

Posture and Playing Position

1. ALWAYS sit on the front edge of the chair, with feet flat on the floor!

2. REST POSITION:



Violins/violins: hold the instrument neck with the **LEFT HAND**, tuck the instrument gently under the right elbow, strings facing out.

Cellos/basses: sit tall with feet flat, shoulders relaxed, and hands relaxed on the knees.



3. READY POSITION:



Violins/violins: bring the instrument over to stand upright on the left leg, strings facing forward. Place **LEFT HAND** over upper bout.



Cellos/basses: place **LEFT HAND** over the upper bout (now), or on the fingerboard tapes (later).



THE UPPER BOUT

4. PLAYING POSITION:

Violins/violins: lift instrument parallel to the floor, over to the **LEFT**, and settle on the **LEFT SHOULDER**. Turn head to look down fingerboard, rest jaw on the chin rest. Make "C" shape with **RIGHT HAND**, place thumb on the corner of the fingerboard, and prepare to pluck (pizzicato) with the index finger.

Cellos/basses: Make "C" shape with **RIGHT HAND**, place thumb on the **SIDE** of the fingerboard, and prepare to pluck (pizzicato) with the index finger.



PLAYING PIZZICATO & SHAPING THE LEFT HAND

Violins/ violas: Make "C" shape with RIGHT HAND, place thumb on the corner of the fingerboard to pluck (pizzicato) with the index finger.



Cellos/basses: Make "C" shape with RIGHT HAND, place thumb on the SIDE of the fingerboard to pluck (pizzicato) with the index finger.



LEFT HAND ON THE FINGERBOARD

Violins/ violas: Look at the palm of your LEFT HAND, thumb sticking out to the LEFT. Bring your straight hand under the neck (in playing position) and place the tip of the thumb on the thumb fuzzy. Balance the neck between the thumb and bottom of the index finger.



Bring fingers down one by one onto the tapes, on the D-string. All fingers on the tips, fingers forming a 'square.'
Keep the wrist straight and elbow under the instrument, forming a "V"!



← CORRECT

INCORRECT →



Cellos/basses:

Reach out with the LEFT HAND for an 'invisible glass of water.' Hold the invisible cup shape and bring your hand to the cello neck, placing the thumb on the thumb fuzzy (back of the neck). Curve fingers lightly over the tapes on the D-string.



Line up FINGER ONE with the 1st tape. Put down FINGER TWO & FINGER THREE together, so finger three falls on the 2nd tape. Place FINGER FOUR (pinky) on the last tape. **Hold down the string with curved fingers and a straight wrist!**

