

# **SUMMARY**

**This lecture explores the most significant aspects of playing classical guitar in a standing position, without compromising the advantages of the traditional seated position.**

**All musicians concerned about injury prevention and posture will also be interested.**

**Five major subjects will be covered:**

## **I – Material**

- Importance of lightness of the instrument and its weight distribution
- Need for a cutaway
- Using a Y strap to balance weight evenly on both shoulders
- Preventing the guitar from slipping with a belt system

## **II – Body**

- Emphasis on maintaining good posture and avoiding unwanted rocking
- Preventing upper body injuries and relieving muscle tension through yoga, kinesiology, biomechanics and others
- Exercises for strengthening the quadriceps

## **III – Hands**

- Paradigm shift for the left hand, i.e. new positions, injury prevention, etc.
- Connecting right hand planting to left hand position shifting for a safer tirando

## **IV – Practice**

- Monitoring posture and positions with mirrors

## **V – Pros and cons**