


Cello

Fit for the Future!

A woman with dark hair, wearing a dark polka-dot long-sleeved shirt and olive green pants, is seated and holding a cello and a bow. She is smiling slightly. A white rectangular sign is held in front of her chest, partially obscuring the cello. The sign contains text in a dark red font. The background is plain white.

Monica von Bülow
Cello exercises with
online material



Musikverlag Hauke Hack

Nikyo (Videos 14/15)

Nikyo is a basic halting technique in Aikido. It is a pronating wristlock, a “forearm turn” that torques the arm and applies nerve pressure.



Nikyo Exercise:

- Stretch and pronate your right arm in front of you so that your thumb is facing down.
- With the left hand, grab the back of the right hand so that both thumbs are again pointing in opposite directions.
- The left hand grabs the right hand.
- Apply gentle pressure by dropping the elbows and twisting the right wrist towards the chest.

Let's switch hands!

- Stretch and pronate the left arm in front of you so that your thumb is pointing down.
- With the right hand, grab the back of the left hand so that both thumbs are pointing in opposite directions.
- The right hand grabs the left hand.
- Apply pressure gently by dropping the elbows and twisting the left wrist towards the chest.



Part IV: Left hand



Thumb position with alignment

Place your left hand in thumb position.

- Balance your bow over your left wrist and forearm.
- Make sure the stick of the bow has plenty of contact with your left forearm.
- Holding the bow now securely with the right hand, slide back with the left hand to the 1st position and then up to the thumb position a couple of times.

Maintain the alignment between your forearm, hand and wrist at all times.

- Arriving again in thumb position, try articulating your fingers by moving them up and down and stretching, without “loosing” or dropping your bow!

Make sure to keep your shoulders engaged, but relaxed.

