

Left Arm Calibration

Hold your violin by the neck and hold it out in front of you,

then lift it above you like the Statue of Liberty holding their torch.

Bring the violin down so that the button touches your shoulder,

And slowly lower the instrument so that it's parallel to the ground.

With your violin out in front of you,

Put all four fingers on the tapes on a string of your choice.

Keeping all four fingers stuck to the string,

Rock your elbow

First to the left, then to the right.

Again to the left and again to the right.

(Repeat this a few times until you find where the elbow feels most natural.)

Now fold your wrist

First to the front, then to the back.

Again to the front and again to the back.

(Repeat several times and find the position where your wrist feels most strong and relaxed. It should be mostly straight, but bent just slightly inwards, as if you're raising your hand to answer a question in class.)

Now your left arm is calibrated, and you can get to practice!