



Beginner's Toolkit: Violin

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1:00 Tightening the Bow

- Always keep the Violin and *bow* in the case when not being used
- First, take the *bow* out of the case
- Tighten the *bow* with the adjustment screw
 - Make the *bow hair* less floppy but keep a small curve on the stick part of the *bow*

1:41 Applying Bow Rosin

- Hold the *rosin* with your left hand and your *bow* with your right hand (as normal)
- Place the bottom of the *bow* on the *rosin* and gently rub back and forth to the top
- Always loosen the adjustment screw on the *bow* when finished
- Put the *bow* back in the case when done

3:27 Handling the Violin

- The Violin is ONLY ever in your hands or in the case
- Do NOT leave it out on a table, floor, or other surface

3:54 Putting on the Shoulder Rest

- The *shoulder rest* supports the Violin and makes it comfortable to hold
 - The skinny part of the *shoulder rest* goes right on your shoulder
 - The lower or wider part is supported by the chest
 - When putting on the *shoulder rest*, hold the Violin very gently
 - Turn over the Violin
 - NEVER lay the Violin upside down on the ground or on your lap
 - Do NOT put pressure on any of the suspended and delicate top parts of the Violin
 - Hold the Violin against your side and under your arm
 - Always place the skinny part of your *shoulder rest* toward the *G string* side of the Violin
 - This is the same side as the *chin rest*
 - For foam *shoulder rests*, secure the rubber bands first, then put the skinny side toward the *G string*
- Troubleshooting:
- If your violin feels insecure and unstable, check that the skinny part of the *shoulder rest* is on the correct side, toward the *G string* and *chin rest*
 - Ask your school or private teacher for help with your *shoulder rest* or *chin rest*

7:11 Cleaning and Putting Away the Violin

- Carefully take off the *shoulder rest*
- Use a cloth to clean off the *rosin* from above and below the *strings*
 - This helps maintain the good sound and quality of the Violin

7:52 Sitting Posture

- Extend the Violin over the left side of your body
- Keep your back straight and NOT against the back of the chair
- Extend the Violin out over your left knee
- Flip up the Violin
- Place it under your chin
- Keep the Violin at a right angle to your body
 - Do NOT twist your upper body to the side
- Remember to turn your entire body to better view your music

9:16 Standing Posture

- Stand with your feet slightly apart
- Extend the Violin over your left foot
- Flip up the Violin
- Place the Violin on your shoulder and neck comfortably
- Put your chin down on the *chin rest*
- Keep the Violin at a right angle to your body
- Put your left arm down to see if it is comfortable to hold with your head and shoulder only

10:26 Correct Bow Hold

- Each Finger has a position:
 - Thumb is always bent
 - Pinky is always bent
 - Middle and Ring fingers always stay together
 - Index finger stays a little away to drive the *bow*

11:11 Practice the Bow Hold

- Without the *bow*, meet the thumb with the middle fingers and keep the index finger and pinky curved
- Hold the *bow* in a vertical position
- Place your curved thumb at the bottom joint of the *bow*
- Drape your middle fingers over the *frog* of the *bow*
- Put your pinky on top
- Keep your index finger a little distance away

12:08 Placing the Bow on the String

- Stand with your feet apart and place your Violin over your left foot
- Place your left hand in the playing position
 - Keep your elbow down and straight
 - Curve your fingers to be ready to play
- Place your *bow* on the A string
- Keep your *bow* in the middle between the *finger board* and the *bridge* for the best sound
- Place the middle of your *bow* on the string to make a right angle in your *bow* arm
- Play!