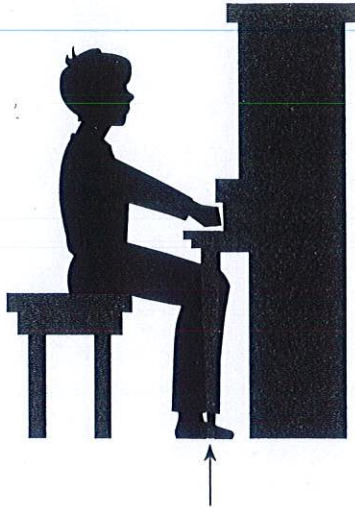


# Sitting at the Piano

## 1. Distance Check

- Sit straight and tall on the front half of the bench.
- With your arms straight, **your knuckles should reach the fallboard.** (If you have to lean, move the bench forward or backward.)

Sit on the front half of the bench.

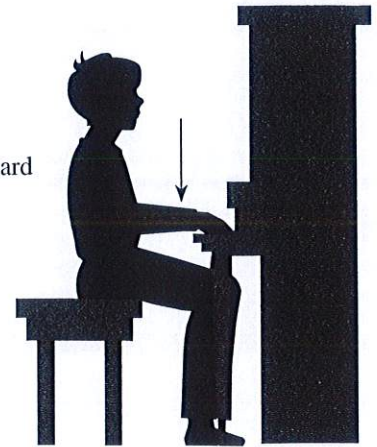


feet flat on the floor

## 2. Seating Height Check

- With shoulders relaxed, place your hands on the keys.
- **Your forearms should be level with the keyboard.** Adjust your seating height up or down as needed.

forearms level with the keyboard



## 3. Posture Check

- Take a deep breath and let it out.
- Are you sitting tall, yet with **shoulders down and relaxed?**

shoulders relaxed



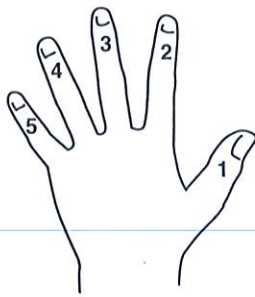
This is your position for playing the piano.

# Finger Numbers

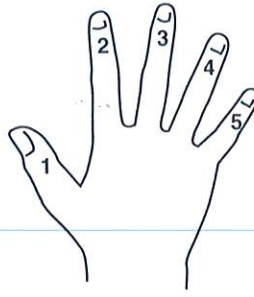
Faber p. 6

Each finger is given a number—1, 2, 3, 4, or 5.

- Wiggle both finger 1's, finger 2's, finger 3's, finger 4's, and finger 5's.



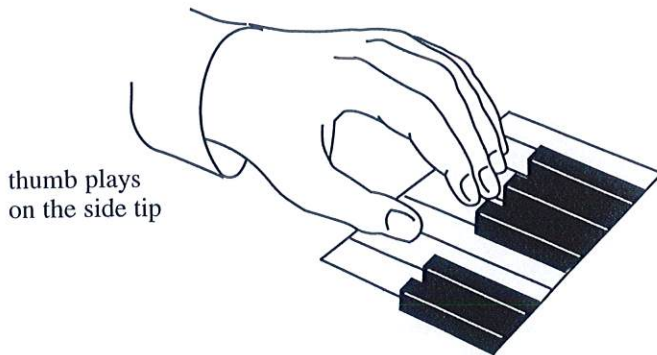
**L.H.**  
stands for  
Left Hand



**R.H.**  
stands for  
Right Hand

*Keep your fingernails  
trimmed so you can easily  
play on your fingertips.*

rounded hand position



## Hand Position

- Let your arms hang loosely at your sides. Notice the **natural curve** of your fingers.
- Now gently place your hands on the keys.

It is important to keep a relaxed, curved hand position as you play the piano.

## Finger Drill on the Keyboard

With a **rounded hand position** and **firm fingertips**:

1. Choose any white key and play it with **RIGHT HAND** finger 1, then 2, then 3, then 4, then 5. (Hint: Play the thumb on the *side tip*.)
2. Choose any white key and play it with **RIGHT HAND** finger 5, then 4, then 3, then 2, then 1.
3. Choose any white key and play it with **LEFT HAND** finger 1, then 2, then 3, then 4, then 5.
4. Choose any white key and play it with **LEFT HAND** finger 5, then 4, then 3, then 2, then 1.