

<b>PRACTICE TOOLS – PATTERNS PHRASING – PASSAGE SENSE OF PULSE</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>PLAYING AT THE BACK</b> of the beat	<b>CO-ORDINATING</b> the speed of your bow with the speed of your fingers – left hand fingers commanding a slightly slower pace (speed) compared to the bow speed <b>AS IF SLOWING DOWN</b> on every beat (group of beats), etc.	→ <b>NOT RUSHING FORWARD</b> → <b>PULLING BACK THE SPEED</b> → <b>'SLOWING DOWN' SENSE</b>
2. <b>PLAYING ON THE BEAT</b>	<b>HOLDING</b> a strong <b>METRONOME-LIKE</b> precision beat when playing, especially in fast and difficult passages.	→ <b>KEEPING STEADY &amp; NOT RUSHING FORWARD</b> → <b>METRONOME-LIKE SOLID PULSE</b>
3. <b>PLAYING AT THE FRONT</b> of the beat	<b>'DRIVING FORWARD'</b> the pulse playing slightly faster fingers <b>AS IF ACCELERATING</b> on every beat	→ <b>'AGITATED' PULSE</b> → <b>'MOVING FORWARD' SENSE</b>

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>
1. <b>PLAY AT THE BACK</b> of the beat	1. <b>DON'T RUSH</b> 2. <b>PULL BACK THE SPEED</b> 3. <b>SENSE OF SLOWING DOWN</b>
2. <b>PLAY ON THE BEAT</b> exactly	1. <b>STEADY &amp; NOT RUSHING</b> 2. <b>SOLID LIKE A METRONOME</b>
3. <b>PLAY AT THE FRONT</b> of the beat	1. <b>'AGITATED' PULSE</b> 2. <b>SENSE OF MOVING FORWARD</b>

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**