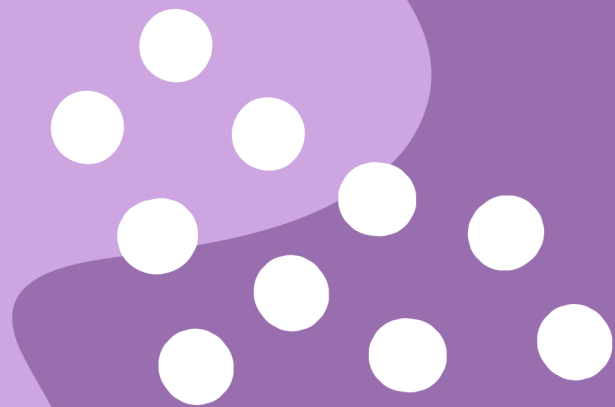


# POSTURE AND HAND POSITION

## CHAPTER 1 - Unit 1

Sangeeth School Of Music



Hello there!

In this lesson we will learn the Posture, How to sit properly on the Piano and the Hand Positions on Piano.

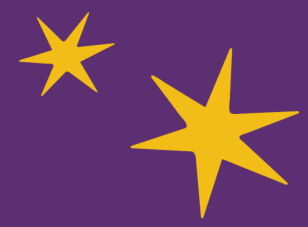
So get ready to learn some useful tips and tricks to help you get the most out of it!





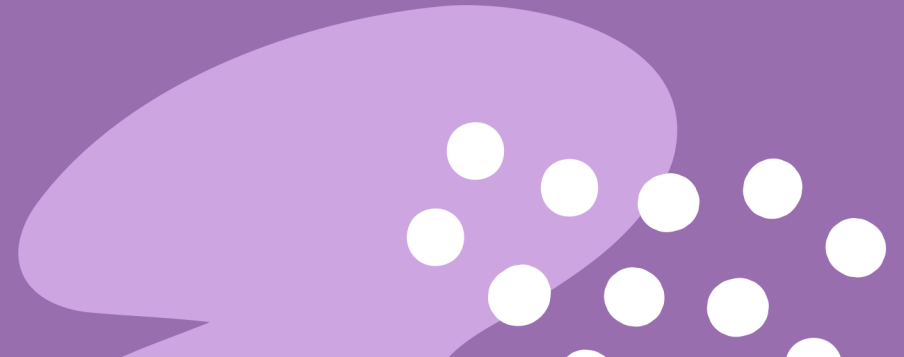


Step 1



# Sit on the edge of the piano bench.

The piano bench should be far enough away from the piano to allow you to sit on the front edge with your feet flat on the floor. Ideally, your legs will extend out from the piano bench with your knees at right angles





## Step 2

# Align your head and shoulders.

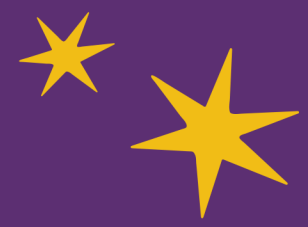
- Proper posture will give you greater ability to reach all the keys as you play and keep you from developing back problems later on. Roll your shoulders back so that your shoulder blades fall in line alongside your spine.
- Relax your neck and look straight forward. Hunching over the keys will limit the mobility of your hands as you play.







Step 3



# Keep your elbows in front of you.

- Your elbows should be bent slightly, with the inner elbow creases facing upward toward the ceiling.
- Avoid sticking your elbows out. This can cause wrist problems as you start playing more often. Your forearms should be perpendicular to the piano keyboard.





Step 4



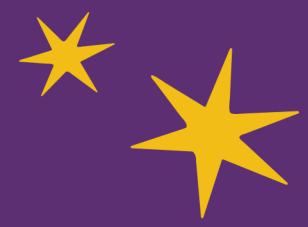
## Arch your fingers over the keys.

You want to play the piano with the tips of your fingers. While your thumb should be straight, the rest of your fingers should curve loosely over the keys, as though you're holding a ball.



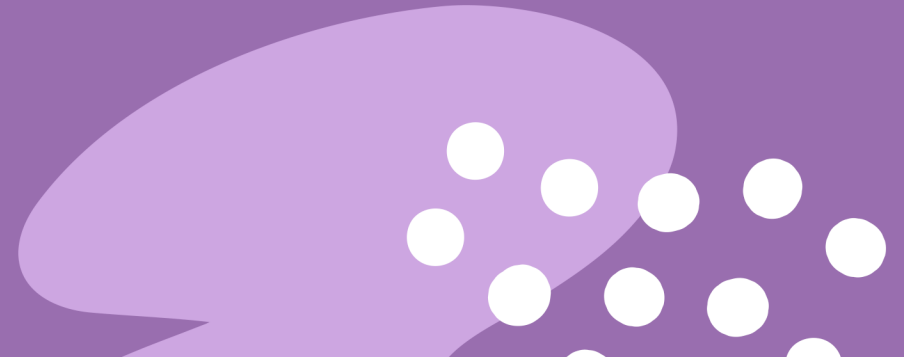


Step 5



# Relax your arms and shoulders.

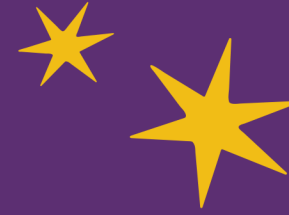
Tensing your arms or shoulders can cause strain. You may want to shake out your arms a bit and do basic stretches for your arms and back to loosen up your muscles before you sit down to play.







Step 6



## Keep your fingernails trimmed short.

If you plan to play piano frequently, long nails will get in the way of proper hand position. Long nails will also click on the keys, which can ruin the song you're playing.





# THANK YOU

Feel free to approach us if you  
have any questions.

Sangeeth School Of Music