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String Cleaning
or
How to Improve Your Technique
REALLY REALLY FAST!!!

I. Set-up

A. How do you hold this thing? An Introduction to Body Mapping, or the practical application of Science to String Performance

1. Anatomy of the Arm Structure
2. Anatomy of the Violin/Viola Shelf
3. Anatomy of the spine, or a new definition of Good Posture
4. Anatomy of the pelvic floor and sitz bones

II. How to play

A. Left Hand Development

1. Fling pizzicato, ski jumps and *pizzicati glissandi*
2. How the heck do you know where to put your fingers, or the judicious use of “frets”
3. Add-a-note scales, or how to move those fingers fast!
4. How to shift.
5. Thumb position
6. Vibrato exercises, or fun with egg shakers!

B. The Bow Hold

1. Bunny Rabbits and Bow Belts
2. Balance Point Bow Holds, or how to play like it's 1640
3. Developing up-bow staccato and other fun tricks of the trade

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