

# BEGINNING VIOLIN/VIOLA CHECKLIST

## HOLDING THE INSTRUMENT

1. Unpack your instrument, and hold it in **REST POSITION**.  
(Rest Position is with the instrument under your RIGHT arm, with the strings facing out)
2. Put your **LEFT HAND** on the under-shoulder of the instrument, with your **THUMB** in back.
3. Bring the instrument **STRAIGHT** out to your **LEFT** side. Your arm should be straight, and not in front of you.
4. Rotate the instrument to the **LEFT**, so it is upside down.
5. Bring the instrument directly to your shoulder, and turn **your face** to look at the instrument.
6. Hold the instrument with your **chin**.
7. Can you let go?
8. Hug yourself, and do the follow exercises:
  - a. Twists
  - b. Sways
  - c. Up-Downs
9. Put your hand back up to the shoulder, and bring the instrument to **REST POSITION**.
10. How did you do? Go back, and practice again!