

BOW STROKES – CHORDS – ‘FAST’ 3		
What is it	What to do	It feels like
PREPARATION – BEFORE making a sound	1. MAKING a bow-circle action at the chord’s speed (thinking ‘faster’ circle). 2. BENDING fingers in the air before landing with the bow on the string. 3. PLAYING ‘from the air’ – prepare for fast speed / tilted bow at the heel / closer to the fingerboard.	→ BOW CIRCLE / ‘FAST’ WRIST → BENDING / FLEXING FINGERS → ‘FROM THE AIR’
1. TOP 2 STRINGS FIRST (in practice)	LANDING from the air on top 2 strings with a lot of bow speed.	→ FAST ‘BOW SPEED ATTACK’ / TILT / AWAY FROM BRIDGE
2. ADD BOTTOM STRING	‘CATCHING’ the bottom string adjusting the HAND angle / STAY on top two string with the ARM ANGLE .	→ CATCHING EXTRA STRING
3. UP BOW CHORDS	LIFTING hand from wrist to ‘CATCHING’ the 2 lower strings.	→ LIFTING HAND FROM WRIST → ‘CATCHING’ 2 LOWER STRINGS

HAVE YOU LEARNED IT	Action Words / Task
PREPARATION - BEFORE you make a sound	1. BOW CIRCLE ACTION / ‘FAST’ WRIST 2. BEND / FLEX FINGERS 3. PLAY ‘FROM THE AIR’
1. TOP 2 STRINGS FIRST	1. FAST ‘BOW SPEED ATTACK’ 2. TILT BOW 3. AWAY FROM BRIDGE
2. ADD BOTTOM STRING	‘CATCH’ EXTRA STRING
3. UP BOW CHORDS	1. LIFT HAND FROM WRIST 2. ‘CATCH’ 2 LOWER STRINGS

REMEMBER
THE DETAIL
THE ACTION
THE FEELING