

<b>BOW / SHIFTING – THE 3 CHANGES</b>		
<b>What is it</b>	<b>What to do</b>	<b>It feels like</b>
1. <b>BOW CHANGE – DOWN / UP</b>	<b>MANAGING</b> seamlessly the bow changes <b>SAME SPEED / PRESSURE / NO ACCENTS</b>	→ <b>DOWN / UP BOW</b> → <b>SAME SPEED / PRESSURE</b>
2. <b>STRING CHANGE</b>	<b>MANAGING</b> seamlessly the string changes <b>SAME SPEED / ADJUST PRESSURE / 'ARC' MOVEMENT &amp; NO ACCENTS</b>	→ <b>SAME BOW SPEED</b> → <b>ADJUSTING BOW PRESSURE</b> → <b>'ARC' MOVEMENT</b>
3. <b>SHIFT CHANGES</b>	<b>MANAGING</b> seamlessly the shift changes <b>'SLOW' BOW SPEED / LEFT BEFORE RIGHT / NO ACCENTS &amp; NO GLISSANDOS</b>	→ <b>PREPARING LEFT HAND</b> → <b>SLOWING DOWN BOW SPEED</b> → <b>NO ACCENTS &amp; ANY INTERRUPTIONS</b>

<b>IDENTIFY &amp; SOLVE THE PROBLEM</b>	
<b>Don't</b>	<b>Do</b>
1. <b>MAKE ANY UNWANTED ACCENTS CHANGING THE BOW</b>	1. <b>LISTEN VERY CAREFULLY TO PLAY DOWN &amp; UP BOWS WITH THE SAME SOUND VOLUME &amp; SPEED</b>
2. <b>FORGET TO MAKE SEAMLESS STRING CHANGES</b>	2. <b>LISTEN TO PRODUCE EVENLY FLOWING SOUND CHANGING THE STRINGS WITH NO ACCENTS</b>
3. <b>SHIFT TOO QUICKLY or 'ABRUPTLY' MAKING AN ACCENT</b>	3. <b>SHIFT 'SLOWLY' TO ACHIEVE SEAMLESS CHANGE WITH NO ACCENTS</b>

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / Task</b>	<b>PRACTICING LINK – GO TO:</b>
1. <b>BOW CHANGE – DOWN / UP</b>	1. <b>CHANGE SMOOTHLY</b> 2. <b>SAME SOUND / NO ACCENTS</b>	→ <b>SCALES – FOR SMOOTH BOW CHANGE</b> → <b>SCALES – FOR BOW DISTRIBUTION / CO-ORDINATION / ARTICULATION</b>
2. <b>STRING CHANGE</b>	1. <b>CHANGE SMOOTHLY</b> 2. <b>'ARC' BOW MOVEMENT</b>	
3. <b>SHIFT CHANGES</b>	1. <b>SHIFT SMOOTHLY</b> 2. <b>'SLOW' SHIFT FEELING</b>	

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**