

SHIFTING – SENSE OF ‘SLOW MOVE’ IN SHIFTING – WHAT DOES IT MEAN		
What is it	What to do	It feels like
1. START PROMPTLY	MOVING hand promptly off its place with no hesitation and fingertip RELEASING pressure on string making a ‘harmonic touch’ (touching lightly the string as a harmonic).	→ PROMPT SHIFT START → ‘HARMONIC TOUCH’ FINGER
2. SHIFT AS SLOW AS POSSIBLE	MOVING hand as slow as possible with ‘harmonic touch’ finger first in practice, and then ‘within the required’ original tempo.	→ LOTS OF TIME TO SHIFT → SLOW SPEED MOVEMENT
3. ‘TIME’ YOUR SHIFTS	SHIFTING is never ‘rushing’ to change position – the hand should never feel ‘pushed for time’ but always in control planning ahead of the shift.	→ PLANNING ‘AHEAD’ → ‘FEEL SLOW - PLAY FAST’
THE SHIFTING SPEED OR ‘MOVING SLOW’ IN SHIFTING IS THE KEY ELEMENT IN LEARNING HOW TO SHIFT.		

IDENTIFY & SOLVE THE PROBLEM	
Don’t	Do
1. LIFT FINGER COMPLETELY / ‘FORGET’ TO MOVE QUICKLY	1. PROMPTLY MOVE OFF / ‘SENSE’ THE FINGER TOUCHING STRING
2. RUSH THE SHIFT WITH NO CONTROL OF ITS SPEED	2. MOVE ‘SLOWLY’ TO BE IN CONTROL OF THE SHIFT’S SPEED
3. FORGET TO ‘TIME’ WELL THE SHIFT	3. PLAN IN ADVANCE / ‘FEEL’ THERE IS MORE TIME

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. START PROMPTLY	1. START SHIFT PROMPTLY 2. USE ‘HARMONIC TOUCH’	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 3 – SHIFTING → PRACTICE THE SHIFTS SEPARATELY
2. MOVE AS SLOW AS POSSIBLE	1. MAKE TIME FOR SLOW SHIFT 2. SLOW DOWN SHIFT SPEED	
3. ‘TIME’ YOUR SHIFTS	1. PLAN IN ADVANCE 2. ‘FEEL SLOW - PLAY FAST’	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING