

POSTURE – CIRCLES & ‘TOUCH’ FLEXIBILITY		
What is it	What to do	It feels like
1. <b>CIRCLES &amp; SEMI - CIRCLES</b>	Principal element of violin & bow technique - <b>‘SWIMMING HANDS’</b> / <b>‘THROWING A BALL’</b> circle movements, and <b>‘SEESAW’</b> / <b>‘ARC’</b> / <b>‘SMILEY-FACE’</b> semi-circles.	→ <b>ROUND MOTIONS IN ALL MOVEMENTS</b>
2. <b>HAND FLEXIBILITY</b>	<b>AWARENESS</b> of the <b>FLEXIBILITY</b> of hand parts – <b>WRIST, JOINTS, KNUCKLES, FINGERS.</b>	→ <b>FLEXIBLE HAND PARTS</b>
3. <b>‘SWINGING’ / GRAVITY / ‘CENTRAL POINT’</b>	<b>SWINGING</b> (changing) <b>BALANCE</b> often enough from left to right foot, and <b>BEING AWARE</b> of gravity and your body’s <b>‘CENTRAL POINT’</b> (in the tummy).	→ <b>SWINGING (CHANGE) BODY BALANCE</b> → <b>FEEL BODY ‘CENTRAL POINT’</b>

IDENTIFY & SOLVE THE PROBLEM	
Don’t	Do
1. <b>MAKE ABRUPT MOVEMENTS</b>	1. <b>‘CIRCLES’ FEELING</b>
2. <b>HAVE STIFF JOINTS</b>	2. <b>FLEXIBLE JOINTS</b>
3. <b>BE TOO STIFF GROUNDED</b>	3. <b>‘LIGHT TOUCH’ SWINGING</b>

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. <b>CIRCLES &amp; SEMI - CIRCLES</b>	<b>KEEP CIRCLES ACTIVE</b>
2. <b>HAND FLEXIBILITY</b>	<b>KEEP HANDS FLEXIBLE</b>
3. <b>SWING / GRAVITY / ‘CENTRAL POINT’</b>	1. <b>‘SWING’ BALANCE LIGHTLY</b> 2. <b>FEEL ‘CENTRAL POINT’</b>

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**