

Before You Begin Typing

REMEMBER...

1. Position your body in front of the G and H keys.
2. Keep your head up, eyes should focus on the screen not on your keyboard.
3. Relax your shoulders, keep elbows close to your body.
4. Keep both of your feet on the floor in front of your chair.
5. When typing, try to keep your wrists flat.
6. Keep fingers curved and resting on the home row keys. `asdf jkl;`
7. Use your thumbs to strike the spacebar.

You are ready to begin.

