

Ted Greene's Postures

While Ted was always adjusting/varying his posture, the two explained here were his bases.



Solid-body Vibrato Posture	All-body type Huddle Posture
The guitar rests on the right leg/thigh as the leg is crossed over the left.	The guitar rests on the inner right thigh while the stomach helps support the angle. The left leg commonly would come in at a right angle as a way to box in the bottom edge of the guitar.
When sitting with this posture, the legs should be criss-cross. The right doesn't have to be higher because the leg support is aided by the floor.	The right leg could also go at a right angle over a flat left leg to create the box effect. This all depends on comfort. The key is the bottom of the guitar is on the inner right thigh. The inner thigh closer to the knee also is do-able if you use the stomach to help angle it to, a maximum, 45 degrees. This degree change comes out of comfort and guitar size.
Desirable for solid body guitar control and vibrato (after gradual/natural trial and error).	Desirable for comfort and high range playing.
Vibrato achieved when using a thin solid state body (bolt-on neck preferred) and having the right forearm act as a lever on the body (push and pull). The amount of arm moving to use is based on wood, resonance, and fret location. The lower the position, the subtler the lever should be. This was done naturally to aid the left hand neck-vibrato which moves the strings side to side. The crossed leg also helps keep the guitar in one place for better vibrato control.	Helps give the back support while keeping the hands/wrists straight. The high register falls comfortably under left hand.