

Violin Check List before Take Off

- Instrument tuned and ready for take-off?
- Right tension of the bow?
- Rosin on?
- Shoulder rest on?
- Playing position with good balance?
- Shoulders relaxed?
- Engines engaged? - elbows, flexibility of wrists and fingers

Left engine status

- Thumb position?
- Thumb - release the squeeze
- Straight wrist?
- Fingers round?

Right engine status

- Thumb position - curved
- Pinky round?
- Bow placement and control?
- Breathing steady?