

NO PARTS

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How many parts of you are there? Muscles, bone, cells
How many parts are involved?
How many parts can you pay attention to at once?
How many parts can you control independently?
Internally heterogeneous, interdependent, intertwined.

Not one and not two.

0:00 ~ 15:00

Vocalize under your breath if you like.

Listen!

Blend!

Start low and find a unique path past the shoulder of the instrument. Something oblique. Not a straight line. Never a straight sound. Keep moving.

continuous sound

continuous movement

move *as slow as possible*

ALL PARTS!

muscles, bone, but think about bow placement, bow pressure, bow speed, left hand placement, left hand pressure, etc.
Barely perceptible, but always in motion.

15:00 ~ 30:00

We have made it past the shoulder of the instrument.

We are in thumb position.

Hold down the string(s) with your thumb using normal pressure.

lightly touch the string with harmonic pressure while holding your thumb down with regular pressure
(i.e., false harmonic pressure)

Send too much and/or conflicting information to the string.

Can you sustain the unstable places?

Keep moving:

fast with the fingers (harmonic pressure)

slow or not at all with the thumb (regular pressure)

Blend or don't

30:00 - 40:00

Moving to the end of the fingerboard, past the fingerboard, reaching over.

As high as possible and higher.

Stay in one place, exploring the details, or move quickly in parabolic motions along the strings.

Like a baby or animal yelping or crying.

Get it out.