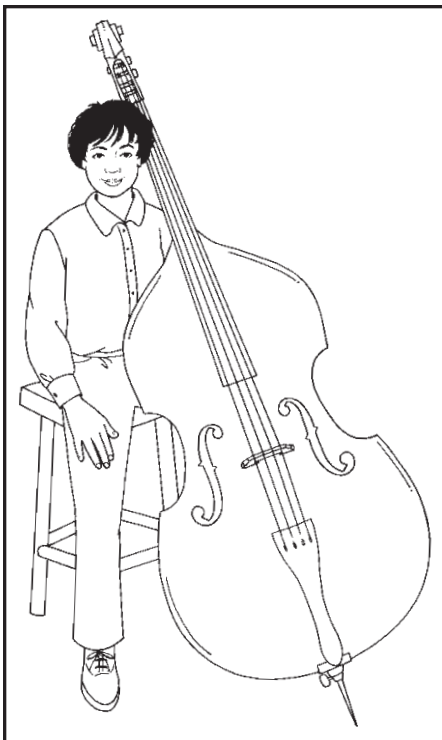


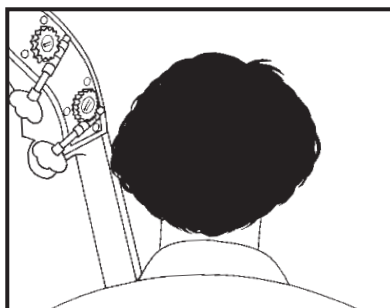
## ■ HOLDING YOUR BASS

### (Sitting Position)

- Study the pictures carefully.
- Pull the end pin out far enough to make the nut about as high as the top of your head when you are standing.
- Sit on the front edge of the stool with your left foot up on the first rung and your right foot on the floor.
- With your bass at arm's length, and the end pin in front of your left foot, turn your bass to the right (clockwise) so the back right edge is facing you.
- Bring your bass toward you so the edge touches the left side of your stomach and the back rests against the inside of your upper left leg. (Figure 1)



**Figure 1: Good Posture and Position (sitting)**

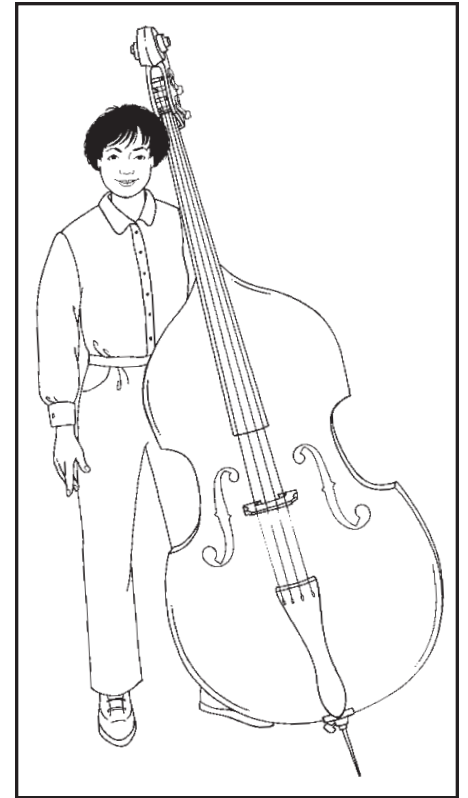


**Figure 2: Neck to Neck**

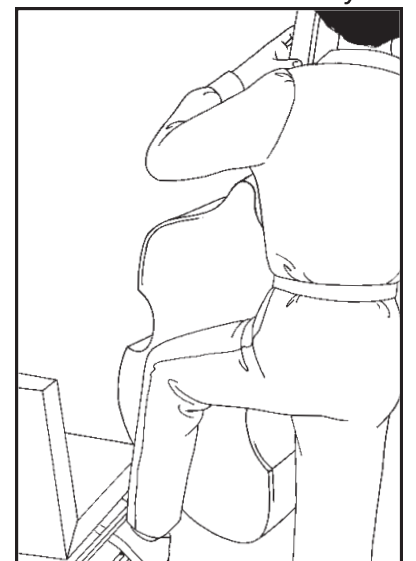
- The neck of your bass should be close to your neck and you should be able to comfortably reach the bowing area of the strings with the palm of your right hand. (Figure 2)
- Your bass should not rest on your right leg, and your bow should not hit your right leg, if your bass is in the correct position.

### (Standing Position)

- Study the pictures carefully.
- Pull the end pin out far enough to make the nut about as high as the top of your head when you are standing.
- While standing about an arm's length away from your upright bass, and with the end pin in line with your left foot, turn the bass to the right (clockwise) so the back right edge is facing you.
- Step forward toward the end pin with your left foot and bring your bass toward you so the back edge touches the left side of your stomach. (Figure 3)
- It is helpful to have your left foot on the rung of a chair (6–10 inches off the floor) so you can rest the back of your bass against your upper left leg. (Figure 4)
- The neck of your bass should be close to your neck and you should be able to comfortably reach the bowing area of the strings with the palm of your right hand. (Figure 2)
- Your bass should not rest on your right leg, and your bow should not hit your right leg, if your bass is in the correct position.



**Figure 3: Good Posture and Position (standing)**



**Figure 4: Supporting the Bass (standing)**

## ■ PIZZICATO POSITION

- Study the picture carefully.
- Place the tip of your right thumb on the side of the fingerboard (near the corner).
- Extend your first finger and pluck the string. (Figure 5)
- Make the string vibrate as much as possible for the best sound.

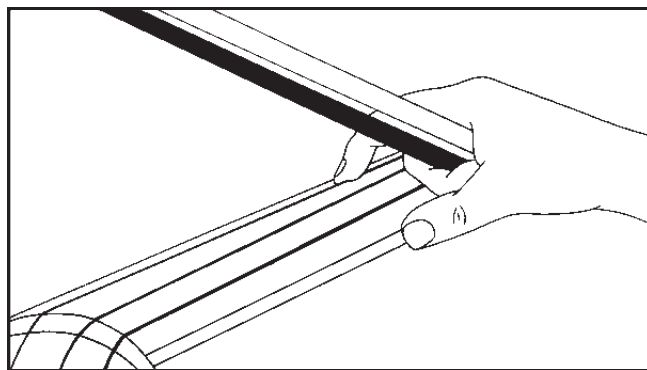


Figure 5: Pizzicato Position

## ■ LEFT HAND PLAYING POSITION

- Study the pictures carefully.
- Keep your elbow up and out to the left side. (Figures 13 & 14 on page 6)
- Be sure your wrist is relaxed and straight.

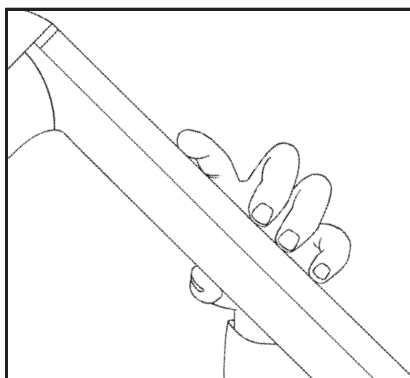


Figure 6: Four Fingers Down

- Curve all of your finger joints, playing only on the tips of your fingers. (Figure 6) (Trim your fingernails.)
- Keep your thumb relaxed (never squeezing) and rest it behind the neck under your second finger. (Figure 6)
- Make sure your first finger points up toward your left ear, making a space between the first and second finger. (Figures 6, 13, & 14)
- Keep your fingers close to the string when not playing notes.

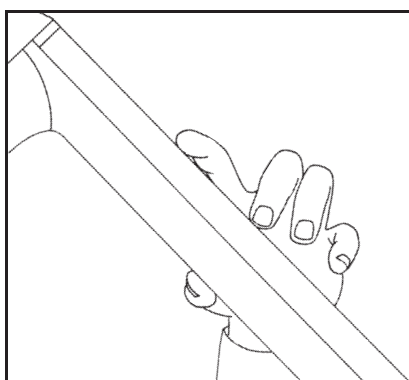


Figure 7:  
Two Fingers on the String

## ■ HOLDING YOUR BOW

### (French Type)

- Study the pictures carefully.
- Make a circle between the tip of your thumb and the space between your second and third fingers. The thumb touches your fingers between your first and second joints. (Figure 8)
- Place a pencil between your thumb and fingers. (Figure 9)
- Place the first joint of your first and fourth fingers on the pencil. (Figure 9)
- Always keep your thumb curved and relaxed—never squeezing or gripping.
- When practicing your bow hold, hold it straight up and down by the end screw with your left hand. (Figure 10)
- Place your right thumb tip on the bow stick just above the end of the frog. Place your other fingers on the bow stick just as you did on the pencil. Be sure your second and third fingers hang relaxed over the stick. (Figure 10)

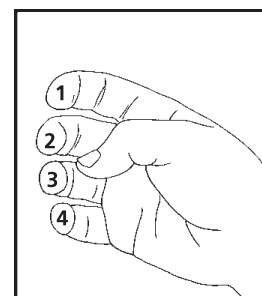


Figure 8:  
Make a Circle

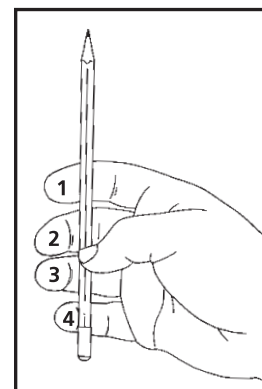


Figure 9:  
Holding a Pencil

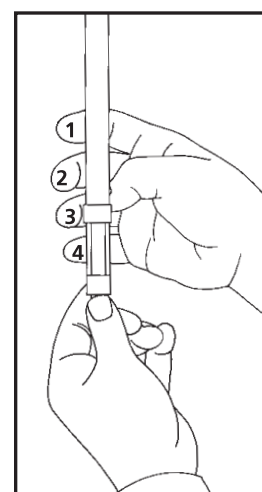


Figure 10:  
Holding Your Bow