

BOW – PRONATING / SUPINATING MOVEMENT – THE 3 ACTIONS			
What is it	What to do		It feels like
1. WRIST & FINGERS – ‘ WATER TAP ON/OFF ’ action	→ PRONATING wrist & fingers → SUPINATING wrist & fingers	1. DOWN BOW - Turning the thumb ‘in’ or ‘under the fingers’ and applying pressure on top of the bow stick with the index finger – ‘turning water tap on’ action. 2. UP BOW - The opposite movement of pronating – index finger releasing the pressure from the bow stick by ‘turning water tap off’ action.	→ TURNING THUMB ‘IN’ → PRESSING WITH INDEX ON STICK → REVERSE – PRESSURE OFF INDEX
2. FOREARM – ‘ SMILEY-FACE ’ action	→ PRONATING forearm → SUPINATING forearm	1. DOWN BOW - ‘Sinking down’ the forearm alongside the pronating wrist and pressing index finger as a ‘smiley-face’ movement. 2. UP BOW the opposite movement – index finger releasing the pressure from the bow stick by raising the forearm alongside the supinating wrist.	→ ‘SINKING’ FOREARM DOWN → PRESSING WITH INDEX ON STICK → REVERSE – LIFTING OFF PRESSURE
3. ELBOW – ‘ SEESAW ’ action	→ PRONATING elbow → SUPINATING elbow	1. DOWN BOW - Starting from ‘elbow hanging point’ - ‘lifting off’ and extending ‘out’ the elbow alongside the forearm sinking down. 2. UP BOW the opposite movement – closing ‘in’ elbow angle by raising the forearm alongside the supinating wrist.	→ ‘LIFTING OFF’ ELBOW → ‘EXTENDING’ ELBOW ALONGSIDE → REVERSE – LIFTING OFF PRESSURE

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. FORGET TO PRESS ON THE INDEX FINGER	1. FEEL THE CONTROL BETWEEN THE THUMB & INDEX FINGER
2. LET THE STRAIGHT DOWN BOW LINE DISTRACT YOUR 'SINKING' BOW ACTION	2. FOCUS ON THE 'SINKING' BOW ACTION WHICH ALSO DETERMINES ALL THE DYNAMICS AND SOUND PRODUCTION
3. MAKE YOUR ELBOW ACTION STIFF OR RIGID	3. AIM TO DELIVER A FLOATING RELAXED ELBOW ACTION

HAVE YOU LEARNED IT		ACTION WORDS / TASK
1. WRIST – 'WATER TAP ON/OFF' action	→ PRONATING DOWN → SUPINATING UP	1. TURN THUMB 'IN' 2. PRESS INDEX ON STICK 3. REVERSE – LIFT PRESSURE OFF
2. FOREARM – 'SMILEY-FACE' action	→ PRONATING DOWN → SUPINATING UP	1. 'SINK' FOREARM DOWN 2. PRESS WITH INDEX ON STICK 3. REVERSE – LIFT PRESSURE OFF
3. ELBOW – 'SEESAW' action	→ PRONATING DOWN → SUPINATING UP	1. 'LIFT OFF' ELBOW 2. 'EXTEND' ELBOW ALONGSIDE 3. REVERSE – LIFT PRESSURE OFF

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**