



LESSON I: APPROACHING THE KEYBOARD

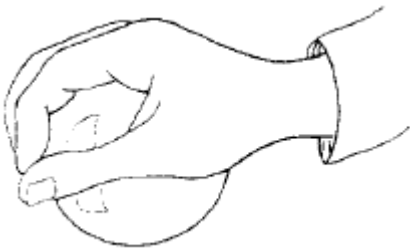
Classical Piano: Fundamentals

POSTURE

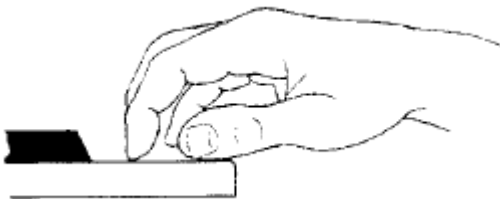
- Sit tall with shoulders down and relaxed, feet flat on the ground
- Place the hands on the keys, the elbows should be slightly in front of the torso, feel the weight of the arms

HAND POSITION

- Natural hand position - create an arch in the hand, think backward C or holding a bubble in hand



- Curved fingers



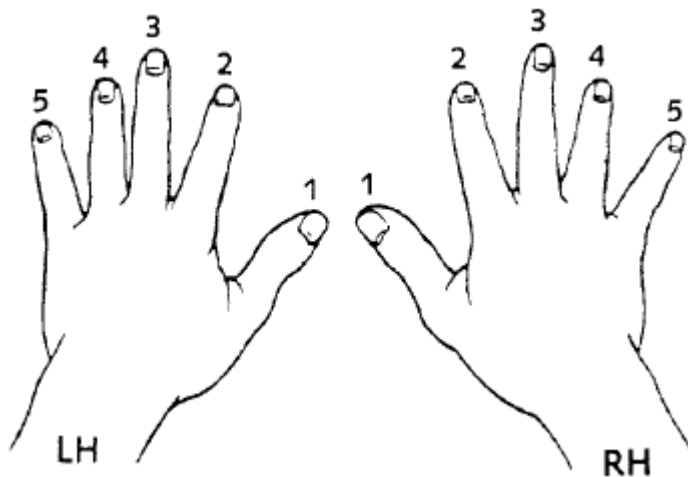
- Avoid stretching or twisting the hand

ANATOMY OF HANDS AND ARMS



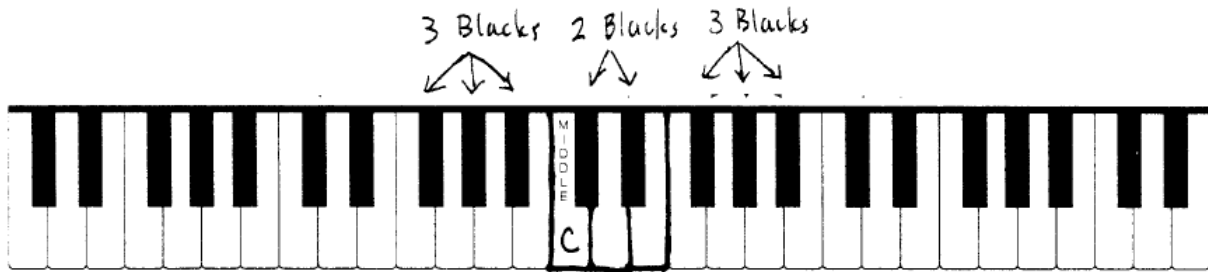
- Playing the piano is more than just moving the fingers
- Fingers are connected to the hand, the wrist, the forearm, the elbow, the upper arm, the shoulder, and the upper back.
- Playing the piano requires that we keep all these body parts engaged.

FINGER NUMBERS



MIDDLE C

- Find the two black group in the middle of the keyboard (if you have an acoustic piano, it's typically directly under the brand name of the instrument). There are three white keys under the two black keys, the left key is middle C



- Place right hand thumb on middle C, raise the arm before playing the note, then dropping the arm, along with the hand and fingers, into the keys.
- Remember to engage the hand, arm, and shoulder when playing each note.