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This book correlates directly to *The Teaching of Action in String Playing*. Look for this icon throughout to locate the correlating page in *ToAiSP*.

Chapter Two

PART ONE: CONTROL AND REGULATION OF VOLUNTARY MOVEMENT

ToAiSP 10

No commentary specific to the cello is necessary.

PART TWO: PRINCIPLES OF MOVEMENT IN STRING PLAYING

ToAiSP 30

INTRODUCTION

The foundational principles of movement presented in this chapter apply to all string instruments and thus require no adaptations for the cello. The authors felt it would be beneficial, though, to include photographs of *unilateral movement* and *bilateral movement* (*ToAiSP*, p. 34) from a cellist's perspective.

Unilateral Movement

In unilateral movement, the bow arm and body move in the same, or parallel, motion. The body weight shifts simultaneously from the center to the right sitz bone as the bow pulls a down-bow to the right.

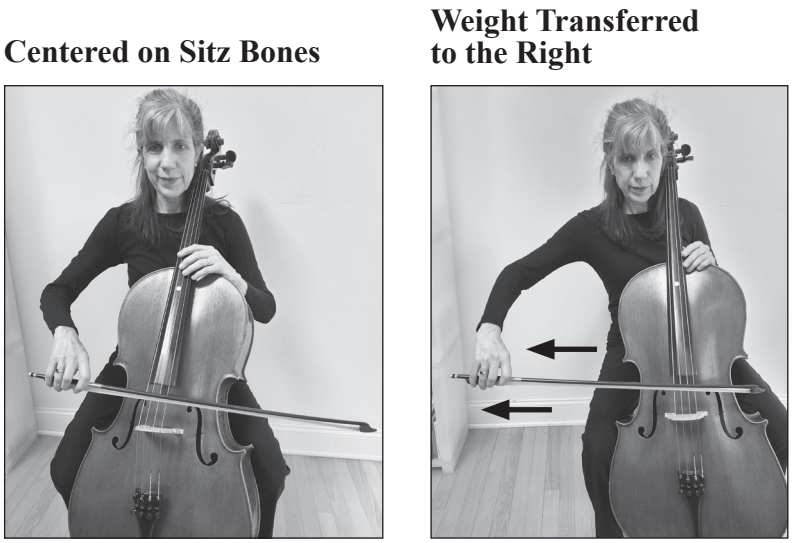

Figure 1. Unilateral movement in a whole bow stroke

Bilateral Movement

In bilateral movement, the bow arm and body move in opposite, or contrary, motion. The body weight shifts simultaneously from the center to the left sitz bone as the right arm pulls a down-bow to the right.

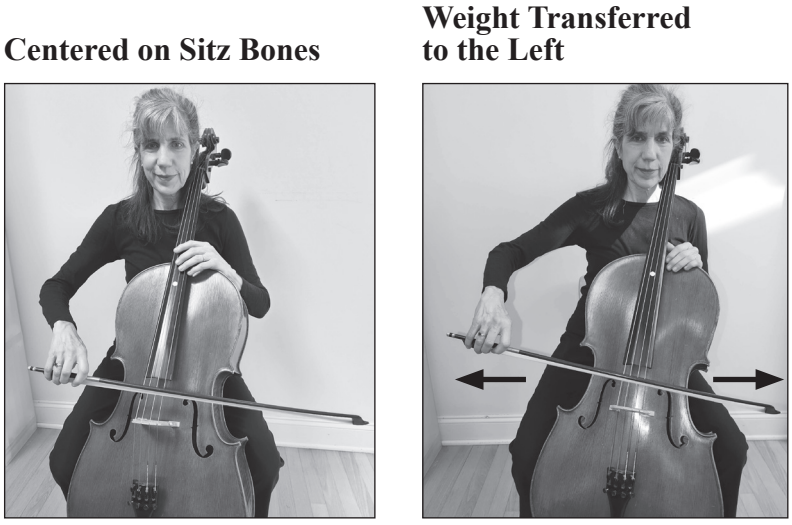

Figure 2. Bilateral movement in a whole bow stroke