

BOW CHANGE – BASIC FINGERS MOVEMENT – CATCH / RELEASE		
What is it	What to do	It feels like
1. DOWN BOW - CATCH	SMOOTH / ROUND / FLEXIBLE fingers movements: FLEXING your fingers by bending thumb and little finger simultaneously like 'catching an apple' – 'SINK IN' the knuckles / WRIST down / CLOSE fingers.	→ 'CATCH' / CLOSE FINGERS
2. UP BOW - RELEASE	FLEXING BACK fingers SLIGHTLY OPENING the 'bending' position of THUMB and LITTLE FINGER simultaneously – 'FLOAT UP' the knuckles / WRIST up / OPEN fingers	→ 'RELEASE' / OPEN FINGERS

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. FORGET TO BEND FINGERS ON DOWN BOW and TO PUSH THE WRIST DOWN	1. BEND FINGERS MAKING KNOCKLES 'FLAT' / WRIST 'SINKING' DOWN
2. FORGET TO OPEN FINGERS and TO PULL THE WRIST UP	2. OPEN FINGERS PULLING WRIST UP

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. DOWN BOW - CATCH	1. 'CATCH' 2. CLOSE FINGERS 3. PUSH WRIST 'DOWN'	→ SCALES – FOR SMOOTH BOW CHANGE PAGE
2. UP BOW - RELEASE	1. 'RELEASE' 2. OPEN FINGERS 3. PULL WRIST 'UP'	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**