

## VIOLIN/VIOLA FUNDAMENTAL SET-UP

If you master these steps, there will be no physical obstacles to your progress!!!

### FUNDAMENTAL AREA ONE: BOW GRIP

1. Thumb curved (Place the thumb between the frog and the grip.)
2. Second and third fingers over the bow stick
3. First finger placement (Place first finger on the bow stick between the top and middle knuckles, leaning toward the tip of the bow.)
4. Pinky curved
5. Relaxed (Finger motion should be seen at frog and tip.)

### FUNDAMENTAL AREA TWO: BOW PATH

1. Bow placement (Place the bow between the bridge and the fingerboard.)
2. Straight from frog to tip (The bow should be parallel to the bridge.)
3. Play into the string (Make the string vibrate.)
4. Elbow level (Match the string level on which you are playing.)
5. Correct amount of bow

### FUNDAMENTAL AREA THREE: INSTRUMENT POSITION

1. End button position (The end button points toward the front of neck, left side.)
2. Shoulder relaxed
3. Jaw on chin rest
4. Shoulder pad
5. Scroll position (The scroll should be at shoulder level or higher.)

### FUNDAMENTAL AREA FOUR: LEFT HAND POSITION

1. Relaxed thumb (No squeezing.)
2. First finger placement (First finger should be placed on the neck of the violin or viola just above the big knuckle)
3. Play on fingertips
4. Elbow under the instrument
5. Relaxed (Try to feel the string tickle your fingertips. Imagine a ping pong ball in your hand.)