

<b>BOW – HOW TO START / PUTTING DOWN BOW ON STRING</b>		
What is it	What to do	It feels like
1. <b>CIRCLE</b> ( <b>TWO SEMI- CIRCLES</b> )	Making a circle action – <b>LIFTING UP</b> the <b>UPPER ARM</b> (semi-circle), and then completing the circle with another semi-circle of the <b>FOREARM</b> placing the bow softly on the string.	→ <b>CIRCLE ACTION TO PREPARE THE START</b>
2. <b>TILTING THE BOW / CONTROL WEIGHT</b>	<b>TILTING</b> the bow with the thumb and ' <b>FEELING</b> ' the bow weight light - feel the fingers lightly holding and balancing the bow (bow weight resting on the little finger).	→ <b>TILTING WITH THUMB</b> → <b>BALANCING BOW LIGHTLY</b> → <b>BOW WEIGHT ON 'PINKY'</b>
3. <b>CHECKING &amp; TOUCH TO START</b>	<b>CHECKING</b> the bow's contact point <b>LOOKING</b> at it - <b>PLACING</b> the bow <b>ON THE STRING</b> and only then you are <b>READY TO START</b> .	→ <b>LOOKING AT 'BOW CONTACT POINT'</b>
<b>PRESS left hand finger down BEFORE the bow starts playing</b>		

<b>IDENTIFY &amp; SOLVE THE PROBLEM</b>	
Don't	Do
1. <b>FORGET TO DO THE CIRCLE</b>	1. <b>MAKE A CIRCLE TO APPROACH THE STRING</b>
2. <b>FORGET TO TILT / FEEL THE BOW WEGHT</b>	2. <b>BEND THUMB / RELAX FINGERS WEIGHT / CONTROL LITTLE FINGER</b>
3. <b>JUST THROW THE BOW ON THE STRING</b>	3. <b>CHECK WHERE YOU SHOULD PLACE THE BOW / PUT IT ON THE STRING THEN START</b>

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. <b>CIRCLE &amp; SEMI - CIRCLE ACTION</b>	1. <b>DO A CIRCLE</b>	→ PRACTICING SCALES – BOW STROKES – BASIC → PRACTICE 'STARTING' ON A SCALE USING ALL BOW STROKES
2. <b>TILT THE BOW / CONTROL WEIGHT</b>	1. <b>TILT THE BOW</b> 2. <b>FEEL 'LIGHT' BOW WEIGHT</b> 3. <b>BALANCE WITH 'PINKY'</b>	
3. <b>CHECK &amp; TOUCH TO START</b>	1. <b>EYES CHECK CONTACT POINT</b> 2. <b>PLACE BOW ON STRING</b> 3. <b>READY TO START</b>	

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