

Steps to holding a violin or viola!

1. Feet ready

both feet under shoulders, left step forwards, rock back and forth



2. Statue of Liberty

with left hand, hold shoulder of instrument, back of instrument faces you



3. Flip!

Flip instrument over, scroll points down



5. On Your Shoulder

place the instrument on your left shoulder, as flat as possible



6. Lower Chin

drop your chin into the chin rest, have a heavy head but don't squeeze



7. Ta duh! Left Arm at Your Side

Carefully lower your left arm. Your instrument should stay in place!¹