**Lesson 1**

**4:15 and 5:15 Classes:**

1) Introductions- getting to know everyone in class

2) Going over handouts (see attached below)

a) Instrument care sheet (please review this parents!)

-The main point was the violin is not a toy!! Take special care of it, and keep it in a safe place in a moderate climate

b) Parts of the violin and bow

3) Getting to know the four strings of the violin with fun animal names to help remember:

-From low to high: G (goat,) D (dog,) A (amazing antelope,) E (baby Elephant)

4) Zach and I then spent some time quizzing the students on the parts of the violin and the strings

5) Finally, we learned the first steps in holding the instrument:

a) The two main positions with the violin are rest position and playing position

1) Rest position is when the violin is cradled underneath the right arm by the lower body of the instrument. Make sure your arm is not covering the instrument. I've attached a picture below to see.

2) Take the violin with your left hand by the shoulder (where the neck meets the body.

3) Lift the violin to Statue of Liberty Position

4) Begin to rotate your left hand with violin towards your left shoulder and let elbow bend. While doing this keep your head and face stationary.

5) Nuzzle violin comfortably onto left collar bone. Then slightly tilt your head to the left, allowing your cheek to rest on the chin rest (not for your chin but for the cheek.)

b) I've attached a helpful video below: https://www.youtube.com/watch?v=83OK3nXYho8

c) Practice this over a soft surface and make sure the violin feels comfortable!! Don't force your head to the violin; bring the violin to you!

6) Practice 5 to 10 minutes a day this week holding the instrument in rest position to playing position, and familiarize yourself with the violin parts.

I'm looking forward to a great year with your wonderful children!!!

Thanks, Matt

**3:45 and 4:45 Classes:**

Violin Care (see attached handout)

Violin set up: Some of the kids have marks in the violin and bow. These are pedagogy marks to help learning well how to play. Please do not take them off.  If your kid's violin does not have marks yet, don't worry. They will be there next class.  It should be a high dot in the middle of the fingerboard (a smiley face sticker), two tapes marking fingers in the low fingerboard, and a pinky house on the bow.

Stand up: To play it is important to be in a good standing position. We can control our body, avoid injury while playing, and facilitate our performance.

Here are the steps:

-feet together,

-make a "v”

-take a steep (left foot) shoulder wide

-rock side to side

Rest position:

- The violin is cradled under the right arm in front of the body. The left hand is curved around the violin neck with the hand rest over the high dot.

Statue of Liberty:

-Begin in rest position

-lift the instrument like the Statue of Liberty

-game to build strength in the left hand: keep in the statue of  liberty position and count until 10

Play position:

-Start in rest position with left hand over high dot

-Lift left hand to "Statue of Liberty" position

-Turn instrument toward body and float onto collarbone

-Place the jaw in the chinrest and not the actually chin

-head stays stable - no "turtle neck"

-No space between neck and instrument

Rhythm: tap Mississippi River over the high dot with the left hand in rest position and in play position. It also will help build strength and fine coordination for the student's left hand.