

There are many different ways to hold a dulcimer while playing, and an even greater number of ways to hold it if you are not.

We play the dulcimer in a “guitar style”; that is, we attach a strap to each end of the instrument and play standing up with the frets vertical and the dulcimer on its side, hanging across the body horizontally. This method allows for the greatest playing versatility and freedom of movement. You can play sitting down or standing up or dancing with the tune, while still keeping the instrument anchored. This method also puts you in a relationship to the instrument that utilizes a natural “hinge and muscle” arrangement that makes strumming easier.

You’ll probably want to start playing sitting down with the dulcimer held sideways across you like a guitar, with the strap over your left shoulder and angling down off your right. It’s going to be uncomfort-

