

FINGERS – DROP ON / LIFT UP FINGERS – ‘HARMONIC’ TOUCH		
What is it	What to do	It feels like
GOING UP – ASCENDING SCALE		
1. DROPPING ONE AT A TIME	PRESSING one finger down on the string. The rest of fingers are held ROUND and CLOSE ABOVE the string.	→ ONLY ONE PRESSING → REST OF FINGERS OFF
2. LIFTING OFF FINGER	LIFTING OFF finger TOUCHING the string only RELEASING pressure. At the same time PRESSING down next finger.	→ HARMONIC FINGER TOUCH → NEXT PRESSING AT THE SAME TIME
3. ‘RELEASING’ THUMB GRIP	RELAXING thumb at the same time as PRESSING down finger - OPPOSITE action.	→ FINGER PRESSING - THUMB RELAXING

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. HOLD FINGERS TOO HIGH or FAR OFF	1. FOCUS ON KEEPING ROUND FINGERS POSITION
2. KEEP PRESSING WHEN NOT PLAYING	2. LIFT PRESSURE BUT NOT FINGER OFF THE STRING
3. PRESS THUMB TIGHTLY ON NECK	3. RELAX THUMB WHEN PRESSING DOWN FINGER

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. DROP ONE AT A TIME	1. PRESS ONLY ONE 2. KEEP OTHER FINGERS ROUND	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 1 – DROPPING / LIFTING FINGERS
2. LIFT OFF FINGER	1. LIFT PRESSURE 2. KEEP TOUCHING STRING	
3. THUMB	PRESS FINGER - RELAX THUMB	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING