1. GENERAL KNOWLEDGE & SKILLS

CHAPTER 1 – GENERAL KNOWLEDGE AND SKILLS – TERMINOLOGY EXPLAINED		
Violin Tip	Phrase	What it means
BODY	→ NATURAL POSTURE → NATURAL HOLD → 'SYNC IN' NATURALLY → BREATHE NATURALLY	The word NATURAL is used here in connection to the OVERALL BODY FEELING when holding and playing the violin. The expectation of NATURAL POSITION consists of correcting the body to how it would stand naturally when all its body parts function efficiently and without any stiffness or added strains and sprains. It is therefore recommended to exercising regularly which in turn will keep our body in shape and in control, in order to developing a good posture when playing.
	→ 'ONE WITH THE VIOLIN'	The phrase refers to achieving a sense of wholeness between the violin (violin hold) and the body (posture), which would enable us to play in the most effortless way possible.
	→ ROUND ACTIONS	The word ROUND refers to all actions which are used by our hands in violin playing. All our muscles prompt the hands to move in such a ROUND WAY by rotating movements (such as in swimming or throwing a ball), and we must observe that very important body principle.
	→ FLOATING HANDS	The word FLOATING refers to the hands being held 'in the air' on their positions in a way it feels easy and effortless to do so, reminding us of how we 'feel' while swimming when the body is floating in the water, for example.
MIND	→ LISTENING SKILLS	The phrase refers to gradually achieving the ability to focusing on intonation, sound quality, and overall result of performance – this skill is constantly improving in time as we learn how to listen in detail.
HEART / SOUL	→ STRIVING FOR PERFECTION	The phrase refers to making details better step-by-step looking for a good result, and also cultivating a healthy balance between what has been achieved and the next goal ahead.
	→ PLAYING 'IN STYLE'	It means performing the music with the appropriate type of sound and type of bow stroke according to the style, character, and the musical period of the piece.