

Coke Can Overlay

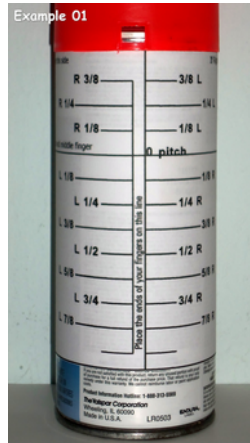
(For determining starting thumb lateral pitch)

Needed:

1. 2.5" diameter can/tube
2. 8.5" X 11" paper
3. Scissors
4. Tape

Instructions:

1. Set your printer so that it prints to actual size, Then print the overlay on the 8.5" X 11" paper.
2. Cut out the overlay and tape it to your can so that it doesn't move and the ends of the 0 pitch line match up to each other. (Example 01)



To check thumb pitch:

1. Sit the can down and then just pick it up naturally.
2. Then while holding the can, slide it so the 0 pitch line is between your index and middle finger. Now rotate the can so the tips of your fingers are on the indicated line. (Example 02)
3. The middle of thumb will point to the correct starting lateral thumb pitch.



Notes:

Using the proper can/tube size is important in getting a proper read on thumb pitch.

When using the proper can/tube size it should cause the fingers to be held more parallel to the 0 pitch line and the thumb held straighter not curled around the can as much.

If the can/tube used is too small for your span, It can cause the thumb (and fingers) to angle downward. Which can possibly lead to it showing too much positive (or incorrect) pitch.

If a too large of a can/tube is used, it will make accurate reading more difficult.

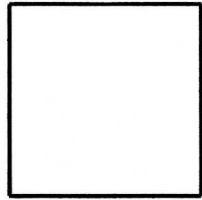
A standard (U.S.) soda can is 2.60 inches in diameter and is what has been used for doing the “Coke can” check for pitch. The fitting guide tubes are 2", then 2.5", then 3" and 3.5" in diameter.

Suggestions:

I suggest using a taller “can”, such as a aerosol can (in the examples that's 2.5” dia. Spray paint can.). A taller can sits better in your and is more like the fitting tubes shown in the fitting guide.

As for how to determine the proper size can/tube, My thinking is when holding the can, If your thumb curls around the can a lot. Straighten your thumb tip out and if there appears to be a big difference in the indicated pitches between the two, I'd say the can is most likely too small. (a 2.5” diameter can/tube should fit most average spans)

This box should be
1" square after printing



If Left handed use this side	If Right handed use this side
<p>R 3/8 _____</p> <p>R 1/4 _____</p> <p>R 1/8 _____</p> <p>Place this line between index and middle finger</p>	<p>_____ 3/8 L</p> <p>_____ 1/4 L</p> <p>_____ 1/8 L</p> <p>0 pitch</p>
<p>L 1/8 _____</p> <p>L 1/4 _____</p> <p>L 3/8 _____</p> <p>L 1/2 _____</p> <p>L 5/8 _____</p> <p>L 3/4 _____</p> <p>L 7/8 _____</p> <p>Place the ends of your fingers on this line</p>	<p>_____ 1/8 R</p> <p>_____ 1/4 R</p> <p>_____ 3/8 R</p> <p>_____ 1/2 R</p> <p>_____ 5/8 R</p> <p>_____ 3/4 R</p> <p>_____ 7/8 R</p> <p>_____</p> <p>R = Right lateral L = Left lateral</p>