

<b>WARMING UP – THE BASICS</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
<b>PREPARING BODY MUSCLES &amp; JOINTS</b>	<b>WARMING UP</b> your body muscles and joints to make it easier to perform or practice by doing a few stretches and basic exercises, and by playing as explained below.	→ <b>THE BODY IS GETTING READY &amp; COMFORTABLE</b> → <b>STRETCHING &amp; PLAYING</b>
<b>1. FOCUS ON LEFT HAND</b>	<b>WARMING UP</b> by playing calmly in intermediate speed a major or minor scale and arpeggio, or a section of scales and arpeggios (like in Carl Flesch, or Ivan Galamian Books for ADVANCED level).	→ <b>THE LEFT-HAND FINGERS ARE GETTING READY</b> → <b>FLOWING BOW &amp; CALM PLAYING</b>
<b>2. FOCUS ON BOW / SOUND</b>	<b>WARMING UP</b> by repeating the scale slowly with long bows (use the whole bow) to stretching all muscles of your right hand focusing at the same time on tone production as well.	→ <b>THE RIGHT-HAND &amp; BOW ARE GETTING READY</b> → <b>SLOW &amp; LOUDER SOUND</b>
<b>3. FOCUS ON CO-ORDINATION</b>	<b>WARMING UP</b> by playing an exercise (like Ševčík), or a short study slowly and quietly feeling the left-hand fingers and the bow hand flexible and 'warmed up' ready to play the piece.	→ <b>MUSCLES ARE READY TO PLAY</b>
<b>PRACTICING EACH ONE DETAIL SEPARATELY AND ASSEMBLING ALL DETAILS TOGETHER MAKING IT ALL WORK AS A WHOLE</b>		

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>
<b>PREPARING BODY MUSCLES &amp; JOINTS</b>	1. <b>PREPARE FOR PLAYING</b> 2. <b>STRETCH BODY &amp; MUSCLES</b>
<b>1. FOCUS ON LEFT HAND</b>	1. <b>THINK ABOUT FINGERS</b> 2. <b>PLAY CALMLY &amp; QUIETLY</b>
<b>2. FOCUS ON BOW &amp; SOUND</b>	1. <b>THINK ABOUT BOW</b> 2. <b>PLAY SLOWLY &amp; LOUDER</b>
<b>3. FOCUS ON CO-ORDINATION</b>	<b>FEEL FINGERS &amp; BOW 'WARMED UP'</b>

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**