

FINGERS – FINGERS & BOW CO-ORDINATION – THE 3 ‘ANTICIPATION’ STEPS		
1. ANTICIPATE THE LEFT-HAND FINGERS	→ PREPARE FINGERS ON THE FINGERBOARD	→ ‘BEFORE’ TIME
2. ANTICIPATE THE BOW	→ PREPARE BOW TOUCHING THE STRING	→ ‘BEFORE’ TIME
3. PLAY BEING PREPARED	→ NOW YOU ARE READY TO START PLAYING	→ ON TIME