

FINGERS – DOUBLE-STOPS – BASIC RULES IN SCALES		
What is it	What to do	It feels like
1. FINGERS AT THE SAME TIME / HORIZONTAL 'FEEL'	PRESSING DOWN both left-hand fingers at the same time as a double-stop.	→ PRESSING DOWN FINGERS TOGETHER → 'HORIZONTAL' SCALE SENSE
2. LOWER (BASE) NOTE LEADS / VERTICAL 'FEEL'	1. LEADING with the lower (base) note of the two in your head first and establishing the space between both fingers. 2. 'HEARING' separately the lower notes as 'vertical' scale progression and establishing the space between each one. 3. CHECKING intonation always with the top note (higher sound) tuning to the base note (lower sound).	→ BASE SOUND IN YOUR HEAD FIRST – FOCUSING ON THE 'LOWER' ONE → 'VERTICAL' SCALE SENSE - LOWER ONE LEADS
3. EVEN SOUND / BOW PRESSURE	1. DISTRIBUTING bow pressure equally between the two notes – 50% / 50%. 2. PRESSING DOWN with the bow on the two strings as a double-stop is MORE than when pressing on one string – it feels more as 100% / 100% on each string. 3. FOCUSING on bow angle placed equally between the two strings to producing smooth even sound 'all the way'.	→ EQUAL DISTRIBUTION PRESSURE → MORE BOW PRESSURE → EVEN SOUND

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. PUT ONE THEN THE OTHER	1. PRESS TWO FINGERS DOWN AT ONCE
2. FORGET TO 'ANTICIPATE' THE LOWER	2. PREPARE THE BASE NOTE IN YOUR HEAD FIRST
3. MAKE UNEVEN SOUND	3. LISTEN / MAKE EVENLY PRODUCED SOUND

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. FINGERS AT THE SAME TIME	PLAY TWO NOTES AT ONCE	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 5 – DOUBLE-STOPS
2. LOWER (BASE) NOTE LEADS	FOCUS ON BASE SOUND	
3. EVEN SOUND / BOW PRESSURE	FOCUS ON BOW BALANCE	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**