

YOUR FIRST PIANO LESSON

Sitting, Hand Position and Your First Notes

COMPLETE BEGINNER GUIDE

A short guide by Kenzo Productions

Welcome to Your Very First Lesson

This lesson is for anyone who has never played piano before, so we're going to take it slowly and keep things simple. No difficult words, no rushing. By the end of this lesson you'll be sitting comfortably, holding your hand the right way, and playing your very first five notes.

Meet Your Keyboard

Before we do anything else, take a look at your keyboard. You'll notice the black keys aren't spread out evenly — they come in small groups, some groups of two black keys, and some groups of three, repeating all the way across. You don't need to remember anything about this yet. Just notice it, because it'll help you find your way around later on.

For this lesson, we're only going to use the white keys. We'll leave the black keys alone for now.

Sitting Comfortably

Before you even touch the keys, it's worth getting your sitting position right, because it makes everything else easier and more comfortable.

Sit so that your elbows are roughly in line with the keys, not too high and not too low. If your elbows are in the wrong position, your arms will start to hurt the longer you play, so it's worth taking a moment to get this right before you start.

Hand Position

Now let's shape your hand. Imagine you're holding an apple in your hand. That gently curved, relaxed shape, with a bit of space in your palm, is exactly the shape your hand should be in when you play. Not flat, not tense — just relaxed, like you're gently holding something round.

Try it now, away from the keyboard. Hold your hand up as if there's an apple sitting in your palm. That shape is what we're aiming for.

Playing Your First Notes

Each of your fingers has a number, and piano teachers use these numbers all the time, so it's worth learning them now. Your thumb is finger 1, your index finger is 2, your middle finger is 3, your ring finger is 4, and your pinky is finger 5.

Now, keeping that gentle apple shape in your hand, place your fingers on five neighbouring white keys, one finger per key, going in order. Your thumb goes on the first key, your index finger on the very next white key after it, your middle finger on the next one after that, and so on, all the way to your pinky. Remember, white keys only for now — skip over any black keys you come across.

Thumb — Index — Middle — Ring — Pinky, each one sitting on its own neighbouring white key.

Practice Playing

Once your hand is in position, practice playing each finger, one at a time, slowly and clearly:

- 1. Thumb**
- 2. Index**
- 3. Middle**
- 4. Ring**
- 5. Pinky**

Play through them slowly, one after another, then try it again. There's no rush here at all.

MY TIP

Your fingers will need adjusting and getting used to playing. This will feel a little strange at first, and that's completely normal — every single pianist started exactly where you are now. Once you can comfortably play all 5 notes with one hand, you're ready to move on.

What's Next

The next lesson is all about learning what notes you're actually playing, and how to find them on the keyboard yourself, without needing to guess.

You can find this course if you click on my website and look under the Complete Beginners heading.

Best wishes, and have fun.

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