



Stance & Violin Position

Chin Rests and Body Sizes

- Your right arm must be able to easily pull a straight bow all the way to the tip. The right arm should not be fully extended at the tip, and the bow grip should not change between the frog and the tip.
- Players with long arms can afford to hold the violin further to the left. Chin rests with plates to the left of the tail piece work well for this position.
- Violinists with shorter arms have to hold the violin more in front of their bodies. They need to hold the violin higher on the shoulder to make the bow angle easier for the right arm. In this case, chin rests that are centered over the tail piece are more advantageous.