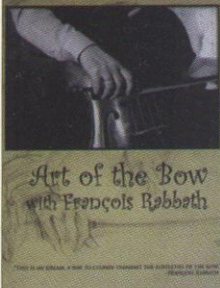


BPRECOMMENDS

CDs & DVDs



Art of the Bow with François Rabbath [www.artofthebow.com]

This instructional DVD, featuring Syrian-born upright iconoclast **François Rabbath** and produced by Ball State University's Hans Sturm, dives deep into the art and technique of using a bow on an upright bass and fills a large gap in video upright bass pedagogy. Beginning with the fundamentals of holding the bow and the bass, Rabbath guides viewers through his "Seven Families of Bow Strokes." Each stroke's subtleties are illuminated using multiple camera angles and biomechanics—extremely detailed computerized imaging of Rabbath's movements. Although some repetition in the interviews and lessons could have been edited out, the interview and performance footage adds to the experience. Rabbath's charmingly sweet approach and thoughtful breakdown of arco essentials makes this video, a must-have for any player interested in exploring this beautiful technique. —GREG OLWELL