

BOW – HAND MOVEMENTS – HOW does each part work?			
Hand Part	Action	Positioning	Action words
1. FINGERS	1. BENDING slightly. 2. FLEXIBLE knuckles working as a team. 3. CATCHING and RELEASING the bow on every bow change.	1. ROUND fingers 2. 'SINKING' knuckles 3. 'FLAT' fingers to the wrist & forearm	→ CATCH / RELEASE ACTIVE on BOW CHANGE
2. WRIST	1. STARTING every up & down bow movement. 2. LEADING in pronating / supinating effect (or 'water tap on / off' effect) alongside the forearm. 3. 'THE BOSS' in every movement.	1. FLAT with the forearm	→ 'THE BOSS' / LEADS OFF ACTIVE on CONSISTENTLY
3. FOREARM	1. 'RAISING' and 'SINKING' with every up and down bow movement alongside the wrist. 2. MOVING with the 'seesaw' or 'smiley-face' effect - never heavy or 'tired' 3. ACTIVE in upper half / 'passive - hanging' in lower half.	1. FLAT with the wrist	→ 'WATER TAP ON / OFF' ACTIVE in UPPER HALF
4. ELBOW	1. ACTIVE OPEN / CLOSE movement IN MIDDLE BOW . 2. AT THE HEEL - dropping the angle in circle ANTICIPATING the bow change.	1. 'HANGING on top' of each string's angle	→ OPEN / CLOSE ACTIVE in MID / LOW BOW
5. UPPER ARM	1. ACTIVE in LOWER HALF 2. 'PASSIVE - HANGING' IN UPPER HALF . 3. AT THE HEEL - dropping the angle in circle to allow bow change. 4. PERCEPTION of where BOW WEIGHT comes from and flows through.	1. 'HANGING' alongside the elbow's angle on each string's level	→ BOW WEIGHT 'FEEL' ACTIVE in LOWER HALF
6. SHOULDER	1. EVERY bow movement is GOING THROUGH IT but it is never raised up.	1. RESTING back and down, never raised	→ CIRCLE / FLAT LEVELLED PASSIVE
The TIMING of each movement is ESSENTIAL – it should feel 'ORGANIC' - natural and effortless			

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. HOLD THE BOW WITH STIFF FINGERS	1. KEEP FLEXIBLE / ROUND FINGERS WORKING AS A TEAM
2. FORGET THAT THE WRIST IS 'THE BOSS'	2. LEAD EVERY MOVEMENT THINKING OF IT
3. FORGET TO 'LIFT' FOREARM IN THE LOWER HALF – 'HANGING' EFFECT	3. USE FOREARM ACTIVELY IN THE UPPER HALF / 'HANGING' IN THE LOWER HALF
4. FORGET TO 'OPEN' AT THE BOW TIP	4. 'OPEN' - STRAIGHTEN HAND IN UPPER HALF / 'CLOSE' - DROP DOWN IN LOWER
5. FORGET TO USE UPPER ARM IN THE LOWER HALF OF THE BOW	5. START MOVING FORWARD AND UP THE UPPER ARM IN THE LOWER HALF OF THE BOW
6. EVER RAISE YOUR SHOULDERS	6. KEEP SHOULDERS FLAT AND FREE FROM TENSION

HAVE YOU LEARNED IT		ACTION WORDS / TASK
1. FINGERS	→ ACTIVE on BOW CHANGE	FLEXIBLE 'CATCH / RELEASE' ACTION
2. WRIST	→ ACTIVE on CONSISTENTLY	1. WRIST LEADS 2. 'PRONATE – SUPINATE' EFFECT
3. FOREARM	→ ACTIVE in UPPER HALF	1. ACTIVE IN UPPER HALF 2. PRONATES DOWN BOW 3. 'HANGING' IN THE LOWER HALF
4. ELBOW	→ ACTIVE in MID / LOW BOW	1. ROTATING OPEN & CLOSE MOVEMENT 2. DROPPING AT THE HEEL BEFORE CHANGE
5. UPPER ARM	→ ACTIVE in LOWER HALF	1. ACTIVE IN LOWER HALF 2. MOVES FORWARD & UP 3. STAYS 'IN PLACE - HANGING' IN UPPER HALF
6. SHOULDER	→ PASSIVE	1. FLAT SHOULDERS 2. FREE FLOWING FEELING OF MOVEMENT

REMEMBER
THE DETAIL
THE ACTION
THE FEELING