

BOW STROKES – ON THE STRING – BOW CHANGES			
What is it	What to do	Where on Bow	Feels like
1. CHANGE AT THE HEEL	1. RELEASING bow pressure on LITTLE FINGER . 2. DROPPING the elbow (ANTICIPATED CHANGE) – CHANGE . 3. CATCHING bow with FINGERS .	LOWER HALF / HEEL	→ RELEASING PRESSURE → DROPPING ELBOW → CATCHING BOW (CHANGING BOW)
2. CHANGE AT THE TIP	1. RELEASING bow pressure on INDEX FINGER . 2. CATCHING bow with FINGERS .	UPPER HALF / TIP	→ RELEASING PRESSURE → CATCHING BOW
PRACTICE THE TIMING OF THE MOVEMENTS			

HAVE YOU LEARNED IT	Action Words / Task	PRACTICING LINK – GO TO:
1. CHANGE AT THE HEEL	1. RELEASE BOW PRESSURE	→ SCALES – FOR SMOOTH BOW CHANGE
	2. DROP ELBOW	
	3. CATCH BOW (CHANGE BOW)	
2. CHANGE AT THE TIP	1. RELEASE PRESSURE	
	2. CATCH BOW	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING