

## Violin Playing Without Shoulder Rest

### **Abstract**

The research deals with the issue of violin technique applied without shoulder rest. The author discusses this issue from a developmental point of view. In this context, she mentions Jaroslav Foltýn, who is her consultant. The second part of the article deals with the theoretical foundations of playing, mainly from the physiological and methodological points of view. The research turns into a methodological reflection using the author's performance and pedagogical practice.

**Keywords:** Playing without Shoulder Rest, Violin Playing Technique, Jaroslav Foltýn, Development of Violin Playing, Methodology of Violin Playing without Shoulder Rest.