

| SHIFTING UP – 1st to 3rd POSITION | | |
|--|--|---|
| What is it | What to do | It feels like |
| 1. PREPARATION | RELEASING finger pressure (finger making a 'harmonic touch') and thumb pressure. | → THUMB & FINGER PRESSURE RELEASED |
| 2. MOVEMENT | (With finger touching lightly as a 'harmonic') – MOVING UP 'at once' sliding slowly both with palm and thumb - elbow 'closing in' and chin holding steady the violin. | → BOTH PALM & THUMB MOVING → ELBOW CLOSING → CHIN HOLDING VIOLIN |
| 3. ARRIVAL | PRESSING DOWN finger upon arrival point on time (not earlier or later). | → REACH ARRIVAL POINT → PRESSING DOWN ON TIME |

| IDENTIFY & SOLVE THE PROBLEM | |
|---|--|
| Don't | Do |
| 1. MOVE THE FINGER OFF ITS PLACE | 1. KEEP FINGER IN PLACE / ONLY LIFT FINGER PRESSURE BUT TOUCHING STRING |
| 2. MOVE TOO QUICKLY / MOVE THE VIOLIN / TWIST THE WRIST IN ANY SHAPE | 2. KEEP HAND POSITION STRAIGHT / MOVE HAND SLOWLY / ELBOW CLOSES IN |
| 3. PRESS BEFORE YOU KNOW THE SOUND ARRIVAL POINT | 3. CHECK THE SOUND IN YOUR HEAD IN ADVANCE / PRESS FINGER DOWN ON TIME |

| HAVE YOU LEARNED IT | | ACTION WORDS / TASK | PRACTICING LINK – GO TO: |
|----------------------------|---------------------|---|---|
| 1. PREPARATION | → RELEASE | 1. KEEP FINGER PLACE 2. LIFT FINGER TOUCHING 3. RELEASE THUMB PRESSURE | → ŠEVČÍK – BASIC TECHNIQUE → POINT 3 – SHIFTING → PRACTICE THE SHIFTS SEPARATELY FOCUSING ON 1 st to 3 rd POSITION. |
| 2. MOVEMENT | → MOVE | 1. KEEP STRAIGHT HAND 2. MOVE SLOWLY UP 3. HOLD VIOLIN STEADY | |
| 3. ARRIVAL | → PRESS DOWN | 1. CHECK IN HEAD 2. PRESS DOWN ON TIME 3. LISTEN | |

REMEMBER
THE DETAIL
THE ACTION
THE FEELING