

HOLDING THE VIOLIN / VIOLA



Hold the Violin on the left shoulder

Use a shoulder rest or sponge (with elastic band) for comfort

Left hand fingers on right hand side of fingerboard, thumb on other side

Do not rest wrist on violin / viola – imagine you are holding an egg

Violin must be level with the floor, not pointing up or down

Violin should be slightly out to the side, not in front

HOLDING THE BOW

Hold the bow in your right hand

The thumb sits in the gap and the 4th finger covers the 'eye'

All fingers are bent

Little finger sits on top of the bow