

# Does Your Left Hand/Arm Look Like This?

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- Left arm pulled under instrument towards right side.
- Left hand and arm aligned on right side of neck; no kinks to the side in wrist; no pancake wrists or hyper-extending of wrists.
- Relaxed hand and thumb; do not pinch, squeeze or grab neck with thumb or first finger knuckle. Thumb should not extend above fingerboard.
- Keep a rounded, open space where thumb and hand meet under neck.
- Table-top fingers with fingernails aimed toward your face.

