

Sit-to-Stand Test

Kinesthetic — Posture & Body Awareness

WHAT THIS CORRECTS

Students who resist posture corrections.
Provides audible proof that posture affects tone.

MATERIALS

Student's instrument. A chair.

AT A GLANCE

• Play seated (normal posture) → play standing → compare

• Standing almost always sounds better — more open, more support

• Student hears the proof themselves

• "The only thing that changed was your posture."

PROCEDURE

1 PLAY SEATED.

SAY "Sit how you normally sit. Don't fix anything. Long tone, 8 counts."

LISTEN Note thinness, restriction, lack of resonance.

2 STAND AND PLAY.

SAY "Stand. Exact same note, same dynamic. Just standing."

CHECK Almost always: fuller, more resonant, better supported.

3 ASK WHAT THEY HEARD.

SAY "Which sounded better? What was different?"

NOTE Let THEM say it. "Bigger." "Easier." "More open." All correct.

4 NAME THE CAUSE.

SAY "Note didn't change. Fingering didn't change. Only posture changed. *THAT'S* how much it matters."

5 SIT WITH AWARENESS.

SAY "Sit back down. Bring the standing posture with you. Play again."

CHECK Seated tone should approach standing tone. If not — repeat the comparison.

ASSESSMENT

■ Hears a difference between seated and standing

■ Articulates WHY standing sounded better

■ Seated tone improves with conscious posture adjustment