

FINGERS – ADVANCED – DOUBLE-STOPS – OCTAVES & TENTHS

| What is it | What to do | It feels like |
|--|---|--|
| 1. 1st FINGER STRETCHING | STRETCHING BACKWARDS always 'higher to lower' – 4 th to 1 st finger. | → STRETCHING BACK TO 1st |
| 2. BOW PRESSURE 8^{ves} / 10^{ths} | BALANCING bow pressure 50% - 80% more on the lower note. | → LOUDER BASE NOTE |
| 3. BOW CONTACT POINT 8^{ves} / 10^{ths} | PLACING higher note closer to bridge / lower note in middle point. | → BOW 'NOT STRAIGHT' |

IDENTIFY & SOLVE THE PROBLEM

| Don't | Do |
|---|---|
| 1. STRETCH UP WITH 4th FINGER | 1. STRETCH BACK WITH THE 1st FINGER |
| 2. PRESS BOW EVENLY ON BOTH | 2. PRESS MORE WITH BOW ON LOWER NOTE |
| 3. FORGET TO CHECK CONTACT POINT | 3. PLACE BOW CLOSER TO BRIDGE ON HIGHER NOTE |

| HAVE YOU LEARNED IT | ACTION WORDS / TASK | PRACTICING LINK – GO TO: |
|--|---|---|
| 1. 1st FINGER STRETCH | 1. HAND POSITIONED 'HIGH' FOR COMFORTABLE 4th 2. STRETCH 1st FINGER BACK | → ŠEVČÍK – ADVANCED TECHNIQUE → POINT 5 – DOUBLE-STOPS |
| 2. BOW PRESSURE 8^{ves} / 10^{ths} | 1. LOWER NOTE – MORE BOW PRESSURE 2. LOUDER | |
| 3. BOW CONTACT POINT 8^{ves} / 10^{ths} | HIGHER NOTE CLOSER TO BRIDGE THAN LOWER NOTE | |

REMEMBER
THE DETAIL
THE ACTION
THE FEELING