

FINGERS – FINGERS & BOW CO-ORDINATION – LEFT-HAND WITH BOW		
What is it	What to do	It feels like
1. HAND PREPARATION	PREPARING always left-hand fingers before the bow produces a sound (like playing a pizzicato).	→ LEFT HAND 'BEFORE' RIGHT HAND
2. FINGER ANTICIPATION	ANTICIPATING every next note with a finger touching the string like a harmonic first, then pressing it down after lifting quickly the previous finger.	→ QUICK & ARTICULATE LIFTING MOTION → FINGERS 'OVERLAPPING' SENSE
3. SECURING LEFT & RIGHT HANDS MOVEMENTS	SYNCHRONISING both hands by watching and listening – always focusing on left hand fingers first and then co-ordinating with the bow.	→ LEFT HAND LEADING → BOW FOLLOWING LEFT HAND

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. FORGET THAT LEFT GOES BEFORE BOW	1. THINK ABOUT LEFT HAND THEN THE BOW
2. STOP ANTICIPATING FINGERS PLACES	2. THINK ABOUT FINGERS & HOW TO USE THEM
3. LOSE THE SENSE OF CO-ORDINATION	3. FEEL THAT BOTH HANDS WORK IN SYNC

HAVE YOU LEARNED IT	Action WORDS / Task	PRACTICING LINK – GO TO:
1. HAND PREPARATION	1. LEFT LEADS 2. BOW FOLLOWS	→ SCALES – FOR BOW DISTRIBUTION / CO-ORDINATION / ARTICULATION
2. FINGER ANTICIPATION	1. LIFT QUICKLY 'THE PREVIOUS FINGER' 2. EXPECT ALWAYS 'THE NEXT FINGER'	
3. SECURING LEFT & RIGHT HANDS MOVEMENTS	1. SYNCHRONISE FINGERS & BOW 2. FEEL BOTH HANDS CO-ORDINATED	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**