

1. The first rule is to be wise re pain. It does not mean gain; it means rest and cease starving muscles of oxygen: arms parallel to torso.
2. Skip the shoulder rest - you will see support in the Gravity video.
3. Be sure to view all of the technique videos first.
4. Keep track: I recommend brief attempts at any one of the videos on three consecutive days
5. Be sure to try the harmonics initially with the instrument on a horizontal surface
6. Limit engaging with any one of the videos to five minutes per day.
7. Direct limited questions: [onlyfretless\(at\)gmail.com](mailto:onlyfretless(at)gmail.com)

	Title	Date
4	Getting Ready	
5	Placing and Supporting the Violin	
6	Exploiting Tension	
7	Tactile Orientation	
8	The Selective Bow	
9	Left Hand	
10	Gravity and Shifting	
<u>11</u>	Shifting	
<u>12</u>	Bowing Styles	
<u>13</u>	Building Scales	
<u>14</u>	Double Stops	
<u>15</u>	Bariolage	