

BOW PRESSURE – DESCRIPTION		
What is it	What to do	It feels like
1. PRESSURE	UNDERSTANDING ALWAYS bow pressure as ' BOW LEANING ' distributing the weight gradually and evenly on string (LINKED WITH BOW SPEED) – as a ' SMILEY-FACE ' action or adding gradual even pressure with movement.	→ ' BOW LEANING ' → ADDING PRESSURE GRADUALLY → ' SMILEY-FACE ' BOW ACTION
2. VERTICAL	' LEANING ' index finger adding measured vertical pressure on the bow stick with the hand's weight leaning on it.	→ HAND LEANING ON INDEX → INDEX LEANING ON STICK → THUMB COUNTERACTS PRESSURE
3. BOW WEIGHT	RESTING bow weight on the stick – DISTRIBUTING bow weight evenly by moving it evenly.	→ RESTING BOW WEIGHT → DISTRIBUTE BOW WEIGHT EVENLY

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. PRESSURE	1. ' BOW LEANING ' 2. ADDING PRESSURE GRADUALLY 3. ' SMILEY FACE ' BOW ACTION
2. VERTICAL	1. HAND LEANING ON INDEX 2. INDEX LEANING ON STICK 3. THUMB COUNTERACTS PRESSURE
3. BOW WEIGHT	1. ' FEEL ' & ' REST ON ' BOW WEIGHT 2. DISTRIBUTE BOW WEIGHT EVENLY

REMEMBER
THE DETAIL
THE ACTION
THE FEELING