



# WITH NICKY SERIES 1

## BACK TO MORE BASICS, LEFT HAND PART 2 ACCOMPANYING RESOURCE

1. WHEN ADDING THE BOW TO THE LEFT-HAND EXERCISES, NICKY SUGGESTS USING 8 NOTES PER BOW. WHY IS SHE MAKING THAT DETERMINATION BEFORE PLAYING?

2. VELOCITY REQUIRES \_\_\_\_\_.

3. WHY IS THE PRACTICING OF "HOVERING" ABOVE THE STRINGS ALSO IMPORTANT?

4. WHICH IS MORE IMPORTANT, DEVELOPING THE FORM OR DEVELOPING THE STRENGTH IN THE LEFT HAND? (THERE IS A THIRD OPTION, SO THINK IT THROUGH)

- ☐ FORM
- ☐ STRENGTH
- ☐ OTHER

5. BY KEEPING THE BOWING LIGHT DURING THE MENDELSSOHN EXCERPT, NICKY ALLOWS HER MIND TO FOCUS ON WHICH HAND?



6. DOES NICKY'S ANALOGY OF FLOPPING ON THE SOFA WORK FOR YOU? WHY OR WHY NOT?

7. DO YOUR FINGERS FALL AND RELAX AS THEY LAND ON THE STRING, OR DO YOU GRAB AND SQUEEZE? HOW DOES NICKY'S EXPLANATION AND DEMONSTRATION HELP YOU?

8. CONSIDER AND PREPARE YOUR HAND IN ADVANCE, MAKING SURE IT IS IN THE RIGHT POSITION SO THAT ALL YOUR FINGERS HAVE TO DO IS.....