

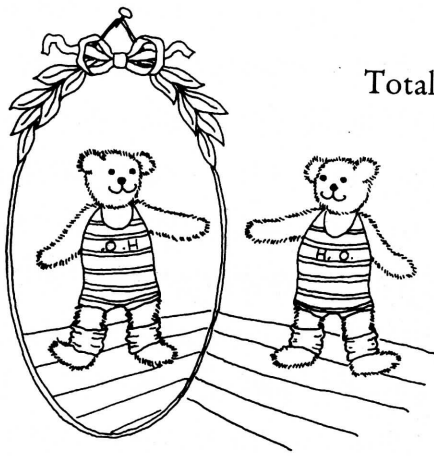
# Form Check

Your teacher will do a Form Check during each lesson to see if you are keeping good position when playing. These are the points you should check; each one that is correct will receive 10 points. 100 points is a perfect score on the Form Check.

- 1. Height - Are you sitting at the right height? \_\_\_\_\_
- 2. Posture - Is your back straight? \_\_\_\_\_
- 3. Shoulders - Are they relaxed, not "hunched" up? \_\_\_\_\_
- 4. Arms - Are they level and relaxed? \_\_\_\_\_
- 5. Elbows - Are they lifted away from your body? \_\_\_\_\_
- 6. Wrists - Are they level, left wrist not on board? \_\_\_\_\_
- 7. Hands - Are they rounded, cupped? \_\_\_\_\_
- 8. Thumbs - Are your thumbs pointing upward? \_\_\_\_\_
- 9. Fingers - Are they curved downward and relaxed? \_\_\_\_\_
- 10. Nails - Are they filed? \_\_\_\_\_

**Quick Form Check**

- Height & Posture
- Shoulders & Arms
- Elbows & Wrists
- Hands
- Thumbs
- Fingers
- Nails



Total Points \_\_\_\_\_