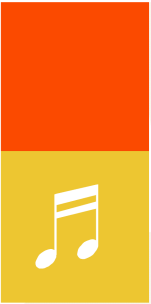


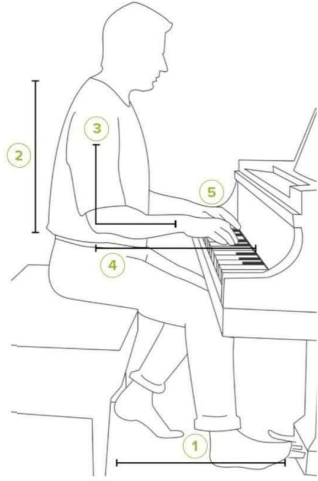
گشش نت



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CORRECT PIANO POSTURE



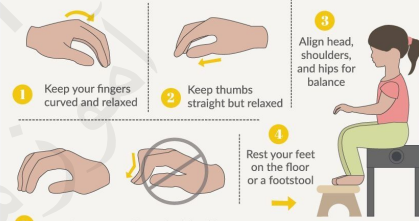
- 1 Keep your bench out from underneath the piano. Sit towards the edge and lean slightly forward.
- 2 Keep your back straight, and your shoulders relaxed.
- 3 Your arms should be at a 90-degree angle at your elbow. Keep your hands, wrists, and forearms level.
- 4 You should be able to reach all of the keys without scooting across the bench.
- 5 Keep your hands relaxed and curved upward.

Right Hand C Position

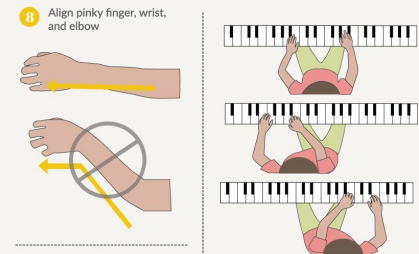
TOP 10

Tips for good piano posture

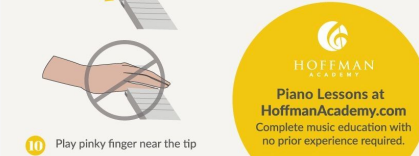
Sound, look, and feel your best by following these 10 expert tips for good piano posture.



- 6 Use the weight of your arm to press the keys
- 7 Keep your wrist flexible

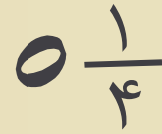
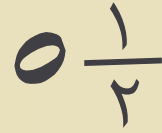
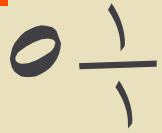


- 9 When reaching for notes, lean side to side rather than scooting on the bench



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4



گرد



$$\frac{4}{2} = 2$$



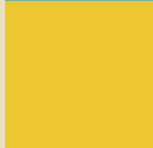
سفید



$$\frac{4}{4} = 1$$



سیاه



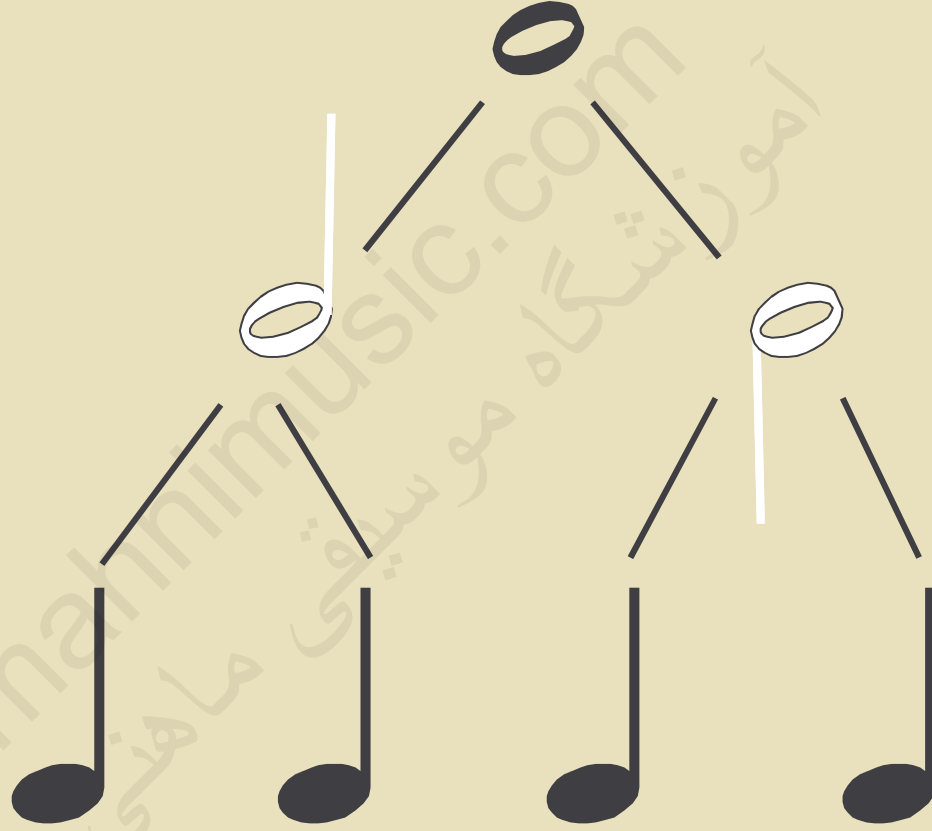
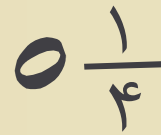
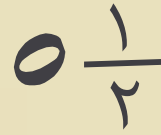
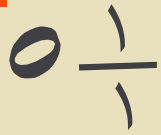
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گرد

سفید

سیاه





Beat

Name

Note

Rest

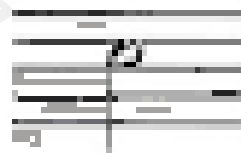
4

Whole



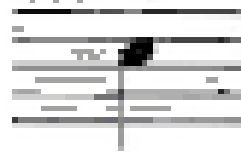
2

Half



1

Quarter



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ماہر سیفی ماہر فنی



Intervals Songs

Beat	Name	Note	Rest
4	Whole		
2	Half		
1	Quarter		

$F \text{ } \text{♩} = 60$

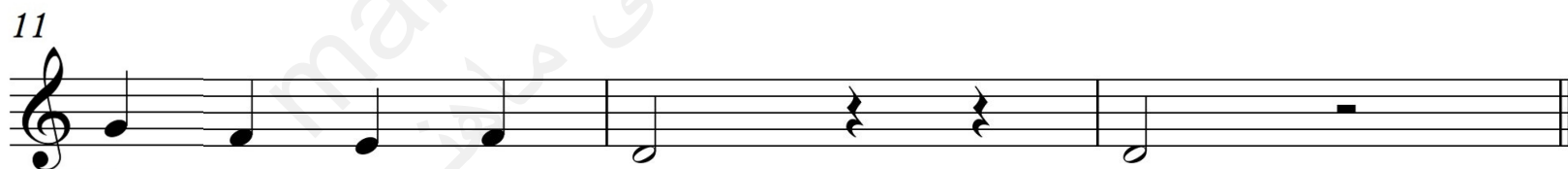
C F C

Ma jor se cond Ma jor third Per fect fourth Per fect fifth

3 F G C

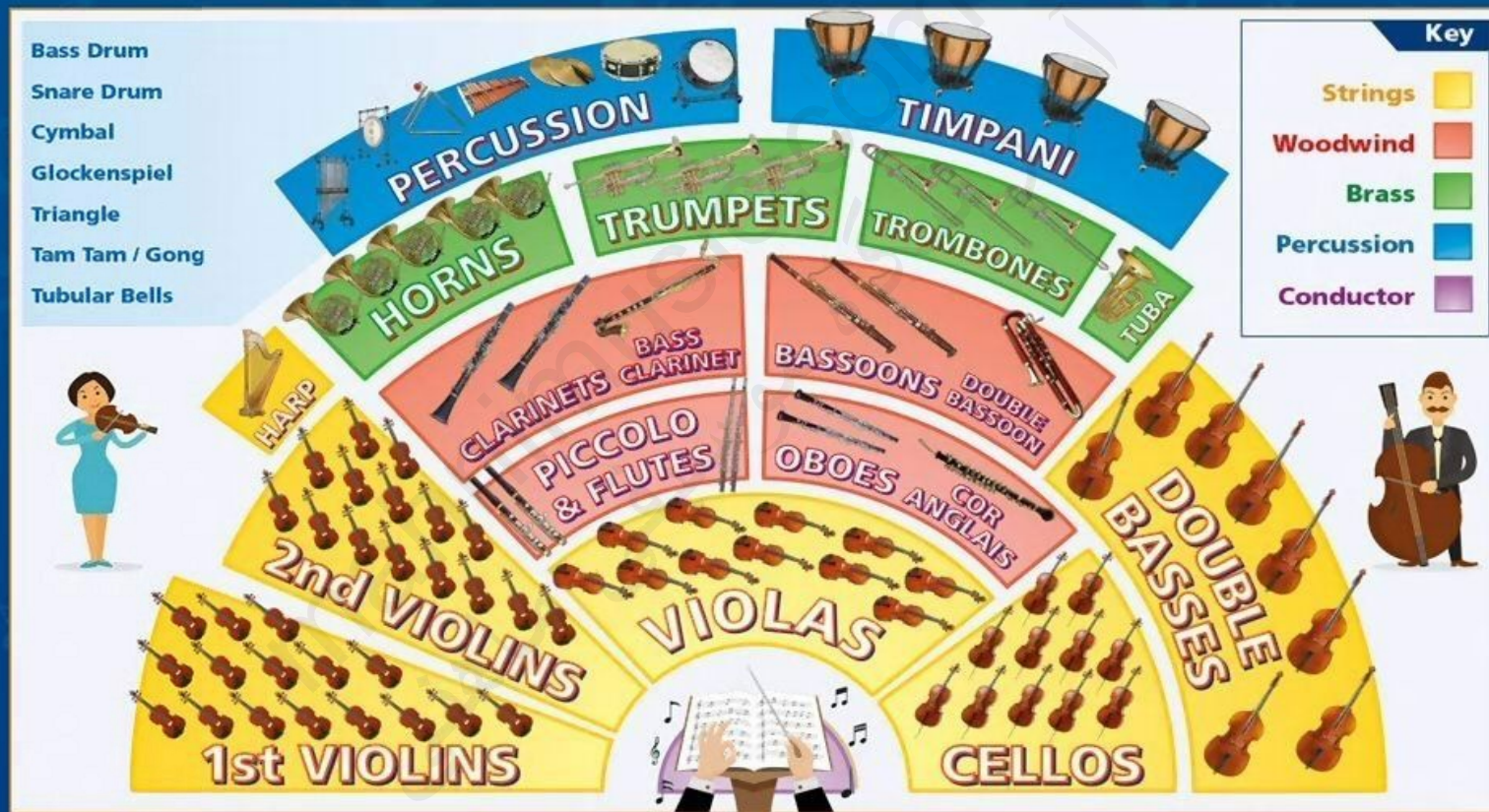
Ma jor Sixth Ma jor se venth Per fect oc tave

Beat	Name	Note	Rest
4	Whole		
2	Half		
1	Quarter		



The Orchestra

There are four sections in a typical orchestra: strings, woodwind, brass and percussion.



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