

PRACTICE TOOLS – THE 3 PRACTICE BOW SPEEDS		
What is it	What to do	It feels like
1. SLOW (VERY SLOW) SPEED	1. PLAYING as slow as needed in order to focusing on all the required details. 2. AVOIDING 'pushing' the speed too fast when practicing.	→ 'ALL EVEN CROTCHETS' RHYTHM → SLOW 'AS WRITTEN' RHYTHM
2. INTERMEDIATE SPEED	PLAYING as the piece is written with all details, as in 'slower motion camera'.	→ MODERATE 'AS WRITTEN' PULSE
3. ORIGINAL (FAST) SPEED	PLAYING in the original speed only after you feel you can control all the details.	→ UP-TO-SPEED PULSE

HAVE YOU LEARNED IT	Action Words / Task
1. SLOW (VERY SLOW) SPEED	1. VERY SLOW – 'ALL EVEN CROTCHETS' RHYTHM 2. SLOW – 'AS WRITTEN' RHYTHM
2. INTERMEDIATE SPEED	MODERATE 'AS-WRITTEN' PULSE
3. ORIGINAL (FAST) SPEED	UP-TO-SPEED PULSE

REMEMBER
THE DETAIL
THE ACTION
THE FEELING