

The book was found

# An Alexander Technique Approach To Mandolin Technique

The Alexander Technique



by Ethan Kind, M.M.,  
Certified A.C.A.T., Am.S.A.T.



## Synopsis

This ebook uses the Alexander Technique principles of good posture and great technique to assist the mandolin player. It borrows from the classical guitar technique and describes how to create the most effortless technique on the mandolin for the left hand. It also goes into detail on how to use a shoulder strap painlessly. It also describes how to use the pick with ease, the ultimate speed, and comfort. It is the intention of this ebook to help the mandolin player find a personal technique and posture on the instrument that allows you to find the most mechanically advantageous way to play the mandolin. This ebook is filled with concepts that will help you explore what you've been doing technically, psychologically, and posturally on the mandolin, and to assist you in finding a way to play your instrument, so that the mandolin is easier to play and kinder to the body. Ethan Kind is a former concert guitarist who used the Alexander Technique to heal carpal tunnel pain in his left wrist and never had physical problems on the guitar again. He has also been an athlete all of his life. Please contact Mr. Kind if you have any questions about this ebook, suggestions that would make this ebook clearer and more expansive, or suggestions for other ebooks that you would like to see him write about. Mr. Kind can be reached at [www.ethankind.com](http://www.ethankind.com) and [ethan@ethankind.com](mailto:ethan@ethankind.com). DON'T HAVE A KINDLE? You can download the FREE Kindle application and read this ebook on your computer.

## Book Information

File Size: 531 KB

Print Length: 210 pages

Publication Date: January 12, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B0059VTNZZ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,073,594 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #249

in Books > Arts & Photography > Music > Instruments > Strings > Mandolins #266 in Kindle

Store > Kindle eBooks > Arts & Photography > Music > Instruments & Performers > Strings #477

inÂ Kindle Store > Kindle eBooks > Arts & Photography > Music > Theory, Composition & Performance > Techniques

## Customer Reviews

Very good and helpful information. Well worth the money. However, be patient. It is long, redundant, disorganized, and filled with grammar and spelling mistakes, typos, etc. Don't let that stop you if you have no other access to the information. I already hurt much less, and I am enjoying my instrument more.

[Download to continue reading...](#)

An Alexander Technique Approach to Mandolin Technique Easy Songs for Mandolin:

Supplementary Songbook to the Hal Leonard Mandolin Method (Hal Leonard Mandolin Method:

Supplement to Any Mandolin Method) Madame Alexander 2010 Collector's Dolls Price Guide #35

(Madame Alexander Collector's Dolls Price Guide) The Asheville Celtic Mandolin Collection:

Standard Notation, Tablature and Chords for the Celtic Mandolin Roots and Blues Mandolin: Learn the Essentials of Blues Mandolin - Rhythm & Lead - By Playing Classic Songs (Acoustic Guitar

Private Lessons) Just For Fun: Easy Rock Mandolin Easy Mandolin Tab Edition Mandolin 3 Chord

Songbook - Volume One: 10 Easy to Learn Songs for the Mandolin Mandolin 3 Chord Songbook -

Volume Two: 15 Easy to Learn Songs for the Mandolin Mandolin Chord Finder: Easy-to-Use Guide

to Over 1,000 Mandolin Chords Just For Fun: Classic Rock Mandolin Easy Mandolin Tab Edition J.

S. Bach Sonatas and Partitas for Mandolin: the complete Sonatas and Partitas for solo violin

transcribed for mandolin in staff notation and tablature The Complete Mandolin Method -- Beginning

Mandolin (Book & CD) (Complete Method) Alfred's Basic Mandolin Method 1: The Most Popular

Method for Learning How to Play (Alfred's Basic Mandolin Library) Ooba Mandolin Essentials: Jazz

& Swing: 10 Essential Jazz & Swing Songs to Learn on the Mandolin Ooba Mandolin Essentials:

Celtic: 10 Essential Celtic Songs to Learn on the Mandolin Mandolin Scale Finder: Easy-to-Use

Guide to Over 1,300 Mandolin Scales, 6 inch. x 9 inch. Edition J. S. Bach The Cello Suites for

Mandolin: the complete Suites for Unaccompanied Cello transposed and transcribed for mandolin in

staff notation and tablature Constructing a Bluegrass Mandolin: Mandolin Reference Hal Leonard

Mandolin Method Pack: Includes a Mandolin, Method Book/CD, Chord and Scale Finder, DVD, and

Case Body Learning: An Introduction to the Alexander Technique, Second Edition

[Dmca](#)