

Playing Checkup #1

Bow hold/Bowing/String crossings

Name _____ Instrument _____

4: I do this all the time, and it has become automatic in my playing
3: I can do this when I'm thinking about it but may need reminders
2: I'm still working on making this part of my playing
1: I don't do this yet or I'm not sure how to do this on my own yet

Proper playing position

- Sitting tall, front half of chair 4 3 2 1
- Feet flat on the floor 4 3 2 1
- Proper instrument holding 4 3 2 1

Bow hold

- Thumb bent, at the edge of frog 4 3 2 1
- Fingers curved, over the frog 4 3 2 1
- Pinkie curved (violin/viola on its tip) 4 3 2 1

Bowing

- Bow between the bridge and end of fingerboard 4 3 2 1
- Open and close from elbow for a straight bow 4 3 2 1
- Proper bow direction (begin down-bow, near frog) 4 3 2 1

String crossings

- Proper string level 4 3 2 1
- Elbow adjusts for each string level 4 3 2 1

Music literacy

- Playing correct notes 4 3 2 1
- Playing correct rhythms 4 3 2 1