

| BOW STROKES – ON THE STRING WITH ATTACK – MARTELLÉ | | | |
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| What is it | What to do | Where on bow | Feels like |
| MARTELLÉ | DETACHÉ bow with BOW ATTACK . 1. STARTING – like COLLÉ stroke – APPLYING BOW PRESSURE with INDEX finger on string. 2. 'ATTACKING' string – RELEASE pressure immediately after that using only FAST BOW SPEED (NO PRESSURE) . 3. FINISHING with NO PRESSURE whatsoever on the bow. | UPPER HALF Start in the MIDDLE | → PRESSING / COLLÉ STYLE → ATTACKING / QUICK BOW RELEASE → 'NO BOW PRESSURE' FINISH |

| HAVE YOU LEARNED IT | Action Words / Task | PRACTICING LINK – GO TO: |
|----------------------------|------------------------------|---|
| MARTELLÉ | 1a. PRESS ON | → SCALES – BOW STROKES – BASIC |
| | 1b. THINK COLLÉ STYLE | → POINT 3 |
| | 2a. ATTACK | → EXERCISES – ŠEVČÍK – BOW TECHNIQUE |
| | 2b. QUICK BOW RELEASE | |
| 3a. FINISH | → POINT 2 | |
| 3b. NO BOW PRESSURE | | |

REMEMBER
THE DETAIL
THE ACTION
THE FEELING