

| SCALES – LEFT & RIGHT HANDS CO-ORDINATION | | |
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| What is it | What to do | It feels like |
| 1. LEFT HAND TO BOW | 1. ANTICIPATING left hand fingers flow before the bow and making every finger action a priority over the bow in scales. 2. CREATING a sense of 'slower bow speed to fingers' by slowing down the bow speed to gaining a deeper sense of control over the right hand in scales. 3. WORKING ON vibrato styles with left hand speed and right-hand rhythm coordination in scales. | → 'ANTICIPATING' LEFT - 'SLOWING DOWN' RIGHT → FINGERS 'BEFORE' THE BOW → WORKING ON VIBRATO STYLES |
| 2. BOW TO LEFT HAND | 1. PRACTICING bow technique used in your pieces on scales – every bow stroke (legato, spiccato) and particular bow action (chords) is perfected separately from the pieces on scales first. 2. LEARNING HOW to controlling the main technical bowing aspects - the bow speed, pressure and contact points, and the bow distribution on scales. | → IMPROVING BOW STROKES & BOW ACTIONS SEPARATELY → FOCUSING ON BOW SPEED / PRESSURE / CONTACT POINT / DISTRIBUTION |

| HAVE YOU LEARNED IT | Action Words / Task |
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| 1. LEFT HAND TO BOW | 1. 'ANTICIPATE LEFT - SLOW DOWN RIGHT' 2. 'FINGERS BEFORE THE BOW' 3. VIBRATO STYLES |
| 2. BOW TO LEFT HAND | 1. IMPROVE BOW STROKES & BOW ACTIONS SEPARATELY 2. FOCUSE ON BOW SPEED / PRESSURE / CONTACT POINT / DISTRIBUTION |

REMEMBER
THE DETAIL
THE ACTION
THE FEELING