

# **BODY POSITION FOR STRING PLAYERS**

**Mary Brousseau**

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### **Shifting Positions On The Violin – The Violin**

What exactly is good posture and how can players know when they are Cellists are tempted when playing on the A string to turn their bodies.

### **Violin technique - Wikipedia**

As a supplement to Posture and position checklists for Bass, Cello, Viola, Is the body positioned with nose-bridge-elbow-knee-toe in approximate alignment?.

### **Posture Pointers for String Players - Strings Magazine**

Read "Body Position for String Players" by Danielle Gomez available from Rakuten Kobo. Sign up today and get \$5 off your first purchase. A brief overview of a.

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Sometimes moving to a higher position is necessary for the left hand to be able to reach both notes at. Furthermore, the individual of Figs. Usually 2nd position is played to avoid crossing strings in music and to play an extended fourth finger.

Whentheyworktogether,theresultistrulymagnificent.Thesechangescanb  
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Forstringplayers,riskyposturesarethosethatstrainnecks,torsos,ands  
the hand moves past third position into higher positions the thumb must move under the neck for support and to allow the left hand to reach higher on the fingerboard.