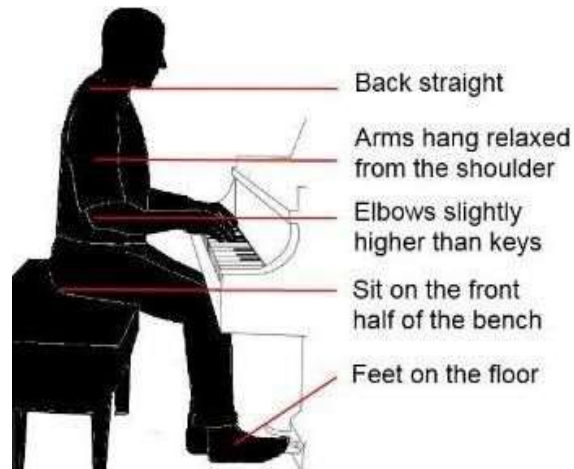


Remember: always check your HEIGHT and DISTANCE before you play.

Find your natural piano hand shape,
and drop freely into the key,
landing on your fingertip.



DISTANCE:

- Sit tall and free.
- Reach your arms out in front of you.
- Do your closed fists just reach the fallboard?

HEIGHT:

- Sit tall and free.
- Place your hands on the keys.
- Are your forearms/elbows level with the surface of the keys?