

BOW STROKES – ON THE STRING WITH ATTACK – UP BOW STACCATO			
What is it	What to do	Where on bow	Feels like
UP BOW STACCATO	<p>A GROUP of FAST MARTELLÉ STROKES on THE SAME UP / DOWN bow.</p> <p>THREE possible ways:</p> <ol style="list-style-type: none"> 1. FOCUSING ON FOREARM - ROTATION OF FOREARM – with index finger pressing bow on the string. 2. FOCUSING ON WRIST - UP/DOWN WRIST MOTION – with index finger pressing bow on the string. 3. FOCUSING ON FINGERS - 'PINCHING' THE STRING – applying pressure evenly between index finger and thumb. 	<p>UPPER HALF</p> <p>Start close to the TIP</p> <p>Use TINY amount of BOW for each note</p>	<p>FAST MARTELLÉ STROKES ON ONE BOW</p> <p>→ FOREARM ROTATING / 'FLAT' WRIST / PRESSING INDEX</p> <p>→ WRIST MOTION / 'FLICKING' WRIST / PRESSING INDEX</p> <p>→ BOTH INDEX & THUMB 'PINCHING' STRING</p>

HAVE YOU LEARNED IT	Action Words / Task	PRACTICING LINK – GO TO:
UP BOW STACCATO	<ol style="list-style-type: none"> 1. FOREARM ROTATES 1b. 'FLAT' WRIST 1c. PRESS INDEX 	<p>→ SCALES – BOW STROKES – BASIC</p> <p>→ POINT 4</p>
	<ol style="list-style-type: none"> 2. UP/DOWN WRIST MOTION 2b. 'FLICK' WRIST 2c. PRESS INDEX 	
	<ol style="list-style-type: none"> 3. BOTH INDEX & THUMB 'PINCH' STRING 	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING