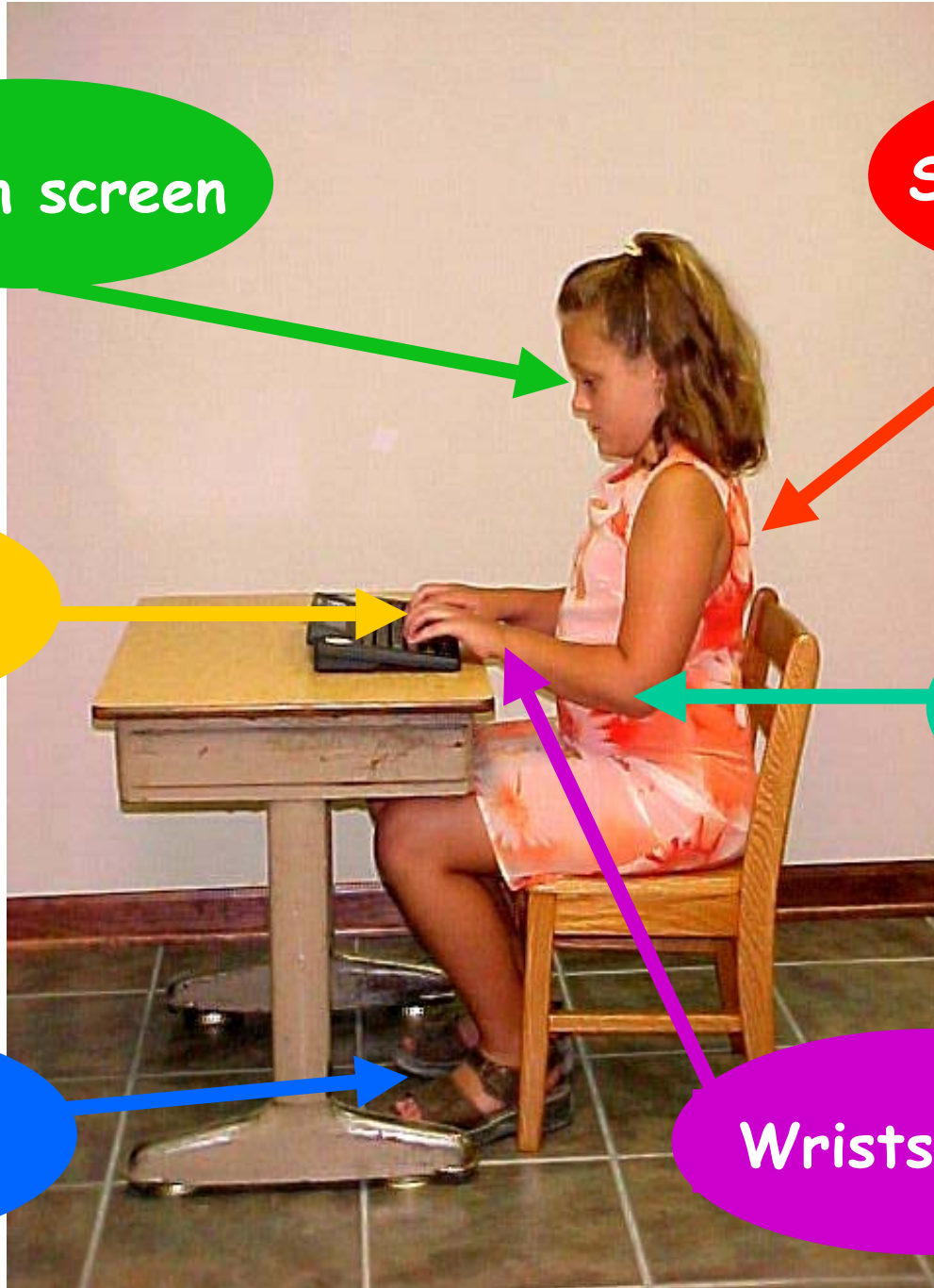


Keyboarding Technique



Eyes on screen

Sit up straight

Scratch position

Elbows
by side

Feet flat

Wrists flat