

INSTRUMENT TO BODY: VIOLIN + VIOLA

Step 1: Suzuki Rest Position

With shoulders in a neutral, "opposite sides of your body" alignment

Step 2: Left Hand to Instrument Shoulder

Thumb on the back, fingers on the front.

Step 3: Right Fingers touch the End Button

With your right hand, find & touch the End Button

Step 4: Simba on the Left Side

Swing "Simba" up above and out to the left for everyone to see.

Step 5: Lower the Instrument onto your Collarbone Shelf

- ✓ Check that the End Button points toward your neck
- ✓ Do You Look Like These Pictures?



INSTRUMENT TO BODY: CELLO

Step 1: Extend Endpin to Starting Length (thumb to pinky handspan).

You will likely need to lengthen this after you sit with the instrument.

Step 2: Stand with the Cello at Arm's Length. The Endpin Point Should Form an Isosceles Triangle with your Feet.

Step 3: Lower Yourself onto the Front Edge of the Chair: Shoulders Over Hips, Ears Over Shoulders.

Step 4: Rotate Cello *slightly* to the right and draw it to your body.

RUN YOUR CHECKLIST:

✓ Are your knees gently hugging the lower bouts forming a tripod of support with the endpin? *Do the Cello Dance to check.*

✓ Is the upper bout lightly touching your sternum, but not leaning on it? *Do a backwards situp - is the tripod still supporting the instrument?*

✓ Is the instrument neck next to your neck? The c peg is usually just behind your left ear?

✓ **Do You Look Like These Pictures?**

If not, you may need to adjust your endpin height until you can do all three things. You may need to adjust the length of your cello strap as well.



INSTRUMENT TO BODY: BASS

Step 1: Extend Endpin to Starting Length (thumb to pinky handspan).

You will likely need to adjust this after you stand with the instrument.

Step 2: Stand Behind the Bass, about an Arm's Length. The Endpin Point Should Form an Isosceles Triangle with Your Two Feet.

Step 3: Rotate Bass *slightly* to the right and lean the RIGHT Rear Edge onto the left side of your belly next to your hipbone.

RUN YOUR CHECKLIST:

- ✓ Does the nut of the fingerboard roughly line up with your forehead? (Anywhere between your eyebrows and hairline is okay)
- ✓ Can your extended right-hand fingers touch the bowing area next to the bridge?
- ✓ Is the instrument neck close enough to your neck that you can still knock on the fingerboard with your knuckles?
- ✓ Can you balance the bass hands-free?
- ✓ **Do You Look Like These Pictures?**



If not, you may need to adjust your endpin height or bass angle. Everyone's body is differently proportioned and it might take a little experimentation to find the right set-up for you. Ask your teacher for help.

