

SHIFTING UP – 3rd to 5th (7th) POSITION		
What is it	What to do	It feels like
1. THUMB	MOVING thumb round and under the neck climbing with the hand upwards.	→ THUMB PIVOTING UP → HAND CLIMBING UP
2. ELBOW	PUSHING elbow forward and 'inward' at the same time.	→ ELBOW TURNING IN → PUSHING UP HAND
3. PALM & FINGERS	TWISTING palm & PLACING all fingers above the fingerboard at once ready to play.	→ ALL FINGERS IN POSITION AT ONCE
PRACTISE MAKING THE THREE POINTS WORK TOGETHER AS ONE MOVEMENT		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. GET STUCK WITH THUMB UNDER VIOLIN NECK	1. CHECK THAT 1st JOINT OF THUMB MOVES UP / AROUND / PIVOTS UNDER NECK
2. FORGET TO MOVE / TURN IN ELBOW	2. TURN IN THE ELBOW / PUSH UP HAND
3. FORGET THE PALM 'BEHIND' / LOW	3. CLIMB / TWIST PALM ON TOP OF FINGERBOARD

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. THUMB	1. THUMB MOVES UP 2. 1st JOINT GOES ROUND 3. 1st JOINT PIVOTS UNDER NECK	→ ŠEVČÍK – BASIC TECHNIQUE → POINTS 1 & 2 - SCALES → POINT 3 – SHIFTING
2. ELBOW	1. ELBOW TURNS IN 2. PUSHES HAND UP	
3. PALM & FINGERS	1. PALM TWISTS 2. FINGERS READY IN POSITION	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**