

Hand and Fingers

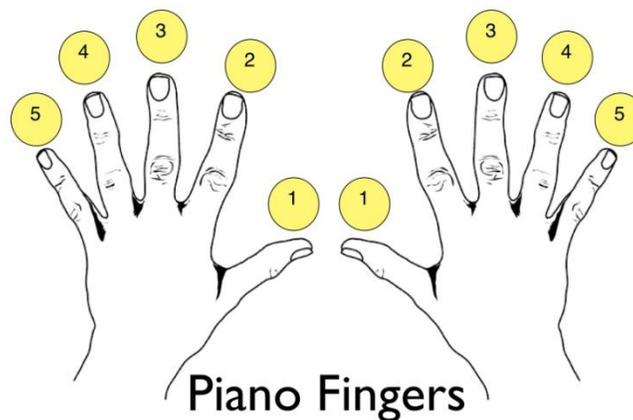
The praying mantis of piano kung-fu...

Did you know that:

- Proper hand and finger placement helps one move effortlessly across the keyboard.
- Number assignments assist with proper finger positioning.
- There is a basic starting position for practicing chords and scales.
- Maintaining proper hand and finger positioning has several benefits

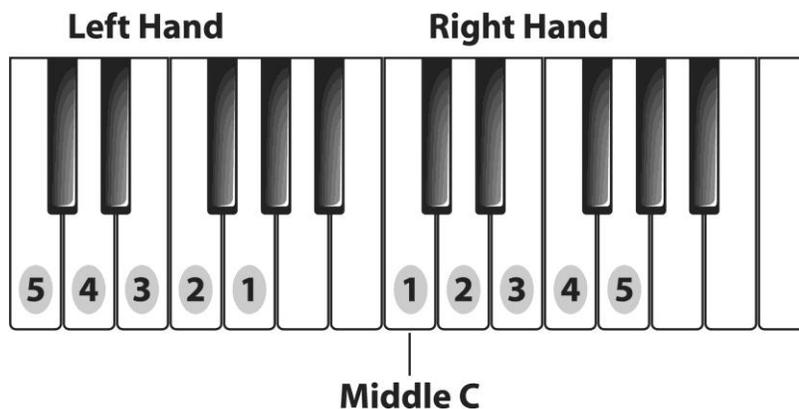
Fingering out our number assignments

The same numbers are assigned to the same fingers on both hands. Thumbs are assigned the number 1, the index finger is assigned the number 2, the middle finger is assigned the number 3, the ring finger is assigned the number 4, and the pinky is assigned the number 5.



What is the starting hand position on the keyboard?

The basic starting position for the right hand starts on middle C with the thumb (number 1) on C4. The basic starting position for the left hand starts one octave below middle C with the pinky (number 5) on C3.



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Arch Those Fingers

When you place your hands on the keys, you must keep your hands arched and your fingers slightly curled at all times. It feels weird at first, but you can't improve your playing technique until you get used to holding your hands this way. Arching your hands and fingers pays off with the following benefits:

- Your hands don't get tired as quickly.
- Your hands are less likely to cramp.
- You can quickly access any key, black or white.

If you know how to type, you have already assumed this arched-hand position – you hold your hands exactly the same way on the keyboard. If you're lucky enough not to be familiar with typing, find two tennis balls (or similarly sized balls) and hold one in each hand.



Disadvantages of Bad Hand Posture

Hand posture and comfort are vitally important while playing the piano or keyboard. Poor hand posture can cause your performance to suffer for two reasons:

- **Lack of dexterity:** If your hands are in tight, awkward positions, you can't access the keys quickly and efficiently. Your performance will sound clumsy and be full of wrong notes.
- **Potential for cramping:** If your hands cramp often, you won't practice often. If you don't practice often, you won't be a very good player.

