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## About the DVD



The DVD contains valuable demonstrations of all the instructional material in Part 1. You will get the best results by following along with your book as you watch these video segments. Musical examples that are not performed with video are included as audio tracks on the DVD for listening and playing along. The audio tracks are all accessible through the chapter selection on your DVD player and also as downloadable mp3 files on your computer.

## PART 1: THE BASICS



VIDEO EXAMPLE

### SITTING AT YOUR INSTRUMENT

#### Sitting at the Piano

- The bench must face the keyboard squarely.
- Sit on the edge of the bench exactly in front of the middle of the keyboard.
- Lean slightly forward.
- Relax and let your arms hang loosely from the shoulders.
- Adjust the distance of the bench from the keyboard so that when your hands are on the keyboard, your arms are parallel to the floor.
- Your knees should be slightly under the keyboard.
- Your feet should be flat on the floor. One foot may be slightly forward.



#### Sitting at the Electronic Keyboard

This is exactly the same as sitting at the piano, but be careful with the height of the stand or table on which the keyboard is sitting. Adjust the keyboard stand or the table/chair combination you are using so that your arms are perpendicular to and level with the keyboard.

