

# Violin Posture Tips

## *Rest position:*

- rest position: feet together
- lay the violin down on the floor, *scroll facing to the left*
- make an “L” with the left hand, reach down to pick up the violin by the “neck”
- stand and carefully put the violin under the right elbow with the “bridge” *in front* of the elbow (very important!); release the left hand
- **Take a Bow!** – look at the toes; count to three

## *Rest Position Song (Sung to the tune of “Twinkle, Twinkle, Little Star”)*

Rest position, feet in line,  
Scroll in front, that’s mighty fine.

Check your bridge, cause’ it should be,  
Peeking out at you and me.

Now we learn to take a bow,  
Ichi, Ni and San is how.

## *Rest position to Playing position:*

- take the “L” up and under the neck (fingers on the outside and the “neck” deep in the crook of the thumb)
- in this position, tap the violin with *rounded* fingers over the fingerboard – **the “tap-tap” position**
- with a good grip in “tap-tap” position, release the violin from the right arm
- step the left foot out to a “V” stance and lift the violin to “**statue of liberty**” (violin is up and facing forward on the left)
- find the “end button” with the right index finger and rotate the violin into place *on* the left shoulder
- *turn the head to the left* to secure the violin pointing away from the neck at about a 45° angle (“**nose over scroll over toes**”)

## *In playing position:*

- strum all the strings together with the right index finger moving in big circles in front of the face
- try to move the *left* hand under the violin to the right shoulder and hold the violin with just the shoulder and jaw; countdown from 10
- pizzicato the ant song

## *Back to Rest position:*

- hold the neck and fingerboard securely
- lower the violin back into rest position with a secure hug with the right arm
- Bow!