



附CD一张

单簧管 天天练练

A DOZEN A DAY
CLARINET

[美] E-M·伯纳姆 著
朱 哈 译



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图书在版编目 (CIP) 数据

单簧管天天练练/[美]E-M·伯纳姆著；朱晗译－上海：上海音乐出版社，
2013.4

ISBN 978-7-5523-0154-0

I. 单… II. ①E… ②朱… III. 单簧管－吹奏法 IV. J621.4

中国版本图书馆 CIP 数据核字 (2013) 第 042146 号

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Florence, Kentucky, USA.

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Exclusive Distributors:

Music Sales Limited

Newmarket Road, Bury St Edmunds, Suffolk IP33 3YB, UK.

Music Sales Pty Limited

20 Resolution Drive, Caringbah, NSW 2229, Australia.

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书 名：单簧管天天练练

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出 品 人：费维耀

责 任 编辑：张静星

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封 面 设计：陆震伟

印 务 总 监：李霄云

上海音乐出版社、上海文艺音像电子出版社出版、发行

地址：上海市绍兴路 7 号 邮编：200020

上海文艺出版（集团）有限公司：www.shwenyi.com

上海音乐出版社网址：www.smph.cn

上海音乐出版社电子信箱：editor_book@smph.cn

上海文艺音像电子出版社邮箱：editor_cd@smph.cn

印 刷：上海书刊印刷有限公司

开本：640×978 1/8 印张：4 图、谱、文：32 面

2013 年 4 月第 1 版 2013 年 4 月第 1 次印刷

印 数：1—3,000 册

ISBN 978-7-5523-0154-0/J · 0118

定 价：28.00 元（附 CD 1 张）

读者服务热线：(021) 64375066 印装质量热线：(021) 64310542

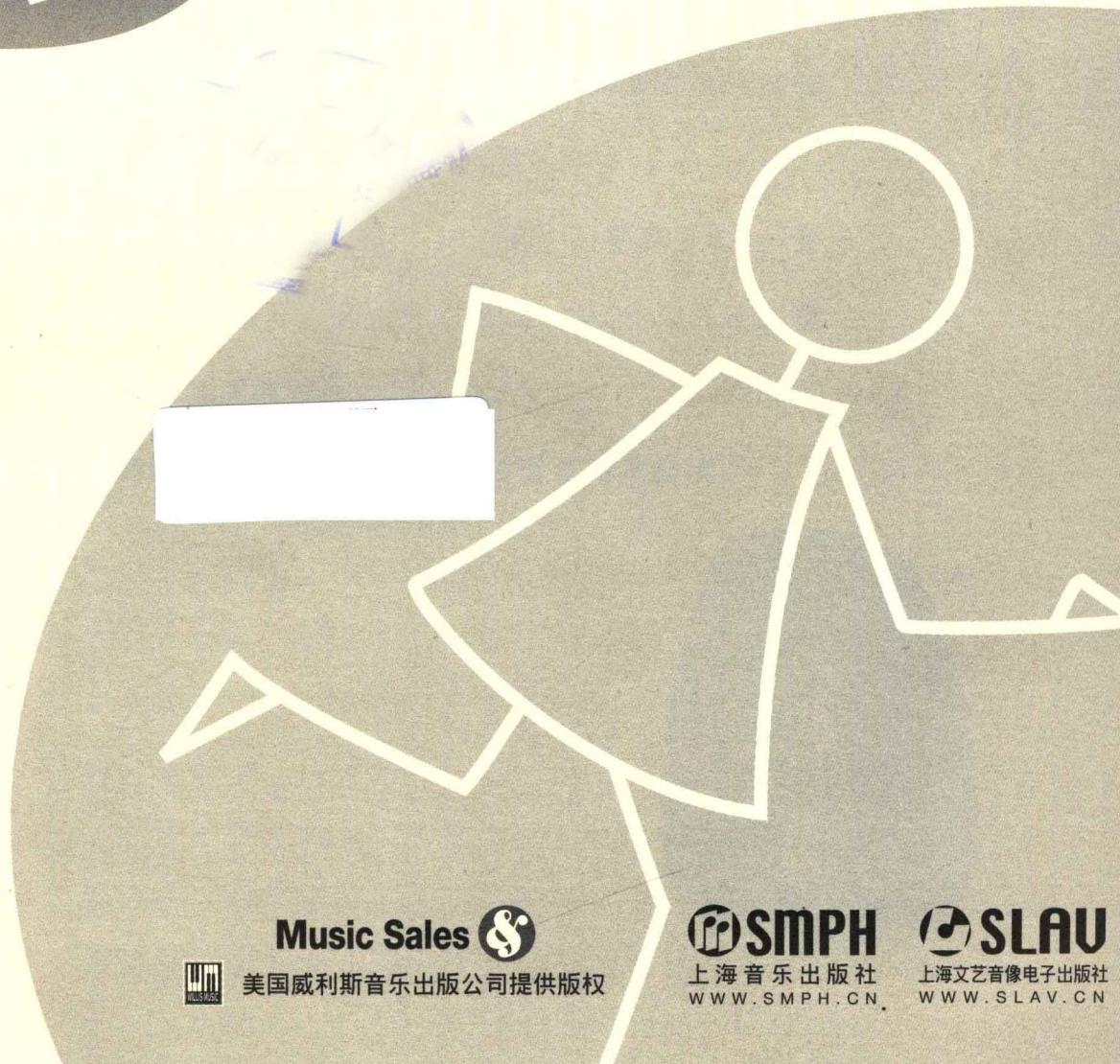
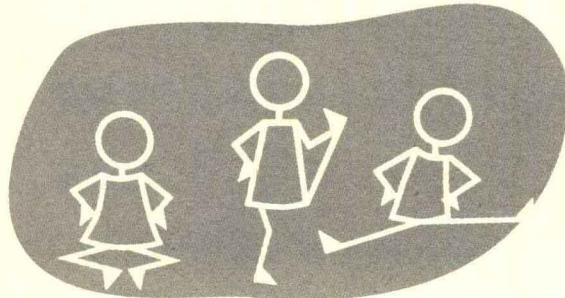
反盗版热线：(021) 64734302 (021) 64375066-241

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前　　言

要成为一名优秀的演奏家,牢固掌握演奏技巧至关重要,且只有通过持之以恒的训练和每天的热身练习才能做到。颇受人钟爱的 E-M. 伯纳姆《单簧管天天练练》采用了新的练习材料以及寓教于乐的练习方法,确保学生能坚持每天做热身练习。

这些练习材料是为促使学生们养成良好的呼吸、吐舌和指法习惯,以及学会识别音程(如“踏步”“蹦跳”)而设计的。我们尤其主张学生在尝试用单簧管演奏这些练习曲之前,先用笛头吹出谱中的音符,在头脑中对这些音听上去应该是怎样的形成大致印象,以便提高学生把握音准和乐句的能力。

感觉吹奏 C 音最容易的学生就从第一组开始练习;偏好从 G 音开始吹奏的学生可以从第二组开始练习。然后逐步扩展音域到第五组的高音 C(第 8 条练习出现了高音 D,适合需要继续扩展音域的学生)。

在学习本书的第一个星期,学生不必全都学会前十二首练习曲,只需学好两三首即可,并且做到每天练习之前把它们温习一遍,然后再逐首增加,直到能完美无误地演奏十二首练习曲。

记住,每日常规的技巧练习是让你的演奏变得动听悦耳的法宝。



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CD目录

每条音轨都是分轨录制的——如果平衡器调在中央,便可听到单簧管和伴奏声部,如果调在右边则只能听到伴奏声部。

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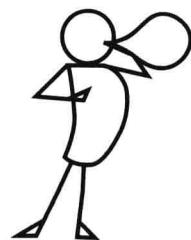
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第一组

1. 吹 气 球



深吸气——吹出——

Musical notation: Treble clef, 4/4 time. Four measures. Each measure starts with a short dash followed by a note with a vertical stem and a small circle at the top. The notes are separated by vertical bar lines.

2. 抚 摸 小 狗

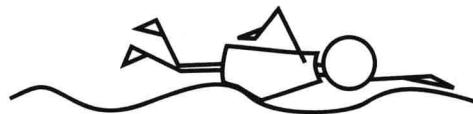


平稳吹出长音。

Musical notation: Treble clef, 4/4 time. Six measures. Each measure starts with a note with a vertical stem and a small circle at the top, followed by a dash and a note with a vertical stem and a small circle at the top. The notes are separated by vertical bar lines.

da_____ da_____ da_____ da_____ da_____ da_____

3. 游 泳



保持气息平稳——想象划过泳池。

Musical notation: Treble clef, 4/4 time. Ten measures. Each measure starts with a note with a vertical stem and a small circle at the top, followed by a dash and a note with a vertical stem and a small circle at the top. The notes are separated by vertical bar lines.

da - da - da_____ da - da - da_____ da - da - da - da - da - da_____ ✓ ✓

4. 慢 步



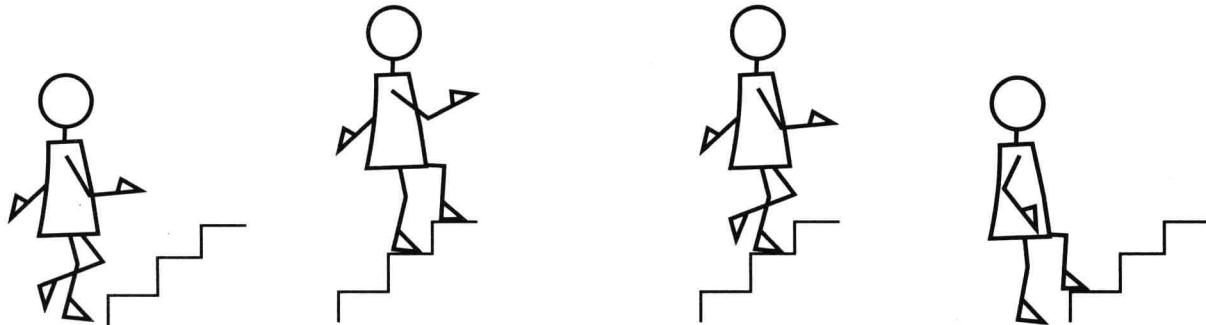
Musical notation in G clef, 4/4 time. It consists of eight quarter notes followed by a repeat sign and a colon at the end of the measure.

5. 小兔子蹦蹦跳



Musical notation in G clef, 4/4 time. It features eighth and sixteenth note patterns corresponding to the movements. Below the notes are lyrics: ta____ ta - ta - ta____ ta - ta - ta____ ta - ta - ta_____.

6. 上两步，下两步



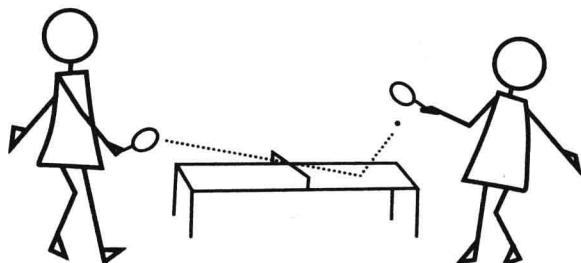
Musical notation in G clef, 4/4 time. It consists of four quarter notes followed by a repeat sign and a colon at the end of the measure.

7. 慢步上山，快步下山



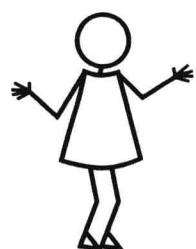
Musical notation for Exercise 7. It consists of a single treble clef staff in 4/4 time. There are eight eighth notes in a sequence. The first note has a vertical stroke above it. The last note has a vertical stroke below it. A fermata (a dot over a bracket) is placed over the last two notes.

8. 打 乒 乓



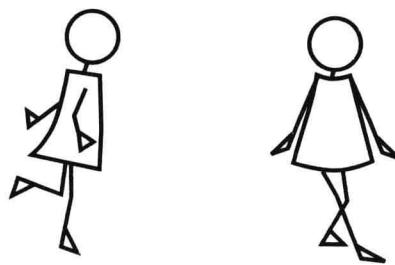
Musical notation for Exercise 8. It consists of a single treble clef staff in 4/4 time. There are eight eighth notes in a sequence. The first note has a vertical stroke above it. The last note has a vertical stroke below it. A fermata (a dot over a bracket) is placed over the last two notes.

9. 练 练 手 指

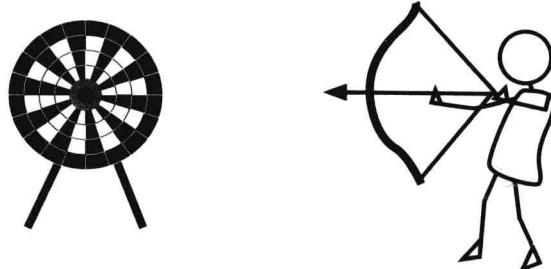


Musical notation for Exercise 9. It consists of a single treble clef staff in 4/4 time. There are eight eighth notes in a sequence. The first note has a vertical stroke above it. The last note has a vertical stroke below it. A fermata (a dot over a bracket) is placed over the last two notes.

10. 跳步与踏步



11. 打 靶



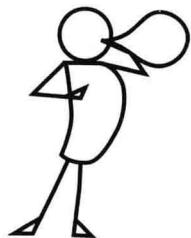
吹准每一个音高。

12. 身体健壮，准备演奏



第二组

1. 吹 气 球



深吸气→吹出→

Musical notation: A series of six measures in common time (4/4). Each measure begins with a short dash followed by a note with a vertical stem and a small circle at the top. The notes are positioned on the first, third, and fifth lines of the staff.

2. 抚 摸 小 狗



平稳吹出长音。

Musical notation: A series of six measures in common time (4/4). Each measure starts with a note followed by a dash. Below the notes are the lyrics "da_____ da_____ da_____ da_____ da_____ da_____". The notes are positioned on the first, third, and fifth lines of the staff.

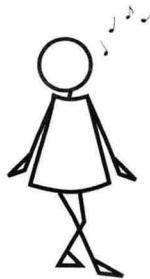
3. 游 泳



保持气息平稳——想象划过泳池。

Musical notation: A series of eight measures in common time (4/4). Measures 1-4 start with a note followed by a dash. Measures 5-8 start with a note followed by a dash. Checkmarks are placed above the 5th and 8th measures. Below the notes are the lyrics "da - da - da_____ da - da - da_____ da - da - da - da - da - da_____". The notes are positioned on the first, third, and fifth lines of the staff.

4. 慢 步



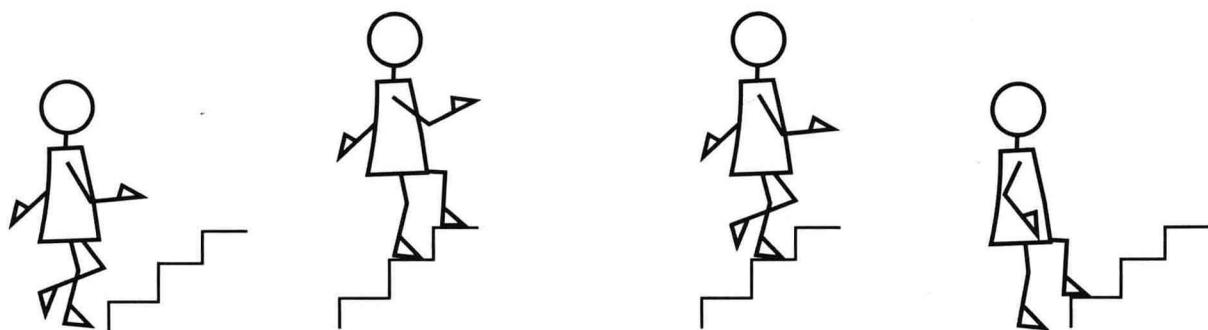
Musical notation in G clef, 4/4 time. It consists of eight notes: a whole note, three half notes, a whole note, a half note, a whole note, a half note, and a whole note. A checkmark is at the end of the staff.

5. 小兔子蹦蹦跳



Musical notation in G clef, 4/4 time. It consists of eight notes: a whole note, a dotted half note, a dotted half note, a whole note, a dotted half note, a dotted half note, a whole note, a dotted half note, and a whole note. A checkmark is at the end of the staff.

6. 上两步，下两步



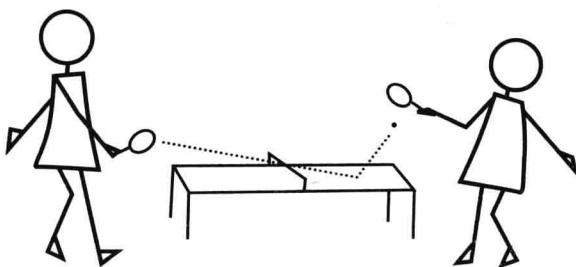
Musical notation in G clef, 4/4 time. It consists of five notes: a whole note, a whole note, a whole note, a whole note, and a whole note. A checkmark is at the end of the staff.

7. 慢步上山，快步下山



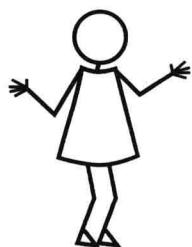
Musical notation for Exercise 7. It consists of a treble clef, a 4/4 time signature, and a sequence of notes: quarter note, quarter note, half note, eighth note, eighth note, eighth note, eighth note, eighth note, eighth note, quarter note. A repeat sign is at the end.

8. 打 乒 乓



Musical notation for Exercise 8. It consists of a treble clef, a 4/4 time signature, and a sequence of eighth notes: eighth note, eighth note. A repeat sign is at the end.

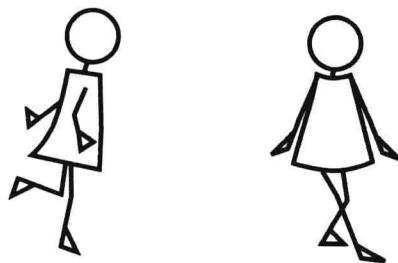
9. 练 练 手 指



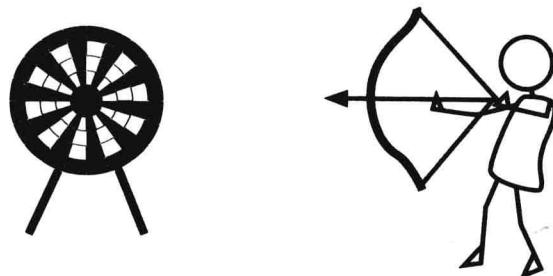
吹G音时拇指要贴近管身。

Musical notation for Exercise 9. It consists of a treble clef, a 4/4 time signature, and a sequence of notes: quarter note, quarter note, eighth note. A repeat sign is at the end.

10. 跳步与踏步



11. 打 靶



吹准每一个音高。

12. 身体健壮，准备演奏



短 音 长 音 吹 得 响， 简 单 歌 曲 也 一 样。