

# Viola Technique

	<b>C</b>	<b>G</b>	<b>D</b>	<b>A</b>	
	D	A	E	B	
	E	B	F	C	
	F	C	G	D	
	G	D	A	E	

## Posture

Sit straight up on the edge of your chair with both feet flat.  
Avoid any posture that creates tension in your body.  
Guitar position: set viola on right leg, leaning against body.  
Rest the neck on your left hand, touching the big knuckle of your first finger.  
Gently rest thumb on the first tape, with the tip extending past the neck a bit.

## Left Hand

Fingers must be curved, not collapsed.  
To press the first finger, curl it up into a box shape.  
The other fingers curl, but each one less than the one before it.  
Leave lower fingers down when playing higher fingers.  
When a finger is not pressing down, keep it close to the string.  
Only push down as hard as you need to make a good sound.

## Right Hand

Pluck the string with your right thumb near the end of the fingerboard.

## Two Note Finger Pattern Exercise

**D** 0 1 0 1 0 1    1 2 1 2 1 2    2 3 2 3 2 3    3 4 3 4 3 4  
**A** 0 1 0 1 0 1    1 2 1 2 1 2    2 3 2 3 2 3    3 4 3 4 3 4

Play slowly, making sure to use correct left and right hand technique. Later, try to speed up as long as you are still playing well.

## D Major Scale

**D 0 0 1 1 2 2 3 3 A 0 0 1 1 2 2 3 3**  
**A 3 3 2 2 1 1 0 0 D \*3 3 2 2 1 1 0 0**

\*When switching back to the D string, take time to position the first, second, then third fingers before playing. You will form the habit of playing in tune.

## Twinkle Twinkle Little Star

**D 0 0 A 0 0 1 1 0      D 3 3 2 2 1 1 0**  
**A 0 0 D 3 3 2 2 1      A 0 0 D 3 3 2 2 1**  
**D 0 0 A 0 0 1 1 0      D 3 3 2 2 1 1 0**

## Row Row Row Your Boat

**D 0 0 0 1 2 2 1 2 3 A 0**  
**A 3 3 3 0 0 0 D 2 2 2 0 0 0**  
**A 0 D 3 2 1 0**

## Ode To Joy

**D 2 2 3 A 0 0 D 3 2 1 0 0 1 2 2 1 1**  
**D 2 2 3 A 0 0 D 3 2 1 0 0 1 2 1 0 0**  
**D 1 1 2 0 1 2 3 2 0 1 2 3 2 1 0 1 G 1**  
**D 2 2 3 A 0 0 D 3 2 1 0 0 1 2 1 0 0**