

How to Hold the Guitar

Holding the guitar properly (also known as Proper Guitar Posture) is about the most important thing you can do because if you don't do it properly, it will hinder your progress in learning to play and it will also give you sore muscles which could lead to serious injury. Also, holding the guitar the correct way will allow you to be much more relaxed while you are playing, and will prevent tension from building up. This is of utmost importance.

So... here we go:

Sit towards the front of your seat, raise your left leg with a footstool or something similar (a couple of books or 2x4's work fine). The guitar rests on your **LEFT** leg and is held steady by the inside of your right leg. The headstock should be about eye level and the guitar should be tilted back slightly and leaning against the centre of your chest.

Then rest your right forearm on the guitar just below the elbow at a point in line with the bridge. You now have **4 points of contact** with the guitar.

1. Resting on the left leg
2. Supported by the right thigh
3. Leaning against the chest
4. Right forearm just below the elbow

It's really not that complicated - here are some pictures:



photo courtesy of "[Play Classical Guitar](#)" by David Braid"



photo courtesy of www.guitarprinciples.com

The great thing about this position is that the guitar is **solid** and you haven't even put your left hand on the neck yet!