1. If your chair is the correct size, then the correct size table for you will come up to your elbow joint.

Check the correct distance of head from the page.

2. How to find the correct paper position

Correct slant for right hander

Correct paper positions

Left hander

Right hander

3. LEFT hand grip

3 cm back from point of pencil

RIGHT hand grip

1.5 cm back from point of pencil