

<b>PRACTICE TOOLS – PHYSICAL EFFORT &amp; MUSCLE PRESSURE</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>MINIMUM EFFORT</b>	<b>USING</b> with each task the minimum and least possible muscle effort, pressure, and energy to achieving the desired result.	→ <b>'LESS IS MORE'</b>
2. <b>CONTROLLED RELEASE OF PRESSURE</b>	<b>BUILDING UP</b> a sense of how much optimal pressure the muscles should use, which is not entirely absent (floppy and totally relaxed muscles) but rather used with the appropriate level of pressure for each moment.	→ <b>PRESSURE MANAGEMENT</b>
3. <b>GETTING USED TO VIOLIN POSTURE</b>	<b>PRACTICING</b> correctly to find the right moment in which your body muscles and mind can achieve the musical goals playing with effortlessness & natural sense of ease.	→ <b>'MAKE IT NATURAL'</b>

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>
1. <b>MINIMUM EFFORT</b>	1. <b>LESS IS MORE</b> 2. <b>LESS EFFORT &amp; ENERGY &amp; PRESSURE</b>
2. <b>CONTROLLED RELEASE OF PRESSURE</b>	1. <b>CONTROL PRESSURE 'FLOW'</b> 2. <b>SENSE THE OPTIMAL PRESSURE</b>
3. <b>GETTING USED TO VIOLIN POSTURE</b>	1. <b>NATURAL SENSE OF EASE</b> 2. <b>PLAY 'EFFORTLESSLY'</b>

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