

Holding the Violin

Rest Position is when the body of the violin is placed underneath a person's right arm. The face of the violin should look outward from one's body and the scroll should point forward. Care should be taken to ensure that the arm does not interfere with the fine tuners and bridge of your instrument.

Playing Position is when the violin is supported over one's left shoulder secured by one's chin. The head should be turned slightly to the left to ensure that the violin stays over the shoulder, not over the chest. Refer to any diagrams given in your music books and handouts.

Try these steps to get from rest position to playing position.

1. While in rest position take your **left hand** and grab onto the **lower** shoulder of the violin.
2. While holding that shoulder of the violin, take the violin out from underneath your right arm and bring it out to the left side of your body. Your arm should point enough to the left in order to create 90 degree angle from center. You may separate your feet by stepping slightly to the left. The face of your violin should be looking away from your body and the scroll pointed up.
3. Using your forearm rotate the violin counterclockwise so that the body of the violin turns upward and scroll turns downward.
4. Bend your elbow and aim the lower bout of your violin so that it and/or your shoulder pad lands over your left shoulder and collarbone. Try not to let the violin's scroll rotate forward. Also ensure that you do not let the violin's body rest over your chest. Experiment with various shoulder pad devices in order to make your instrument feel as comfortable as possible. Use a mirror to check your posture.

(see: *Exercises for Holding the Bow & Violin.*)

(see: *Nic's Violin Tips on YouTube*)