

**“Cellists Have More Fun !!”**

### ***Basic Principles of cello playing***

1. The body functions as a unit.
2. The right arm develops from small motions to large.
3. The left arm develops from large motions to small.
4. The fingerboard is one plane, not different sections.
5. The bow stroke is one continuous arc, always in balance

### **Cello Set-ups (without instrument)**

- Chair size and height
- Going from standing to sitting to standing
- Sit-bones on edge of seat
- Contact with floor/feet

### **Cello Posture**

- Hug your cello
- Strums
- Free head—move head to other side of scroll
- Nut-Bridge
- Money usually works!