



How Muscles Learn: Teaching the Violin with the Body in Mind

Susan Kempter

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How Muscles Learn provides information useful in helping teachers find productive techniques in teaching based on how muscles learn movement patterns. Muscles and bodies can and should be thoroughly trained before concentrating exclusively on musical outcomes. Contents include: the importance of good posture, range of motion and movement, muscles have memory: how movement patterns are acquired, proactive interference: its issues and effects. Each chapter includes helpful photographs illustrating techniques, helpful hints, exercises to practice the principles in each section, and musical examples.

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