

BOW – SEMI-CIRCLE & CIRCLE ‘SENSE’ OF ACTION		
What is it	What to do	It feels like
1. FINGERS	1. Fingers movement - smallest sense of semi-circle. 2. Changing of down and up bow – index to little finger weight change. 3. Changing of down and up bow – catch and release motion. CHORDS – small sense of circle (bend fingers) before playing each chord.	→ FLEXIBLE FINGERS → LIGHT TOUCH → MOVING WITH WRIST
2. WRIST	1. Wrist movement - smaller sense of semi-circle. 2. Changing of down and up bow – pronate and supinate effect. CHORDS – sense of wrist circle playing ‘through’ each chord.	→ ‘WRIST FLOW’ FEEL → SEMI-CIRCLE FEEL
3. FOREARM	1. Forearm movement - 'seesaw' semicircle effect. 2. Changing of down and up bow – pronate and supinate effect. CHORDS – full circle (two semi-circles) effect.	→ ‘SEESAW’ & ‘SMILEY FACE’ EFFECTS → ‘ACTIVE’ IN UPPER HALF → ‘HANGING’ IN LOWER HALF
4. ELBOW	1. Elbow circle - sense of resting and 'hanging' on its string level. 2. Change down and up bow opening and closing actively. CHORDS – full circle (two semi-circles) effect.	→ ‘OPEN – CLOSE’ → ‘HANGING’ EFFECTS
5. UPPER ARM	1. Upper arm semi-circle sense of ‘hanging’ in upper-half alongside the elbow and forearm. 2. Upper arm circle and dropping of angle – only when playing at the heel. CHORDS – full circle (two semi-circles) effect.	→ ‘ACTIVE’ IN LOWER HALF → SEMI-CIRCLE AT THE HEEL → ‘HANGING’ IN UPPER HALF
EVERY bow movement has a 'circle notion of number 8' played in a straight line		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. PLAY WITH STIFF FINGERS	1. KEEP FINGERS FLEXIBLE / KEEP THEM ACTIVE AS PART OF 'WRIST MOVEMENT'
2. FORGET THAT ALL HAND MOVEMENT 'FLOW' THROUGH WRIST	2. START EVERY MOVEMENT THROUGH THE 'WRIST FLOW' / SEMI-CIRCLE FEEL
3. FORGET TO SWITCH BETWEEN 'ACTIVE' & 'HANGING' MODES	3. KEEP FOREARM ACTIVE IN UPPER HALF & 'HANGING' (PASSIVE) IN LOWER HALF
4. LOSE THE SENSE OF OPEN / CLOSE MOVEMENT ON DOWN / UP BOWS	4. KEEP OPEN / CLOSE MOVEMENT ACTIVE / 'CLOSE' AT THE HEEL & 'OPEN' AT THE TIP
5. FORGET TO RELAX (MAKE PASSIVE) IN THE UPPER HALF (HANGING)	5. 'LIFT' GENTLY & MAKE ACTIVE AT THE LOWER BOW HALF / SEMI-CIRCLE & DROP AT THE HEEL

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. FINGERS	1. FLEXI FINGERS 2. LIGHT TOUCH 3. MOVE WITH WRIST
2. WRIST	1. WRIST IS 'THE BOSS' 2. 'WRIST FLOW' FEEL 3. SEMI-CIRCLE FEEL
3. FOREARM	1. 'SEESAW' & 'SMILEY FACE' EFFECTS 2. 'ACTIVE' IN UPPER HALF 3. 'HANGING' IN LOWER HALF
4. ELBOW	1. 'OPEN – CLOSE' & 'HANGING' EFFECTS 2. SEMI-CIRCLE WHEN DROPPING TO CHANGE AT THE HEEL
5. UPPER ARM	1. 'ACTIVE' IN LOWER HALF 2. SEMI-CIRCLE & DROP AT THE HEEL 3. 'HANGING' IN UPPER HALF

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**