

LESSON:

- 1) Review of cello/bass playing positions
 - a. **Cello** – Adjust end pin, hand over neck, scroll to nose while standing, sit on edge of chair, feet underneath knees, cello an arm’s length away, shift cello to the left and bring into chest, C peg (roughly) behind left ear, knees below the C bout, adjust end pin if needed.
 - b. **Bass** – Adjust the end pin, nut of the bass by forehead, end pin in front of left foot one arm’s length away, left foot slightly forward, rotate bass to the right, lean into side of your stomach, adjust end pin if needed.
- 2) Review the Shoulder Pad (Shoulder Rest)
 - a. SUPPLIES NEEDED: rubber bands, sponges, shoulder pads
- 3) Rest Position
 - a. **Rest position** – Right arm cradling instrument and protecting bridge, left hand thumb position, left fingers over shoulder (upper bout)
- 4) Introductions to **Violin/Viola** playing positions
 - a. **4 steps to setting instrument with correct posture**– 1)”Show me the violin”, 2)”Statue of Liberty”, 3)Twist arm in towards you to rotate the violin and “Look at the Button”, 4)Set the instrument on your shoulder “Land the Airplane”
 - i. **These steps can be whatever you want them to be as long as you get the desired effect... the instrument high on the shoulder and parallel to the ground.*
 - b. Finally, rotate your neck towards the scroll and place your JAW, not your chin, on the chin rest. (*Give example of chin on the chin rest w/ hyper extended neck.*) The student should have a straight wrist throughout this whole process. **Once in position, the elbow should be about 4-6 inches away from the body and not leaning on the hip bone. The elbow should be pointing directly to the floor.**
- 5) Pizzicato – *plucking the strings of a violin or other stringed instrument with one’s finger* – Begin pages 4-5 in book

ASSIGNMENTS:

- 1) Practice pages 4-5 in your book and start to memorize the open D and A string positions for your instrument. String players should memorize the open strings for all instruments.
- 2) Practice the set up of your playing positions.