

A stylized red hand with fingers spread, positioned above the title.

儿童钢琴



手指练习

李斐岚 编著



人民音乐出版社

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前 言

《儿童钢琴手指练习》，是在长期对儿童进行钢琴教学的实践基础上，参照国外钢琴手指练习的经验编写的。多年来，我在儿童钢琴教学中，深深感到，由于儿童在生理和智力上的特点，那些成年人经常使用的手指练习，对于他们却往往不太适用，也难达到预期的效果。近年来学习钢琴的儿童与日俱增，为了给孩子们提供更有系统、更有针对性的训练手指的教材，特编选了这本小册子。

全书分三个部分，各部分均是按循序渐进、由浅入深的规律编排。第一部分是日常用的各种五指练习38首，第二部分是有针对性的特殊练习105首，第三部分是选编的常规音阶，琶音及和弦练习。

使用本练习须在教师的指导下，并根据儿童学琴的程度和需要，有目的地选用，以弥补弹奏中某些技术上的欠缺，帮助解决弹奏乐曲或练习曲中碰到的某些难点。它只是儿童钢琴技术练习中的一个部分，决不能用来取代其它的练习曲或各种乐曲。

由于本人水平所限，书中存在的缺点在所难免，诚恳地希望读者予以指正。

李斐岚

1985年于中央音乐学院附中

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第一部分 五指练习38首

这部分练习采用了双手同向进行、反向进行、大小调对置、同调模进及移调模进等手法，可促使手指灵活，触键平均有力而富有弹性。每首练习均可作多次重复。练习时应从慢速度及中等力度开始，然后根据弹奏者的能力逐步提高速度及力度。弹奏时，注意手臂放松自如，手腕柔软平稳，手型端正不僵，抬起手指弹奏，指端关节立稳。

一、非连音练习

1.

2.

3.

Exercise 3 is in 4/4 time. The right hand starts with a quarter note G4 (finger 1), followed by a quarter note A4 (finger 3), and a quarter note B4 (finger 5). The left hand starts with a quarter note G3 (finger 1), followed by a quarter note F3 (finger 3), and a quarter note E3 (finger 5). The melody continues with eighth notes: G4-A4-B4-C5 in the right hand, and G3-F3-E3-D3 in the left hand. The exercise concludes with a whole note G4 in the right hand and a whole note G3 in the left hand.

Measures 5-8 of exercise 3. The right hand continues with eighth notes: D5-C5-B4-A4. The left hand continues with eighth notes: C3-B2-A2-G2. The exercise concludes with a whole note A4 in the right hand and a whole note A2 in the left hand.

4.

Exercise 4 is in 4/4 time. The right hand starts with a quarter note G4 (finger 1), followed by a quarter note F#4 (finger 3), and a quarter note E4 (finger 5). The left hand starts with a quarter note G3 (finger 1), followed by a quarter note F#3 (finger 3), and a quarter note E3 (finger 5). The melody continues with eighth notes: G4-F#4-E4-D4 in the right hand, and G3-F#3-E3-D3 in the left hand. The exercise concludes with a whole note G4 in the right hand and a whole note G3 in the left hand.

Measures 5-8 of exercise 4. The right hand continues with eighth notes: C5-B4-A4-G4. The left hand continues with eighth notes: C3-B2-A2-G2. The exercise concludes with a whole note G4 in the right hand and a whole note G2 in the left hand.

5.

Exercise 5 is in 3/4 time. The right hand starts with a quarter note G4 (finger 1), followed by a quarter note A4 (finger 3), and a quarter note B4 (finger 5). The left hand starts with a quarter note G3 (finger 1), followed by a quarter note F3 (finger 3), and a quarter note E3 (finger 5). The melody continues with eighth notes: G4-A4-B4 in the right hand, and G3-F3-E3 in the left hand. The exercise concludes with a whole note G4 in the right hand and a whole note G3 in the left hand.



8.

Exercise 8 is a 16-measure piece in 3/4 time, marked with a treble and bass staff. The key signature has one sharp (F#). The melody in the treble staff starts on G4 and ascends to E5, then descends. The bass staff provides a harmonic accompaniment, starting on G3 and moving in parallel motion with the treble staff. Fingerings are indicated by numbers 1-5 above the notes.

9.

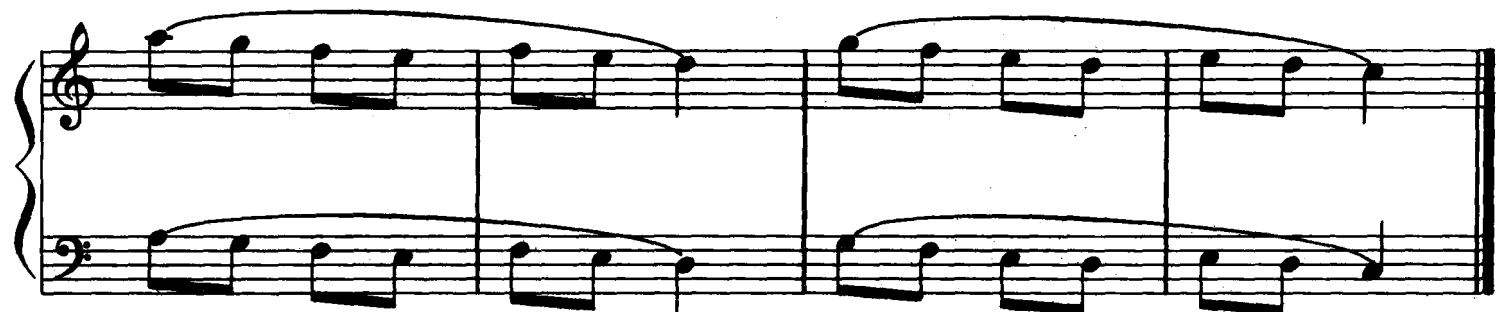
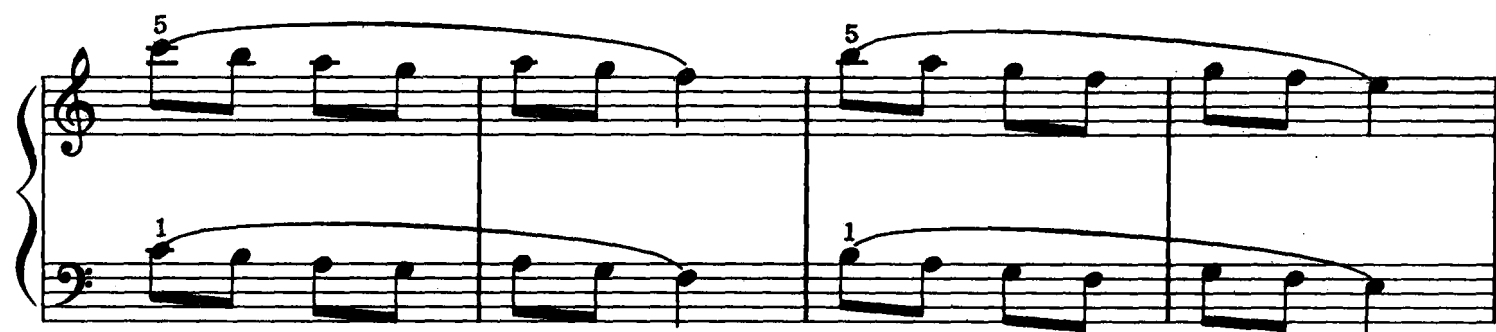
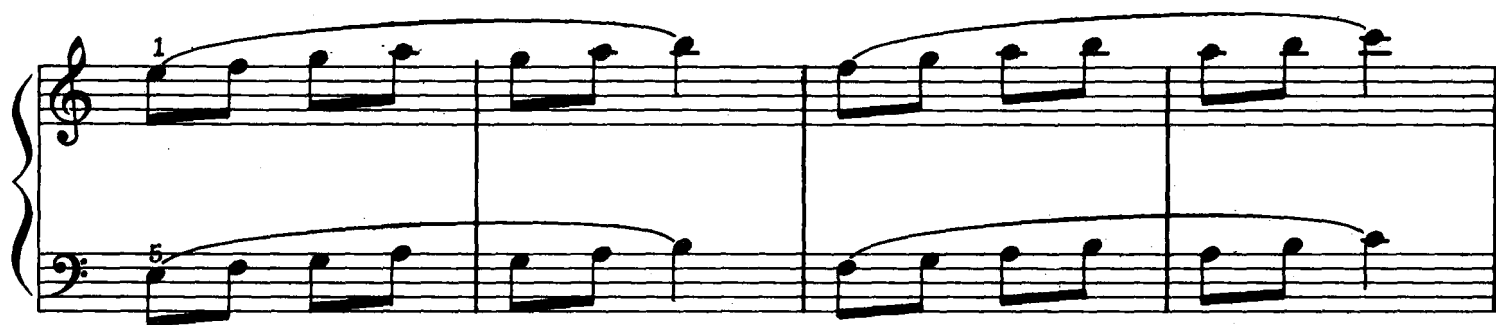
A musical score for the song 'The Rose Tree'. It consists of two staves, a treble staff and a bass staff, with a grand staff bracket on the left. The key signature has one sharp (F#), and the time signature is 3/4. The melody is written in the treble staff, and the bass line is in the bass staff. The piece is divided into four measures by vertical bar lines. Fingerings are indicated by numbers 1-5 above or below the notes. The first measure contains a half note G4 and a quarter note A4. The second measure contains a half note B4 and a quarter note G4. The third measure contains a half note F#4 and a quarter note E4. The fourth measure contains a half note D4 and a quarter note C4. The bass line follows a similar pattern: first measure has a half note C3 and a quarter note D3; second measure has a half note E3 and a quarter note D3; third measure has a half note C3 and a quarter note B2; fourth measure has a half note A2 and a quarter note G2. The piece ends with a double bar line.

10.

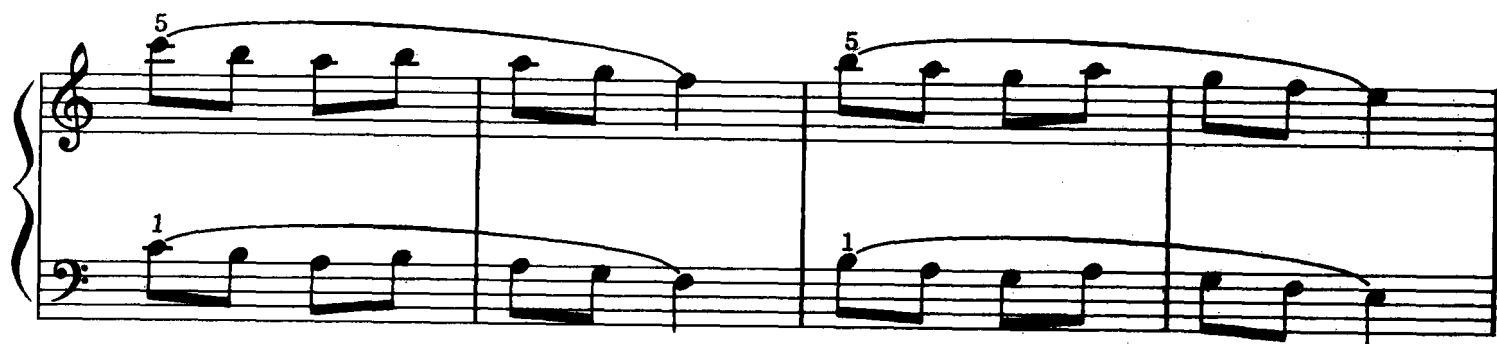
Musical notation for exercise 10, featuring a treble and bass staff with fingerings and a large brace on the left.

A musical score for the song 'The Rose Tree'. It consists of two staves, a treble staff and a bass staff, both in 2/4 time. The melody is written in the treble staff, and the accompaniment is in the bass staff. The key signature has one sharp (F#), and the time signature is 2/4. The melody starts on a whole note G4, followed by a half note A4, a quarter note B4, and a quarter note C5. The accompaniment starts on a whole note G3, followed by a half note A3, a quarter note B3, and a quarter note C4. The melody continues with a half note D5, a quarter note E5, a quarter note F#5, and a quarter note G5. The accompaniment continues with a half note D4, a quarter note E4, a quarter note F#4, and a quarter note G4. The melody ends with a half note G5, a quarter note F#5, a quarter note E5, and a quarter note D5. The accompaniment ends with a half note G4, a quarter note F#4, a quarter note E4, and a quarter note D4. The score is written in a simple, clear style with a white background and black ink.

二、连音练习



12.



三、五组基本练习

13. 1)

4/4

2)

4/4

3)

4/4

4)

4/4

5)

4/4

14.

1)

4/4

2)

4/4

3)

4/4

4)

4/4

5)

4/4

四、连音及跳音的混合练习

15.

First system of musical exercise 15, featuring treble and bass staves with fingerings and slurs.

Second system of musical exercise 15, featuring treble and bass staves with slurs and dotted half notes.

Third system of musical exercise 15, featuring treble and bass staves with fingerings and slurs.

Fourth system of musical exercise 15, featuring treble and bass staves with slurs and dotted half notes, ending with a double bar line.

16.

This musical score is a four-measure piano exercise in 3/4 time. The right hand plays a continuous eighth-note melody, while the left hand provides a supporting bass line. The first measure is marked with a brace and the number 16. It includes fingering numbers: 1, 3, 2, 4, 3, 5 for the right hand and 1, 3, 2, 4, 3, 5 for the left hand. The melody in the right hand consists of eighth notes, with some measures containing beamed eighth notes. The bass line in the left hand consists of eighth notes and quarter notes. The piece concludes with a double bar line in the fourth measure.

