

# Viola

## The Basics

- Strings: (high) A, D, G, C (low)
- Main accessory: Shoulder rest
- Bow: Curved corner on the frog
- Technique VERY similar to violin
- The only instrument sized in inches  
(14" viola is comparable to 4/4 violin)

## Posture & Positioning Checkpoints

- Chin rest is "jaw rest" -- front of chin should be facing music, not the tailpiece (more important to see notes, not fingers)
- Instrument comes out to the side at an angle
- Sit or stand with physically balanced posture--weight evenly distributed between sides, spine elongated
- Sizing Guide & Info: [click here](#)

## Left Hand Checkpoints

- Base knuckle of index finger touches side of fingerboard
- Thumb lightly touches opposite side of fingerboard-- sticks up just a little, like a "sunrise" (not a "flag")
- Fingers curved to play on finger tips -- nails must be kept short enough to properly play on tips of fingers

## Right Hand Checkpoints

### Pizzicato

- Thumb on side of fingerboard, near the end (not under)
- Fingers curled in
- Pluck with tip of index finger (not nail) -- pluck away from where the bow will be... about 1.5 to 2 inches from the end of the fingerboard is good.

### Bow

- Curved thumb, inside corner of thumbnail touches inside corner of the bow where frog meets stick.
- Fingers draped comfortably over stick without impeding bowing on string.
- Pinky on top of stick, curved.

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