

BOW STROKES – CHORDS – ‘SLOW’ 2+2		
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 ‘slower’ circle). 2. BENDING fingers in the air before landing with the bow on the string. 3. TOUCHING strings with tilted bow at the heel.	→ BOW-CIRCLE ACTION → READY BENT FINGERS → PLAYING FROM THE STRING
1. BOTTOM 2 STRINGS	PLAYING simultaneously the bottom 2 strings before the beat – LIFTING OFF 50 % of bow pressure.	→ PLAYING BOTTOM 2 BEFORE THE MAIN BEAT → LIFTING 50% OFF
2. STRING CROSSING	EXECUTING the string crossing to the top 2 strings in the second bow quarter – LISTENING to the ‘timing’ of the strings change (generally not too fast).	→ STRING CROSSING TOP 2 ON THE MAIN BEAT
3. TOP 2 STRINGS	PLAYING top two strings on the beat – ADDING BACK ON the 50% pressure taken off at the start of the chord’s action.	→ STAYING ON TOP 2 → ADDING 50%

HAVE YOU LEARNED IT	Action Words / Task	PRACTICING LINK – GO TO:
PREPARATION – BEFORE making a sound	1. BOW-CIRCLE ACTION	→ ŠEVČÍK – BASIC TECHNIQUE POINT 7 (27) – CHORDS
	2. BEND / FLEX FINGERS	
	3. PLAY FROM THE STRING	
1. BOTTOM 2 STRINGS	1. PLAY ‘BOTTOM 2’ BEFORE THE MAIN BEAT 2. LIFT OFF 50% PRESSURE	→ ŠEVČÍK – ADVANCED TECHNIQUE → POINT 7 – CHORDS
2. STRING CROSSING	1. STRING CROSS ‘TOP 2’ ON THE MAIN BEAT	
3. TOP 2 STRINGS	1. STAY ON ‘TOP 2’ 2. ADD 50% PRESSURE BACK	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING