



What is Vibrato?

Vibrato is a rapid, slight variation in pitch used while playing musical instruments to produce a stronger or richer tone.

How can you use Vibrato?

On stringed instruments we think of going back and forth from the starting pitch. Our arms bring our hands up and down the fingerboard to make that happen. In order to use vibrato, it is important to practice great form with our left hands-that means a straight, streamlined wrist and a pivoted-inward elbow.

What to think about as you try using Vibrato

Is your left thumb relaxed or is it squeezing? If you can't tell try squeezing your thumb for a second and immediately relax it.

Do you have a straight wrist? Check in the mirror to ensure that you have great form.

How to practice Vibrato for the first time

1. Hold your violin/viola under your arm in rest position or guitar position
2. Move your whole hand up and down the fingerboard as you let your fingers graze over the top of the string
3. Check that your thumb is travelling with your whole hand, tap it if it is squeezing the instrument
4. Narrow down how far you're moving your hand up and down the fingerboard
5. Add a little bit of weight into a finger so that it stays in place
6. Continue moving your arm in the up and down motion as your finger stays in place
7. You should feel like your finger is in jello-wiggling back and forth
8. Repeat all of this in upright playing position

Use this worksheet along with TFO's "What is Vibrato" video for best results.

Good luck!