

# 每日十二首

# 钢琴技术练习

入门

人民音乐出版社



埃德纳·梅·伯楠编

# 每日十二首 钢琴技术练习

(入门)

[美]埃德纳·梅·伯楠编  
释文译者 樊建勤

人民音乐出版社

A DOZEN A DAY  
TECHNICAL EXERCISES  
FOR THE PIANO  
(MINI BOOK)

本书根据美国威利斯音乐公司版影印

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## 每 日 十 二 首

本书是为弹奏《每日十二首钢琴技术练习》预备册之前学习使用的入门书。

我多年来教授青年学生弹奏钢琴，发现学生在初学钢琴时，迫切需要及时地给予技术练习。

过去，我曾用机械的方法给初学者以技术练习，直到他们能视读出本套练习曲——预备册的音符为止。

现在，我感到初学者必需要有《每日十二首》这样一本入门书。

本书是为任何一种初学的方法或系列教程的第一册而设计的，无论是集体课或个别课的训练，均可使用。

这些练习是用学生正在视读的音符写成的。因此，学生在喜爱弹奏本书时，就已经能够自己读谱了。

当学生学完本书后，已经为学习本套练习曲的预备册做了准备。

埃德纳·梅·伯楠

## 每 日 十 二 首

人们在每天早上工作之前进行体育锻炼。

同样，我们在开始练琴之前，必需进行手指练习。

本书的目的在于帮助弹奏者锻炼健壮有力的手和训练独立灵活的手指。

当第一周练习本书时，不要试图将第一组十二首练习全部弹完。每天练琴前，先弹二至三首。待练熟后，再逐首增加，直至能正确地弹奏十二首为止。

当你能熟练地、正确地弹奏第一组十二首时，再以同样的方法弹奏其他各组。

应鼓励弹奏者将这些练习中的很多首在不同的调上进行移调练习。

埃德纳·梅·伯楠

## 目 次

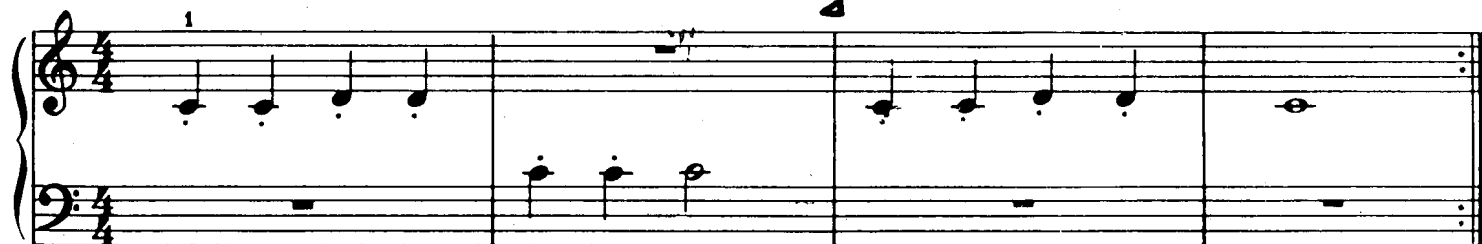
第 一 组.....	1
第 二 组.....	5
第 三 组.....	9
第 四 组.....	13
第 五 组.....	17

# 第一组

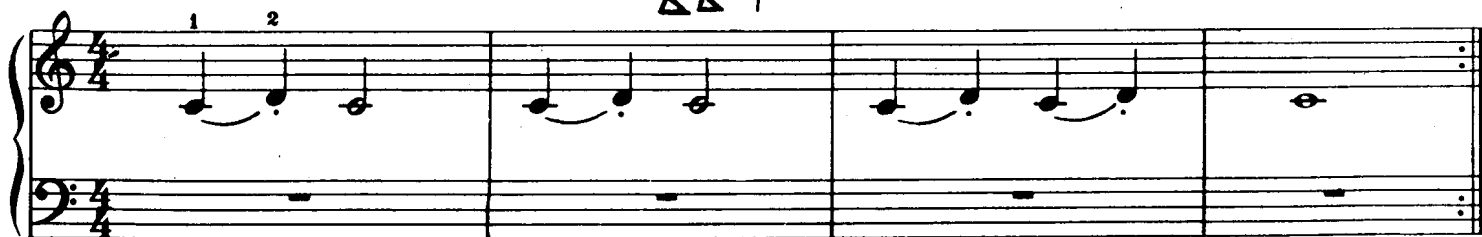
## 1. 散步



## 2. 单脚跳



## 3. 右手拍球



## 4. 左手拍球



## 5. 打滚儿

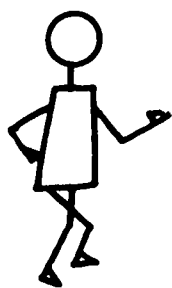


## 6. 举起和放下双臂

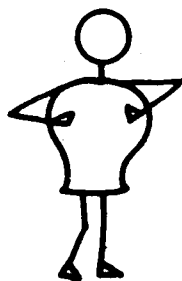




## 7. 蹦蹦跳跳



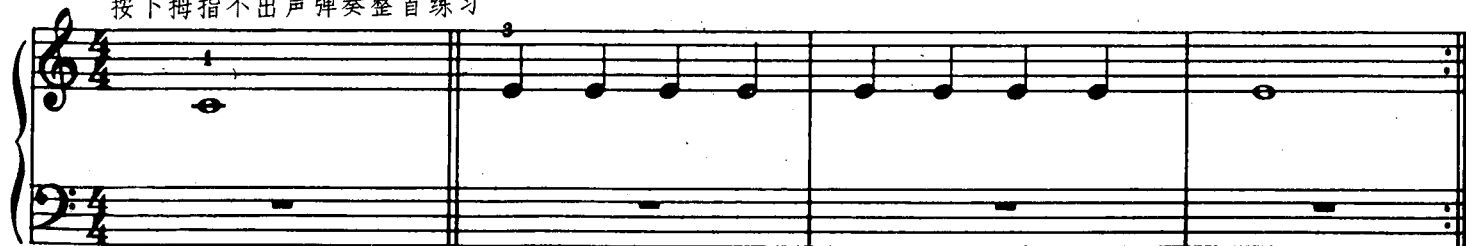
## 8. 深呼吸



## 9. 右手敲锤



按下拇指不出声弹奏整首练习



## 10. 左手敲锤



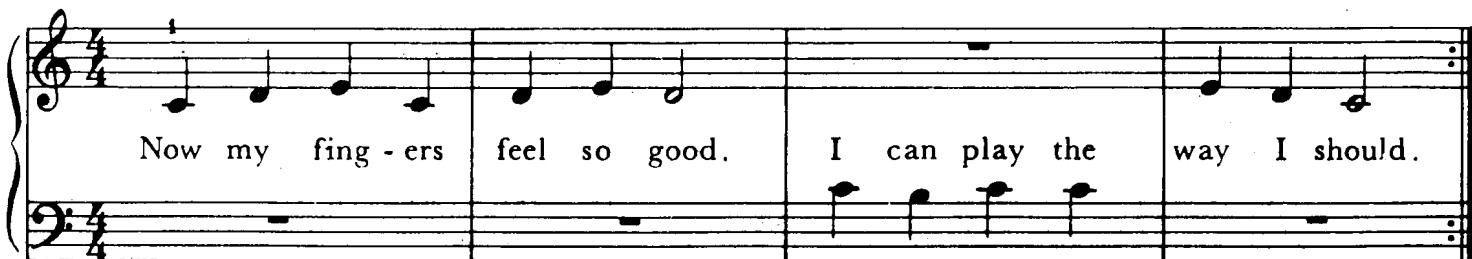
按下拇指不出声弹奏整首练习



## 11. 穿着雨鞋趟水



## 12. 精神抖擞，准备弹奏



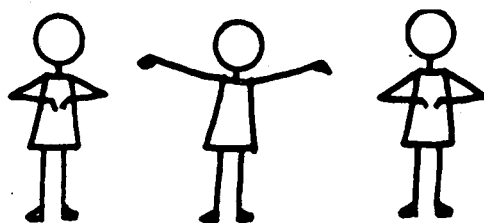
歌词大意：我的手指感觉好，按这方法弹奏真美妙。

# 第二组

## 1. 左右扭摆



## 2. 伸曲双臂



## 3. 摸脚尖



4. 踢右腿



A musical score for a piano exercise in 4/4 time. The piece consists of four measures. The first measure contains a quarter note G4 (labeled '1') and a quarter note D5 (labeled '4') with a slur over them. The second measure contains a quarter note G4 and a quarter note D5 with a slur. The third measure contains a quarter note G4 and a quarter note D5 with a slur. The fourth measure contains a whole note G4. The bass clef part is mostly empty, with a few notes in the second and third measures.

5. 踢左腿



A musical score for a piano exercise in 4/4 time. The piece consists of four measures. The first measure contains a quarter note G4 (labeled '1') and a quarter note D5 (labeled '4') with a slur over them. The second measure contains a quarter note G4 and a quarter note D5 with a slur. The third measure contains a quarter note G4 and a quarter note D5 with a slur. The fourth measure contains a whole note G4. The treble clef part is mostly empty, with a few notes in the second and third measures.

6. 向后仰

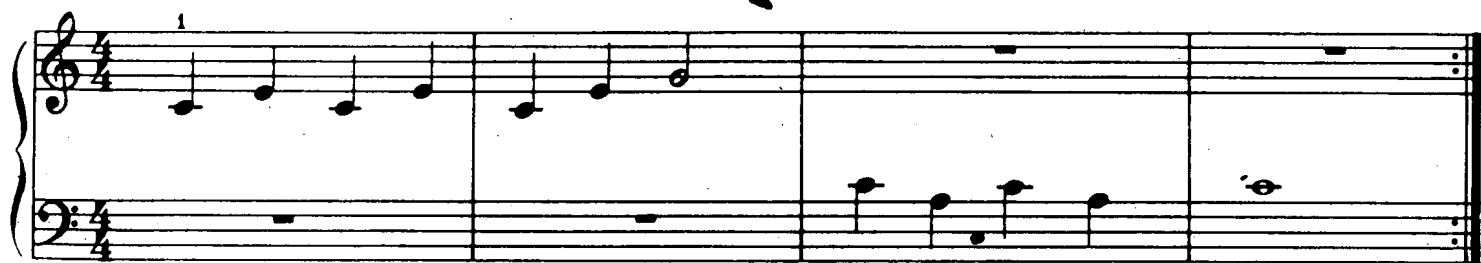
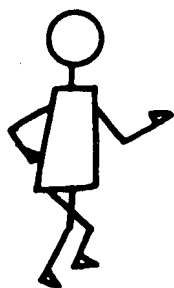


A musical score for a piano exercise in 4/4 time. The piece consists of four measures. The first measure contains a quarter note G4, a quarter note A4, a quarter note B4, and a quarter note C5. The second measure contains a quarter note G4, a quarter note A4, a quarter note B4, and a quarter note C5. The third measure contains a quarter note G4, a quarter note A4, a quarter note B4, and a quarter note C5. The fourth measure contains a whole note G4.

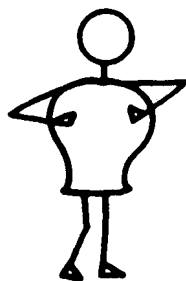
7. 坐下，两腿开合



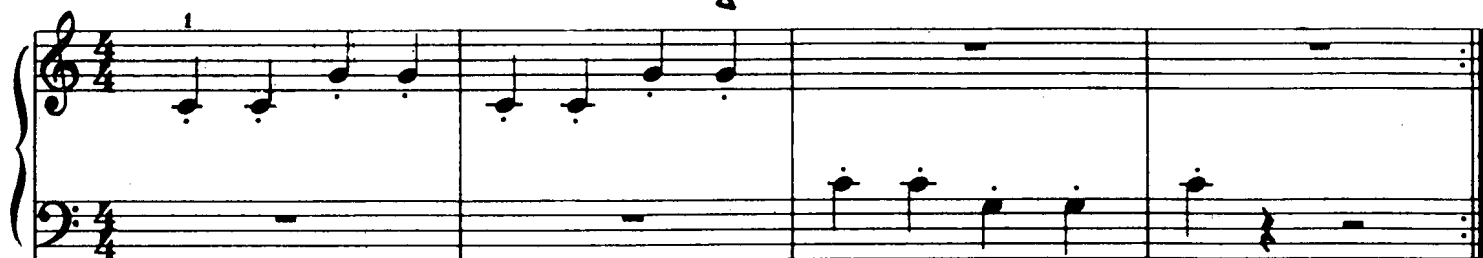
8. 蹦蹦跳跳



9. 深呼吸



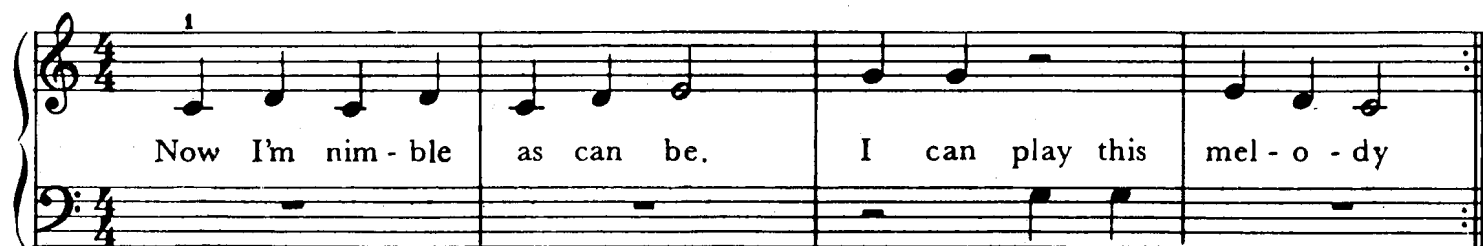
## 10. 跳 绳



## 11. 下 山



## 12. 精神抖擞，准备弹奏



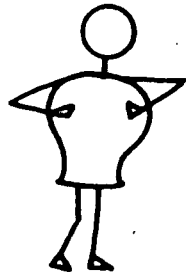
歌词大意：我的手指真灵巧，我能弹好这曲调。

# 第三组

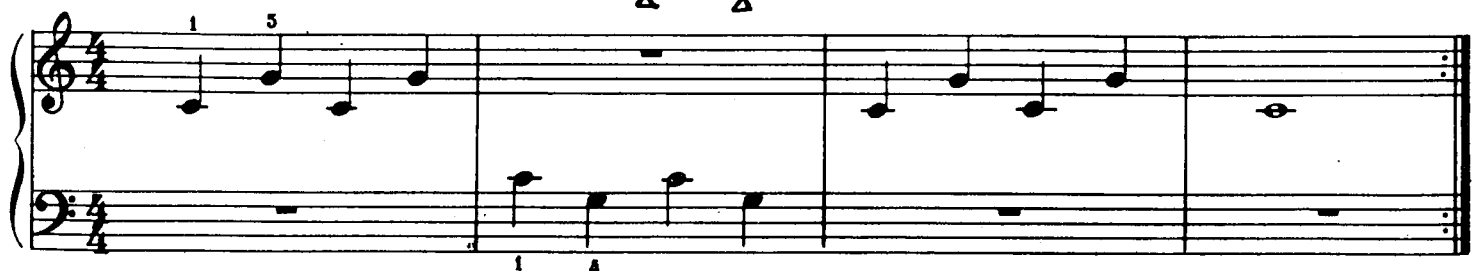
## 1. 劈叉



## 2. 深呼吸



## 3. 两腿挺直阔步走



## 4. 躺下伸曲右腿



Musical notation for exercise 4, showing a sequence of notes in the treble clef (1, 2, 3, 1, 3, 2, 1) and corresponding whole notes in the bass clef.

## 5. 躺下伸曲左腿



Musical notation for exercise 5, showing a sequence of notes in the bass clef (1, 2, 3, 1, 3, 2, 1) and corresponding whole notes in the treble clef.

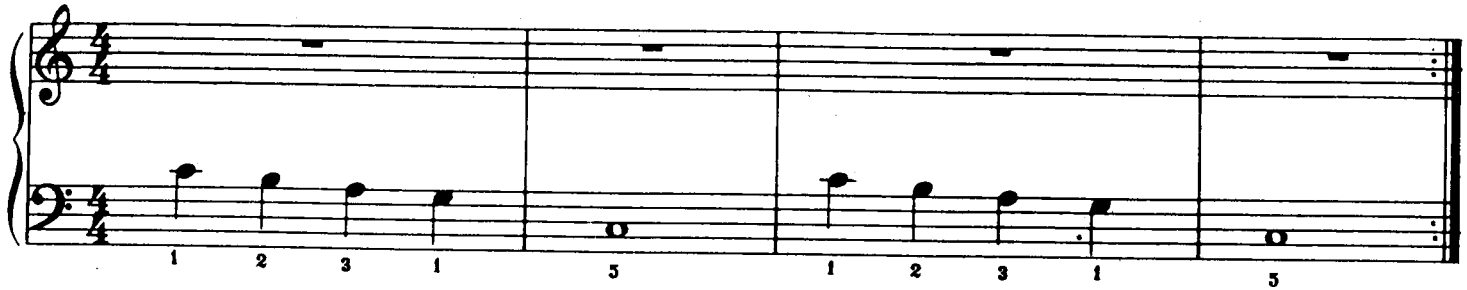
## 6. 躺下伸曲双腿



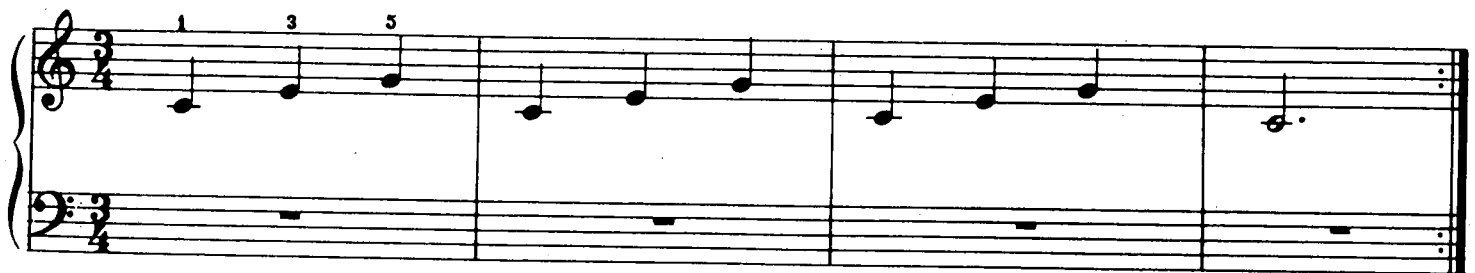
Musical notation for exercise 6, showing a sequence of notes in the treble clef (1, 2, 3, 1, 3, 2, 1) and corresponding whole notes in the bass clef.



7. 向后仰



8. 向右转



9. 向左转

