

## **Appendix G: Achieving Rhythmic Flow and Balance**

An exercise provided by Fracht (1969) to achieve rhythmic flow and balance in movement between both arms. See page 94 for the discussion on this topic.

“Bring the violin to the chin and rest the chin lightly on the chin-rest. Lean the violin against the wall and press the first finger firmly on the low F of the E string. Since shifting involves the arm, we will concentrate on the arm as the basic