The University of Texas String Project
Promotional Guideline Position Checklist for Bass:

Please Note: In order to promote to the next ensemble or orchestra, the student must check-off each requirement for his/her instrument and turn in with the appropriate “Guidelines for Promotion” checklist WITH his/her private teacher’s signature.

GENERAL POSTURE (STANDING)
- Are the legs shoulder width apart with left foot in front of right foot?
- Are the knees slightly bent with more body weight on the right foot?
- Does the bass lean toward the player and the player lean slightly toward the bass?
- Is the bass endpin ahead of and slightly to the right of the left foot?
- Does the upper right bout rest against the left side of the body just below the ribcage?
- Is the endpin adjusted so first finger is at eye level when playing A on the G string?

GENERAL POSTURE (SEATED)
- Is the right foot flat on the floor; is the left leg bent and placed on the stool supporting the back of the bass?
- Does the bass lean toward the player and the player lean slightly toward the bass?
- Does the upper right bout rest against the left side of the body just below the ribcage?
- Is the endpin adjusted so first finger is at eye level when playing A on the G string?

LEFT HAND POSITION
- Does the elbow height allow quick sliding up and down the fingerboard?
- Is the thumb relaxed and opposite second finger pad?
- Does the hand and fingerboard form a tunnel? (a “C” shape?)
- Are the fingers curved?

RIGHT HAND POSITION (FRENCH BOW HOLD)
- Are there natural spaces between the fingers?
- Is the bow moving on the string parallel to the bridge?
- Is the contact point consistently about halfway between the fingerboard and bridge?
- Is the index finger making contact with the bow stick slightly on its side and about halfway between the first and second knuckles?
- Do the base knuckles form a line that runs parallel to the stick?
- Is the thumb curved and relaxed?

RIGHT HAND POSITION (GERMAN BOW HOLD)
- Does the thumb hook over the top of the stick?
- Do the first and second fingers lie along the right side of the stick, contacting the bow at the leather part of the grip?
- Does the third finger rest in the frog opening?
- Is the little finger placed underneath the frog, opposite the third finger?
- Is the bow moving on the string parallel to the bridge?
- Is the contact point consistently about halfway between the fingerboard and bridge?

Teacher Signature

Revised Fall 2004