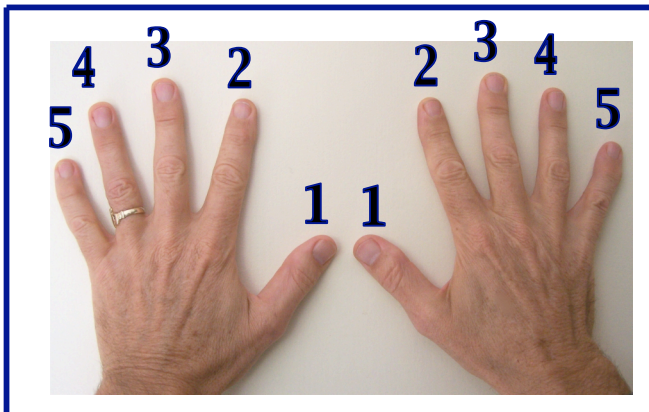


THE BASICS

POSTURE



Sit on the front half of the bench with your back comfortably straight, fingers gently curved on the keys, hands and wrists horizontal or level, and feet flat on the floor. The bench should be far enough away from the piano so that your elbows extend slightly in front of your body. (Students often sit too close to the piano, which restrains arm movement, and can cause pain.) Keep your body relaxed, especially your shoulders!



FINGER NUMBERS

There are numbers in piano music that correspond to each of your fingers: your thumbs are *1-fingers*, your pointers are *2-fingers*, etc.

Let's try a couple of exercises to help you remember your finger numbers:

- 1) Touch your *1-fingers* together (thumbs)
 Touch your *2-fingers* together (pointers)
 Touch your *3-fingers* together (middle fingers)
 Touch your *4-fingers* together (ring fingers)
 Touch your *5-fingers* together (pinkies)
- 2) Now try placing both hands side by side on a table. Tap each finger three times while saying its number aloud.

