

Ivo Stankov

THE 3-POINTS METHOD

For Intermediate / Advanced / College Students & Teachers

THE PURPOSE

1. **DESCRIPTION**
2. **ACTION**
3. **RESULT**

The purpose of this Method is to outlay some of the basic knowledge principles about playing the violin in a strictly summarised and efficient way by using key words and specific action tasks as reminders -

1. **DESCRIPTION** leading to **UNDERSTANDING**
what each detail is and how it works
2. **ACTION** leading to **APPLICATION**
what needs to be done
3. **RESULT** leading to **MEMORISING & SECURING**
what has already been learned

HOW THE METHOD WORKS

1. **UNDERSTANDING**

What is it / What it means

2. **APPLICATION**

What to do / How it works

3. **MEMORISING & SECURING**

What is it like / How it feels

A '**VIOLIN TIP**' is the main topic or question to memorise on each page.

'**THE 3 POINTS**' **METHOD** is constituted as a table of 3 key points, key actions or task descriptions to learn for each topic (violin tip), which are laid out in the table's vertical columns as 3 questions:

1. **WHAT IS IT / WHAT IT MEANS?**
DESCRIPTION leading to **UNDERSTANDING**
2. **WHAT TO DO / HOW TO DO IT?**
ACTION leading to **APPLICATION**
3. **WHAT IS IT LIKE / HOW IT FEELS?**
RESULT leading to **MEMORISING & SECURING**

Key words and specific tasks are highlighted in red to bring attention and focus on them in order to help with the memorising process of each topic.

PROBLEM SOLVING

DON'T / DO

IDENTIFY & SOLVE THE PROBLEM

Using a key phrase to describing a key action, a convenient **DON'T** and **DO** list prompts in a separate table to identifying a common problem and what to do to avoid or resolve it.

MAIN OBJECTIVE

HAVE YOU LEARNED IT

1. **UNDERSTANDING**
2. **APPLICATION**
3. **MEMORISING & SECURING**

At the end of each page the checklist question '**HAVE YOU LEARNED IT?**' fulfils the main objective of '**THE 3 POINTS**' METHOD - all learned tasks and actions in **RED** now become **GREEN**:

1. DID I UNDERSTAND HOW IT WORKS?

UNDERSTANDING leading to **LEARNING**

2. AM I APPLYING IT TO MY TECHNIQUE?

APPLICATION leading to **ACTION WITH THINKING** (conscious)

3. AM I DOING IT AUTOMATICALLY IN MY PLAYING?

MEMORISING & SECURING leading to **MUSCLE MEMORY & 'FEELING'** –
ACTION WITHOUT THINKING (subconscious)

KEY ACTIONS REMINDER

ACTION WORDS / TASK

1. **DETAIL**
2. **ACTION**
3. **FEELING**

A set of **2/3 KEY ACTION WORDS** or short phrases describing a particular **KEY ACTION TASK** serve as a reminder for the learned **DETAIL**, the particular **ACTION** which was taken, and the **FEELING** making all tasks to be performed automatically, to be successfully applied for each '**VIOLIN TIP**' topic.

REMEMBER
THE DETAIL
THE ACTION
THE FEELING

PRACTICING LINK – GO TO:

A convenient link to the 'Scales and Exercises' Section where each tip can be applied and practiced.

TIPS

In some sections an **EXTRA TIP** is provided to highlight a particularly important detail.