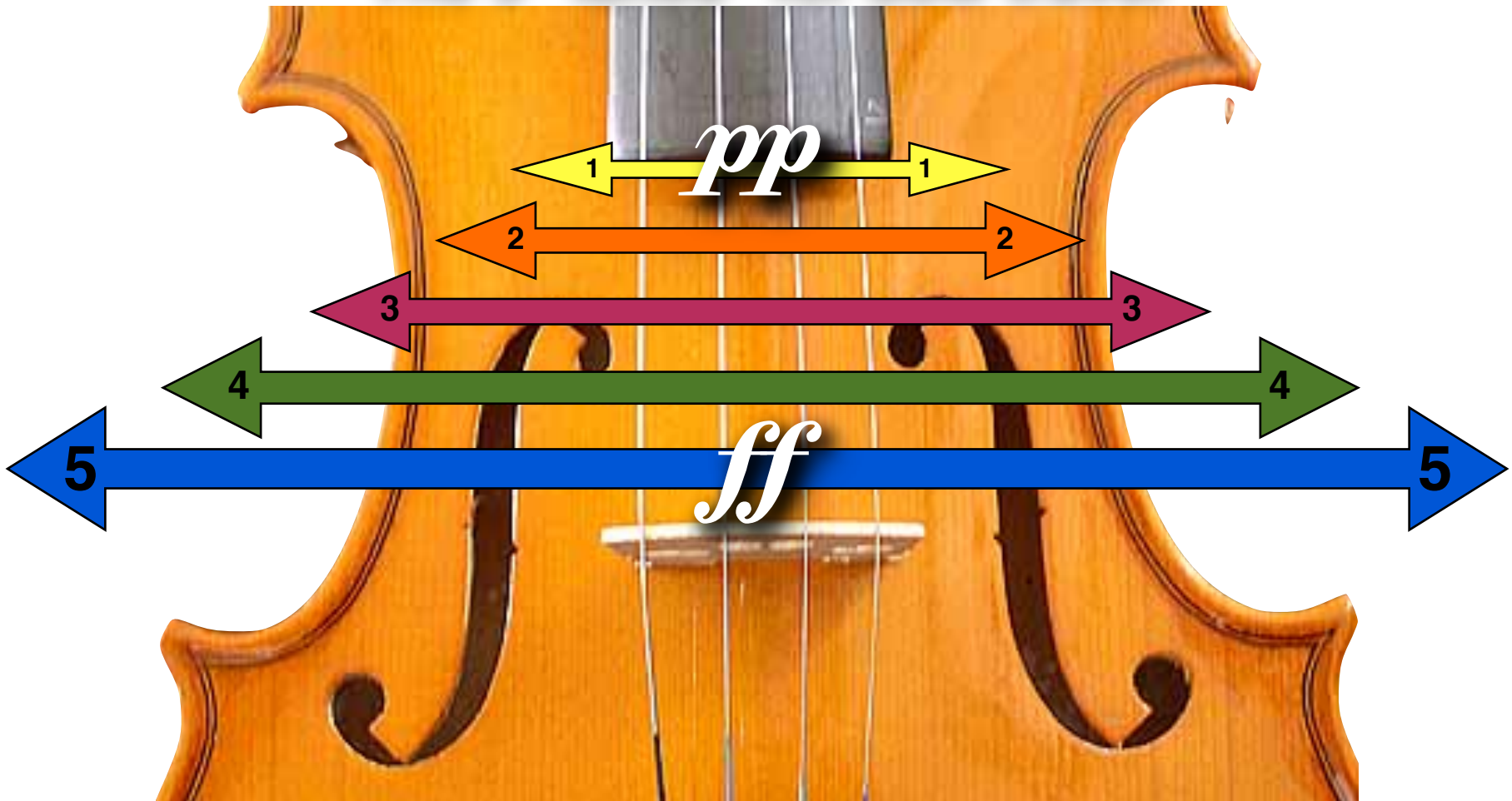


# *Point of Contact*

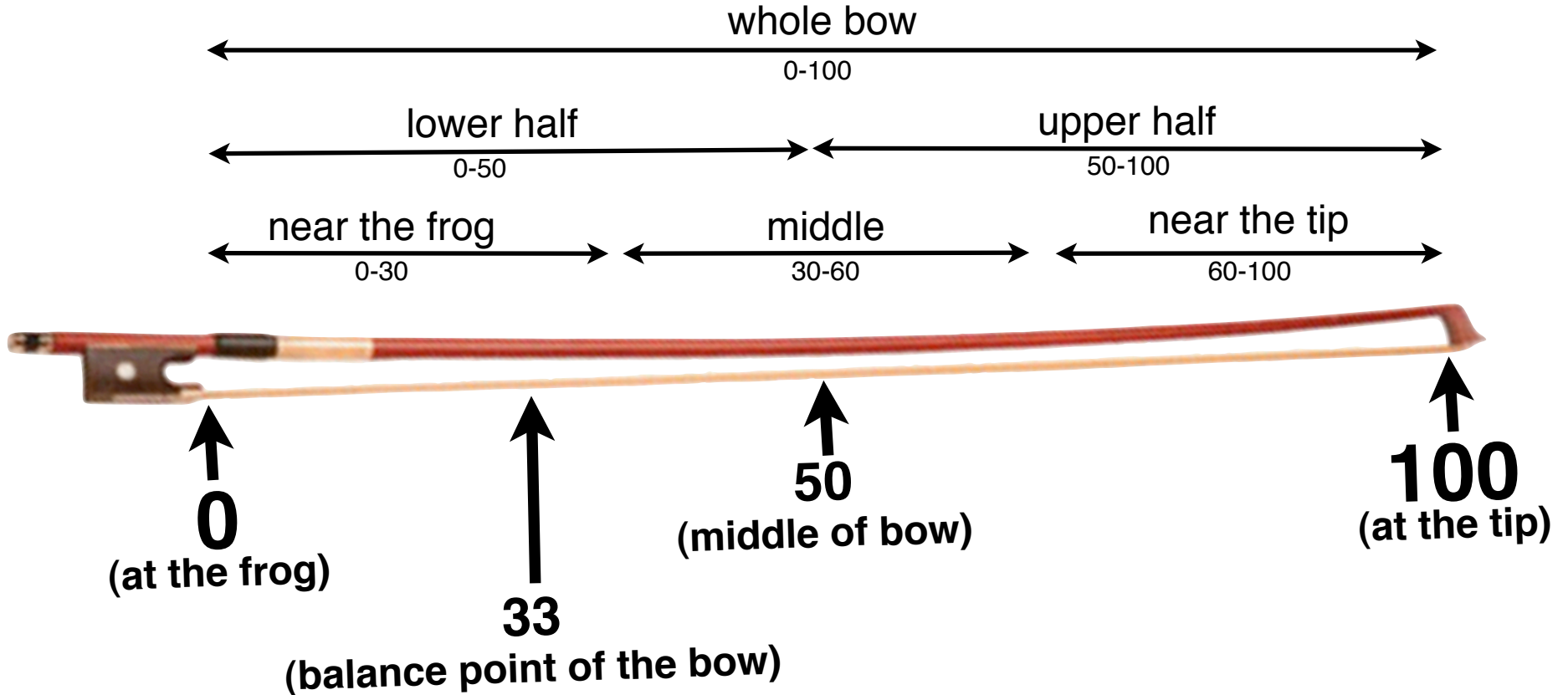
(placement of the bow on the string)

The 5 “lanes” for bow travel



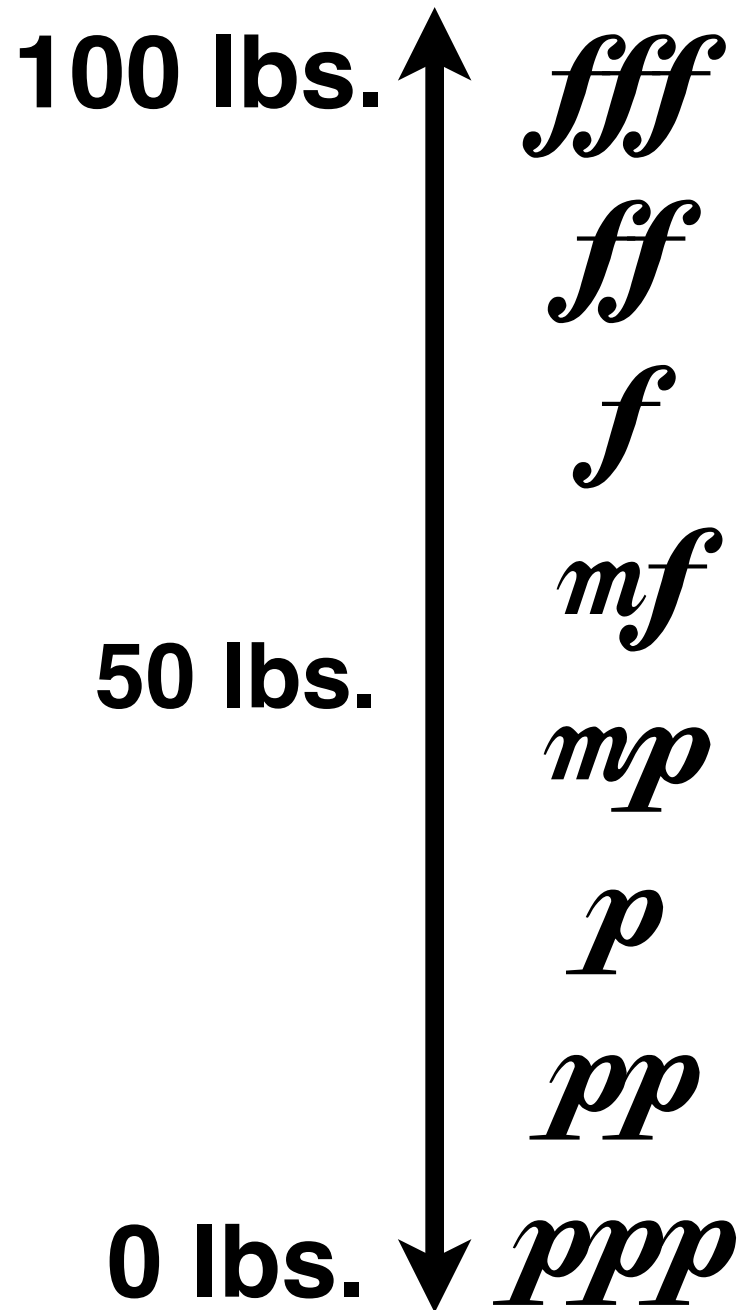
# *Area of the Bow*

(the part of the bow used)



# *Weight*

- \*the amount of pressure you put on the bow
- \*use first finger to push the stick into the bow hair - “bite” the string
- \*measured with “pounds”



# Speed

\* the speed of the bow

\* measured in “miles per hour”

\* the *longer* the note, the *slower* the bow stroke

\* the *shorter* the note, the *smaller* the bow stroke



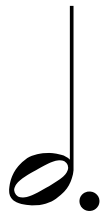
**25 MPH**

“Super Duper Slow Bow”



**75 MPH**

“Bow”



**33 MPH**

“Super Slow Bow”



**100 MPH**

“Run”



**50 MPH**

“Slow Bow”



**125 MPH**

“Sprint”