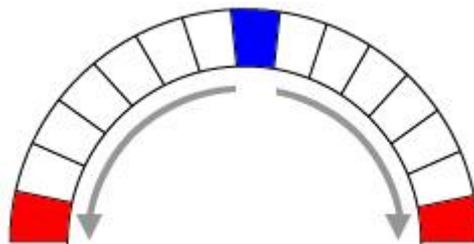
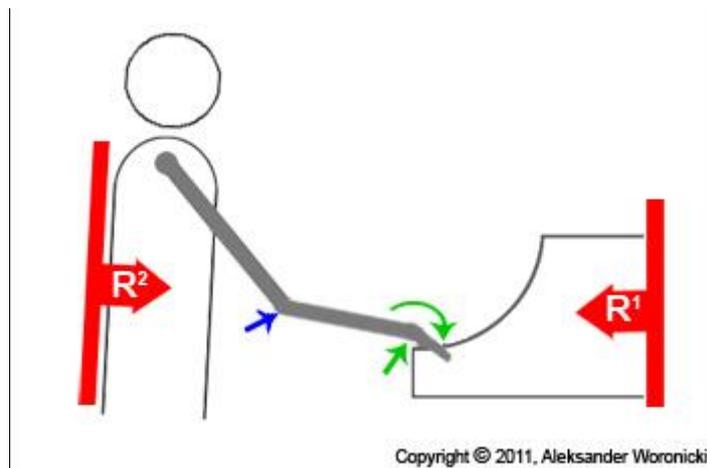


Pianistic “bridge” - architectural arch

The upper limb is a “chain” of bones so if all muscles are relaxed, the “bridge” is broken in every joint. Imagine now: the bottom of the keyboard forms a front mechanic resistance (fig. below - R1) If you lean your back a bit forward or keep it fixed, it'll work as a back mechanic resistance (R2) When you expand your Motor Apparatus between these extremities, you'll get a bridge similar to the architectural arch where all the elements keep together “by themselves”. In the piano technique it means that instead of overusing your arm and hand muscles strength, you use mainly the inertia of your body and ligamental locking of your fingers - <http://aw4piano.info/en/info2/06>



This gives a great horizontal force. To press one piano key you need about 70 grams. Compare it with the weight of your body! So, generally, only a tiny part this horizontal force is transformed by the wrist, metacarpus and fingers to make a vertical movement (pressing a key down) and produce a sound.

BE CAREFUL!

- Push the piano **forward**, never **down**.
- Never push too much! Everything must be well balanced.

Watch this video:

<https://youtu.be/hV-SIHn7ZIU?t=197>

About architectural arch in English - <https://en.wikipedia.org/wiki/Arch>

This French page explains it better - <https://fr.wikipedia.org/wiki/Claveau>