

Content Area 1A Body Format
1.2 Basic playing position for violin and viola

Directions:

This checklist can be used:

1. By the student to self-assess.
2. By the parent to assess the student at home—the student teaches the parent what to look for and playing position is reinforced through this process.
3. By the teacher to assess in class.

I Can Play with Correct Position~Violin/Viola Name: _____

	Parent Evaluation	Student Evaluation	Teacher Evaluation
STANDING POSITION			
One foot under each shoulder.			
Weight balanced.			
Can shift weight from side to side and return to center.			
The left foot may be slightly forward.			
SITTING POSITION			
Sit forward on chair.			
Place feet slightly apart on the floor.			
Body balanced and ready to stand without moving feet or sliding forward on chair.			
PLACING INSTRUMENT			
Using both hands—left holding the instrument by the right upper bout and the right holding the instrument on the right lower bout.			
Raise the instrument above your left shoulder and lower into position.			
Place chin on chin rest.			
Gently rest the neck of the instrument between the left thumb and the base knuckle of your index finger.			
Your left elbow is under the fingerboard.			

Your left wrist should be vertical.			
Place curved fingers on fingerboard on finger tips.			