

How to Sit at the Piano

Shoulders relaxed

Back straight

Elbows slightly higher than keys

Sit flat on the bench (on the front half if possible)

Knees slightly under keyboard

Feet on the floor or on a footstool if needed



Correct Finger and Hand Positions

Keep fingers curved and relaxed. Play on fingertips, not on the flat part of fingers

Keep thumbs straight but relaxed. Play on the outside of thumbs

Keep the wrist flexible, using the weight of arms to press the keys

