

FINGERS – 4th FINGER EXTENSION		
What is it	What to do	It feels like
1. POSITIONING 4th	FAVOURING a comfortable 4 th finger placement (not to favour the lower fingers) with the hand being in a relaxed and curved position.	→ 'FAVOURING' THE 4th → CURVED & RELAXED 4th
2. 1st STRETCHING BACK	STRETCHING BACK 1 st finger from the base joint creating 'space' between joints – avoid moving the hand position or wrist back as much as possible.	→ 1st STRETCHING BACK → 4th STAYING 'IN PLACE'
3. ARM SUPPORT	KEEPING arm relaxed but feeling 'active' supporting a relaxed thumb, hand and wrist.	→ 'ACTIVE' ARM IN SUPPORT → 'HAND GRIP' RELAXED

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. LOWER HAND POSITION INSTINCTIVELY	1. KEEP HAND COMFORTABLE FOR THE 4th
2. MOVE HAND WITH 4th	2. STRETCH 1st FROM BASE JOINT
3. TENSE YOUR THUMB / WRIST / ARM	3. SUPPORT THE STRETCH WITH RELAXED ARM

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. POSITIONING 4th	1. 'FAVOUR' THE 4th 2. CURVE & RELAX THE 4th	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 7 – CHORDS
2. STRETCHING BACK 1st	1. STRETCH BACK 1st 2. 4th STAYS 'IN PLACE'	→ ŠEVČÍK – ADVANCED TECHNIQUE → POINT 7 – CHORDS
3. ARM SUPPORT	1. 'ACTIVE' ARM SUPPORT 2. 'HAND GRIP' RELAXED	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING