

<b>BOW – NATURAL BOUNCE – ‘SPRINGING’ BOW ACTION</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>BOW WANTS TO BOUNCE</b>	<b>PLAYING</b> on the string goes against the natural bow bounce – we are pushing against the springiness of the wood of the bow, bow hair, and string to make the bow smoothly play on the string. <b>LIFTED BOWINGS</b> however, are letting the natural bounce of the bow out of the string and are more ‘natural’ than playing smoothly.	→ <b>BOW BOUNCE IS MORE ‘NATURAL’ THAN SMOOTH BOW</b> → <b>LETTING (NOT MAKING) THE BOW BOUNCE NATURALLY</b>
2. <b>NATURAL POINT OF BOUNCE</b>	<b>FINDING</b> the point of natural bow bounce – a little lower from the middle point of the bow and higher than the point-of-balance.	→ <b>BEING AWARE OF WHERE IS THE POINT OF BOUNCE</b>
3. <b>5 THINGS TO CONTROL BOUNCE</b>	<b>THINKING</b> about <b>BOW HEIGHT / BOW LENGTH / BOW PLACE</b> (which bow part) / <b>BOW CONTACT POINT / BOW TILT</b> .	→ <b>PLACEMENT OF THE BOUNCE</b>
<b>WHEN PLAYING ALWAYS BE AWARE WHERE THE MIDDLE OF THE BOW IS – THE POINT OF BOUNCE IS JUST A LITTLE LOWER FROM THERE.</b>		

<b>IDENTIFY &amp; SOLVE THE PROBLEM</b>	
<b>Don't</b>	<b>Do</b>
1. <b>MAKE THE BOW BOUNCE</b>	1. <b>LET THE BOW BOUNCE USING ITS OWN SPRING</b>
2. <b>GO TOO FAR UP or TOO FAR DOWN</b>	2. <b>STAY JUST UNDER THE MIDDLE OF THE BOW</b>
3. <b>STOP MONITORING THE SOUND</b>	3. <b>CONTROL THE TYPE OF BOUNCE PRODUCED</b>

<b>HAVE YOU LEARNED IT</b>	<b>ACTION WORDS / TASK</b>	<b>PRACTICING LINK – GO TO:</b>
1. <b>BOW WANTS TO BOUNCE</b>	1. <b>LET THE BOW BOUNCE</b> 2. <b>DON'T MAKE IT BOUNCE</b>	→ <b>SPRINGING &amp; THROWN BOW ACTION</b>
2. <b>NATURAL POINT OF BOUNCE</b>	1. <b>FIND NATURAL POINT OF BOUNCE</b> 2. <b>BE AWARE OF MIDDLE BOW POINT</b>	→ <b>BOUNCE CONTROL</b>
3. <b>5 THINGS TO CONTROL BOUNCE</b>	1. <b>CONTROL BOW HEIGHT &amp; LENGTH</b> 2. <b>CONTROL BOW PLACE</b> 3. <b>CONTROL BOW CONTACT POINT &amp; TILT</b>	

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**