



*Figure 8-9. The bottom hand's fingers in resting position.*

Often novices hold their fingers too high in the air, which indicates unnecessary muscle tension. With any instrument, it should be your goal to continually fine tune your physical relationship with it so that you gradually eliminate any unproductive muscle tension in your body.

Before beginning a strike, make sure that all fingers not currently covering holes are in resting position.

1. The first phase is the *preparation*. As the time for the impact of the strike approaches you raise the striking finger high into the air.



*Figure 8-10. B1 raised in preparation for a strike on G.*