ANATOMY OF THE HAND

Anatomy: Bones in the Hand

- Distal (far) Phalange
- Middle Phalange
- Proximal (near) Phalange
- Metacarpal Bones
- Carpal Bones

Anatomy: Joints in the Hand

- Distal Interphalangeal Joint (DIP)
- Proximal Interphalangeal Joint (PIP)
- Metacarpophalangeal Joint (MP of MCP): Connects metacarpal bones in hand to phalanges
- Carpometacarpal Joint (CMC): Connects metacarpal bones in hand to the carpal bones in the wrist
VIBRATO CHARACTERISTICS

- Described by 1) Width and 2) Speed
- Relies on a limber reactionary movement in the DIP and MP joints
- Hand (Wrist) Vibrato & Arm Vibrato

PEDAGOGY

Prerequisites (ASTA National Curriculum, 2011)

- Correct placement and angle of the left arm-wrist-hand-fingers to the instrument
- Body position balanced and free of tension
- All the LH fingers are independent of each other
- Fingers move with ease and control of finger weight.
- Can produce a characteristic tone
- Students can demonstrate appropriate fingers, finger patterns, shifting, and extensions

‘Vibrato Killers’ (Kimber, 2005)

- Gripping the viola neck tightly between thumb and MP
- Stiffening the finger so that PIP and DIP cannot flex
- Varying the finger pressure to achieve a change in sound
- Rocking the finger sideways instead of along the string.

Sequence:
1. Pre-Vibrato Exercises
2. Instrument w/o the Bow
   a. In guitar position
   b. On the shoulder
3. With the Bow (Coordinating the bow with the vibrato)
4. Adjust the speed

MY FAVORITE SOURCES: