

Left-hand Checklist Violin/Viola

(___yes___sometimes___no) *Wrist is relaxed, and straight*

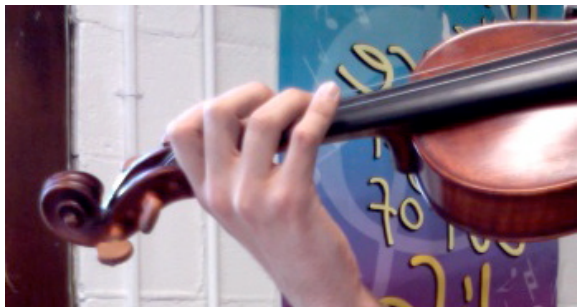
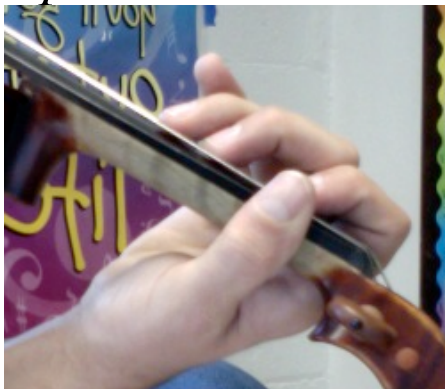
(___yes___sometimes___no) *Finger tips are touching the fingerboard*

(___yes___sometimes___no) *Thumb is on the side of the fingerboard across from the 1st (index) finger*

(___yes___sometimes___no) *Elbow is away from the body*

(___yes___sometimes___no) *Plays the correct fingerings*

(___yes___sometimes___no) *Fingers are on the tapes*



Left-hand Checklist Cello

(___yes___sometimes___no) *Wrist is relaxed, and straight*

(___yes___sometimes___no) *Finger tips are touching the fingerboard*

(___yes___sometimes___no) *Thumb is behind the 2nd (middle) finger*

(___yes___sometimes___no) *Elbow is away from the body*

(___yes___sometimes___no) *Plays the correct fingerings*

(___yes___sometimes___no) *Fingers are on the tapes*

