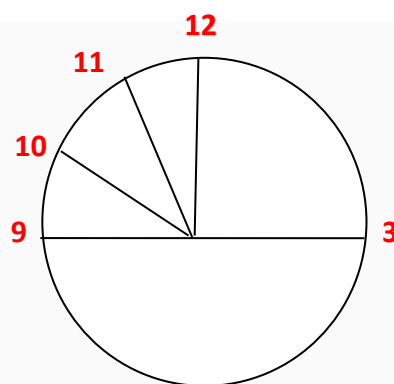


POSTURE – HOLDING THE VIOLIN**LEFT HAND CLOCK**

Keep the clock in place

- **SHOULDERS** are 9:00am and 3:00pm
- **VIOLIN SCROLL** - 10:00am
- **NOSE** - 11:00pm
- **BELLY BUTTON** - 12:00pm



POSTURE – HOLDING THE VIOLIN		
What is it	What to do	It feels like
1. STRAIGHT VIOLIN	SUPPORTING the violin scroll at mouth level.	→ SUPPORTED STRAIGHT
2. FLAT VIOLIN	HOLDING the violin flat as a ' WORK SURFACE ' - almost parallel to the floor.	→ FLAT 'WORK SURFACE'
3. HEAD POSITION NATURAL	1. TURNING NECK slightly LEFT 2. LEFT EAR slightly LOWER .	→ NECK TURNED → EAR LOWER
4. RESTING HEAD ON CHIN	1. PLACING the violin on top of COLLARBONE 2. LIGHT CHIN CONTACT with chinrest.	→ NO PRESSURE → FLOATING 'IN THE AIR'
5. SHOULDER REST	RESTING your violin on top of your shoulder & shoulder rest – put your left hand down, can you hold violin 'naturally' without your left hand's support?	→ VIOLIN 'IN PLACE' RESTING → 'EFFORTLESS'
6. SHOULDERS DOWN	NEVER RAISING the shoulders.	→ DON'T LIFT → 'AS NORMAL'
7. KNEES	Slightly BENDING (natural).	→ BENT → RELAXED
8. FEET	With SHOULDER - WIDTH APART (natural).	→ KEEP 'SLIGHTLY APART'

IDENTIFY & SOLVE THE PROBLEM	
Don't	Do
1. PUSH VIOLIN DOWN	1. KEEP IT LEVELLED
2. TWIST VIOLIN ANGLE	2. KEEP IT FLAT
3. TILT HEAD POSITION	3. KEEP HEAD NATURALLY STRAIGHT
4. CLINCH DOWN ON CHINREST	4. LIGHT CHIN CONTACT
5. TENSE YOUR SHOLDER	5. LET VIOLIN WEIGHT ON IT
6. RAISE / LIFT SHOULDERS	6. KEEP FLAT SHOULDERS
7. SLOUCH KNEES	7. KEEP KNEES SLIGHTLY BENT
8. FEET TOO WIDE / TOO CLOSE	8. KEEP WITH SHOULDERS - WIDTH APART

HAVE YOU LEARNED IT	ACTION WORDS / TASK
1. STRAIGHT VIOLIN	1. LEVELLED 2. SUPPORTED STRAIGHT
2. FLAT VIOLIN	1. KEEP IT HORIZONTAL 2. HOLD IT STEADY & NOT MOVING
3. HEAD POSITION NATURAL	1. TURN NECK 2. KEEP TRAIHT HEAD / LOWER EAR
4. RESTING HEAD ON CHIN	1. HOLD CHIN LIGHTLY 2. FEEL NECK RELAXED
5. SHOULDER REST	VIOLIN RESTS FLAT ON
6. SHOULDERS DOWN	SHOULDERS NATURALLY DOWN
7. KNEES	1. BENT 2. RELAXED
8. FEET	1. SHOULDERS - WIDTH APART 2. FEEL BODY GRAVITY

REMEMBER
THE DETAIL
THE ACTION
THE FEELING