




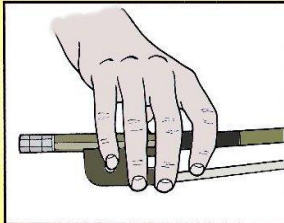


POSITION REMINDER CHECKLIST

CUT YOUR FINGERNAILS! YOU **CANNOT** PLAY CORRECTLY WITH LONG NAILS!

	Position	Left Hand	Bow Hold	Bow Stroke
Violin/Viola	<ul style="list-style-type: none"> ✓ Edge of your turned chair ✓ Shoulder rest! ✓ Up on your shoulder ✓ Scroll points towards stand 	<ul style="list-style-type: none"> ✓ Open window ✓ Box fingers on tapes ✓ Low, straight thumb 	<ul style="list-style-type: none"> ✓ Smile thumb between grip and frog ✓ Lean hand into grip ✓ Middle fingers over frog ✓ Pinkie tip on top 	<ul style="list-style-type: none"> ✓ Between bridge and fingerboard ✓ Smooth, full bows ✓ Tilt: stick to scroll, hair to hair
Cello	<ul style="list-style-type: none"> ✓ Edge of your chair ✓ Feet flat ✓ Cello touching inner legs and chest-bone ✓ Scratch ear with C peg 	<ul style="list-style-type: none"> ✓ Thumb behind 2nd finger or on thumb pad ✓ Curved "C shaped" hand ✓ Straight arm to hang laundry (open window) 	<ul style="list-style-type: none"> ✓ Smile thumb between grip and frog ✓ All four fingers drop down over stick on first knuckle 	<ul style="list-style-type: none"> ✓ Between bridge and fingerboard ✓ Smooth full bows ✓ Tilt: stick to scroll, hair to ground
Bass	<ul style="list-style-type: none"> ✓ Adjust endpin so that fingerboard top is at top of your head ✓ Bass leans into your left hip bone 	<ul style="list-style-type: none"> ✓ Thumb behind 2nd finger or on thumb pad (AT ALL TIMES, EVEN WHEN SHIFTING) ✓ Curved "C shaped" hand ✓ Straight arm to hang laundry (open window) 	French Bow <ul style="list-style-type: none"> ✓ Smile thumb between grip and frog ✓ All four fingers drop down over stick on first knuckle 	<ul style="list-style-type: none"> ✓ Between bridge and fingerboard ✓ Point tip of bow slightly higher when bowing
			German Bow <ul style="list-style-type: none"> ✓ Frog rests in palm ✓ Middle 2 fingers wrap inwards ✓ Pointer finger and thumb grip bow stick ✓ Pinkie curved 	

<http://avonstrings.weebly.com/technique-videos.html>

	<u>Position</u>	<u>Left Hand</u>	<u>Bow Hold</u>
<u>Violin</u> or <u>Viola</u>			
<u>Cello</u>			
<u>Bass</u>			<div>Example of French Grip</div>  <div>Example of German Grip</div> 