

How to sit for playing the piano

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There are many types of keyboards. There are pianos, synthesizers, organs, and portable keyboards, not to mention harpsichords, clavichords, celestas, and clavichords. Regardless of the keyboard you use, you must sit properly if you want to play it well.

Sit up straight, with your feet flat on the ground. If your feet do not touch the ground, then put a small stool on the floor (or even some books) and place your feet there.

Your elbows should be just a little higher than the keyboard. Adjust the piano bench or the keyboard stand until you are sitting at the correct height, or place books on your bench and sit on them.



When you play any type of keyboard, you should keep your hand relaxed and your fingers curved. Wrap your fingers around a tennis ball to see how curved your fingers should be. Play with your fingertips. Don't let your wrists fall down on the front of the keyboard.

Many people sit too close to the piano. Be sure that your knees are just underneath the keyboard. If you have to twist your wrists to play, you're sitting too close.

Some people play keyboards while standing up. If you do this, be sure that you adjust the height of your keyboard stand so that your forearms are level with the keyboard. Don't stand too close to the keyboard when you play.

Some keyboard instruments, like some synthesizers with guitar straps, and accordians, are meant to be played standing up. Even with these keyboards, curved, relaxed fingers are important.

How long should I practice?

It's not really how long you practice (although that helps) but it's what you do **when** you practice. At first, try to play each of your assigned pieces correctly at least 5 times every day. If you practice every day, you'll get better much faster. Your teacher will help you learn the best way to practice.