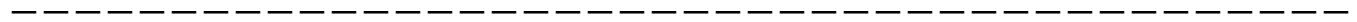


**Lesson #2 Violin/Viola**

**A. Left Hand Set-up**

1. Set up instrument by playing the numbers game then...
2. Grab the violin/viola with your right hand by your chin then drop your left hand.
3. Lift left arm straight forward (palms facing up).
4. Bend arms only at the elbow (keeping wrist flat/straight).
5. Bring your left hand to the neck of the instrument in between your thumb and index finger (create a bunny hole!)
6. Slide your hands up and down the neck of the instrument, then stop when you get near the pegs of the instrument.
7. Now STOP!!! Go through the checklist before you continue on...  
 Checklist: Is my wrist straight?  
                   Do I have a bunny hole?
8. Swing your elbow towards your belly button.
9. Tap the tips of all your fingertips one at a time on ONE string.  
 Checklist for Left Hand:  
     Is my wrist straight? (not sure? Look in the mirror)  
     Do I have a bunny hole?  
     Is my thumb relaxed? - Helicopter thumb  
     Am I tapping the strings with the TIPS of my fingers?  
     Do my fingers make nice tabletops? (with rounded fingers)

**B. Book Pg. 4**



**PRACTICE!**

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Book Pg. 4 - 5 : #2 - #9	3x							
Left Hand Set-up	10x							

**Lesson 2 Objectives - By the end of this week, the student should be able to:**

- Demonstrate Proper packing and unpacking procedure
- Identify parts of the violin/viola
- Demonstrate proper violin/viola hold
- Identify and Pizzicato each open string
- Set up the Left hand correctly
- Identify the notes on the instrument