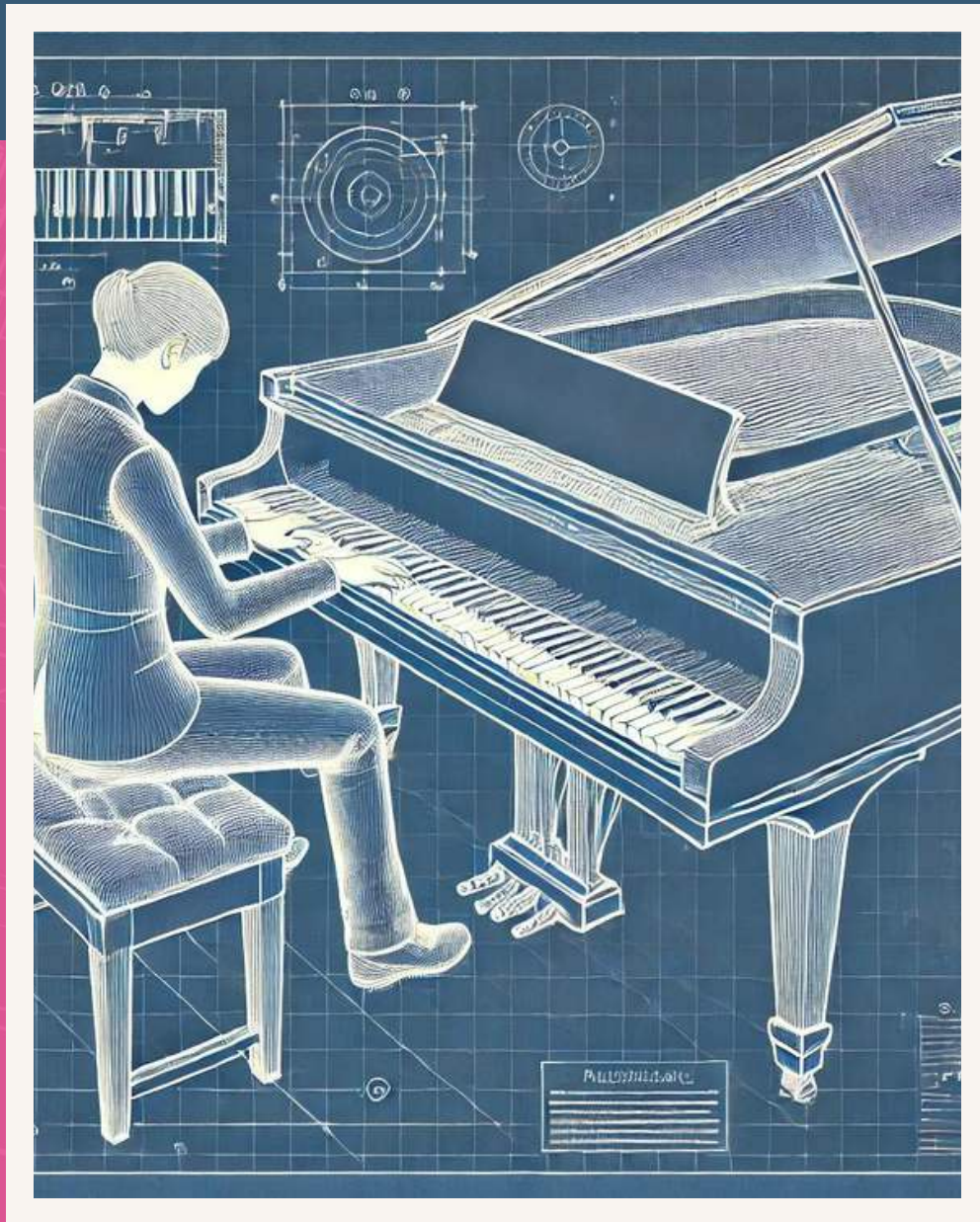




Beyond Fingers:

THE PIANIST'S BODY BLUEPRINT



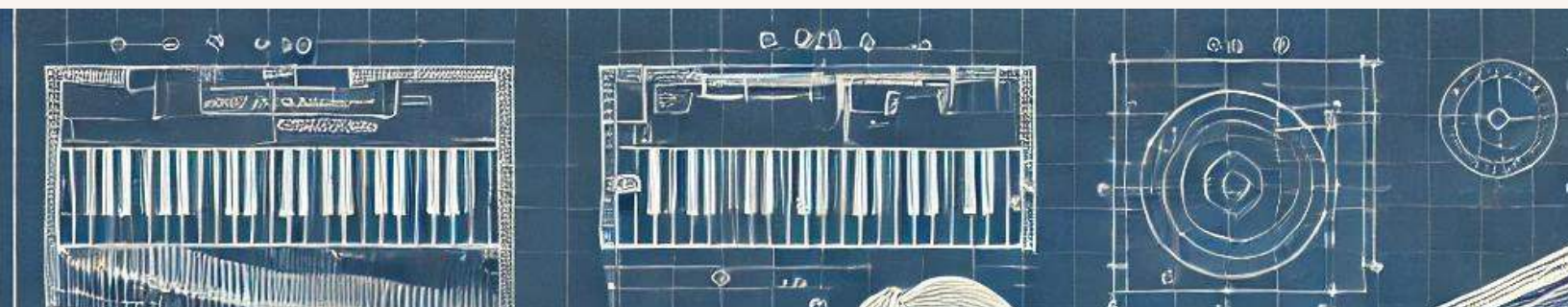
DISTANCE AWAY FROM THE KEYBOARD



Sit far enough away from the fall board that you can straighten your arms.



This makes it much easier to play at the extremes of the keyboard.



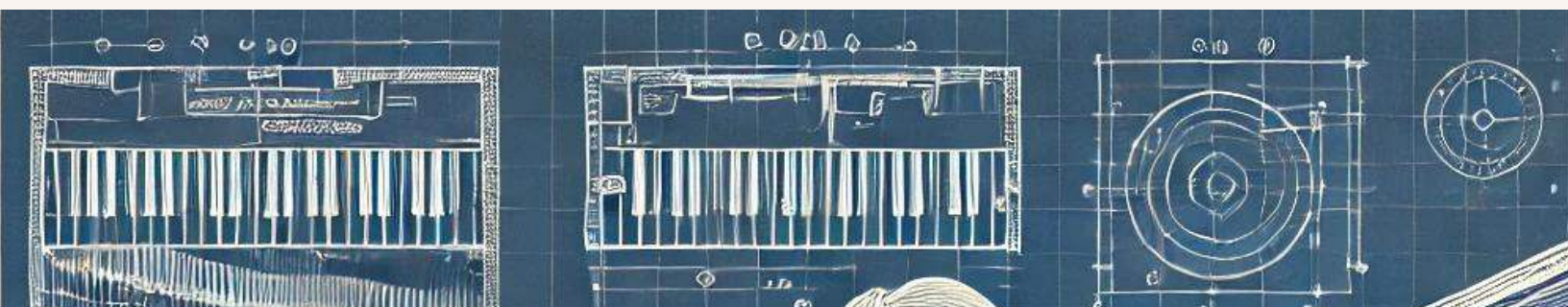
DISTANCE AWAY FROM THE KEYBOARD



Too close



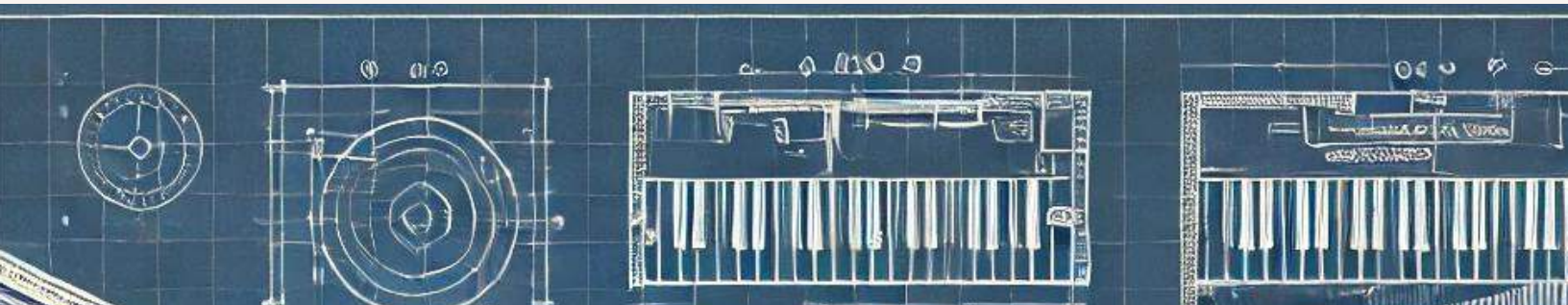
Too far away



BENCH HEIGHT



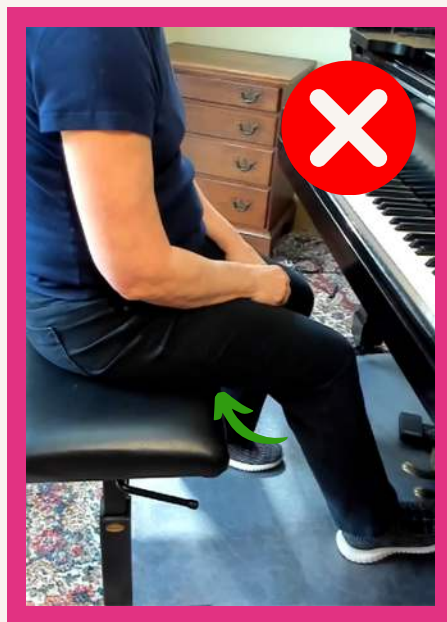
Keep the bottom of your elbow level with the top of the white keys.



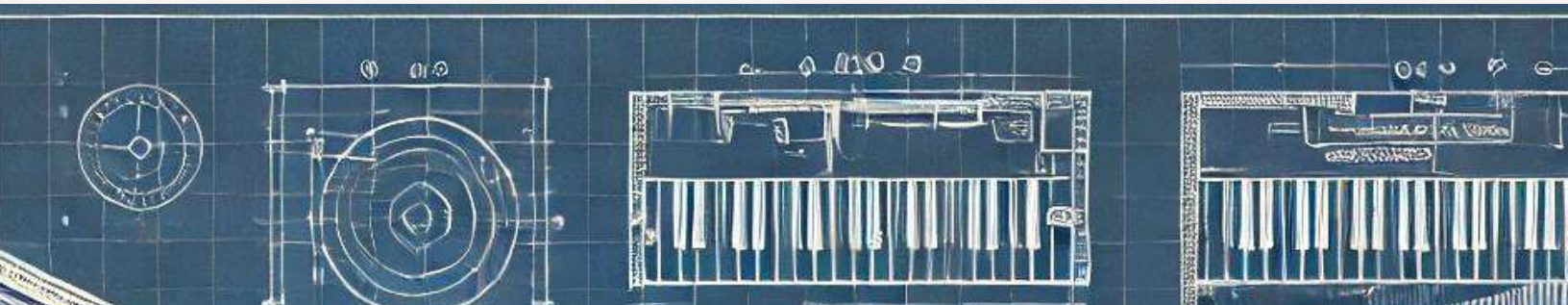
HOW MUCH OF YOUR LEG SHOULD BE ON THE BENCH?



Edge of bench is about 1/3 of the distance from your back to your knee.



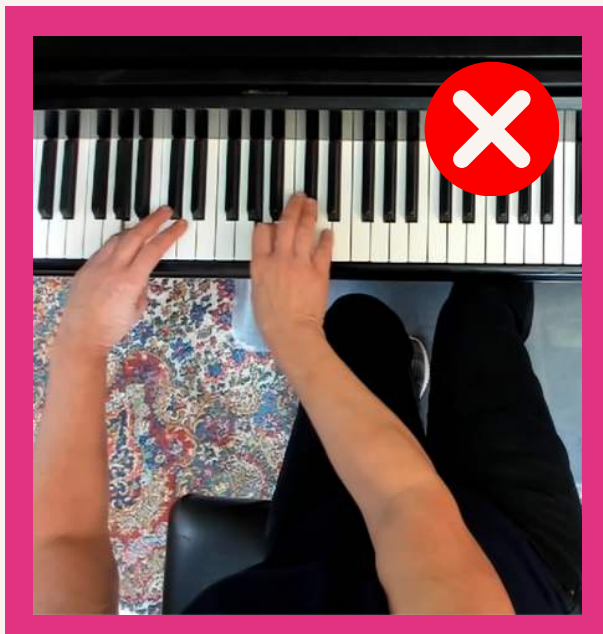
Sitting too far back makes the weight of your torso fall away from the keyboard which can cause hands to feel heavy or grip the keyboard.



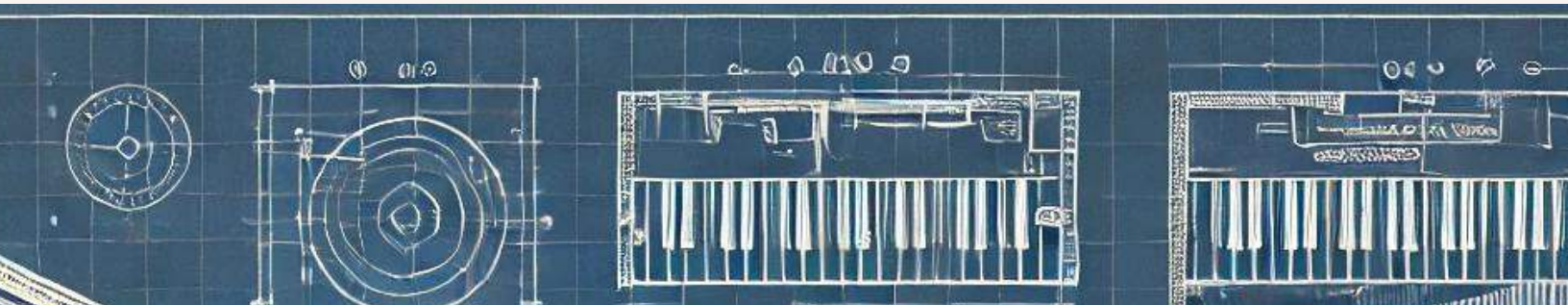
MOVE BODY WITH ARMS



Torso moves with the arms to make it comfortable to play at the extremes of the keyboard. It's also easier to get a nice sound!



Hands and arms end up in very awkward positions if the torso is still.



YOUR SPINE



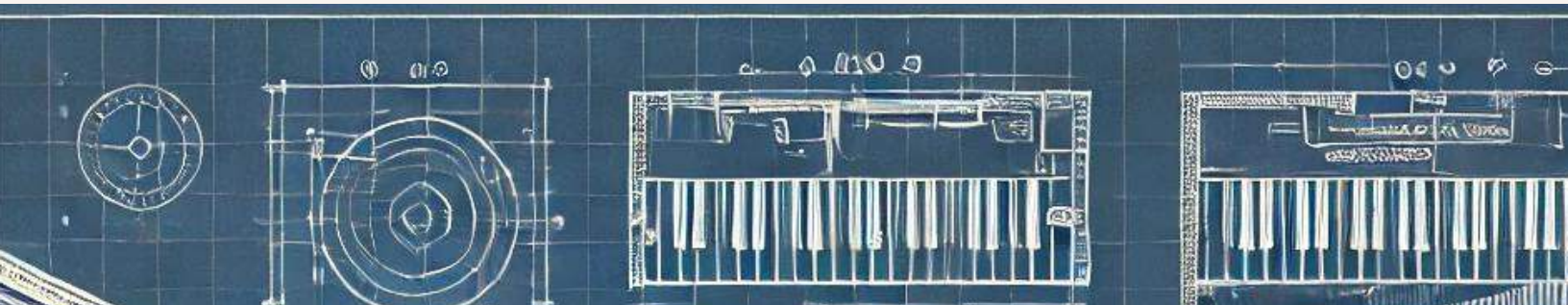
Sit so your spine feels straight up and down, with your head balanced over your pelvis and sit bones.



Not overly straightened or rigid

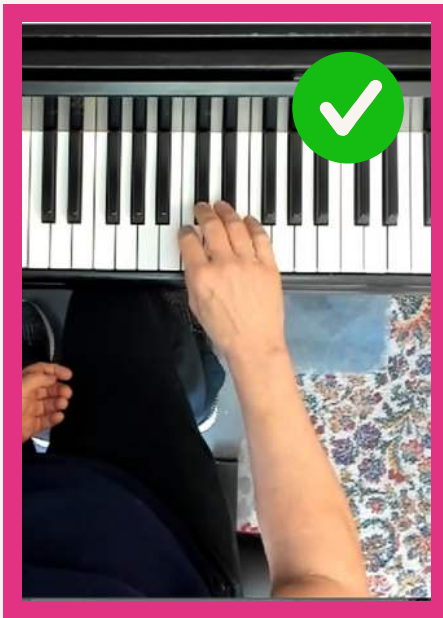


Not slumped with the head falling forward



ELBOW POSITION

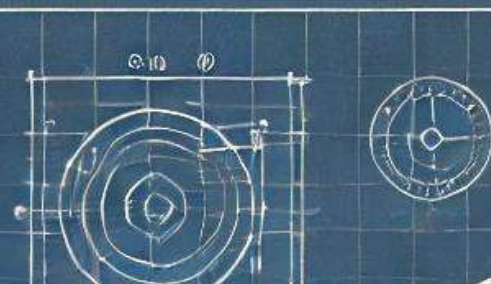
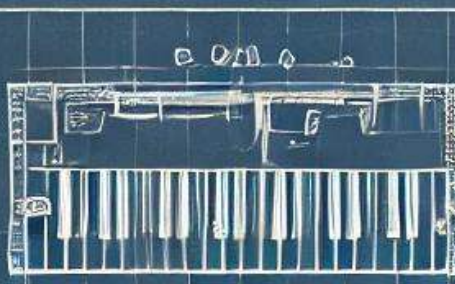
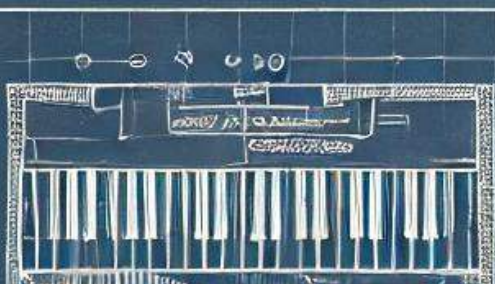
when crossing over/under the thumb



Keep elbow angled towards the next note the thumb needs to play

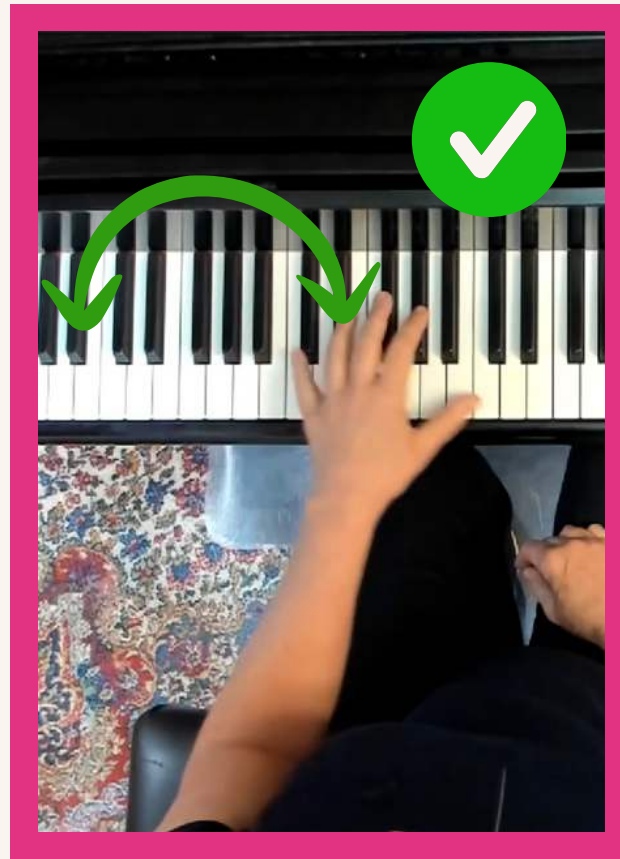


Elbow in this position will make it harder for the thumb to get to its next note

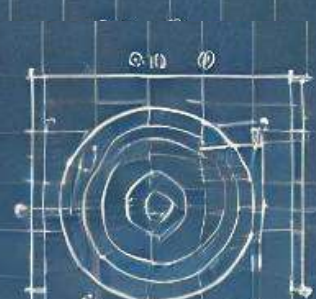
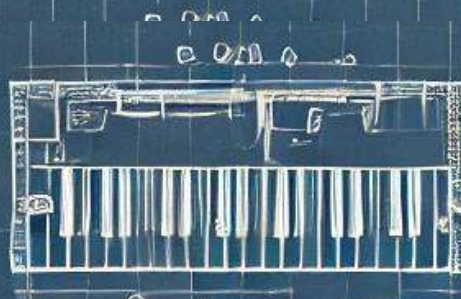


ELBOW POSITION

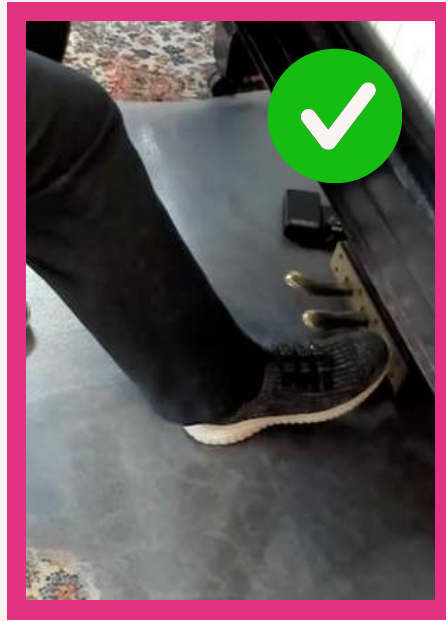
when leaping back and forth



Keep your elbow in the middle of the distance you are leaping for the greatest efficiency.



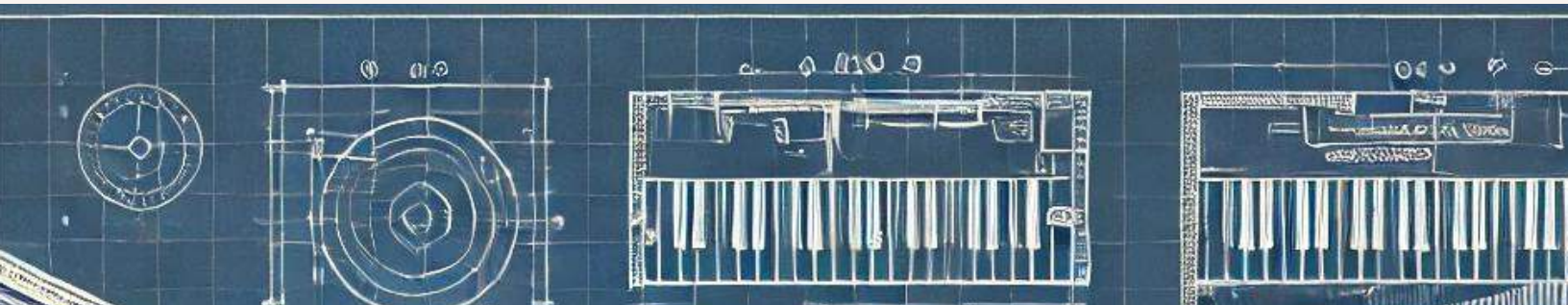
YOUR FEET AND THE PEDALS



Put the ball of your foot on the pedal



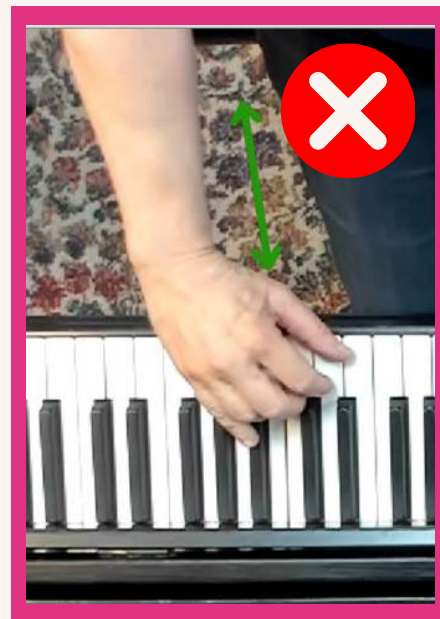
Not the arch or the toes.



AVOID “TWISTING”

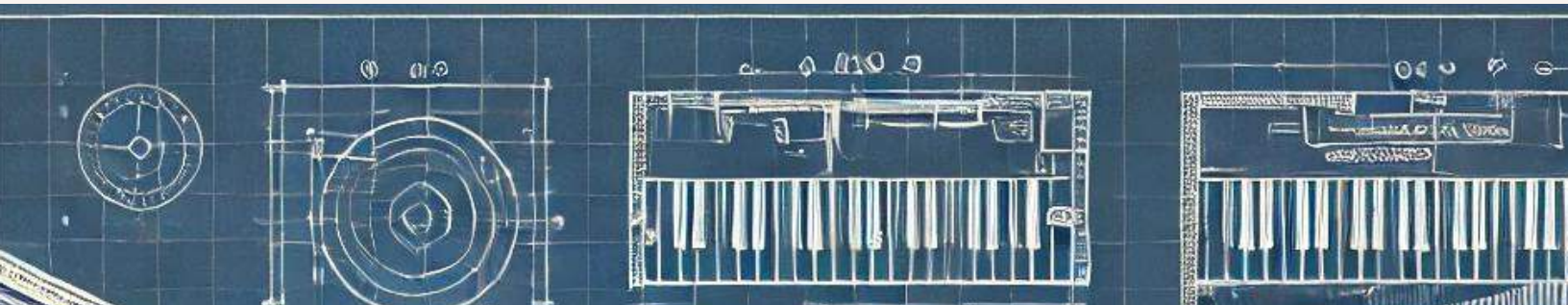


Keep hand aligned with arm. It should look and feel the same as when your arm rests at your side as you stand.



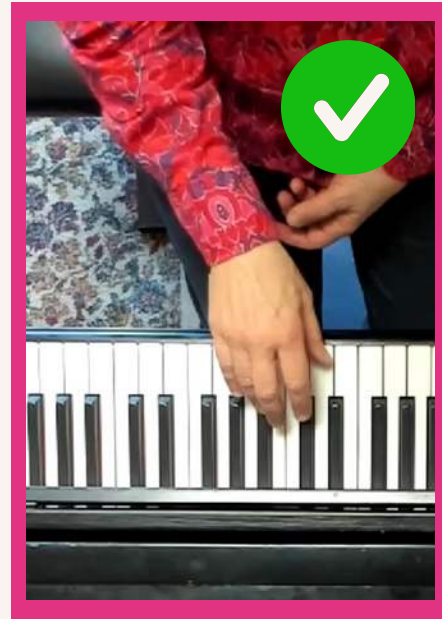
Not turned towards the 5th finger.

Not turned towards the thumb.

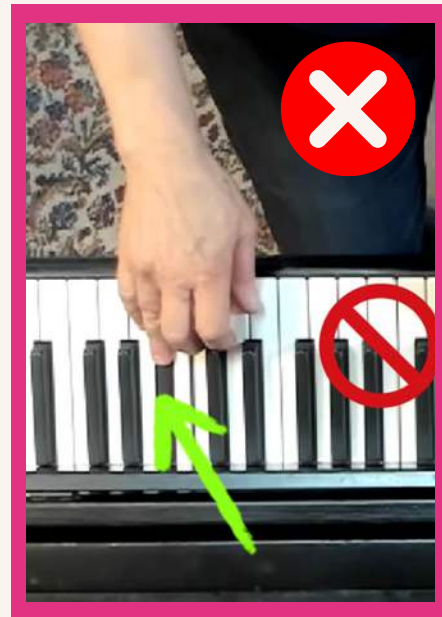
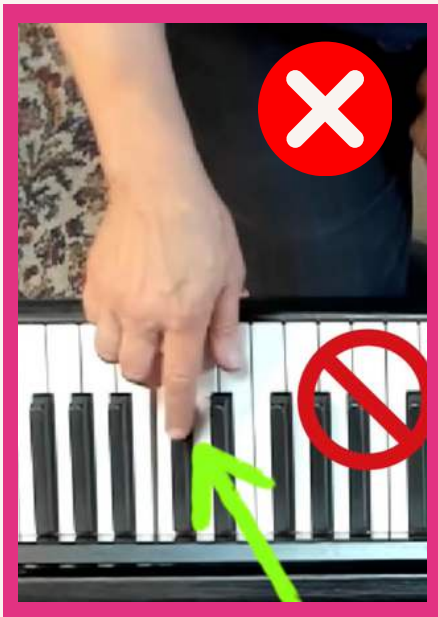


KEEP FINGERS RELAXED

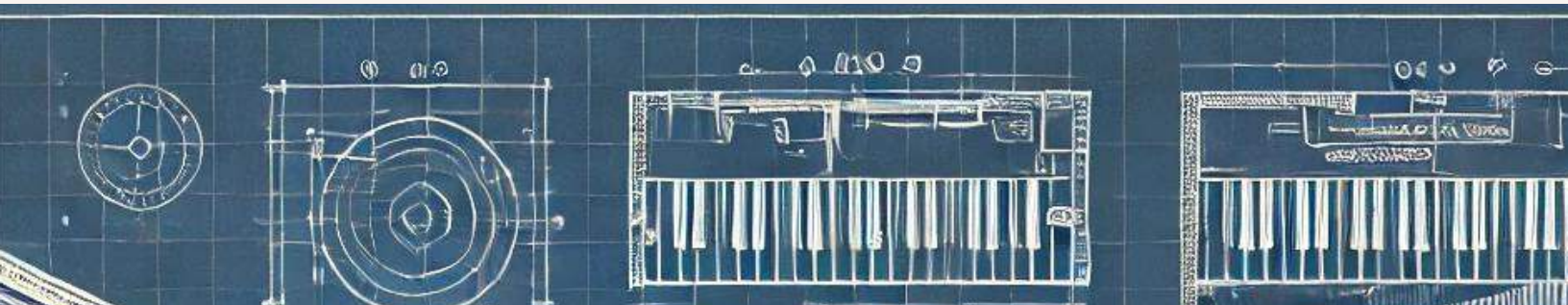
Let the non playing fingers touch the black keys



When shorter fingers (1, 2, 4 or 5) play on the black keys, keep 3rd finger is relaxed and inside the black key area.



Don't allow fingers to curl out or reach towards the black keys because it creates tension.



BE SURE TO WATCH THE YOUTUBE VIDEOS

Full link: https://www.youtube.com/playlist?list=PLSRikh04Z05Pv_ihwGuq9GWUHnpH3tLbH

I hope you've learned valuable information to help make your piano playing easier and more comfortable.

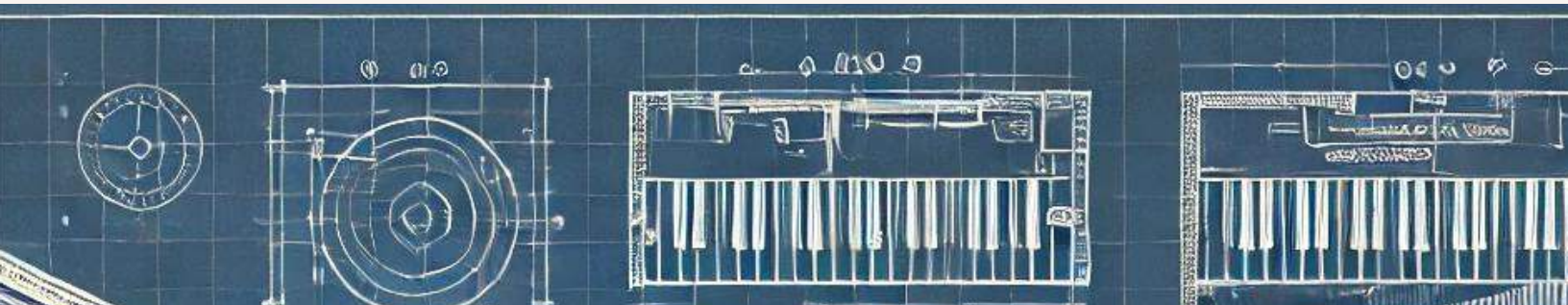
I've shared practical tips on **what** to do....and, there's much more to explore in terms of **why** these methods work and **how** to integrate them fully into your playing.

I'd be happy to dive into those details more with you at some point.

AND...DON'T BE A STRANGER!

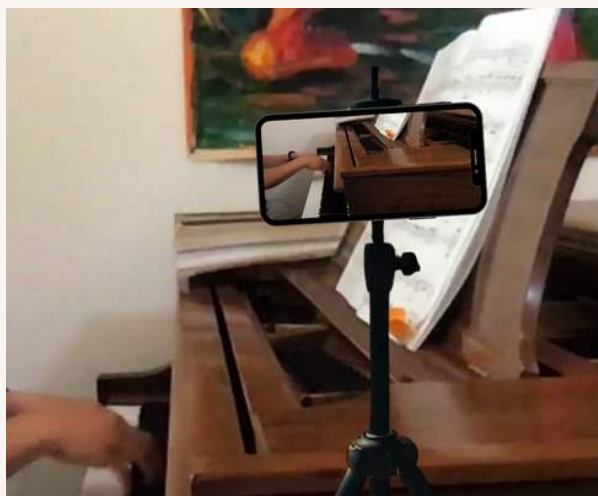
Get in touch if you have any questions or comments at

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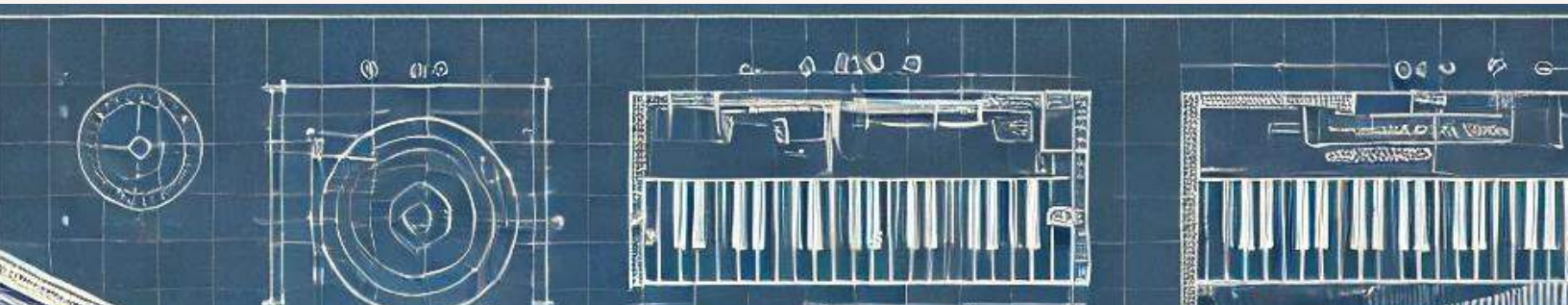
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Some of my most advanced students have won special prizes like first prize in the 2024 Boston International Piano Competition and appearances on NPR's "From the Top". I myself won a recording competition - my prize was a performance in Carnegie Hall!



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