

Name: _____

Bell: _____

Violin/Viola Playing Position Evaluation

Posture

- ___ Sitting upright (*puppet with the string being pulled up*)
- ___ Sitting on the edge of the chair (*basketball behind the back*)
- ___ Feet flat on the floor

Instrument Hold

- ___ Parallel to the floor (*line from the scroll never touches the ground or ceiling*)
- ___ Over the collarbone (*on the left shoulder "shelf"*)
- ___ Slanted to the right (*the way the shoulder "shelf" slants down*)

Left Arm & Fingers

- ___ Elbow is away from the body
- ___ Elbow is under the instrument (*let it hang where gravity wants it*)
- ___ Tip of the thumb is across the 1st finger tape, pointed upward (*only seeing ☺'s eyes, the fleshy part of the thumb on the hole reinforcement*)
- ___ Wrist outright not touching the instrument (*no pancake wrist*)
- ___ Hand is forming a "C" shape with space between the hand and the instrument (*holding a soda can*)
- ___ Fingers curved, on tips (*no long nails*)

Pizzicato Position

- ___ Right thumb anchored to the end edge of the fingerboard under the strings (*but not under the fingerboard*)
- ___ Plucking with the right index finger
- ___ Plucking over the fingerboard (*no rosin on the fingers*)

Bow Position

- ___ Bow is between the bridge and fingerboard (*no rosin over the fingerboard*)
- ___ Bow is being pulled across the string in a straight line (*hinge from the elbow, not the shoulder*)

Bow Hold

- ___ Right tip of thumb on the “thumb bump” (*p. 16 in your book*)
- ___ Thumb is curved out (*the bunny’s chin*)
- ___ 2nd finger curved over, tip touching (or close to touching) the ferrule
- ___ 3rd finger curved over, covering (or close to covering) the frog’s eye (*or the sleeping frog’s eye*)
- ___ 1st finger curved on the left side over the grip
- ___ Pinky curved on top of the stick (*like the McDonald’s arch*), above the end of the frog (*not on the adjusting screw*)
- ___ The whole hand is pronated (slanted) to the left

Bow Tension

- ___ The bow is tightened the appropriate amount (*put your pinky through the narrowest part between the hair and stick, it should touch both, but not push down the hair*)

Name: _____

Bell: _____

Cello Playing Position Evaluation

Posture

- ___ Sitting upright (*puppet with the string being pulled up*)
- ___ Sitting on the edge of the chair (*basketball behind the back*)
- ___ Feet flat on the floor in a V-shape on either side of the peg board

Instrument Hold

- ___ Held diagonal
- ___ The end-pin & peg board are below the nose
- ___ Tilted slightly to the right (*because it's over the left shoulder*)
- ___ Upper right bout touching the sternum and the C peg around where the ear is (*dependent on end-pin length, when standing the scroll meets the nose*)
- ___ Knees below the C-bouts (*to not hit the knees with the bow*)

Left Arm & Fingers

- ___ Elbow is away from the body (*but not too high, no chicken wing*)
- ___ Thumb is horizontal on the back of the instrument, between the 1st two tapes (*on the felt pad*)
- ___ Hand is forming a "C" shape with space between the hand and the instrument (*holding a soda can*)
- ___ Fingers curved, on tips (*no long nails*)

Pizzicato Position

- ___ Right thumb anchored to the side of the lower end of the fingerboard
- ___ Plucking with the right index finger
- ___ Plucking over the fingerboard (*no rosin on the fingers*)

Bow Position

- ___ Bow is between the bridge and fingerboard (*no rosin over the fingerboard*)
- ___ Bow is being pulled across the string in a straight line (*hinge from the elbow, not the shoulder*)

Bow Hold

- ___ Right tip of thumb on the "thumb bump" (*p. 16 in your book*)
- ___ Thumb is curved out (*the bunny's chin*)
- ___ 2nd finger curved over, tip touching (or close to touching) the ferrule
- ___ 3rd finger curved over by the 2nd finger, on the frog
- ___ 1st finger curved on the left side over the grip
- ___ Pinky curved over, covering (or close to covering) the frog's eye (*or the sleeping frog's eye*)
- ___ The whole hand is slightly pronated (slanted) to the left

Bow Tension

- ___ The bow is tightened the appropriate amount (*put your pinky through the narrowest part between the hair and stick, it should touch both, but not push down the hair*)

Name: _____

Bell: _____

Bass Playing Position Evaluation

Posture

- ___ Sitting upright (*puppet with the string being pulled up*)
- ___ Sitting on the edge of the stool
- ___ Left foot on the bottom rung, right foot straight on the floor

Instrument Hold

- ___ Held diagonal
- ___ The end-pin & peg board are below the nose
- ___ Tilted slightly to the right (*because it's over the left shoulder*)
- ___ Back of the bass resting on the left thigh (*dependent on end-pin length, when standing the top of the fingerboard meets the forehead*)
- ___ Bout near the stomach (*dependent on end-pin length*)

Left Arm & Fingers

- ___ Elbow is away from the body (*but not too high, no chicken wing*)
- ___ Thumb is horizontal on the back of the instrument, between the 1st two tapes (*on the felt pad*)
- ___ Hand is forming a "C" shape with space between the hand and the instrument (*holding a soda can*)
- ___ Fingers curved, on tips (*no long nails*)

Pizzicato Position

- ___ Right thumb anchored to the side of the middle of the fingerboard
- ___ Plucking with the right index finger
- ___ Plucking over the fingerboard (*no rosin on the fingers*)

Bow Position

- ___ Bow is between the bridge and fingerboard (*no rosin over the fingerboard*)
- ___ Bow is being pulled across the string in a straight line (*hinge from the elbow, not the shoulder*)

FRENCH Bow Hold

- ___ Right tip of thumb on the "thumb bump" (*p. 16 in your book*)
- ___ Thumb is curved out (*the bunny's chin*)
- ___ 2nd finger curved over, tip touching (or close to touching) the ferrule
- ___ 3rd finger curved over by the 2nd finger, on the frog
- ___ 1st finger curved on the left side over the grip
- ___ Pinky curved over, covering (or close to covering) the frog's eye (*or the sleeping frog's eye*)
- ___ The whole hand is slightly pronated (slanted) to the left

FRENCH Bow Tension

- ___ The bow is tightened the appropriate amount (*put your pinky through the narrowest part between the hair and stick, it should touch both, but not push down the hair, then give it ONE more full turn*)

GERMAN Bow Hold & Tension

- ___ Webbing of thumb & 1st finger placed in the outside of the bow where the frog & stick meet
- ___ Pinky is curved on the right side under the ferrule
- ___ Thumb bend is top of the stick, above (or near) the inner part of the frog's "U"
- ___ 1st finger is curved and fingertip is on the side of the stick, above (or near) the end of the frog
- ___ 2nd finger is curved and fingertip is on the side of frog's end
- ___ 3rd finger is curved and fingertip is in the inner part of the frog's "U"
- ___ Hand is curved forming a "C" shape (*holding a soda can*)

GERMAN Bow Tension

- ___ The bow is tightened the appropriate amount (*put your pinky through the narrowest part between the hair and stick, it should touch both, but not push down the hair, then give it FIVE more full turns*)