

BOW – STRING CROSSING – ADVANCED – ‘ARC MOVEMENT’		
What is it	What to do	It feels like
1. ‘GRADUAL’ STRING LEVEL CHANGE	PLAYING the note before the bow crossing GRADUALLY and aiming to achieve the CLOSEST possible bow hair angle to the next string – ‘ARC’ MOVEMENT .	→ WRIST STARTING ANGLE CHANGE → ELBOW FOLLOWING NEXT
2. PLAY DOUBLE STOP (in practice)	PLAYING the note before the change, with the next note together SMOOTHLY in LEGATO with wrist changing first, then elbow angle as a DOUBLE STOP FINISHING on the top note (the new note on the new string) .	→ CROSSING STRING SMOOTHLY → ‘DOUBLE STOP’ FEELING
3. ‘ARC’ MOVEMENT	You have CROSSED on the ‘new’ string SMOOTHLY without an accent (watch BOW HAIR’S closest angle).	→ ANGLES BECOMING ‘ARCS’ → NO ANGLES / NO ACCENTS

IDENTIFY & SOLVE THE PROBLEM	
Don’t	Do
1. BE TOO QUICK TO CHANGE STRING	1. GRADUALLY ‘ARRIVE’ ON THE CORRECT ANGLE LEVEL WITH WRIST CHANGING FIRST
2. FORGET TO LISTEN TO A ‘DOUBLE STOP’ SOUND BEFORE CROSSING	2. PLAY THE CROSSING SMOOTHLY AS A DOUBLE STOP TO GET USED TO A ‘GRADUAL LEVEL’ ELBOW ADJUSTMENT
3. LOSE THE FEELING OF SMOOTH ‘ARC MOVEMENT’ STRING CHANGE	3. GET USED TO SMOOTHLY CHANGE ANGLES WITH BOW ANTICIPATING NEW STRING LEVELS WITH WRIST

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. ‘GRADUAL’ STRING LEVEL CHANGE	1. ANTICIPATE CHANGE 2. WRIST FIRST 3. ELBOW FOLLOWS	→ SCALES – FOR SMOOTH BOW CHANGE
2. PLAY DOUBLE STOP (in practice)	1. GRADUAL STRING CROSSING 2. DOUBLE STOP FEELING	
3. ‘ARC’ MOVEMENT	1. STRING LEVEL ANGLE CHANGES BECOME ‘ARC’ CHANGES 2. NO ANGLES & NO ACCENTS	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**