

## **How to sit and hold your cello correctly.**

Correct posture is extremely important in order to prevent discomfort, or long term injury.

Here are instructions to help you to sit correctly :



- Without the cello first of all, sit on the front of the chair, with your back straight. You should be able to stand up and sit down again really easily from this position.
- Ideally your feet should be flat on the floor with your knees at roughly 90 degrees, but finding a suitable chair, especially for smaller children, can be quite tricky. You will also need a cello anchor, such as a 'Blackhole', to rest the endpin in, and prevent your cello slipping on the floor.



- Now stand up, with the cello in front of you, and in the middle of your body.
- Put your left hand round the neck of the cello, where the neck meets the body, and push the cello out in front of you, so that it is at arm's length.

- Keeping your left arm in place, sit back down on the chair, like you have just practised doing.
- Make sure your feet are flat, then bring the cello back towards your body.

- There are 2 ways to adjust the cello. Up and down for height, using the metal endpin (Spike), at the bottom of the cello, and then the angle.

- To check the height, is the C string peg about level with your ear? If it isn't, adjust the end pin to allow this.



- The top of the cello should be resting on your chest, and it should be able to just sit in this position without you having to squeeze your legs round it.



- Now tilt the cello slightly towards your right knee.

- **Nancello.com** and **wikihow.com/Play-the-Cello**, have good pictures to help you with this, along with Youtube videos