

| POSTURE – BODY CONTACT POINTS WITH THE VIOLIN | | |
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| What is it | What to do | It feels like |
| 1. VIOLIN HOLDING POINTS | 1. HOLDING the violin WITHOUT gripping onto it and avoiding any extra pressure between THUMB & INDEX FINGERS or raising the ARM & SHOULDER . 2. 'TWISTING' the hand under violin - elbow, arm & shoulder are 'hanging' right under it - 'flop' or release any extra pressure. | → THUMB / INDEX 'SUPPORTING' THE VIOLIN → ARM / SHOULDER / ELBOW 'HANGING UNDER' IT |
| 2. HEAD CONNECTING POINTS | 1. Resting your CHIN gently on chin rest allowing violin to 'sit' on your collarbone. 2. Turning NECK slightly to the left / feel violin. 3. END BUTTON touching your neck with no space or any gap between them. | → GENTLE CHIN CONTACT → NECK TURNED LEFT → 'FEEL' END BUTTON |
| 3. JAW GRIPPING / TEETH - GRINDING | 1. PRESSING with your jaw GENTLY but firmly enough on the chin rest WITHOUT GRIPPING with it. 2. GRINDING YOUR TEETH – don't put any extra pressure when playing. | → 'UNHINGED' JAW → RELAXED TEETH → LOOSING EXTRA PRESSURE |

| IDENTIFY & SOLVE THE PROBLEM | |
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| Don't | Do |
| 1. GRIP THUMB / INDEX ONTO VIOLIN or RAISE ARM / SHOULDER | 1. SUPPORT VIOLIN ON THUMB / INDEX and ELBOW / ARM / SHOULDER HANGING UNDER |
| 2. GRIP CHINREST WITH CHIN or TWIST NECK PUTTING CHEEKS ON CHINREST | 2. TURN CHIN SLIGHTLY LEFT WITH NECK and REST CHIN GENTLY ON CHINREST |
| 3. GRIP JAW or GRIND TEETH ADDING EXTRA PRESSURE | 3. RELAX JAW & TEETH FROM EXTRA PRESSURE |

| HAVE YOU LEARNED IT | ACTION WORDS / TASK |
|----------------------------------|---|
| 1. VIOLIN HOLDING POINTS | 1. THUMB / INDEX 'SUPPORT' THE VIOLIN 2. ARM / SHOULDER / ELBOW 'HANGING UNDER' IT |
| 2. HEAD CONNECTING POINTS | 1. GENTLE CHIN CONTACT 2. NECK TURNED SLIGHTLY LEFT 3. 'FEEL' END BUTTON CONTACT ON NECK |
| 3. JAW / TEETH | 1. 'UNHINGE' JAW & TEETH 2. RELAX MOUTH PRESSURE |

**REMEMBER
THE DETAIL
THE ACTION
THE FEELING**