

PRACTICE TOOLS – THE 3 PRACTICE SHIFTS SPEEDS		
What is it	What to do	It feels like
1. SLOW (VERY SLOW) SPEED / SLIDE	STARTING shifting by sliding the finger AS SLOW AS POSSIBLE only touching (not pressing) the string– making a SLIDING GLISSANDO ‘NOISE’ and feeling how far you have to go from point A (start) to point B (end) of the shift.	→ SLIDING AS SLOW AS POSSIBLE → ‘FEELING’ THE SLIDE → ‘LOCKING’ THE SHIFT LENGHT
2. INTERMEDIATE SPEED / SLIDE	SHIFTING quicker and repeating the process above – now focusing on timing without making the glissando obvious – ALMOST NO SLIDING GLISSANDO NOISE – the shift happens before the next note is due (‘before time’).	→ SLIDING QUICKER → LESS GLISSANDO SOUND
3. ORIGINAL (FAST) SPEED / SLIDE	SHIFTING with a quick slide / control of the timing of the release of finger and the pressing down of the next finger – NO AUDIBLE GLISSANDO AT ALL.	→ SLIDE IN TIME → QUICK MOVE BEFORE NOTE → NO GLISSANDO SOUND
PLAY THE START NOTE OF THE SHIFT AND THE SLIDING ON ONE BOW / CHANGE THE BOW ON THE END NOTE		

HAVE YOU LEARNED IT	Action Words / Task
1. SLOW (VERY SLOW) SPEED / SLIDE	1. SLIDE AS SLOW AS POSSIBLE 2. ‘FEEL’ THE SLIDE 3. ‘LOCK’ THE DISTANCE
2. INTERMEDIATE SPEED / SLIDE	1. SLIDE QUICKER 2. USE LESS GLISSANDO
3. ORIGINAL (FAST) SPEED / SLIDE	1. SLIDE IN TIME 2. QUICK MOVE BEFORE NOTE 3. NO GLISSANDO SOUND

REMEMBER
THE DETAIL
THE ACTION
THE FEELING