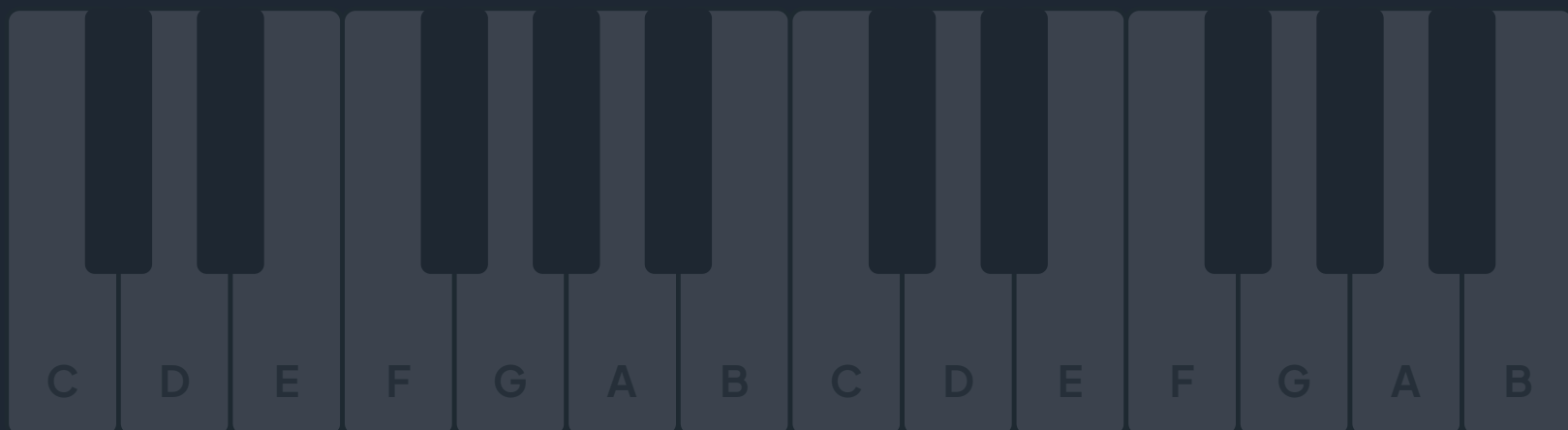


FREE BEGINNER GUIDE · NO MUSIC READING NEEDED

Play Your First Chords on Piano *in 7 Days*

Find your way around the keyboard, learn 4 chords that unlock hundreds of songs, and play your first progression, with easy picture diagrams.



4

chords used in countless pop songs

15 min

a day, 7-day practice plan

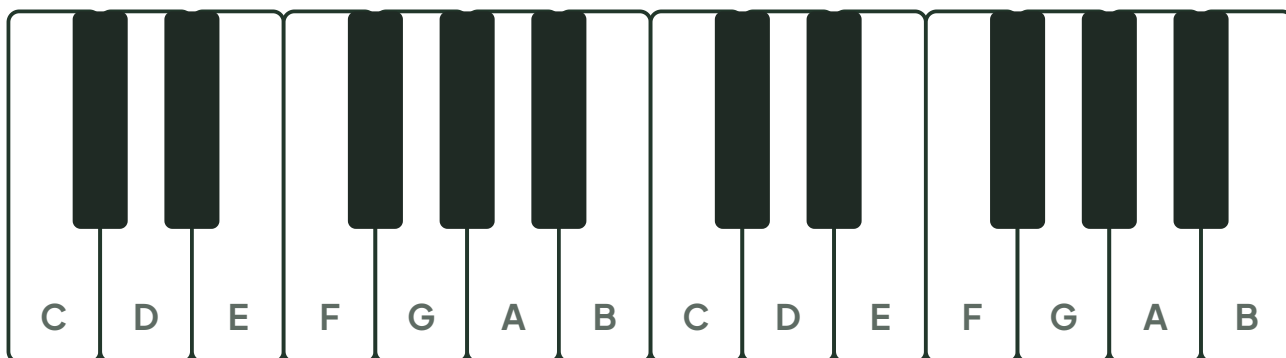
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sheet music required

Find your way around the keys

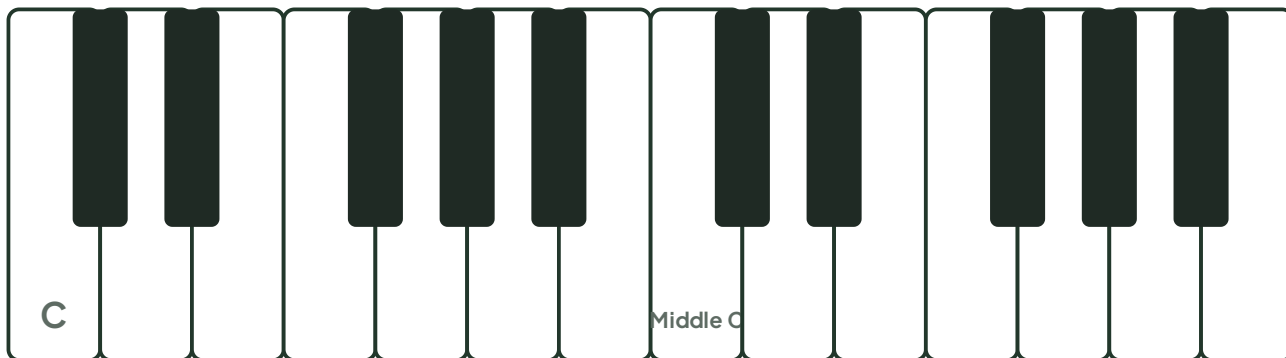
A keyboard looks complicated, but it's just one simple pattern repeated: **7 white keys** (C D E F G A B) and **5 black keys** in groups of 2 and 3. Learn the pattern once and you know the whole keyboard.

The white keys repeat: C D E F G A B



After B, the pattern starts again at the next C. The black keys are "sharps" and "flats" between the white keys.

Finding C: look for the group of 2 black keys



C is always the white key just to the left of a group of 2 black keys. "Middle C" is the C closest to the middle of your keyboard, usually right in front of you when you sit centered.

Try it now: find and play every C on your keyboard, from lowest to highest. Then do the same for F (the white key just left of each group of 3 black keys).

Posture and finger numbers

Two minutes on posture now saves you tension, sore wrists, and bad habits later.



How to sit

- ☐ Sit centered, facing middle C
- ☐ Adjust the seat so your forearms are roughly level with the keys
- ☐ Sit on the front half of the bench, feet flat on the floor
- ☐ Keep your back tall and your shoulders relaxed



Hand shape

- ☐ Curve your fingers as if holding a small ball
- ☐ Play with the fingertips, not flat fingers
- ☐ Keep wrists level, neither drooping nor raised high
- ☐ Shake out any tension between exercises

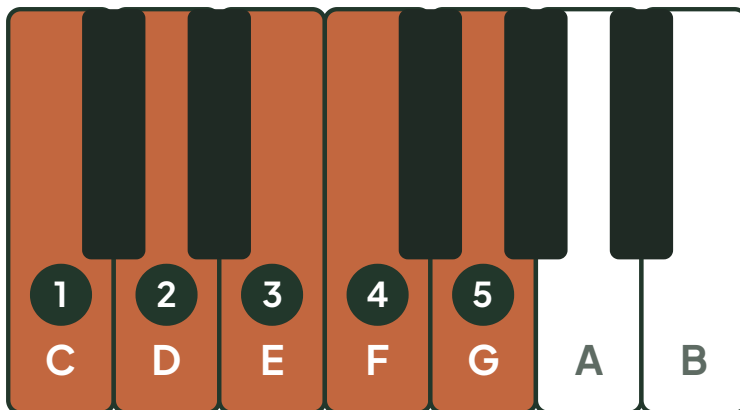
Finger numbers

Each hand is numbered the same way: **thumb = 1**, index = 2, middle = 3, ring = 4, little finger = 5.

Why it matters

Chord and lesson diagrams use these numbers to show which finger plays which key, like the circles below.

Your first hand position: right hand on C D E F G

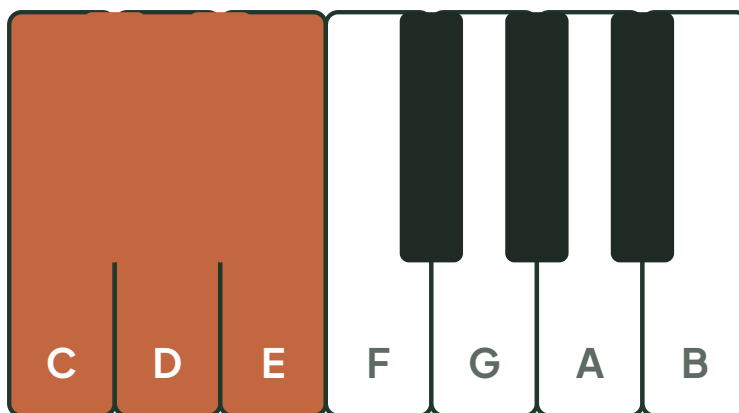


Place right-hand finger 1 on middle C, and each finger on the next white key. Play up (1–2–3–4–5) and back down slowly, 5 times. Then try the left hand with finger 5 on the C below.

The simple formula behind every chord

A basic chord is just **3 notes played together**. You build it by counting **half steps**: the distance from one key to the very next key, black or white.

Counting half steps from C



C → C# → D → D# → E is **4 half steps**. Every key counts, including the black ones.

Major chord (bright, happy)

Start note → up **4** half steps → up **3** more.
C → E → G = C major

Minor chord (softer, sadder)

Start note → up **3** half steps → up **4** more.
A → C → E = A minor

Why this is powerful

- ☐ With these two formulas you can build a major or minor chord from **any** key
- ☐ Most pop, rock, and folk songs are built mainly from major and minor chords
- ☐ Chord names tell you the start note: "G" means G major, "Am" means A minor

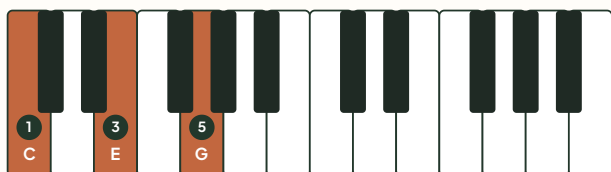
Try it: build D major using the formula. Start on D, count up 4 half steps, then 3 more. (Answer: D, F#, A. The middle note is a black key!)

STEP 4 · YOUR FIRST 4 CHORDS

C, G, Am, and F

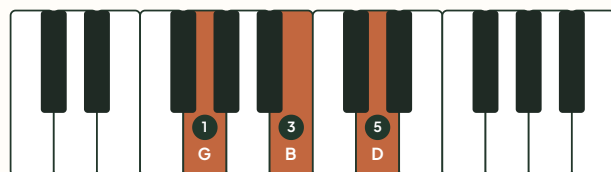
These four chords use only white keys, and together they power a huge number of popular songs. Play each with right-hand fingers **1, 3, and 5**, pressing all three keys at the same time.

C C major



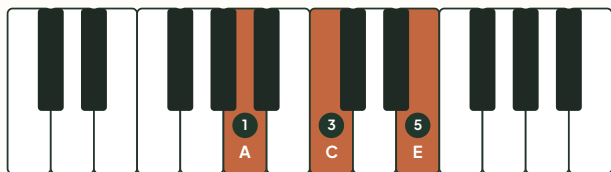
Notes: **C – E – G** · fingers 1–3–5

G G major



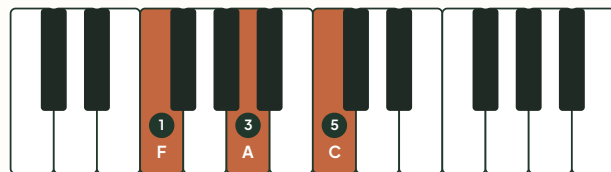
Notes: **G – B – D** · fingers 1–3–5

Am A minor



Notes: **A – C – E** · fingers 1–3–5

F F major



Notes: **F – A – C** · fingers 1–3–5

Play each chord cleanly

- ☐ Press all three keys at exactly the same moment
- ☐ Listen: each note should sound clearly, with no "missing" key
- ☐ Lift your hand, move to the next chord, and land all three fingers together

Your first chord progression

Play the four chords in this order, again and again. This progression appears in countless pop hits. Once it flows, you'll recognize it everywhere.

C 4 beats	G 4 beats	Am 4 beats	F 4 beats
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Add rhythm: 3 patterns from easy to fuller

Pattern	Count	How to play it
1. Long chords	1 . . .	Play the chord on beat 1 and hold it while you count 2, 3, 4.
2. Steady beat	1 2 3 4	Play the chord on every beat, evenly, like a clock ticking.
3. Add the left hand	1 2 3 4	Left hand plays the chord's letter note lower down (C for C, G for G...) on beat 1, while the right hand plays the chord on every beat.

Smooth chord changes

- ☐ Go slowly at first; even, steady beats matter more than speed
- ☐ Look at the next chord before you need it
- ☐ Use a free metronome app at a slow speed, around 60 beats per minute
- ☐ When it feels easy, sing or hum a favorite song over it

Want to play real songs this way? This "chords and rhythm first" approach is exactly how **Pianoforall** teaches piano, step by step from beginner level →

Your 7-day practice plan

Just 15 minutes a day. Short, regular practice builds finger memory much faster than one long session a week.

Day	Practice (about 15 minutes)	Done
1	Find every C and every F on the keyboard. Name the white keys out loud from C to B.	☐
2	Learn finger numbers. Play C-D-E-F-G up and down with each hand, 5 times slowly.	☐
3	Learn the C and G chords. Switch between them 10 times, landing all three fingers together.	☐
4	Learn Am and F. Practice all four chords one at a time, then try building D major with the formula.	☐
5	Play the progression C – G – Am – F with Pattern 1 (long chords). Aim for no pauses between chords.	☐
6	Switch to Pattern 2 (steady beat). Use a metronome at a slow speed.	☐
7	Add the left hand (Pattern 3). Record yourself on your phone and enjoy hearing your first song pattern!	☐

Practice notes

Tip: practice at the same time each day, for example right after dinner. A routine beats motivation.

YOUR NEXT STEP

From 4 chords to real songs

You can now find any note, build major and minor chords, and play a progression with rhythm. The next step is a course that keeps building on this foundation, one lesson at a time.

RECOMMENDED COURSE

Learn piano the chords-first way with Pianoforall

Chords & rhythm first

The same approach as this guide, so you play music from the start.

Video & audio lessons

Watch and hear each lesson, then play along at your own pace.

Beginner to confident

Builds from first chords toward playing songs by ear and improvising.

Piano or keyboard

Works on any piano or keyboard you have at home.

[See the Pianoforall lessons →](#)

Disclosure: this is an affiliate link. If you buy the course through it, MyInfoLabs.com may earn a commission at no extra cost to you.

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Enjoy your first songs,

Uday Chandra

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