The University of Texas String Project
Promotional Guideline Position Checklist for Cello:
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
☐ Is the student sitting near the edge of the chair with feet flat on the floor?
☐ Does the cello chair allow an angle greater than 90 degrees and less than 110 degrees at the hip joint, i.e., is the cello chair proportionate to the student?
☐ Is the back straight with weight on the balls of the feet?
☐ Are the shoulders relaxed and not twisted?
☐ Is the body balanced so student can rock from side to side with the cello?
☐ Is the C string peg near the left ear? The scroll should not be resting on the shoulder.
☐ Can the left hand easily touch the fingerboard, nut, and, if possible, bridge?
☐ Is the fingerboard and endpin aligned with the student’s centerline? Is it vertical as opposed to crooked or tilted to someone facing the cello?
☐ Can the student cradle the cello with knees and without the aid of arms?
☐ Does the balance of student’s sitting position allow student to stand at any time?

LEFT HAND POSITION
☐ Is there a direct line running straight from the left elbow through the base knuckle of the fourth finger to the fingerboard through the finger pad?
☐ 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, and not collapsed?
☐ Are the base knuckles above the fingerboard?
☐ Is the first finger tilted back slightly toward the fingerboard nut?
☐ Does the finger articulation function from the base joint?

RIGHT HAND POSITION
☐ 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 there a different arm level for each string?
☐ Is the thumb free from caving inward?

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Teacher Signature

Revised Fall 2004