

<b>BOW – STRING CROSSING TYPES</b>		
What is it	What to do	It feels like
1. <b>ELBOW STRING CROSSING</b>	Every basic string crossing - <b>PROMPTING</b> your hand to changing elbow level especially crossing 'down' from higher to lower string – Don't be late with elbow.	→ <b>'PREPARING' STRING CHANGE WITH ELBOW CHANGE</b> → <b>ADJUSTING SMOOTHLY ELBOW LEVELS</b>
2. <b>WRIST STRING CROSSING</b>	<b>USING</b> the wrist movement to changing angle first, for arpeggio string crossings, 'one note only' string crossings, or 'Arc movement' for smooth string crossings (advanced).	→ <b>WRIST CHANGING ANGLE FIRST</b> → <b>'ARC' MOVEMENT</b> → <b>NO 'SQUARE' ANGLES</b>

<b>IDENTIFY THE PROBLEM</b>	
Don't	Do
1. <b>FORGET TO CHANGE ANGLE LEVEL SMOOTHLY / DO SQUARE ANGLES</b>	1. <b>THINK ABOUT 'ARC' MOVEMENT WHEN CHANGING ANGLE LEVELS / MAKE THEM 'CLOSE'</b>
2. <b>FORGET TO USE THE WRIST ANGLE FOR ARPEGGIOS / 'REPEATED' CROSSINGS</b>	2. <b>THINK ABOUT HORIZONTAL / 'ARC'- LIKE / 'CLOSE ANGLE' CHANGE WITH WRIST</b>

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. <b>ELBOW STRING CROSSING</b>	1. <b>PREPARE ELBOW CHANGE</b> 2. <b>USE 'ARC' MOVEMENT</b> 3. <b>'CLOSE' ANGLE LEVELS</b>	→ <b>SCALES – FOR SMOOTH BOW CHANGE</b>
2. <b>WRIST STRING CROSSING</b>	1. <b>PREPARE WRIST CHANGE</b> 2. <b>FEEL NEW 'HORIZONTAL' LEVEL</b> 3. <b>USE 'ARC' MOVEMENT</b>	

**REMEMBER**  
**THE DETAIL**  
**THE ACTION**  
**THE FEELING**