

Day 1

The Piano & Posture



The diagram to the left shows the basic components of a grand piano. You will probably notice some similarities and differences between this grand piano and other pianos you have seen. Reference this diagram as we learn about the proper way to sit at the piano.

Distance: While sitting up straight in the middle of the piano bench, relax both of your arms and reach out straight in front of you. Your knuckles should barely touch the fall board of the piano. Adjust the piano bench if necessary.

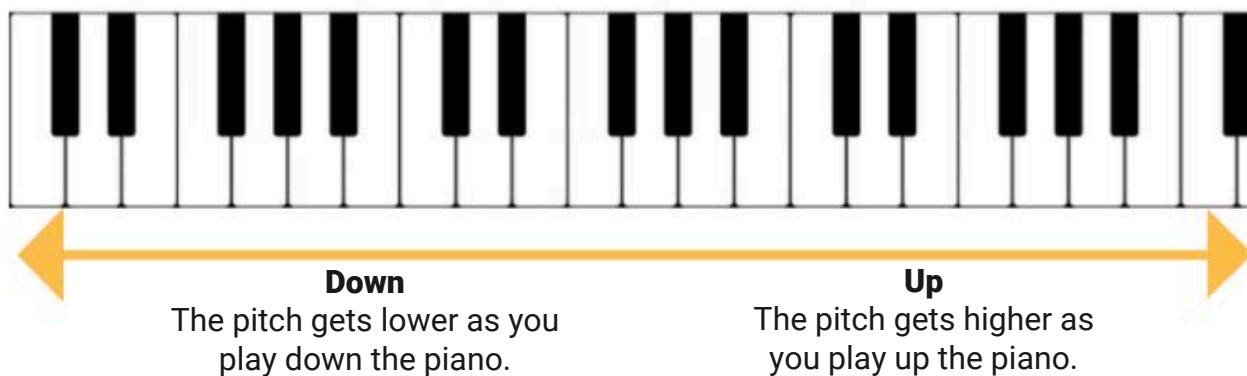
Height: Once you find the proper distance, relax your shoulders and position your hands on the keyboard. Your forearms should run perpendicular to the keys. Adjust the height of your piano bench and/or piano if necessary.

Hands: Relax and let your arms fall to your sides. Your hands should naturally form a 'C-shape.' Keep your shoulders and arms relaxed, and slowly bend your elbows to bring your 'C-shaped' hands to the keyboard.

Note: Go through this process each time you play the piano until the distance, height, and hand-shape comes to you naturally.

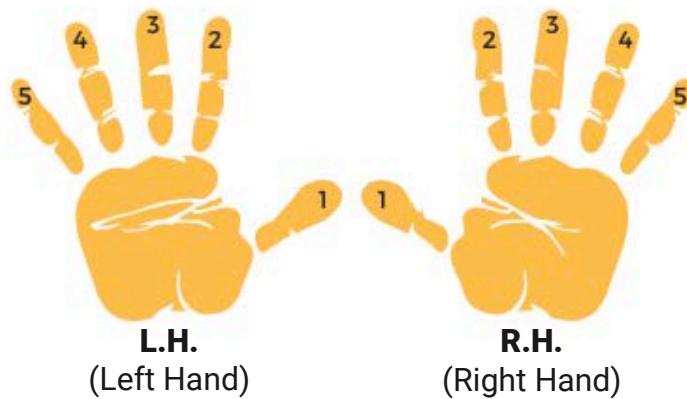
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Pitch, and Finger Numbers



Observe how the black keys form a pattern in groups of two and three.

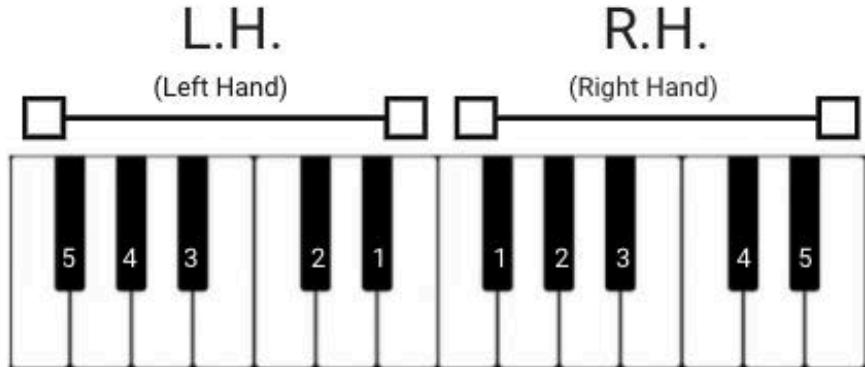
Finger Numbers



Thumbs: 1
Pointer Fingers: 2
Index Fingers: 3
Ring Fingers: 4
Pinky Fingers: 5

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Tricky Fingers

R.H. 1 2 3 4 5 4 3 2 1 3 2 1 3 2 3 4 5 4 3 2 1 2 3 1 2 3 1

L.H. 5 4 3 2 1 2 3 4 5 3 4 5 4 3 2 3 1 2 4 3 5 4 3 5



1st Star Objective
R.H. alone without
making a mistake.



2nd Star Objective
L.H. alone without
making a mistake



3rd Star Objective
Hands together
without making a
mistake.



Challenge Objective
Hands together. Play
through this piece
without a mistake in
under 7 seconds.