

## Hold my instrument correctly.



You can play the bassoon standing up, using a special neck sling which clips into a ring on the back of the boot joint

It can be quite heavy so it might feel easier to use a special seat strap that attaches to the bottom of the boot joint. The seat strap can take a lot of weight off the neck and wrist.

When you're playing try to make sure that you don't lean forward or to the side.

