

Zombie Lunch

How to play in Shoulder Position



For Violin and Viola Only!!!

About the packet and practicing:

Performing the steps of zombie lunch get us into a great shoulder position, being in a great should position allows us to bow and make a beautiful sound.

- Before performing the steps of Zombie Lunch you must assemble your shoulder rest and slide it on your violin
- When practicing notes in shoulder position pluck the exercise with your right index finger, then use your beginner bow hold, then advanced bow hold.
- Be sure to keep your palms off the instrument, and use your jaw to hold up your instrument
- You should be able to move both hands freely once your master the technique, with out worrying if your instrument will fall

Putting on the Hard Material Shoulder Rest:

1. Assemble Shoulder rest according to directions in box
2. Be able to read the shoulder rests logo



1. Slide the shoulder rest onto the bottom ledges of your instrument
2. Make sure it is sitting on the curves or slightly under the curves of the lower bouts
3. Double check by making sure the higher side of the shoulder rest is under the chin rest



Putting on the Foam Shoulder Rest:

1. Assemble Shoulder rest according to directions in box
2. Strap two rubber bands in an “X” formation from the C-bout to the button



3. Slip small side of the shoulder rest under the violin between the rubber bands, and under the chin rest



1. Your instrument is your lunch tray

- Go to lap Position
- Left hand on scroll
- Right hand on the button



2. Get in the lunch line!

- Stand up
- Start with both toes pointed forward



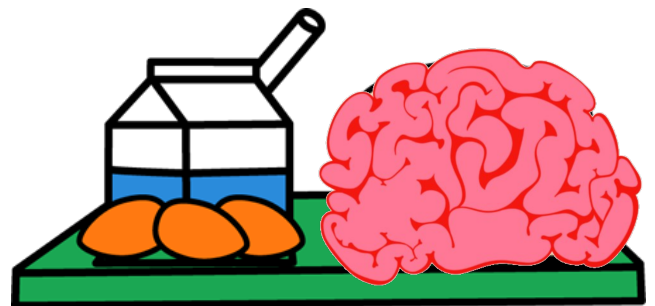
3. Zombies eat at 10 O'clock

- point your left foot's toes towards 10 O'clock



4. Hold out lunch tray to get your food

- Zombie arms extended out and slightly bent
- Brains are round so tray needs to be parallel to the floor, so you don't spill your lunch



5. snuggle up to your brains



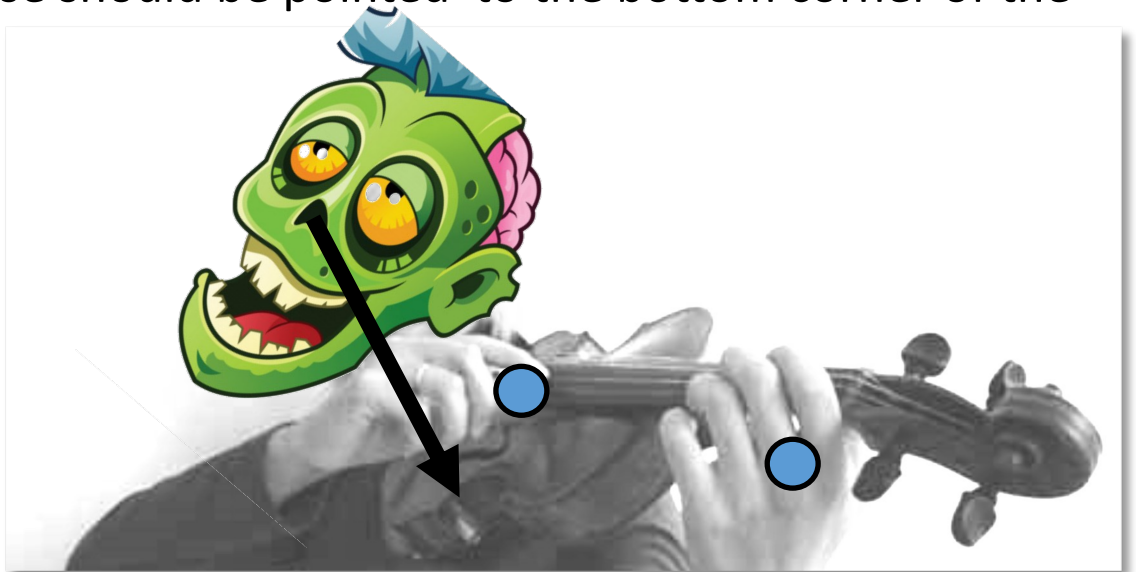
- Take the button of the Violin and put it in the middle of under the corner of your jawbone and point of your chin
- Head Slightly tilted zombie style
 - Left Ear to left Shoulder
 - Zombies have trouble eating, so we put are lunch trays against our face
 - Snuggle to (“Jaw Rest”) Chin Rest

6. The scroll of the violin should now be pointing towards 10 O'clock just like your left foot's toes



7. Hold two quarters in each hand

- you need to be a good zombie citizen so you must pay for your lunch
- Keep your palms off the neck and body of the violin
- Your nose should be pointed to the bottom corner of the C-bout



8. Sit down at your lunch table

- Edge of your seat, feet flat, sitting with good posture, and DON'T SPILL YOUR BRAINS!

9. Begin playing with your food

- Play your Music