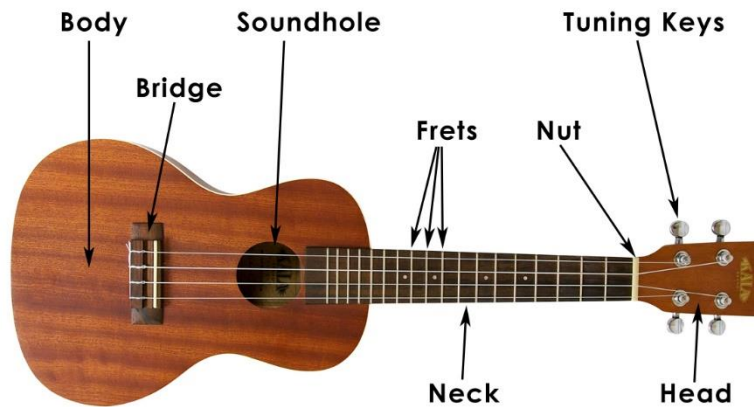


How to hold your ukulele (and other basics)



When carrying your ukulele:

- Always carry it “like a baby”—one hand supporting the body, one hand supporting the neck/head, close up against your body

Holding your ukulele:

- Flat up against your stomach—no tables!
- Right forearm holds the body of the ukulele against your own body
- Loose right wrist—only your wrist moves, not your whole arm
- Left thumb goes on the back of the neck, behind fret two



- Open hand, like there’s a little person or a bouncy ball in your palm
- No spider man wrists!!
- Curve your left fingers so you only press down on one string at a time

Strumming:

- Down stroke—with your thumb (not nail)
- Up stroke—with the flesh of your first finger
 - Note*** Online, you will find different thoughts on which fingers and which parts of the fingers to use for ukulele strumming. There are different schools of thought, and we teach it this way at BCE. It doesn’t mean the other ways are wrong 😊
- Great resource for beginning strumming patterns: [Strumming Patterns for Beginners](#)