



附CD一张

小号 天天练练 A DOZEN A DAY TRUMPET



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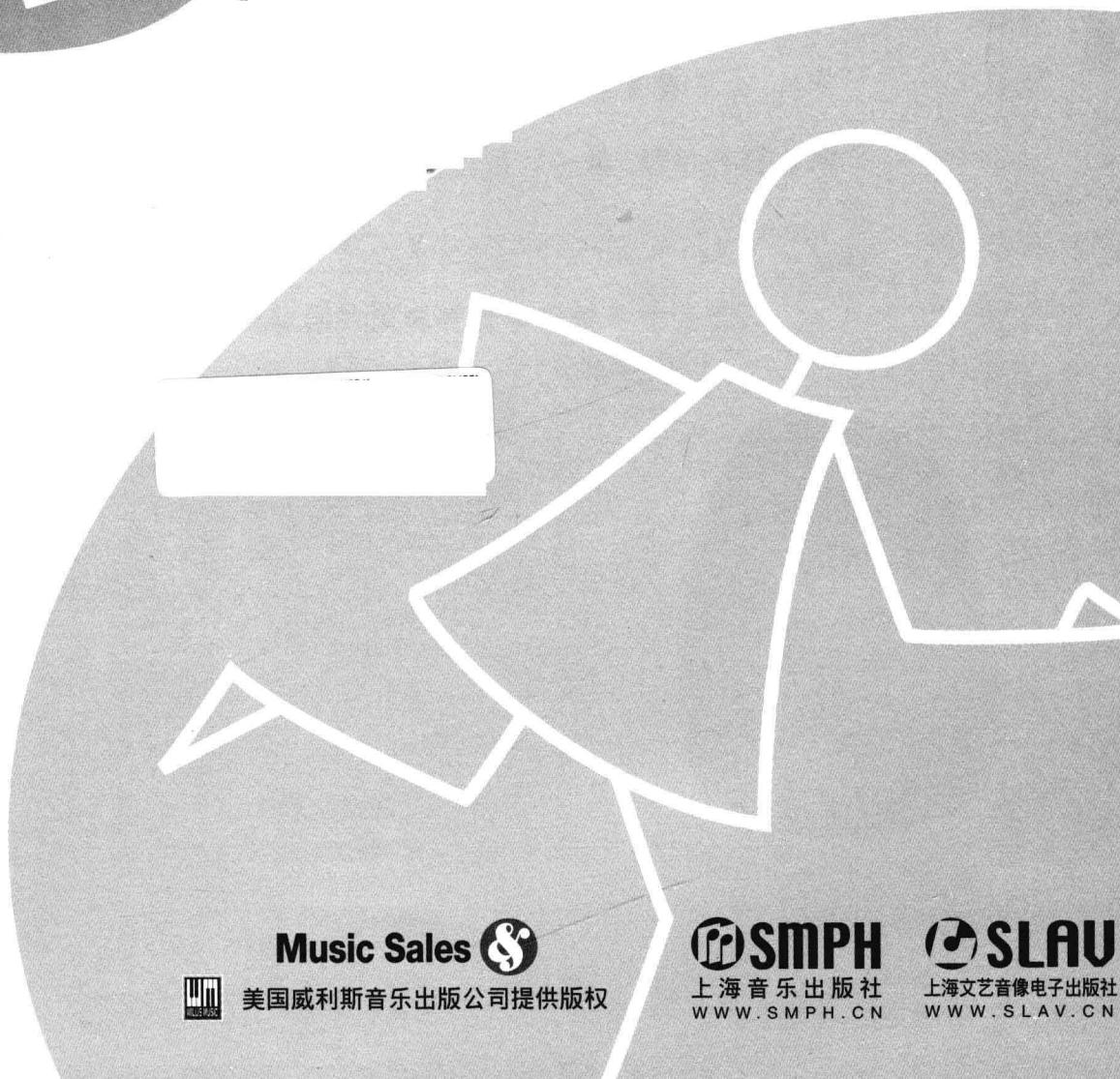
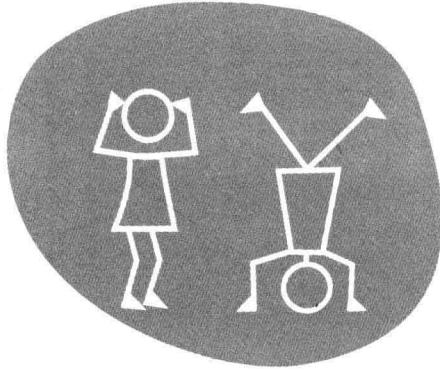
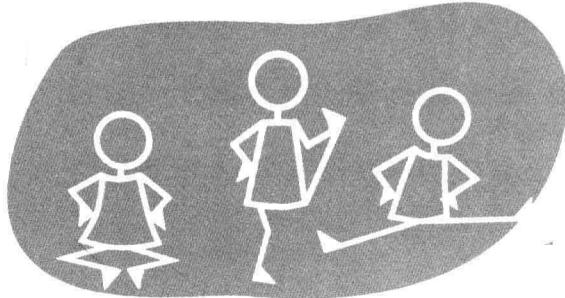
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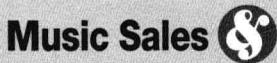
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[美] E-M·伯纳姆 著
朱 咪 译

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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《小号天天练练》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小号演奏这些练习曲之前，先用号嘴吹出谱中的音符，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。

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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第一组

1. 吹 气 球



深吸气→吹出→

Musical notation in G clef and 4/4 time. It consists of four measures. The first measure has a short horizontal dash. The second measure has a note followed by a fermata. The third measure has a short horizontal dash. The fourth measure has a note followed by a fermata. A vertical ellipsis (⋮) is at the end.

2. 抚 摸 小 狗



平稳吹出长音。

Musical notation in G clef and 4/4 time. It consists of six measures. Each measure starts with a note followed by a horizontal dash, indicating a sustained tone. The notes are grouped by vertical lines. A vertical ellipsis (⋮) is at the end.

3. 游 泳



保持气息平稳——想象划过泳池。

Musical notation in G clef and 4/4 time. It consists of ten measures. Each measure starts with a note followed by a horizontal dash. Measures 1 through 9 each have a note followed by a dash. Measure 10 ends with a note followed by a checkmark (✓). A vertical ellipsis (⋮) is at the end.

4. 慢 步



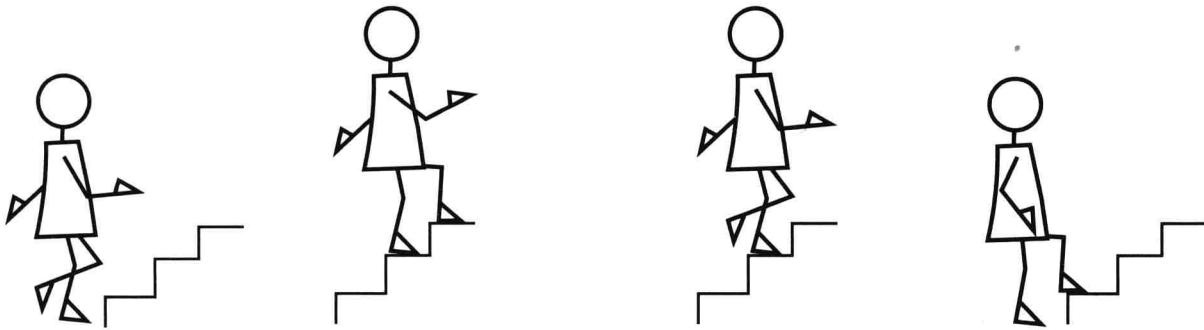
Musical notation in G clef, 4/4 time. It consists of six quarter notes followed by a whole note. There are two checkmarks above the staff, one after the third note and one after the whole note.

5. 小兔子蹦蹦跳



Musical notation in G clef, 4/4 time. It features a sequence of eighth notes and sixteenth notes. Below the staff, the lyrics "ta—— ta - ta - ta—— ta - ta - ta——" are written under each note. There is a checkmark at the end of the staff.

6. 上两步，下两步



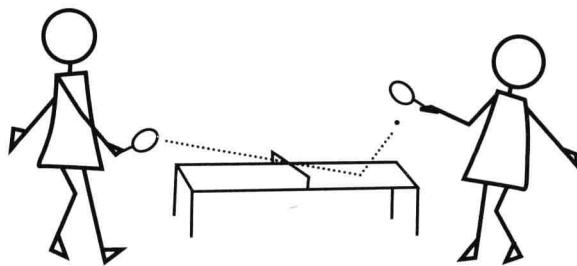
Musical notation in G clef, 4/4 time. It consists of four quarter notes. There are two checkmarks above the staff, one after the second note and one after the fourth note.

7. 慢步上山，快步下山



Musical notation in G clef, 4/4 time. It consists of a series of notes: a quarter note, two eighth notes, a half note, followed by a sequence of six eighth notes. A checkmark is placed above the first eighth note, and another checkmark is at the end of the sequence.

8. 打 乒 乓



Musical notation in G clef, 4/4 time. It consists of a sequence of notes: a half note, followed by a dotted half note (two eighth notes), a quarter note, a dotted half note, a half note, a dotted half note, a half note, and a half note. A checkmark is at the end of the sequence.

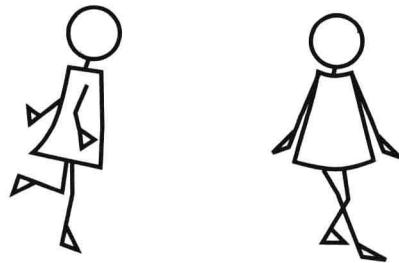
9. 练 练 手 指



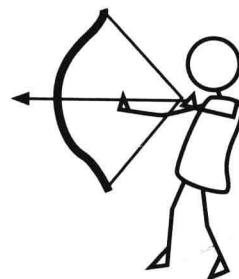
用力按键。

Musical notation in G clef, 4/4 time. It consists of a sequence of notes: a half note, a half note, a dotted half note (two eighth notes), a half note, a dotted half note (two eighth notes), a half note, a dotted half note (two eighth notes), a half note, and a half note. Two curved lines connect the first half note to the second, and the third dotted half note to the fourth.

10. 跳步与踏步



11. 打 靶



吹准每一个音高。

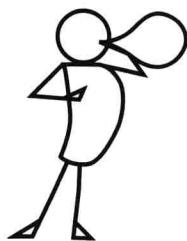
12. 身体健壮，准备演奏



练习让我功夫长，吹着小曲声悠扬。

第二组

1. 吹 气 球



深吸气→吹出→

Musical notation: Treble clef, 4/4 time. Four measures. Measure 1: Breath in (vertical line), Note. Measure 2: Note with circle above. Measure 3: Breath in (vertical line), Note. Measure 4: Note with circle above.

2. 抚 摸 小 狗



平稳吹出长音。

Musical notation: Treble clef, 4/4 time. Six measures. Measures 1-3: Short note. Measures 4-6: Long note with circle above. Below: 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. Eight measures. Measures 1-4: Short note. Measures 5-6: Long note with circle above. Measures 7-8: Short note. Checkmark above measures 5 and 8. Below: da - da - da_____ da - da - da_____ da - da - da_____ da - da - da_____

4. 慢步

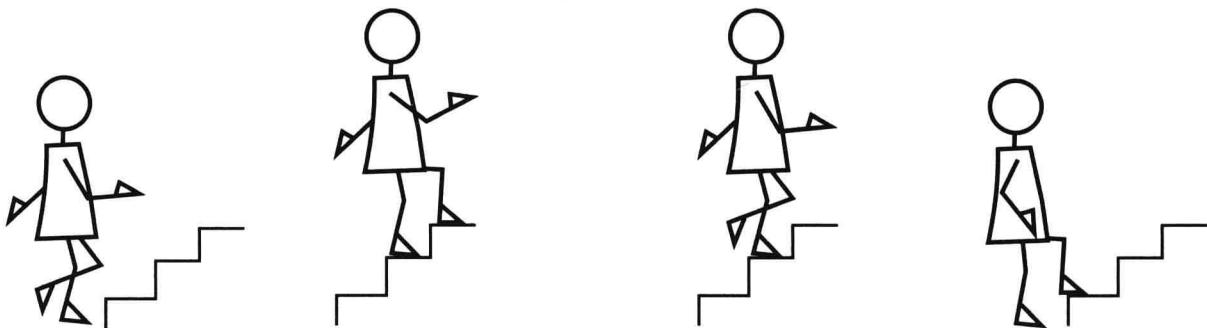


5. 小兔子蹦蹦跳



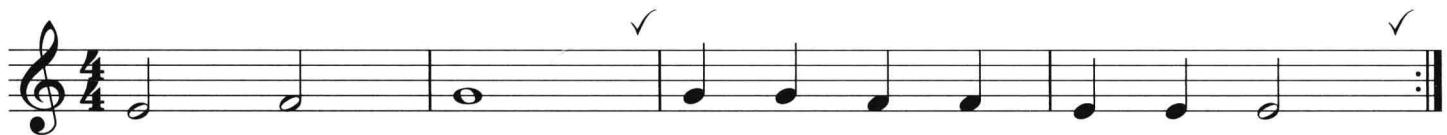
Musical notation for the word "ta" on a treble clef staff. The staff has a key signature of one sharp (F#) and a time signature of 4/4. The notes are: quarter note, eighth note, eighth note, quarter note, eighth note, eighth note, quarter note, eighth note, eighth note, quarter note. Below the staff, the lyrics "ta____ ta - ta - ta____ ta - ta - ta____" are written, corresponding to the notes above. A vertical bar with a checkmark is at the end of the staff.

6. 上两步，下两步

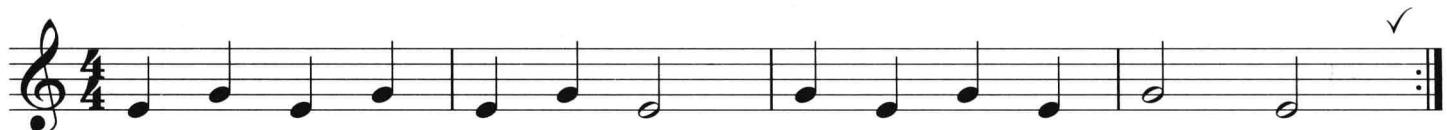
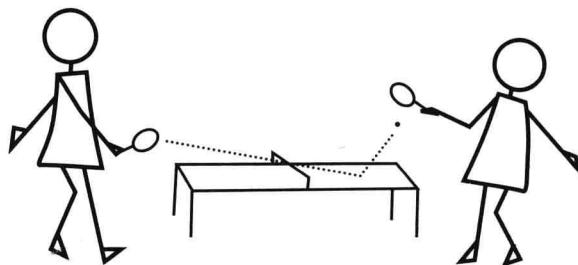


A musical staff in treble clef and common time. It shows a descending scale from G to E. The notes are open circles on the first, third, and fifth lines of the staff. There are two checkmarks above the staff, one over the third note and one over the fifth note. A double bar line with repeat dots is at the end.

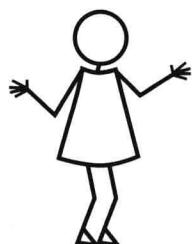
7. 慢步上山，快步下山



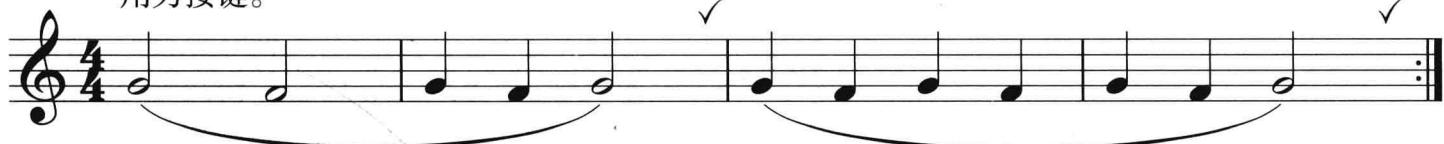
8. 打 乒 乓



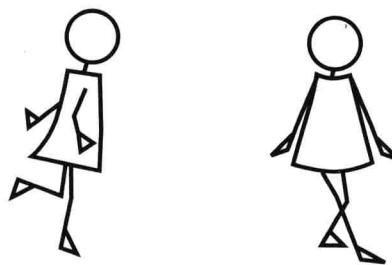
9. 练 练 手 指



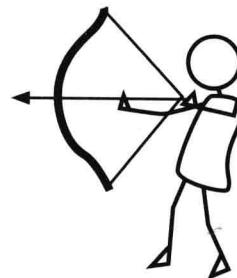
用力按键。



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。