

Piano Posture Checklist

Let's work on your piano posture! Sound, look, and feel your best by following the tips for good piano posture found in this handy checklist.

1. Print out this Piano Posture Checklist! Fold it in half along the line so it stands up straight. Print on cardstock paper for best results.
2. Check your Piano Posture using the checklist.
3. Place it on your piano or in your music practice area as a reminder.

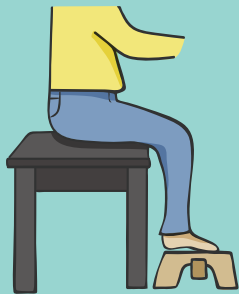


Watch piano lessons online at HoffmanAcademy.com

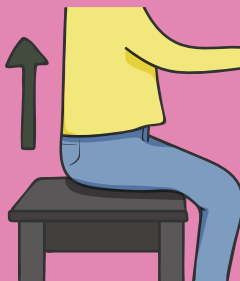


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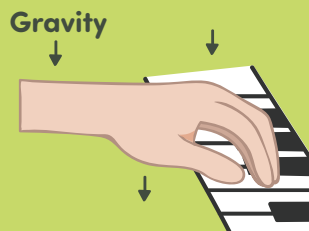
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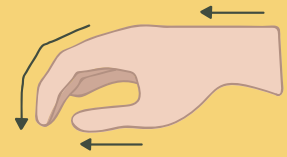
1. Bench Position



2. Tall Back



3. Arm Weight



4. Finger Shape