

PRACTICE TOOLS – PRACTISING IN FRONT OF A MIRROR		
What is it	What to do	It feels like
1. LOOKING AT YOUR HANDS	LOOKING at your hands to correcting any technical flaws in both hands' positions and hands motions.	→ OBSERVING LEFT / RIGHT HAND MOTIONS → CORRECTING TECHNIQUE
2. LOOKING AT YOUR POSTURE	LOOKING at your posture and controlling the breathing 'flow' and straight torso while playing so your body posture complements and helps your technique.	→ OBSERVING CORRECT POSTURE → BREATHING FLOW AWARENESS → POSTURE BENEFITTING TECHNIQUE
3. LOOKING AT YOUR BOW CONTACT POINT	LOOKING at the bow's contact point where the sound is produced and listening constantly with your ears to the sound (tone) production.	→ FOCUSING AT THE POINT OF SOUND PRODUCTION → CONTROLLING BY EYES & EARS

HAVE YOU LEARNED IT	Action Words / Task
1. LOOK AT YOUR HANDS	1. OBSERVE LEFT / RIGHT HANDS 2. CORRECT TECHNICAL FLAWS
2. LOOK AT YOUR POSTURE	1. OBSERVE POSTURE 2. CONTROL EASY BREATHING 3. KEEP BODY STRAIGHT
3. LOOK AT YOUR BOW CONTACT POINT	1. LOOK AT THE CONTACT POINT 2. LISTEN TO THE TONE QUALITY

REMEMBER
THE DETAIL
THE ACTION
THE FEELING