

FINGERS – DOUBLE-STOPS – BASIC CO-ORDINATION RULES		
What is it	What to do	It feels like
1. THE 'ACTION OF FINGERS' FIRST	THINKING about placing both fingers at the same time – it is crucial that both press down both strings at once.	→ PRESSING BOTH FINGERS 'AT ONCE'
2. THE 'THINKING OF PREPARATION' NEXT	1. ANTICIPATING the sound of the lower (base) finger of the two in your head first and the space for it on the fingerboard. 2. PRESSING DOWN both notes 'at once' as the next double-stop interval.	→ PREPARING THE LOWER SOUND BUT PLAYING BOTH FINGERS 'AT ONCE'
3. THE 'PLAYING OF BOW / SOUND' LAST	BALANCING the sound evenly – listen and be prepared (in ADVANCED level) to start changing the bow angle and pressure to balance the sound evenly according to the acoustic principles and the music requirements.	→ EVENLY BALANCED BOW ANGLE → EVENLY BALANCED SOUND
THE ACTION IS ALWAYS: 'TWO FINGERS DOWN' / THE THINKING IS ALWAYS: 'PREPARE ONE NOTE FIRST', WHICH IS THE 'NEXT' LOWER NOTE		

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. CONFUSE THE 'ACTION' WITH THE 'THINKING'	1. PRESS TWO FINGERS DOWN AT ONCE
2. FORGET TO 'ANTICIPATE' THE LOWER	2. PREPARE THE BASE NOTE IN YOUR HEAD FIRST
3. MAKE UNEVEN SOUND	3. PRODUCE A BALANCED SOUND

HAVE YOU LEARNED IT	ACTION WORDS / TASK	PRACTICING LINK – GO TO:
1. ACTION OF FINGERS FIRST	PRESS DOWN ALWAYS TOGETHER	→ ŠEVČÍK – BASIC TECHNIQUE → POINT 5 – DOUBLE-STOPS
2. THINK OF PREPARATION NEXT	ANTICIPATE THE NEXT SOUND	
3. PLAY THE BOW / SOUND LAST	MAKE EVENLY BALANCED SOUND WITH EVENLY BALANCED BOW ANGLE	

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**