

PRACTICE TOOLS – DETAIL – WHAT DOES ACTIVE / INACTIVE ACTION MEAN?		
What is it	What to do	It feels like
1. ACTIVE (SWITCH ON)	FOCUSING on one specific DETAIL in question – performing an action (making it work) connecting your brain to a specific body part for that detail (fingers, wrist, etc.), and the action it does (movement).	→ 'BRAIN-TO-HAND' ACTION
2. INACTIVE (SWITCH OFF)	MAKING a mental note of the parts or movements not actively involved in that one detail and letting them work 'in the background' – they are not being 'active'.	→ 'BACKGROUND' ACTION
3. MUSCLE MEMORY	MAKING the detail to working subconsciously and without thinking specifically about each of them through every day repetition.	→ 'AUTOMATIC' FEEL ACTION

HAVE YOU LEARNED IT		Action Words / Task	LINK WITH:
1. ACTIVE (SWITCH ON)	→ BRAIN-TO-HAND ACTION	1. FOCUS ON ONE DETAIL 2. ACTIVELY PERFORM AN ACTION	→ DETAIL - WHAT IS A DETAIL? → HOW TO PERFECTLY EXECUTE A DETAIL?
2. INACTIVE (SWITCH OFF)	→ BACKGROUND ACTION	1. OBSERVE INACTIVE PARTS 2. LET THEM WORK NATURALLY (INACTIVE)	
3. MUSCLE MEMORY	→ AUTOMATIC FEEL ACTION	1. REPEAT DETAILS 2. MAKE THEM WORK AUTOMATICALLY	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**