

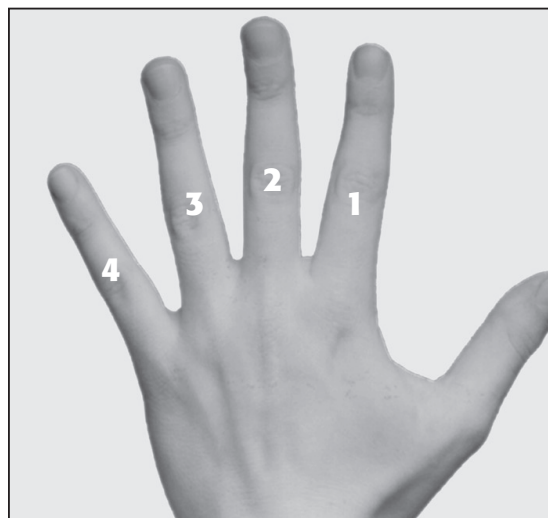
The Left Hand

Proper Hand Position

Learning to use your left-hand fingers starts with a good hand position. Place your hand so your thumb rests comfortably in the middle of the back of the neck. Position your fingers on the front of the neck as if you are gently squeezing a ball between them and your thumb. Keep your elbow in and your fingers curved.



Keep your elbow in and fingers curved.



Numbers of the left-hand fingers.



Position your fingers as if gently squeezing a ball between them and your thumb.