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Wear the strap over your left shoulder and adjust the length of the strap so that the banjo sits comfortably and solidly in your lap without slipping. Angle the neck up slightly like this:



One of the most important things to remember about learning to play the banjo is that everyone's body is different. What may be comfortable for someone else may not be right for you. Try to position the banjo and your hands so that they approximate the position in the photos you see here.

Right-Hand Position

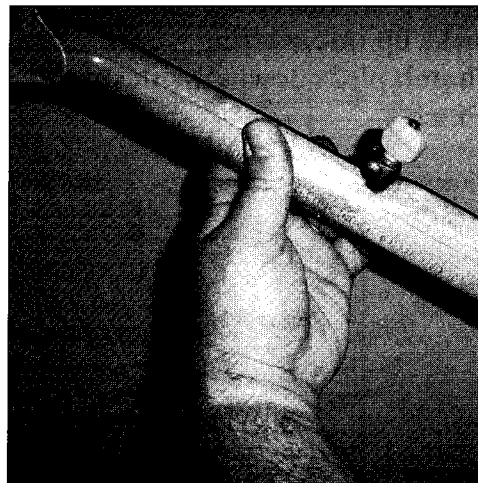
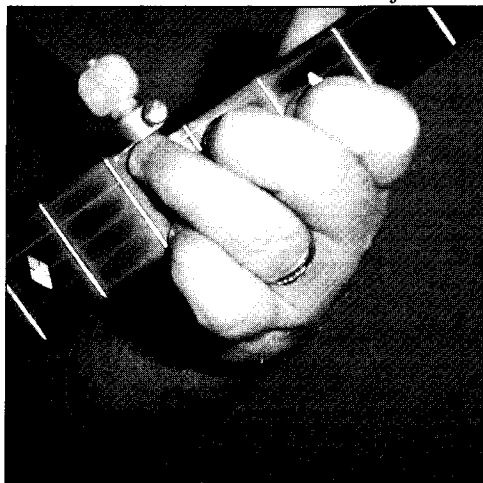
Place your right hand on the banjo like this:



It is very important that you keep your ring and little fingers anchored to the banjo head just in front of the bridge. This can be awkward at first, but it will help keep your picking hand stable. Try to keep your hand and wrist relaxed: this will help keep your picking smooth and even.

Left-Hand Position

Place your left hand on the neck of the banjo like this:



It is important to try to keep the thumb of your left hand on the back of the banjo neck as shown in the photo. Resist the temptation to lay the neck in the palm of your hand. Proper left-hand placement will allow you to develop good fingering technique and help build speed.