

<b>SHIFTING – SENSE OF POSITION &amp; SPACING – HAND FRAME</b>		
What is it	What to do	It feels like
1. <b>SPACING BETWEEN 1<sup>st</sup> / 4<sup>th</sup></b>	<b>AWARENESS OF SPACING</b> - hand frame is the distance between the 1 <sup>st</sup> & 4 <sup>th</sup> finger.	→ <b>KEEPING HAND &amp; FINGERS 'IN PLACE'</b>
2. <b>'POSITION' SENSE</b>	<b>AWARENESS OF SAME HAND FRAME</b> – keeping hand frame the same in each of the different positions. First position – 'inflated balloon' effect / stretching 4 <sup>th</sup> finger.	→ <b>SAME 'HAND POSITION' IN ANY ONE POSITION</b>
3. <b>SHIFTING</b>	<b>AWARENESS OF CHANGING HAND FRAME</b> – changing hand frame accordingly as it is getting smaller with every position going up – the highest position has about half of the frame size (hand space) of the first position.	→ <b>FRAME GETS SMALLER IN HIGHER POSITIONS</b>

<b>IDENTIFY &amp; SOLVE THE PROBLEM</b>	
Don't	Do
1. <b>LOSE THE SENSE OF SPACE BETWEEN 1<sup>st</sup> &amp; 4<sup>th</sup> FINGER</b>	1. <b>KEEP FINGERS SPACED OUT APPROPRIATELY FOR EACH POSITION</b>
2. <b>CHANGE or MOVE THE HAND</b>	2. <b>KEEP SAME POSITION STRICTLY</b>
3. <b>KEEP THE SAME FINGERS SPACES</b>	3. <b>CHANGE FINGERS FRAME ACCORDINGLY</b>

<b>HAVE YOU LEARNED IT</b>	<b>Action Words / TASK</b>	<b>PRACTICING LINK – GO TO:</b>
1. <b>SPACING BETWEEN 1<sup>st</sup> &amp; 4<sup>th</sup></b>	1. <b>KEEP SAME HAND FRAME</b> 2. <b>FINGERS READY 'IN PLACE'</b>	→ <b>ŠEVČÍK – ADVANCED TECHNIQUE</b> → <b>POINTS 1 &amp; 2</b> → <b>FOCUS ON ARPEGGIOS SEPARATELY</b>
2. <b>POSITION SENSE</b>	1. <b>KEEP 'HAND FRAME'</b> 2. <b>WRIST KEEPS SAME POSITION</b> 3. <b>'INFLATED BALLOON' – 1<sup>st</sup> POSITION</b>	
3. <b>SHIFTING</b>	<b>REDUCE 'HAND FRAME' BETWEEN 1<sup>st</sup> &amp; 4<sup>th</sup> FINGERS GOING UP</b>	

**REMEMBER  
THE DETAIL  
THE ACTION  
THE FEELING**