

FINGERS – ADVANCED – DOUBLE-STOPS – FINGERS CONTRARY MOTION		
What is it	What to do	It feels like
1. MOVING FINGERS 'TOGETHER'	SLIDING promptly fingers at the same time in contrary motion – that will create a space at the base joint (knuckles). Keeping hand still – only fingers moving.	→ MOVING BOTH FINGERS 'AT ONCE'
2. FINGER TIPS ON A LOWER / HIGHER 'SIDE'	USING finger tip's 'down' position and the 'higher end' for the high note as the lower finger moves even lower.	→ FINGERTIPS ON THEIR 'OPPOSING' SIDES
3. BASE JOINT SPACE	KEEPING space opened at the base joint relaxing the hand and thumb at the same time.	→ 'EXTENDED' BASE JOINTS → RELAXED 'HAND GRIP'

IDENTIFY THE PROBLEM	
Don't	Do
1. MOVE HAND BASE WHILE STRETCHING	1. STRETCH KNUCKLES FROM BASE
2. MAKE FINGERS STIFF	2. KEEP FINGERS FLEXIBLE
3. TENSE YOUR HAND or THUMB	3. CREATE SPACE AT KNUCKLES BASE JOINT

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. MOVE FINGERS TOGETHER	OPPOSITE STRETCH – MOVE BOTH 'AT ONCE'	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 5 – DOUBLE-STOPS
2. FINGER TIPS	FINGERTIPS ON THEIR LOWER / HIGHER SIDES	
3. BASE JOINT SPACE	1. 'EXTEND' BASE JOINTS 2. RELAX 'HAND GRIP'	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**