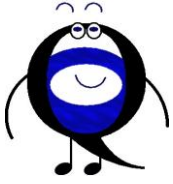


# HAND-POSITION PRINCIPLES



*Hand-Position* principles refer to left hand techniques.

The goal is to prepare your fingers to perform with great dexterity.

Fingers approach the string with a curved *arc*-shape and your fingertips make contact with the string.



## Hand-Position Rhymes

Rhymes make concepts easier to remember. Each rhyme serves as a hand-position principle check-point. Training your hand to approach the neck of the instrument properly, allows your fingers to perform in the most successful and efficient manner.

Please memorize these Rhymes:

**SPACE at the BASE**

**SWELL the WELL**

**SWING the WING**

**SPACE at the BASE** means that there should be a feather-width (small degree) of space between your finger's base segment and the instrument's neck, when performing.

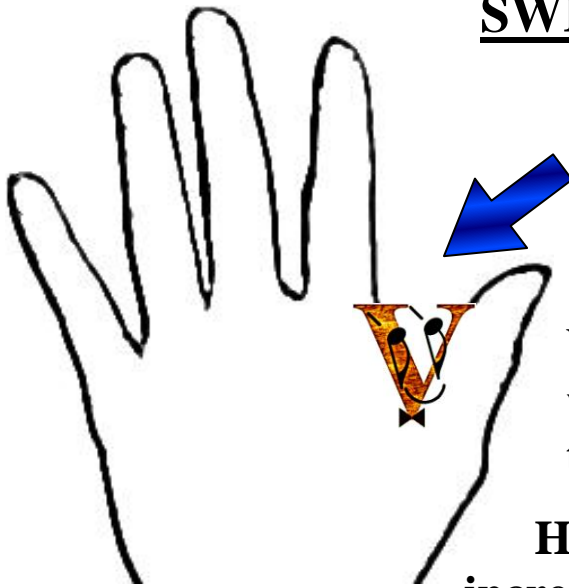


The base segment of each finger should be parallel to the strings whenever physically possible. Pretend there is a small degree of space.

***Space at the Base* gives your hand and fingers the ability to possess a loose and supported range of motion. Spring-like left hand and finger mechanics are improved with space at the base.**

# HAND-POSITION PRINCIPLES

## SWELL the WELL



The area between the base of the index-finger and your thumb is called the *well of the hand*.

V is pictured at the well of the hand.

When performing, be sure to keep this well area open and refrain from grasping the hand together.

**Hand and finger dexterity is increased when you Swell the Well.**

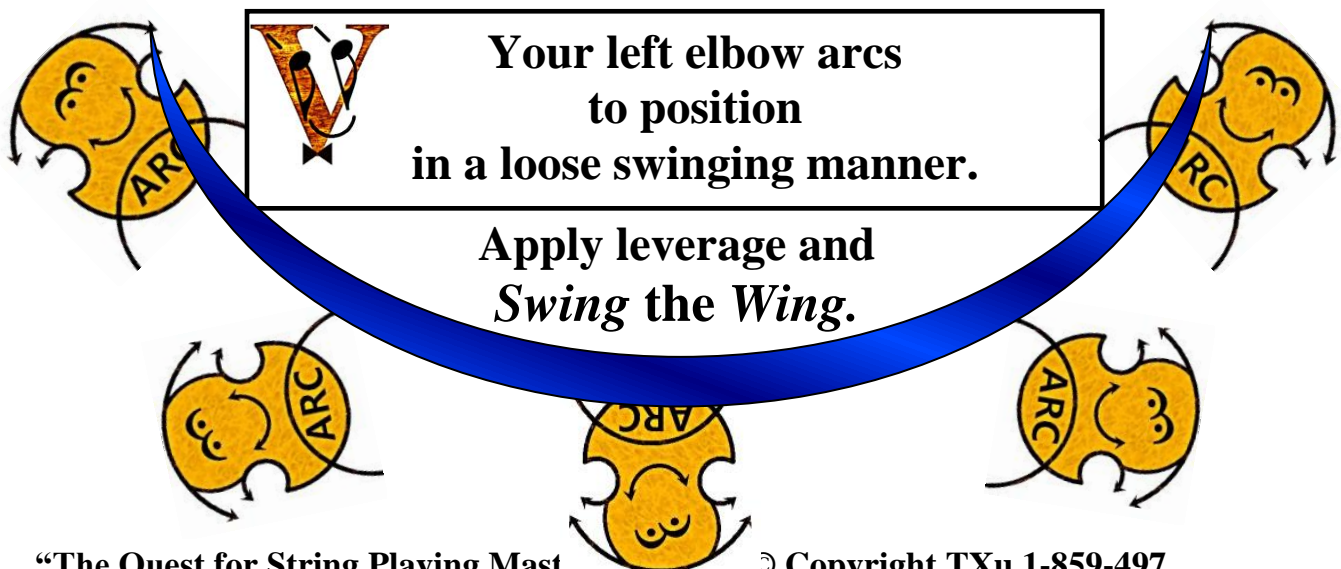
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## SWING the WING

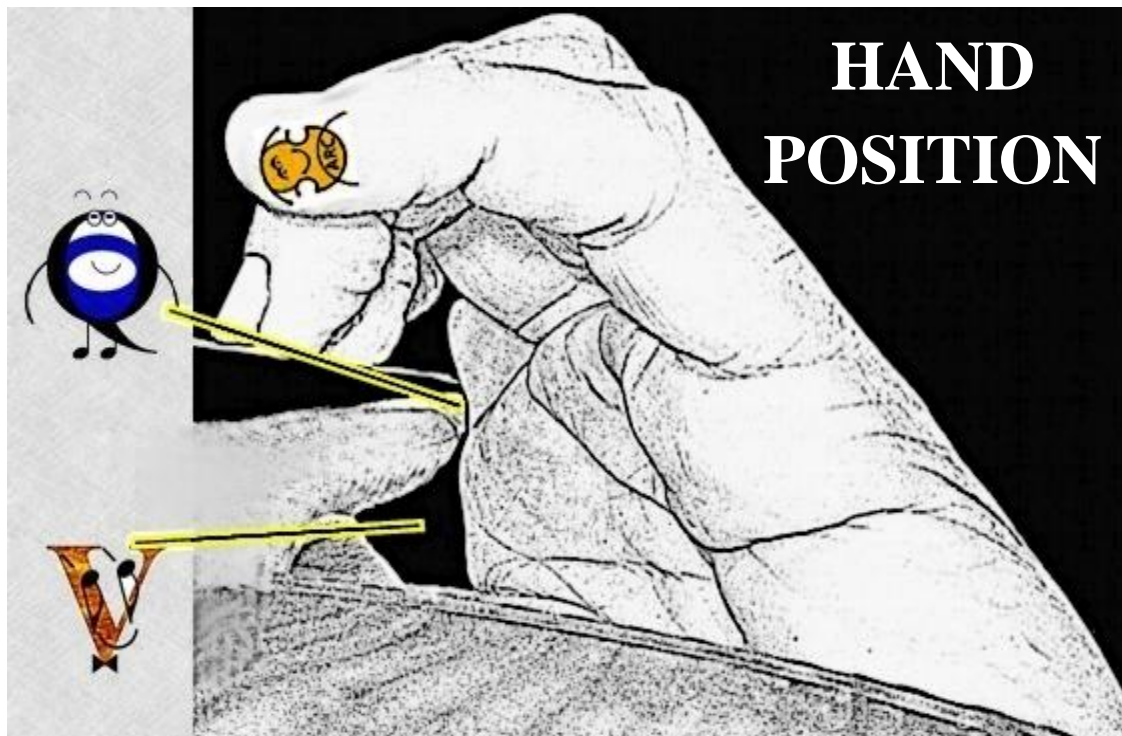
For this rhyme, pretend that your left arm is like a bird's wing.

Just like each string had a corresponding bow arm level, your left arm swings to position allowing your fingers to land on the strings. Your left elbow floats to the most natural location for each string.

When approaching the neck of the instrument, your left arm must remain loose and flexible, which allows your fingers to move freely.



# HAND-POSITION PRINCIPLES

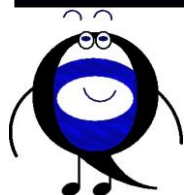


**Hand position set-up is what makes playing notes work!  
Allow me to share what our friends are doing above.**

***Q*** is pointing to **Space at the Base** (a tiny amount)

***V*** is pointing to **Swell the Well** (thumb area open)

***ARC*** is reminding you to **perform on your fingertips.**



Now that you know some of the primary hand-position principles, you are ready to discover the note locations required to perform a one octave D major scale.

Remember, the goal is to use instrument-tapes as visual guides. Your ear is in charge of the exact fingertip location for each note. There is a difference between hearing and focused listening.

**Excellent pitch is achieved by  
focused listening and exacting pin-point pitch location.**