

gen - expanding

approximately 50 minutes

decide one tuning system - hon cho shi, ni a gari or san sagari. use 'san bon' (that starts B).
bow three strings as instructed.

3

bowing 20 minutes

1.2

1

1.2

1

2

3

2

3

1.2

3

1.2

3

2.3

2.3

2

1.2

2.3

resting 3

7

5

7

5

3

5

5

10