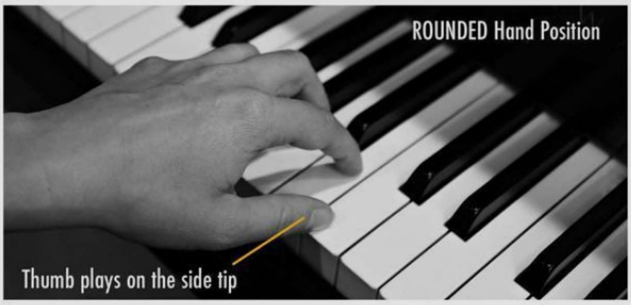
Introduction to Playing

Posture at the Piano

Distance

- Sit straight on the front half of the bench with your body weight balanced.
- With your arms extended out, **your knuckles should reach the fallboard**. If you have to lean, move the bench forward or backward.

Hand Position

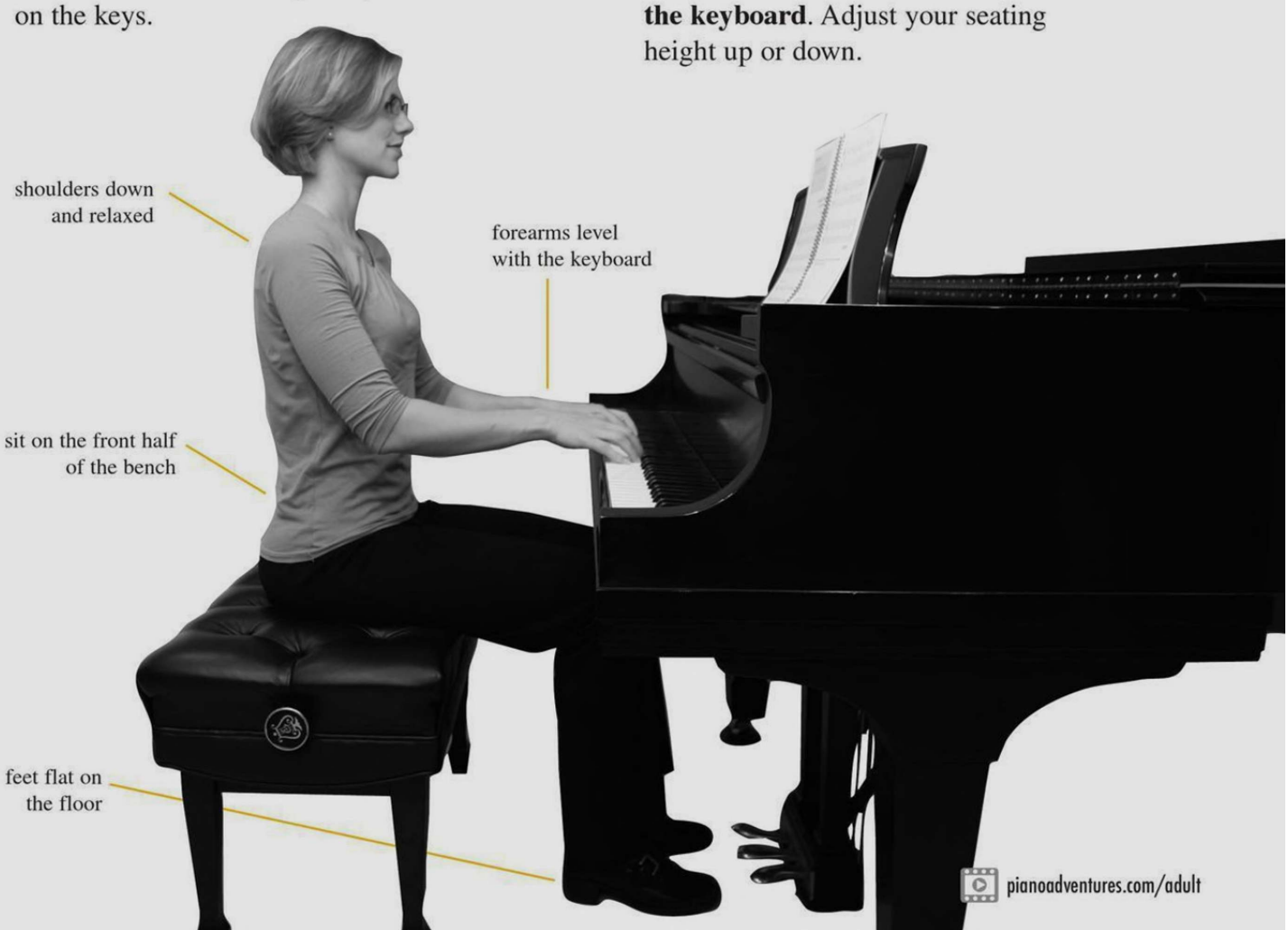


- Let your arms hang loosely at your sides. Notice the **natural curve** of your fingers.
- Now gently place your hands on the keys.

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

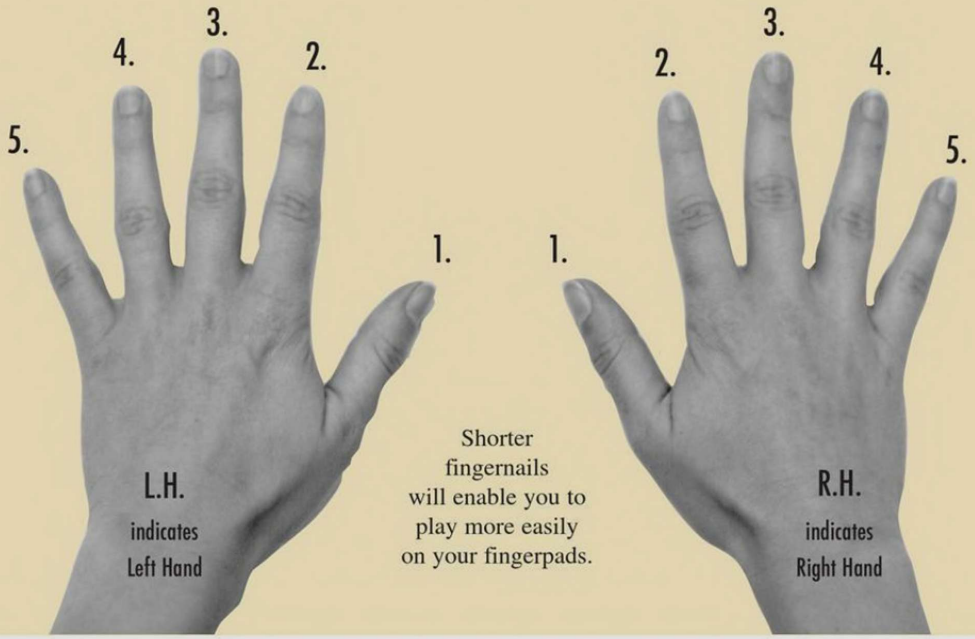
Seating Height Check

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



Finger Numbers

Each finger is given a number—1, 2, 3, 4 and 5. The thumb is finger 1.



Finger Number Warm-ups

- Place your hands in a *rounded hand position* on your lap.

  Gently "scratch" **finger 1s** (thumbs),
  finger 2s,
  finger 3s,
  finger 4s,
  finger 5s.

- With a **rounded hand position** and **firm fingertips**, choose any white key.
  Play it with RIGHT HAND finger 1, then 2, 3, 4, and 5.
  Now reverse, starting with finger 5.

Hint: *Play the thumb on the side tip*.

- Then, with a rounded hand position and firm fingertips, choose any white key. Play it with LEFT HAND finger 1, then 2, 3, 4, and 5. Now reverse.