

SHIFTING UP – BEYOND 7th POSITION		
What is it	What to do	It feels like
1. THUMB / ELBOW	STAYING UP with the thumb 'in high position' stretching opposite to fingers and STAYING 'IN' with the elbow facilitating the forearm and wrist.	→ THUMB / ELBOW STAYING 'IN POSITION'
2. FOREARM / WRIST	SHIFTING only with the wrist – forearm MOVING 'IN' alongside the wrist to facilitating the shift.	→ WRIST SHIFTING → FOREARM MOVING 'IN'
3. ROUND FINGERS	KEEPING the sense of position and round shaped fingers. STRETCHING thumb accordingly to help the fingers.	→ ROUND FINGERS SHAPE → SENSE OF POSITION & PLACE → STRETCHING THUMB
KEEPING THE SHOULDERS DOWN AND RELAXED WHEN PLAYING IN HIGH POSITIONS		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. MOVE ELBOW / THUMB UNNECESSARY	1. KEEP THUMB / ELBOW IN POSITION
2. BLOCK THE WRIST FROM SHIFTING	2. SHIFT WITH THE WRIST / MOVE FOREARM UP
3. LOSE THE ROUND SHAPE IN POSITION	3. KEEP THE POSITION SENSE OF FINGERS / STRETCH THUMB

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. THUMB / ELBOW	1. STAY IN POSITION	→ ŠEVČÍK – BASIC TECHNIQUE → POINTS 1 & 2 – SCALES → POINT 3 – SHIFTING
2. WRIST / PALM	2. SAVE UNNECESSARY MOVES	
3. ROUND FINGERS	1. WRIST SHIFTS 2. MOVE FOREARM ALONGSIDE 1. KEEP FINGERS ROUND 2. SENSE THE POSITION PLACE 3. THUMB STRETCHES OPPOSITE	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING