

BOW LENGHT & BOW DISTRIBUTION		
What is it	What to do	It feels like
1. BOW LENGHT	ESTABLISHING HOW MUCH bow do you need for EACH NOTE .	→ CONTROL OF EACH NOTE'S LENGHT
2. BOW SPEED	ESTABLISHING HOW FAST / SLOW the bow plays EACH NOTE .	→ SPEED OF EACH NOTE ON BOW
3. BOW PLACEMENT	ESTABLISHING WHERE the bow plays – LOWER HALF / MIDDLE / UPPER HALF .	→ PLACEMENT OF EACH NOTE ON BOW
When playing always BE AWARE where the MIDDLE of the BOW is and AIM for it		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. USE TOO MUCH BOW GENERALLY	1. USE THE MINIMAL BOW LENGTH POSSIBLE FOR EACH NOTE VALUE (SAVE / PLAN 'AHEAD' BOW)
2. USE TOO FAST BOW SPEED	2. USE THE SLOWEST BOW SPEED POSSIBLE FOR EACH NOTE VALUE
3. START IN THE WRONG PART OF BOW	3. THINK ABOUT PLACING THE BOW TO START IN THE CORRECT BOW PART

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. BOW LENGHT	1. SAVE BOW 2. CONTROL BOW LENGHT 3. PLAN 'AHEAD'	→ SCALES – FOR BOW DISTRIBUTION / CO-ORDINATION / ARTICULATION → PRACTICE DIVIDING EQUALLY THE BOW IN THE SCALE
2. BOW SPEED	1. SLOW BOW 2. CONTROL BOW SPEED 3. PLAN 'AHEAD'	
3. BOW PLACEMENT	START BOW AT CORRECT BOW PLACE	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING