



PIANO PLAYING PREPARATIONS



Body Alignment

SitBones

Center

TORSO BALANCED ON SITBONES

FlatFeet

WEIGHT FORWARD

Stand Up - Fire!

SitBone Lean

RIGHT HAND HIGH UP

LEFT HAND DOWN LOW

SitBone Spin

BOTH HANDS UP HIGH

BOTH HANDS DOWN LOW

Karate Chop

DISTANCE FROM PIANO

HEIGHT OF HANDS

Direction and Space

Right Hand and Left Hand

HAND AWARENESS

Right and Left

Up and Down

High and Low

SPATIAL DIMENSIONS

In and Out

IN TOWARD THE BLACK KEYS

OUT TOWARD THE BODY