

FINGERS – FINGERS & BOW CO-ORDINATION – ANTICIPATION – LEFT HAND BEFORE BOW

What is it	What to do	It feels like
1. SHIFTING	ANTICIPATING hand movement BEFORE the note of the shift is played – bow playing on time with the finger.	→ LEFT HAND SHIFTS BEFORE BOW
2. PASSAGE WORK	PREPARING fingers - THINKING AHEAD of the left hand BEFORE the bow playing on time.	→ LEFT HAND 'THINKS' FINGERS BEFORE BOW
3. CHORDS	PRESSING DOWN fingers BEFORE the bow touching the string.	→ LEFT HAND PRESSES DOWN FINGERS BEFORE BOW

IDENTIFY & SOLVE THE PROBLEM

Don't	Do
1. FORGET TO ANTICIPATE SHIFT MOVEMENTS	1. MOVE / SHIFT BEFORE THE BOW PLAYS
2. FORGET TO PREPARE NOTES IN YOUR HEAD FIRST	2. PREPARE THINKING AHEAD OF TIME
3. PRESS DOWN FINGERS TOO LATE	3. PLACE FINGERS BEFORE BOW ACTION

HAVE YOU LEARNED IT	Action WORDS / Task	PRACTICING LINK – GO TO:
1. SHIFTING	ANTICIPATE MOVEMENT BEFORE BOW	→ ŠEVČÍK – BASIC TECHNIQUE → POINTS 1 & 2 – SCALES → POINT 3 – SHIFTING
2. PASSAGE WORK	FINGERS THINK AHEAD BEFORE BOW	→ SCALES – FOR CO- ORDINATION & ARTICULATION
3. CHORDS	ALL FINGERS PRESS DOWN BEFORE BOW	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 7 (27) – CHORDS

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**