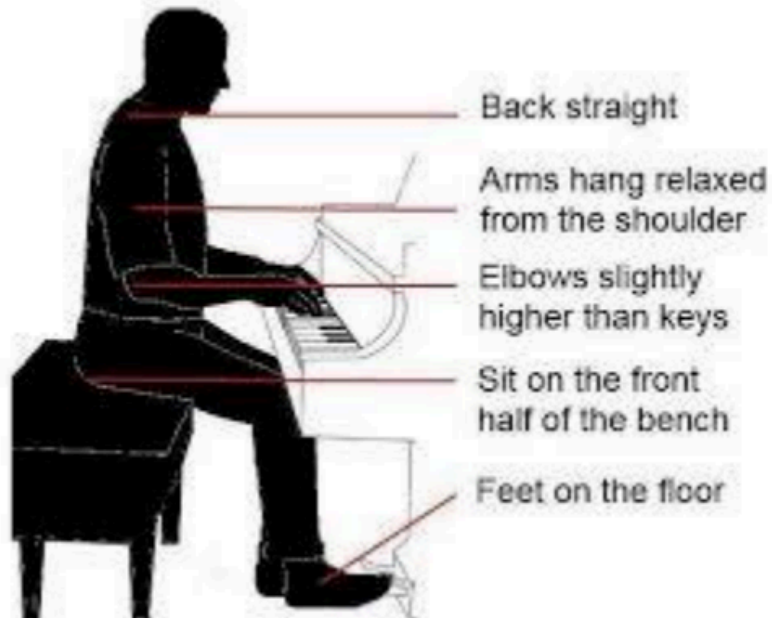
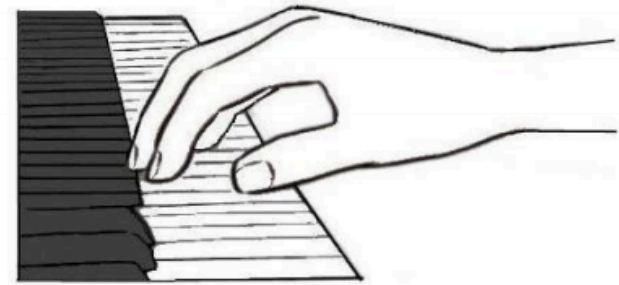


Always maintain a good posture.

Always try to hold your fingers in the position shown.

Imagine a ball in the palm of your hand to keep your fingers curved.



A good sitting position will stop you getting back ache when playing.

Try not to slouch.

If your are sitting on a chair they not to lean against the back of the chair.