

<b>BOW CHANGE – ADVANCED – ‘DELAYING’ BOW CHANGE / ‘ENDLESS’ BOW</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
<b>‘EXTENSION’ STROKE / ‘FLICK’ ACTION</b>	<b>‘EXTENSION’ STROKE</b> – we use the bow’s inertia to create an extra one inch of bow space on the ‘old’ bow making it longer by flexing our fingers and wrist while changing to the new bow creating an awareness of slower bow change – <b>THE ‘FLICK’ ACTION</b> .	→ <b>‘FLICK’ ACTION ‘DELAYING’ THE BOW CHANGE</b>
1. <b>DOWN BOW</b>  1a. <b>THE ‘FLICK’ ACTION (DOWN BOW)</b>	→ <b>BEFORE BOW CHANGE</b> - anticipate it going up with higher wrist and ‘open’ fingers. → <b>CHANGE BOW</b> – drop the arm angle anticipating the change of bow direction while simultaneously ‘flicking’ the wrist and ‘closing’ the fingers (in one micro-moment). <b>DOWN BOW</b> finger action: 1. <b>THUMB</b> releases all extra weight alongside <b>ARM &amp; ELBOW</b> . 2. <b>LITTLE FINGER BENDS</b> to take all the bow weight producing the ‘ <b>FLICK</b> ’. 3. <b>INDEX FINGER OPENS</b> to release all the bow weight simultaneously. → It feels like both fingers and wrist make a small circle continuing on the same <b>UP BOW</b> direction while the arm and elbow change to <b>DOWN BOW</b> direction ‘slowly’ and more measuredly creating a slower and ‘delayed’ feel effect.	→ 1. <b>OPENING FINGERS</b> 2. <b>WRIST RAISING UP ONLY MOMENTARILY</b> → 1. <b>‘FLICK’ THE BOW</b> 2. <b>FINGERS HAVE CLOSED</b> 3. <b>RELAXING THUMB - ARM - ELBOW</b> → 1. <b>FINGERS GOING UP WHILE WRIST IS GOING DOWN</b>
2. <b>UP BOW</b>  2a. <b>THE ‘FLICK’ ACTION (UP BOW)</b>	→ <b>BEFORE THE CHANGE</b> – ‘open’ fingers / stretch thumb to create extra one-inch bow space. → <b>CHANGE BOW</b> at that time ‘closing’ fingers and bending thumb – <b>‘FLICK’ ACTION</b> . <b>UP BOW</b> finger action: 1. <b>THUMB</b> releases all the extra weight and switches it back on the change. 2. <b>INDEX FINGER / THUMB ‘OPENS’</b> to create space for an extra inch of bow length. 3. <b>INDEX FINGER / THUMB ‘CLOSES’</b> with the bow change. → It feels like both fingers and wrist make a small circle and the whole arm extends continuing on the same <b>DOWN BOW</b> direction while the wrist and fingers change to <b>UP BOW</b> .	→ 1. <b>‘EXTENDING’ OPENING OF FINGERS</b> 2. <b>WRIST RAISING UP ONLY MOMENTARILY</b> → 1. <b>THE BOW ‘FLICKED’</b> 2. <b>FINGERS HAVE CLOSED THE ‘EXTENTION’</b> → 3. <b>WRIST GOING UP</b>
3. <b>THE RESULT</b>	The bow change sound must be <b>SMOOTHER</b> and <b>SLOWER</b> completely <b>ELIMINATING</b> the bow’s physical ‘direction’ and ‘speed’ accent at the change, therefore <b>CREATING</b> a <b>SEAMLESS BOW CHANGE</b> in <b>LEGATO AT THE RIGHT ‘DELAYED’ TIME</b> as if playing with an <b>‘ENDLESS’ BOW</b> .	→ <b>SENSE OF ‘ENDLESS’ BOW</b> → <b>SMOOTHER SOUND</b> → <b>‘DELAYED’ LAST NOTE</b>
<b>THE FEELING OF ‘MAKING AN 8’ BOW CHANGE EFFECT</b>		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. FORGET TO 'DELAY' THE LAST NOTE BEFORE CHANGE OF BOW	1. MAKE THE LAST NOTE BEFORE CHANGE OF BOW SLIGHTLY LONGER BY DELAYING THE 'NEW' BOW
1a. FORGET TO 'FLICK' UP (RAISE) THE WRIST ON DOWN BOW CHANGES	1a. THINK ABOUT FLEXIBLE FINGERS RELEASING THE THUMB AT THE RIGHT 'DELAYED' TIME
2. FORGET TO 'EXTEND' FINGERS ON UP BOW CHANGES	2. EXTEND WRIST & FINGERS 'FLICK' ON UP BOW AT THE RIGHT 'DELAYED' TIME
3. LOSE FOCUS ON CONTINUOUSLY CHECKING SOUND RESULT	3. AIM TO ACHIEVE A SEAMLESS BOW CHANGE WITH SMOOTHER & 'SLOWER' BOW STROKES

HAVE YOU LEARNED IT	Action WORDS / Task	PRACTICING LINK – GO TO:
'EXTENSION' STROKE / 'FLICK' ACTION	1. 'DELAY' THE NOTE BEFORE BOW CHANGE 2. CREATE 'EXTRA TIME' FOR THE 'FLICK' ACTION	→ SCALES – FOR SMOOTH BOW CHANGE
1. DOWN BOW 'FLICK' ACTION	1. CLOSE WRIST & FINGERS AT THE 'FLICK' MOMENT 2. BE AWARE OF 'CLOSING CIRCLE' HAND MOVEMENT	
2. UP BOW 'FLICK' ACTION	1. EXTEND WRIST & FINGERS AT THE 'FLICK' MOMENT 2. BE AWARE OF 'FORWARD CIRCLE' HAND MOVEMENT	
3. THE RESULT	1. SEAMLESS BOW CHANGE 'ENDLESS' BOW 2. SMOOTHER SOUND 3. LONGER 'DELAYED' LAST NOTE	

REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING