

# Piano: Form and Technique

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## Form

- Height of stool : Belly button should be around the white keys.
- Chair-piano distance: Your 'behind' should be covering  $\approx \frac{1}{3}$  of the stool.
- Arms extended: should be able to barely reach the backboard of the piano, given the **chair-piano distance** previously adjusted.
- Elbows: should be in front of the ribcage.
- Center of gravity: is determined by the 1/3 coverage of the chair, so use the torso to lean/sink into the keyboard gesturally. You can also call this tipping forward into the keys, ideally this is without forcing it.

## Technique

- Octave leaps, especially hollow ones need not involve lifting the hand in the air too much. Basically, stay close to the keys.
- Minimize wrist motion: tremolos, especially those of small intervals ( $\leq 9$  semitones) need almost no wrist motion.