

BODY		
What is it	What to do	It feels like
1. POSTURE	STANDING STRAIGHT and naturally connecting to becoming ' ONE WITH THE VIOLIN '. We develop an initially 'foreign' and awkward hold and 'feel' for the instrument into a ' NATURAL ' HOLD with a CORRECT POSTURE 'FEEL' .	→ CONNECTING VIOLIN & BODY POSTURE → BECOMING 'ONE WITH THE VIOLIN'
2. HAND MOVEMENTS	PRODUCING all left, and right-hand movements to a bigger or smaller extend thanks to a FLEXIBLE CIRCLE / ROTATING HAND ACTIONS (swimming, throwing a ball action-like). The sense of ' ROUND ' actions and ' FLOATING ' hand movements on the violin is paramount!	→ ROTATING ACTIONS → ' ROUND ' (CIRCLES) SENSE → ' FLOATING ' MOVEMENTS
3. BREATHING	BREATHING has to ' SYNC IN ' NATURALLY with all that we are doing while playing, which will develop in time while getting used to the correct posture and to using our left, and right-hand correctly.	→ ' SYNCING IN ' WITH PLAYING

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. BECOME STIFF IN POSTURE	1. DEVELOP 'NATURAL' HOLD & CORRECT POSTURE 'FEEL'
2. CREATE 'SQUARE' ANGLES	2. DEVELOP A SENSE OF FLOATING & ROUND TOUCH
3. FOGET TO BREATHE NATURALLY	3. BREATHE NATURALLY IN A CALM WAY

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. POSTURE	1. ' ONE WITH THE VIOLIN ' 2. ' NATURAL ' HOLD 3. CORRECT 'FEEL'
2. HAND MOVEMENTS	1. ROTATING ACTIONS 2. ' ROUND ' SENSE 3. ' FLOATING ' MOVEMENTS
3. BREATHING	1. CALM 2. NATURAL 3. IN 'SYNC'

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**