

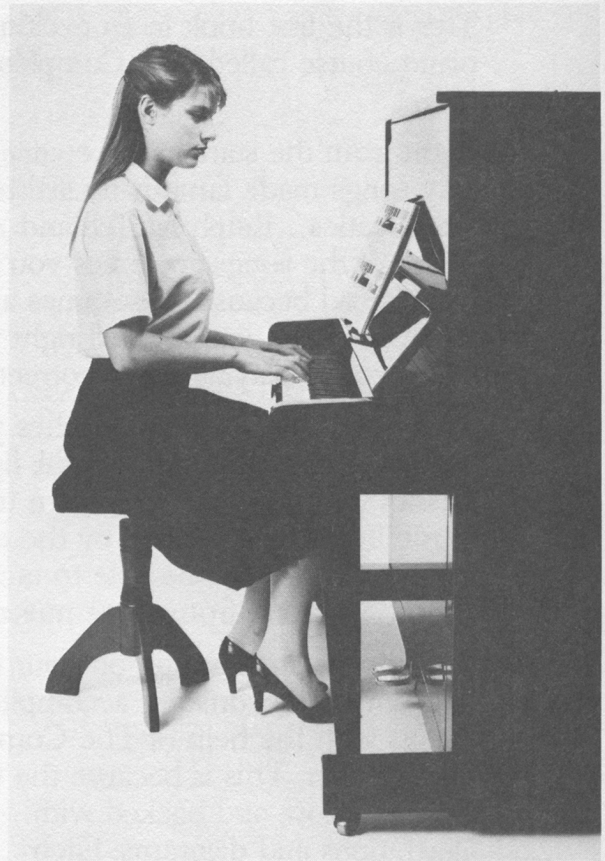
HOW TO SIT CORRECTLY

It is important to sit correctly at the piano. The more comfortable you are, the easier it is to play. Sit as shown here and you will always feel comfortable and relaxed.

Sit facing the middle of the instrument, your feet opposite the pedals. Sit upright. Adjust your seat so that your arms are level with the keyboard—or sloping down slightly towards it.

POSITION OF THE HANDS

Support your hands from the wrists. Curve your fingers slightly as if you were grasping lightly an imaginary ball.



With the tips of your fingers cover five adjacent notes in each hand. This is the normal Five-Finger Playing Position. It is also the hand's most relaxed state. After all fingering and hand changes during a piece, you should return to this position.

