

<b>BOW STROKES – ON THE STRING WITH ATTACK – COLLÉ</b>			
What is it	What to do	Where on bow	Feels like
<b>COLLÉ</b>	<p>It is <b>THE MOST IMPORTANT INGREDIENT</b> of any stroke on the string requiring a <b>BOW ATTACK</b>.                      Don't involve the arm or the hand in the movement – this is <b>FINGERS ONLY</b> movement.</p> <ol style="list-style-type: none"> <li><b>BENDING</b> (closing) fingers, <b>LANDING</b> slowly and <b>PRESSING</b> bow down on string – bow <b>GLUED</b> on string.</li> <li><b>LIFTING BOW OFF</b> with a rapid motion opening fingers (fingers <b>STAY</b> in opened position after that).</li> <li><b>HEARING THE 'CLICK'</b> sound of when bow lifts off from string.</li> </ol>	<b>ANYWHERE ON BOW</b>	<p><b>ARTICULATED BOW ATTACK – FINGERS ONLY MOVEMENT</b></p> <ul style="list-style-type: none"> <li>→ <b>BENDING (CATCHING) FINGERS / PRESSING /</b></li> <li>→ <b>RAPID LIFT / OPEN FINGERS / THUMB RELAXED</b></li> <li>→ <b>HEARING THE 'CLICK' SOUND</b></li> </ul>

HAVE YOU LEARNED IT	Action Words / Task	PRACTICING LINK – GO TO:
<b>COLLÉ</b>	<ol style="list-style-type: none"> <li><b>BEND (CATCH) FINGERS</b></li> <li><b>LAND SLOWLY</b></li> <li><b>PRESS ON STRING</b></li> </ol>	<ul style="list-style-type: none"> <li>→ <b>SCALES – BOW STROKES – BASIC</b></li> <li>→ <b>POINT 2</b></li> </ul>
	<ol style="list-style-type: none"> <li><b>RAPID LIFT</b></li> <li><b>OPEN (RELEASE) FINGERS</b></li> <li><b>THUMB RELAXED</b></li> </ol>	<ul style="list-style-type: none"> <li>→ <b>EXERCISES – ŠEVČÍK – BOW TECHNIQUE</b></li> <li>→ <b>POINT 1</b></li> </ul>
	<ol style="list-style-type: none"> <li><b>HEAR THE 'CLICK' SOUND</b></li> </ol>	

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**