

<b>THE 3 SIDES OF PLAYING – PHYSICAL / MENTAL / EMOTIONAL</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>PHYSICAL</b>	1. <b>UNDERSTANDING</b> and awareness of the anatomy and body parts and how they usually work – like the shape of the hand and fingers, and the flexibility of the body muscles. 2. <b>PRODUCING</b> the actions and movements of the body according to the music requirements to making it work – like moving fingers at the right time and using the correct bow length for each note.	→ <b>KNOWING HOW BODY PARTS FUNCTION</b> → <b>USING BODY ACTIONS CORRECTLY</b>
2. <b>MENTAL</b>	<b>USING</b> the brain's ability to <b>PREPARING</b> , to <b>COMMANDING</b> , and to <b>SUPERVISING</b> and <b>SECURING</b> all the activities of the body while playing.	→ <b>PREPARING ALWAYS IN ADVANCE</b> → <b>COMMANDING ALWAYS THE HANDS</b> → <b>SECURING ALWAYS BY SUPERVISION</b>
3. <b>EMOTIONAL</b>	<b>UNDERSTANDING</b> and <b>FEELING</b> the meaning of the music, <b>INTERPRETING</b> the music according to your personality and talent, and <b>PROJECTING</b> an expressive message to the audience.	→ <b>FEELING THE MUSIC</b> → <b>EXPRESSING THE MUSIC</b> → <b>COMMUNICATING THE MUSIC</b>

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>
1. <b>PHYSICAL</b>	1. <b>KNOW HOW YOUR BODY WORKS</b> 2. <b>USE BODY ACTIONS CORRECTLY</b>
2. <b>MENTAL</b>	1. <b>PREPARE IN ADVANCE</b> 2. <b>COMMAND YOUR HANDS</b> 3. <b>SECURE THE ACTIONS</b>
3. <b>EMOTIONAL</b>	1. <b>FEEL THE MUSIC</b> 2. <b>EXPRESS THE MUSIC</b> 3. <b>COMMUNICATE THE MUSIC</b>

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**