

## **Violin Posture Checklist**

### **Bow Hand**

1. Thumb is bent using the tip of the thumb
2. Fingers wrapped around stick & frog with pinkie finger on top for balance
3. Hand is angled counter clockwise so that the index finger may apply pressure

### **Left Hand**

4. Violin is placed over the shoulder enough with end button pointing at throat; ensure that both shoulders are relaxed and the scroll is not rising up higher than the other end of the violin
5. Thumb is placed at the side of the neck generally beside the first finger, or slightly closer to the nut than where the first finger lands. Don't grip too tightly.
6. Elbow is under the violin and the wrist is out to approximately flat with fingers curved above the strings over where they are to land

Please make a list of goals you want to achieve every month and by the end of the year. Here's a few to get started.

### **My violin goals for you are:**

- to play in tune    -to have excellent rhythm    -to sight read music
- to play with expression and dynamics    -to play by ear
- to memorize all solo repertoire    - to perform more often

Your personal goals may include a piece of repertoire you want to learn. Perhaps you want to fix a bad habit. Perhaps you want to be able to play at a specific grade level. Remember to be realistic.

## **Practicing**

You should practice every day for \_\_\_\_\_ minutes. I suggest practicing while your parents are making dinner.

Your practice regime should cover your most recent violin goals. If we did not have enough time in your last lesson to do all of your repertoire, you should keep practicing the other tunes and exercises you have worked on over the past month or so. I suggest:

Scales sequences and double stops: \_\_\_\_\_ minutes

Studies: \_\_\_\_\_ minutes

Repertoire: \_\_\_\_\_ minutes

Fun Pieces: \_\_\_\_\_ minutes

If you have an area of a tune (a lick) or a phrase that needs improvement, focus on repeating those bars of music \_\_\_\_\_ times.

If you are playing a fairly short tune, you should play it three times in a row as to re-enforce the accuracy and memory.

When you come to your lesson, please get your violin out ahead of time so I can tune it as soon as you walk in the studio. Doing so will give you more instruction time, for a half hour lesson goes by very quickly and I can't go over time when I have back to back students.

Please ensure to remember your music books and put your name on them. Although I will occasionally provide photocopy sheets for you, this is a supplement to your legal books.

Finally, please keep any sheets I give to you in a binder or folder so they don't get lost.