

| BOW SPEED – DESCRIPTION | | |
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| What is it | What to do | It feels like |
| 1. SPEED | UNDERSTANDING bow speed as the need to constantly ADJUSTING both pressure and speed to the correct both length for each bow stroke. | → ADJUSTING TO PRESSURE |
| 2. HORIZONTAL | THINKING SEPARATELY FROM BOW PRESSURE about horizontal movement helps to using it more efficiently in relation to the pressure. | → THINKING 'HORIZONTAL SPEED' CONTROL |
| 3. LENGHT | BOW LENGHT is key to how bow speed is used and is determining how much speed and pressure are needed at any one time. | → THINKING 'VERTICAL SPEED' CONTROL |

| HAVE YOU LEARNED IT | ACTION WORDS / TASK |
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| 1. SPEED | ADJUST WITH PRESSURE |
| 2. HORIZONTAL | THINK 'HORIZONTAL SPEED' CONTROL |
| 3. VERTICAL | DETERMINE SPEED BY BOW LENGHT |

REMEMBER
THE DETAIL
THE ACTION
THE FEELING