



附CD一张

长笛 天天练练

A DOZEN A DAY
FLUTE



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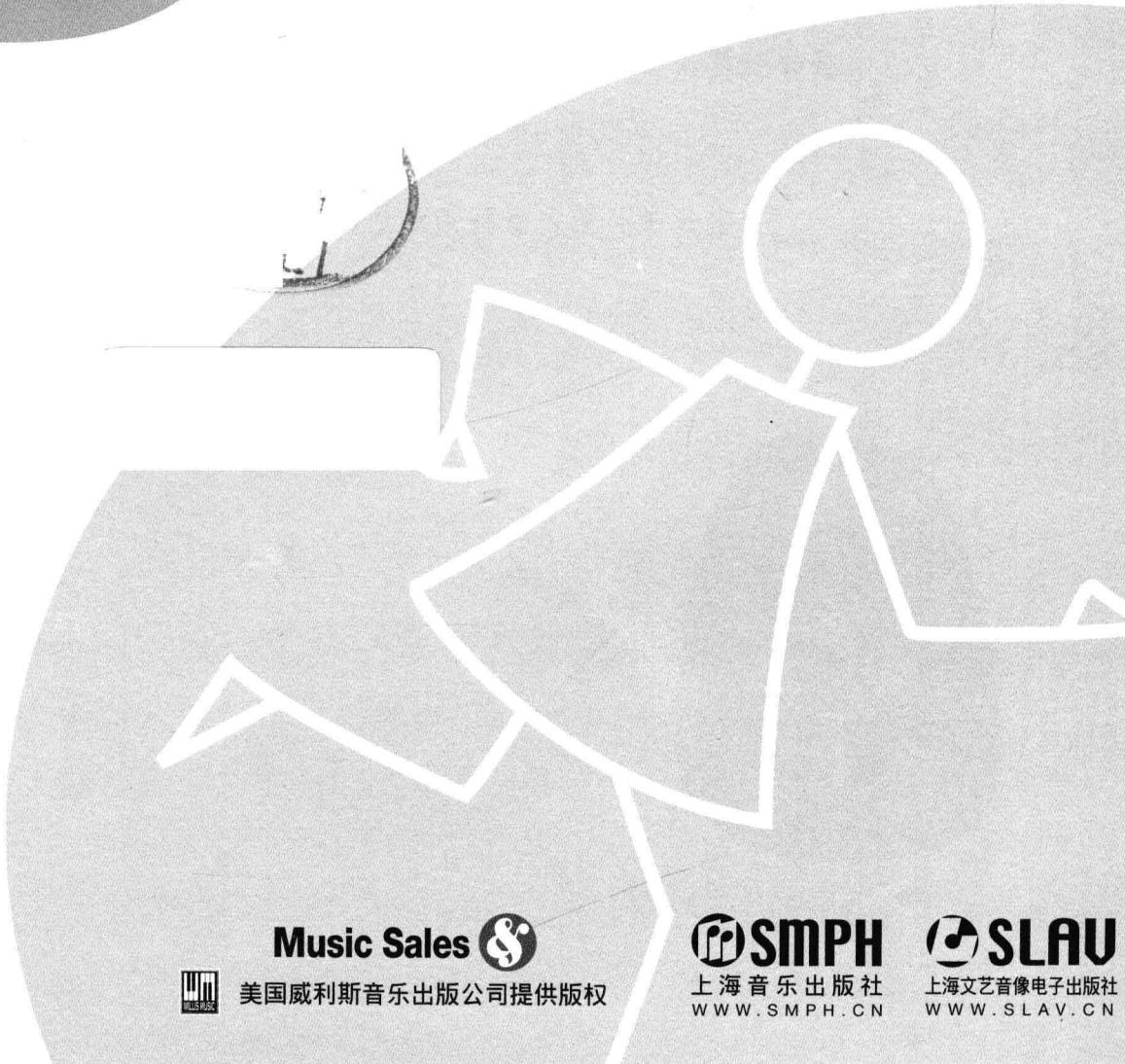
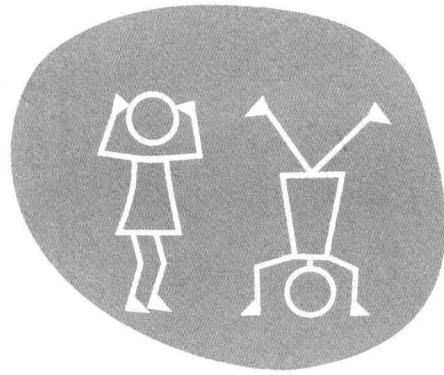
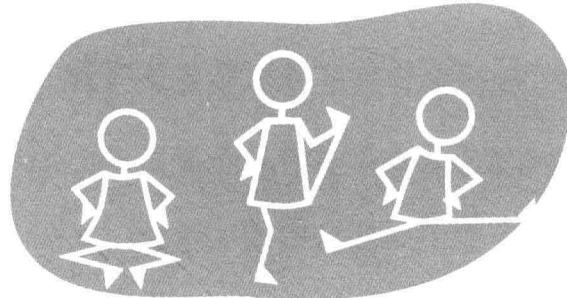
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前　　言

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《长笛天天练练》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长笛演奏这些练习曲之前,先唱出谱中的音符,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

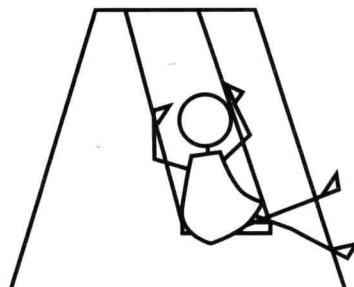
吹奏

深吸气

吹奏

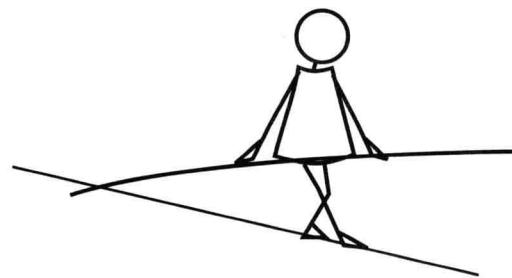
Musical notation in G clef, 4/4 time. The first measure shows a dash followed by a fermata over a note. The second measure shows a note followed by a fermata over a note. The third measure shows a dash followed by a fermata over a note. The fourth measure shows a note followed by a fermata over a note. Below the notes are the lyrics: (不能耸肩!) ta_____ ta_____.

2. 荡 秋 千



Musical notation in G clef, 4/4 time. The first measure shows a note followed by a checkmark over a note. The second measure shows a note followed by a checkmark over a note. The third measure shows a note followed by a checkmark over a note. The fourth measure shows a note followed by a checkmark over a note. The fifth measure shows a note followed by a dash. Below the notes are the lyrics: ta_____ ta_____ ta_____ ta_____ ta_____ ta_____.

3. 保 持 平 稳



Musical notation in G clef, 4/4 time. The first measure shows a note followed by a checkmark over a note. The second measure shows a note followed by a checkmark over a note. The third measure shows a note followed by a checkmark over a note. The fourth measure shows a note followed by a checkmark over a note. The fifth measure shows a note followed by a checkmark over a note. Below the notes are the lyrics: ta_____ ta_____ ta_____ ta_____.

4. 行 走



ta_____ ta_____ ta_____ ta_____ ta_____ ta ta ta ta ta ta ta ta ta ta

5. 深 呼 吸



ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta

6. 小 丑



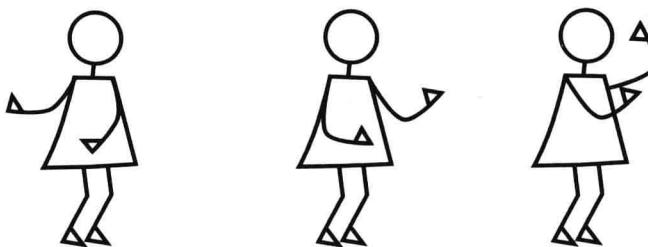
ta_____ ta ta ta_____ ta_____ ta_____ ta_____ ta ta

7. 跳跃



ta ta ta ta ta_____ ta_____ ta_____ ta ta ta ta ta ta ta ta

8. 挥动手臂



9. 摆 呀 摆



A musical staff in treble clef and 4/4 time. It features a series of notes and rests. The first two measures show 'ta' patterns: a note followed by a rest. The third measure shows a 'taa' pattern: a note, a rest, and another note. This pattern repeats three more times. Three checkmarks are placed above the staff at the end of each 'taa' group.

10. 小兔子蹦蹦跳



Musical notation in G clef, 4/4 time. Notes: quarter note (ta), eighth note (ta), half note (ta), quarter note (ta), eighth note (ta). The first, third, and fifth notes have checkmarks above them.

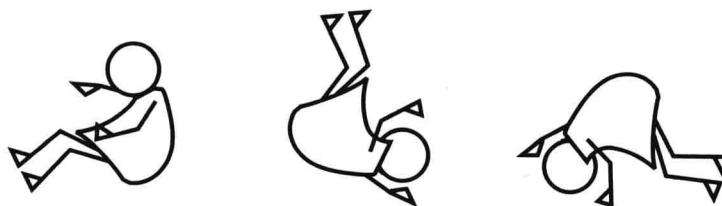
11. 转 圈



Musical notation in G clef, 3/4 time. Notes: quarter note (ta), eighth note (ta), quarter note (ta), eighth note (ta). The first and fifth notes have checkmarks above them.

Musical notation in G clef, 3/4 time. Notes: eighth note (ta), eighth note (ta). The first and fifth notes have checkmarks above them.

12. 前 滚 翻



Musical notation in G clef, 4/4 time. Notes: eighth note (ta), eighth note (ta). The first and fifth notes have checkmarks above them.

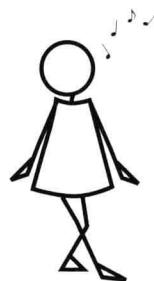
前 滚 翻, 在 地 上, 一 圈 一 圈 真 好 玩。

Musical notation in G clef, 4/4 time. Notes: eighth note (ta), eighth note (ta). The first and fifth notes have checkmarks above them.

向 前 翻 滚, 向 前 翻 滚, 一 遍 又 一 遍。

第二组

1. 慢 步



4/4

ta_____ ta_____ ta_____ ta_____ ta_____ ta_____

2. 慢步上山，快步下山



4/4

ta_____ ta_____ ta_____ ta ta ta_____

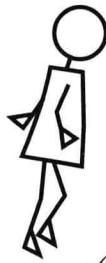
3. 练 练 手 指



4/4

ta_____ ta ta ta_____ ta_____ ta ta ta_____

4. 娃 娃 步



Musical notation in G clef, 4/4 time. It consists of two measures of eighth notes followed by a measure of sixteenth notes. Below the notes are the lyrics "ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____". A checkmark is placed above the second measure.

Musical notation in G clef, 4/4 time. It consists of two measures of eighth notes followed by a measure of sixteenth notes. Below the notes are the lyrics "ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____". A checkmark is placed above the second measure.

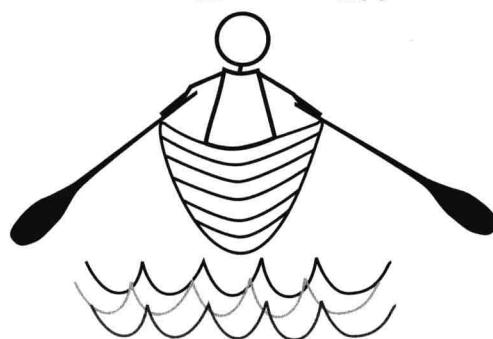
5. 摆 啊 摆



Musical notation in G clef, 4/4 time. It consists of two measures of eighth notes followed by a measure of sixteenth notes. Below the notes are the lyrics "ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____ ta_____". A checkmark is placed above the second measure.

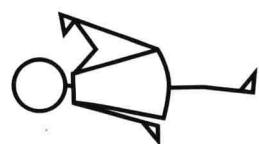
Musical notation in G clef, 4/4 time. It consists of two measures of eighth notes followed by a measure of sixteenth notes. Below the notes are the lyrics "ta_____ ta_____ ta_____". A checkmark is placed above the first measure.

6. 划 船



Musical notation in G clef, 2/4 time. It consists of four measures of eighth notes. Below the notes are the lyrics "ta_____ ta_____ ta_____ ta_____". A checkmark is placed above the fourth measure.

7. 腿 操



Musical notation in 3/4 time with a treble clef. The first measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta - ta" are written below. The second measure shows a sixteenth note and a eighth note tied to a eighth note, with a checkmark above it. The lyrics "ta - ta" are written below. The third measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta - ta" are written below. The fourth measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta - ta" are written below.

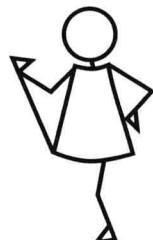
Musical notation in 2/4 time with a treble clef. The first measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta" are written below. The second measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta" are written below. The third measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fourth measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fifth measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta - ta - ta" are written below. The sixth measure shows a eighth note followed by a sixteenth note and a sixteenth note tied to a eighth note, with a checkmark above it. The lyrics "ta" are written below.

8. 跳 跃



Musical notation in 4/4 time with a treble clef. The notes are eighth notes. The first measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The second measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The third measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fourth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fifth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The sixth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The seventh measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The eighth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The ninth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The tenth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below.

9. 伸 伸 右 腿



Musical notation in 4/4 time with a treble clef. The notes are eighth notes. The first measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The second measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The third measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fourth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The fifth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below. The sixth measure shows a eighth note followed by a eighth note, with a checkmark above it. The lyrics "ta" are written below.

10. 身体健壮



11. 曲膝下蹲



Handwritten musical notation on four staves. The first staff starts with a note followed by a sharp sign. The second staff starts with a note. The third staff starts with a note. The fourth staff starts with a note.

12. 爬 梯 子



A musical score for a single melodic line. The key signature is one sharp, indicating G major. The time signature is common time (indicated by 'C'). The melody consists of eighth and sixteenth notes. The lyrics are: '一 级 又 再 爬 下 来。' There are two checkmarks above the notes for '爬' and '来'.