

STAGE TWO – LEARNING THE MUSIC – TECHNICAL – BASIC			
What is it	What it means	What to do	STAGE 2
1. BASIC LEFT HAND	→ NOTES become PATTERNS	1. FOCUSING on sections of two / four bars, or a short phrase. 2. WORKING on all left-hand technical details separately. 3. REPEATING using 'Pattern Fixing Tools'.	→ PRACTICING AT VARIOUS PACES & USING VIBRATO ON/OFF → ACTION WORDS: FOCUSING WORKING REPEATING BEING AWARE JOINING UNITING APPLYING ADJUSTING IMPROVING READING USING MEMORISING LOOKING PRODUCING LISTENING PLAYING
2. ADVANCED LEFT HAND	→ PATTERNS become PHRASES → PHRASES become SECTIONS → SECTIONS become A PIECE	1. BEING AWARE of the 'music flow', style and character throughout the piece. 2. JOINING phrases and longer sections together. 3. UNITING all sections in one practicing the piece as a whole	
3. 3 VARIABLE BOW SPEEDS	→ SLOW pace → INTERMEDIATE pace → FAST pace	1. APPLYING metronome and getting used to playing in time – one speed throughout. 2. ADJUSTING the practicing pace accordingly to each task.	
4. PUTTING HANDS TOGETHER	→ HANDS CO-ORDINATION → ATTENTION TO DETAIL	1. IMPROVING co-ordination between left-hand and bow. 2. WORKING on the technical details 'in depth'.	
5. BOW ACTION	→ SLURS → ARTICULATION → DYNAMICS	1. READING attentively the page to making sure all the articulations have been observed and performed. 2. USING the bow correctly – length, direction, bow changes.	
6. MEMORISING	→ MEMORY TASKS	1. MEMORISING phrase-by-phrase or section-by-section repeating each one 3 times. 2. LOOKING at your hands securing all details and actions with bow hands while playing by memory.	
7. FOCUSING ON BOW & SOUND	→ BOW - SPEED / PRESSURE / DISTRIBUTION → TONE (SOUND) QUALITY	1. PRODUCING the correct bow actions desired for making the phrasing, style, and character work. 2. LISTENING to your sound to identifying the result of it.	
8. SECURING INTONATION	→ ATTENTIVE LISTENING	1. PLAYING slowly and in piano dynamic focusing entirely on intonation 2. LISTENING carefully to each note and correcting it if necessary.	

HAVE YOU LEARNED IT		Action Words / Task	STAGE 2
1. BASIC LEFT HAND	→ NOTES & PATTERNS	1. FOCUS ON SECTIONS 2. WORK ON DETAILS 3. REPEAT PATTERNS	→ PRACTICING AT VARIOUS PACES & USING VIBRATO ON/OFF → ACTION WORDS: FOCUSING WORKING REPEATING BEING AWARE JOINING UNITING APPLYING ADJUSTING IMPROVING READING USING MEMORISING LOOKING PRODUCING LISTENING PLAYING
2. ADVANCED LEFT HAND	→ PHRASES → SECTIONS → PIECE	1. BE AWARE OF MUSIC FLOW 2. JOIN PHRASES TOGETHER 3. UNITE SECTIONS	
3. 3 VARIABLE BOW SPEEDS	→ SLOW → INTERMEDIATE → FAST	1. APPLY METRONOME 2. ADJUST SPEEDS	
4. PUTTING HANDS TOGETHER	→ HANDS CO-ORDINATION → DETAILS	1. IMPROVE CO-ORDINATION 2. WORK ON DETAILS 'IN DEPTH'	
5. BOW ACTION	→ SLURS → ARTICULATION → DYNAMIC	1. READ ATTENTIVELY 2. USE BOW CORRECTLY	
6. MEMORISING	→ MEMORY TASKS	1. MEMORISE ALL DETAILS 2. LOOK AT HANDS	
7. FOCUSING ON BOW & SOUND	→ SPEED / PRESSURE / DISTRIBUTION → TONE QUALITY	1. PRODUCE BOW ACTION CORRECTLY 2. LISTEN TO SOUND QUALITY	
8. SECURING INTONATION	→ ATTENTIVE LISTENING	1. PLAY SLOWLY CHECKING NOTES 2. CHECK CORRECT	

REMEMBER
THE DETAIL
THE ACTION
THE FEELING