

<b>BOW – STRING CROSSING – BASIC</b>		
What is it	What to do	It feels like
1. <b>4 ELBOW STRINGS LEVELS</b>	<b>ADJUSTING</b> the <b>ELBOW LEVEL</b> according to the string's own level – on G string especially.	→ <b>ADJUSTING ELBOW LEVEL TO STRING</b>
2. <b>ELBOW ANGLE BEFORE BOW</b>	<b>CHANGING</b> the bow's <b>ANGLE</b> to the next string <b>BEFORE</b> playing on it.	→ <b>CHANGING ELBOW ANGLE BEFORE BOW PLAYING</b>
3. <b>PLAY 'NEW' ANGLE</b>	<b>PLAYING</b> with the <b>NEW</b> elbow <b>ANGLE</b> on the 'new' string.	→ <b>PLAYING BOW ON 'NEW' ANGLE</b>

<b>IDENTIFY &amp; SOLVE THE PROBLEM</b>	
Don't	Do
1. <b>START ON THE WRONG STRING LEVEL</b>	1. <b>CHECK THE BOW LEVEL (YOUR ELBOW) ACCORDING TO YOUR STRING ANGLE</b>
2. <b>FORGET TO CHANGE ANGLE ESPECIALLY CROSSING FROM HIGH TO LOW STRING</b>	2. <b>CHANGE ELBOW ANGLE ANTICIPATING THE 'NEW' STRING LEVEL</b>
3. <b>PLAY THE 'NEW' STRING WITH THE 'OLD' ELBOW ANGLE</b>	3. <b>CHECK THE HAND HAS 'CROSSED' PLAYING WITH THE 'NEW' ANGLE</b>

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. <b>4 ELBOW STRINGS LEVELS</b>	<b>ADJUST ELBOW TO STRING LEVEL</b>	→ <b>SCALES – FOR SMOOTH BOW CHANGE</b>
2. <b>ELBOW ANGLE BEFORE BOW</b>	1. <b>CHANGE ELBOW ANGLE</b> 2. <b>CROSS OVER WITH BOW</b>	
3. <b>PLAY 'NEW' ANGLE</b>	<b>ELBOW STAYS ON 'NEW' STRING ANGLE</b>	

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**