

THE BASICS – PART I

Holding the Violin:

1. Feet position: Stand with your feet together. Take a small step apart. Then, take a small step forward with your left foot.
2. Violin position: Hold the violin by the neck. Turn it upside down and place it on your left shoulder. The scroll of the violin should point in the same direction as your left foot. Make sure your jaw rests on the chin rest (I call it a jaw rest). Hold the violin at eye level. Do not rest your elbow on your side when you get tired. This is bad posture!
3. Left hand position: Place the pad of your thumb on the sticker. Try not to bend it. Your wrist must not touch the violin. Your arm should be straight. Don't stick your wrist out or pull it in. Leave a space for the bunnies.