

## 2022 AUSTA National Conference

### Presentation Title: Coaching Violin/ Viola Students to Play with More Ease

Presenter: Sheau-Fang Low (Email: sheaufanglow@hotmail.com)

#### Summary of the session.

Playing and teaching the violin/ viola is a complex process, as the instrument support and coordination between the hands can be challenging. This presentation includes illustration and hands on exploration, with the aim of guiding participants to gain some basic understanding of the application of the Alexander Technique and basic anatomy through body mapping. In the second half of the session, participants will have the opportunity to apply the new understanding of the Alexander Technique body mapping, and to incorporate the practical suggestions on offer in the following areas: instrument support, ease in using the bow and left-hand finger action. Please bring along your instrument and your curiosity to the session.

#### Outline for the sessions

Part A – The Alexander Technique Principles on:

- 1) The good posture myth
- 2) The relaxation disease

Part B – Body Mapping

- 1) Basic body mapping
- 2) Basic body mapping in standing
- 3) Basic body mapping in sitting
- 4) Basic mapping of the whole arm
- 5) Basic mapping of the hand and wrist

Part C – Some Teaching Strategies for:

- 1) Violin/ Viola Support
- 2) Ease in using the bow
- 3) Left-hand finger action

Part D – Questions/ Comments

#### Bibliography

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## THE BODYMINDED PRINCIPLES

Alexander Technique has uncovered fascinating aspects of how we, as human beings, function and has been formed on a foundation of basic principles that are validated by medical studies in accordance with the scientific disciplines of biomechanics and motor control. The principles include the inaccuracy of habitual sensory perception, the central role in overall coordination of the head, neck and back, and the reflex stimulating effect of well-balanced movement.

### Mind-body unity

Everything in the mind affects the body, and everything happening in the body equally affects the mind.

### The force of habit

We are not always conscious of what we think or do. To break bad habits, we must replace instinctual decisions with conscious and considered actions.

### Inhibition and non-doing

'Inhibitions' refers to the detachment from the goal of instant gratification and 'non-doing' refers to a creating a calm space in which we must STOP and assess our situation consciously.

### Faulty sensory awareness

Over time, our internal compass can become skewed in the space between our mind and body. This compass needs to be reset regularly to reach optimum mind-body unity.

### Sending directions

Becoming more aware of the mind body connection, the orientation of the body in space, and the sending of messages from the brain to parts of the body.

### Primary control & movement

The dynamic head-neck-torso relationship is primary to all movement throughout the rest of the body. Without conscious effort, the primary control becomes locked.