



# Sitting at the Piano

1. Are you seated the correct **DISTANCE** from the keyboard?



Check yourself:

- Sit straight and tall on the front part of the bench.
- With arms straight, your knuckles should reach the fallboard. If you have to lean, move the bench forward or backward.

2. Are you seated the correct **HEIGHT** at the piano?



Check yourself:

- Put your hands on the keys.
- Your arms should be level with the keyboard. If not, you may need to sit on a cushion or book.

3. Are you **SITTING TALL** yet relaxed?



Check yourself:

- Is your back straight with shoulders relaxed?
- Can you easily take a deep breath?



**This is your position for playing the piano.**