When playing the recorder, there are two basic positions: rest position and playing position.

**Rest Position**
Place your recorder in your lap or let it hang from its lanyard.

**Playing Position**
Hold your recorder up and ready to play. The left hand is on top, and the right hand is below.

**Hands**
- left hand on top

**Holes**
- finger hole(s) completely sealed

**Lips**
- lips covering teeth

**Breath**
- not too hard, not too soft