

FINGERS – LEFT HAND THUMB ACTION		
What is it	What to do	It feels like
1. POSITIONING	Thumb SUPPORTS on its side and doesn't squeeze the violin neck - goes opposite the index finger base joint – develop a sense of comfortable hold.	→ SUPPORTING COMFORTABLY → NOT SQUEEZING
2. MOVEMENT	Thumb always MOVES its joints with the fingers (it's mobile and not rigid) – it's actively supporting their role – keep it FREE and passively 'available'.	→ MOBILE & 'AVAILABLE' → FREE TO MOVE
3. INDEPENDENCE	Thumb is independent and does COUNTER-PRESS WITH THE FINGERS – when a finger is pressed down on the string the thumb relaxes. Be aware of how light it should feel in fast-notes passages or playing chords especially.	→ STRONG FINGERS → LIGHT THUMB

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. SQUEEZE THE VIOLIN NECK	1. SUPPORT THUMB GENTLY AT THE NECK
2. ADD EXTRA PRESSURE WHEN MOVING	2. RELEASE THUMB PRESSURE WHEN MOVING
3. PRESS TOO MUCH WHEN FINGERS PRESS	3. KEEP THUMB INDEPENDENT FROM FINGERS

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. POSITIONING	1. 'LIGHT' TOUCH 2. NOT 'HOLDING' TOO TIGHTLY 3. 'SUPPORTING' ON ITS SIDE	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 3 – SHIFTING
2. MOVEMENT	1. 'AVAILABLE' & READY TO MOVE 2. 'LIGHT' FEEL WHEN MOVING 3. FACILITATING THE MOVEMENT	
3. INDEPENDENCE	1. INDEPENDENT 2. COUNTER-WEIGHTS FINGERS	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING