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# Holding the Guitar

The guitar should feel like an extension of your body. If you feel uncomfortable while you are playing, chances are that you are not holding the guitar properly.

The neck of the guitar should always be tilted upward. In this position, your arm has better access to the fingerboard, and your elbow will fall naturally at your side. Also, there is a minimum of tension in your shoulders, arms and hands, which results in easier playing and a better sound overall.

## Three Positions for Playing the Guitar

### **A** Seated with a guitar strap.

The strap will keep the neck in an upward position.

### **B** Seated with a footstool.

The guitar sits on your left knee, which is elevated.

### **C** Standing with a strap.

The strap holds the guitar in the proper playing position and allows you to move around freely (or dance around like your favorite rock star).