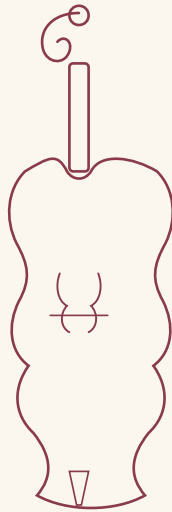


FREE RESOURCE • SET UP FOR SUCCESS

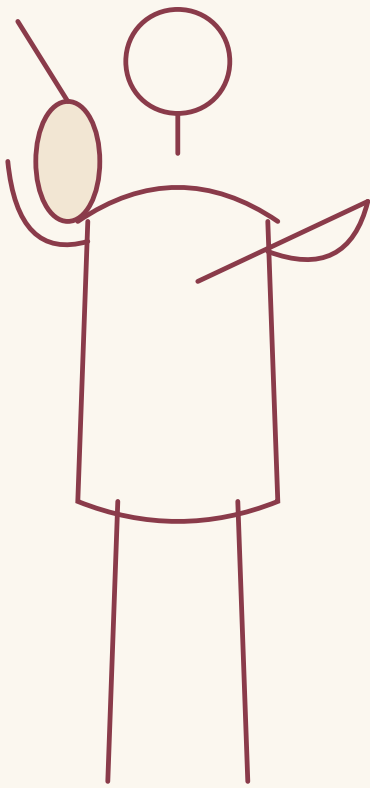
Posture & Setup Poster

THE FUNDAMENTALS OF A RELAXED, BALANCED HOLD



"Good posture is invisible — you only notice it by how easy everything else becomes."

Posture & Setup Checklist



FEET & STANCE

Feet shoulder-width apart, weight balanced evenly. Stand tall without locking the knees.

VIOLIN PLACEMENT

Rest the violin on the collarbone, angled slightly toward the scroll side. The chin rest supports the head — it shouldn't need to clamp down hard.

LEFT HAND & THUMB

Thumb relaxed and roughly across from the first finger, not gripping the neck. Fingers curved, ready to drop from above.

BOW HOLD

Fingers relaxed and slightly curved over the bow, thumb bent gently at the frog. Avoid squeezing.

RIGHT ARM

Elbow moves freely with the bow, staying roughly level — higher on the G string, lower on the E string.

SHOULDERS

Both shoulders relaxed and level. Tension here is the most common source of fatigue.

Check in the mirror often — posture habits form fast, good or bad.



A relaxed setup is the foundation everything else is built on.

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