

Gangqin

钢琴

天天练练

[美] E-M·伯纳姆



2

预备册

Tiantian

LianLian

by
Edna-Mae Burnam



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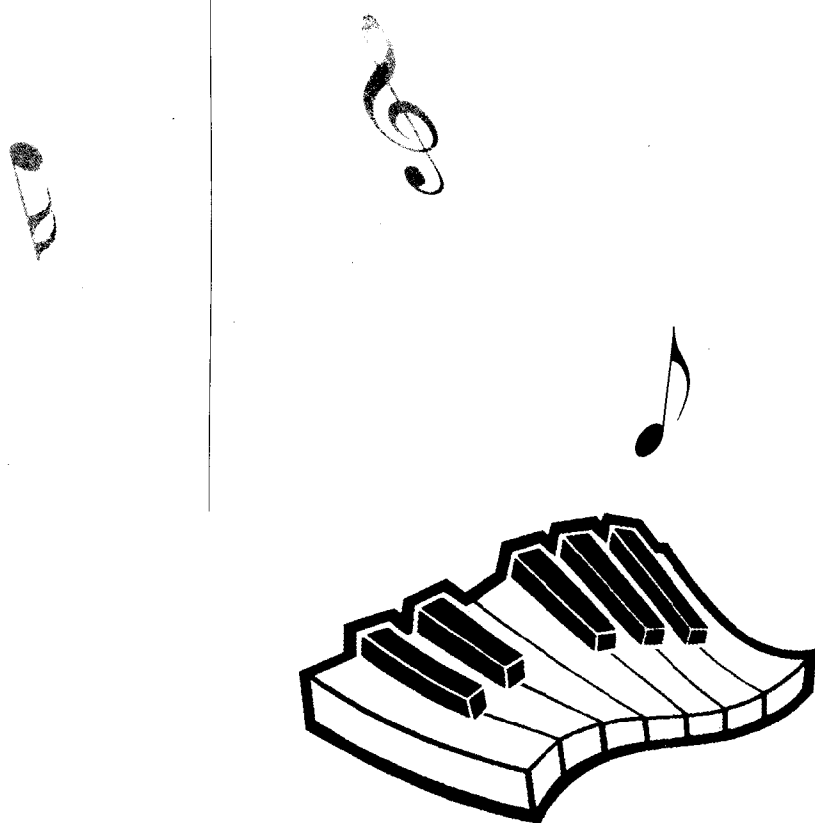
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2 预备册



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天天练练

许多人上班之前进行体育锻炼。同样，在我们开始练琴之前也要进行手指练习。

本书的目的在于帮助练琴者锻炼手指，使之健实、有力和灵活。

开始，先作轻柔的慢练习，熟练后，再逐首增加，直到能正确地弹奏十二首为止。

当学生能熟练而正确地弹奏第一组十二首时，再以同样的方法练习其他各组。

可将每一组的各种练习在不同的调上进行移调练习，这对学生是很有裨益的。

E · M 伯纳姆

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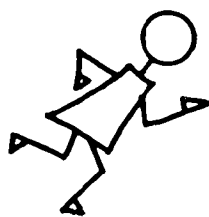
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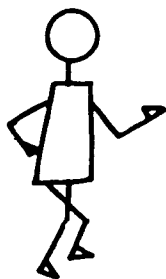
1. 走 路



2. 跑 步



3. 跳 跳 蹦蹦



4. 双 脚 跳

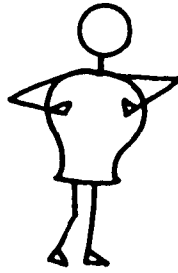


5. 大 劈 叉

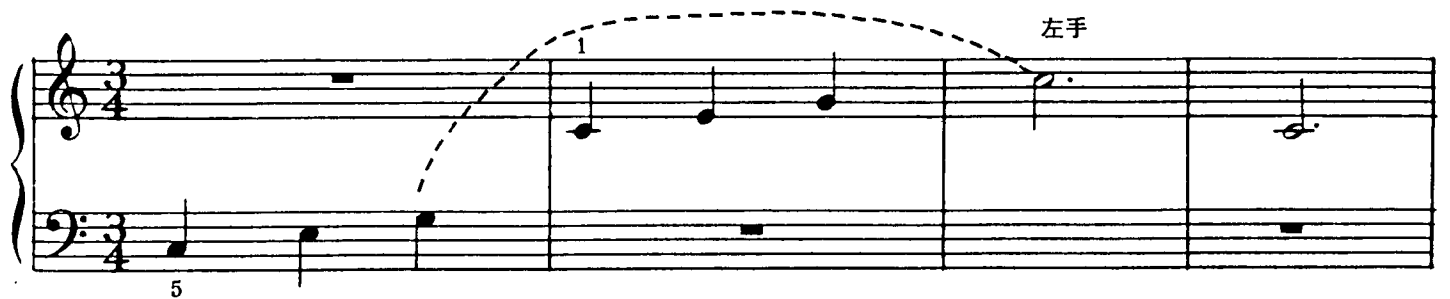


6. 深呼吸

7



7. 侧滚翻



8. 向 下 蹲



9. 右 脚 跳



10. 左 脚 跳



11.头 倒 立

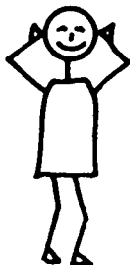
9



1 2 3 1 2 3 1 2 3 1 2 3 4 5 5

还可以! 高一点! 很好!

12.精神饱满 准备练习



1 3 5

5

5

第二组

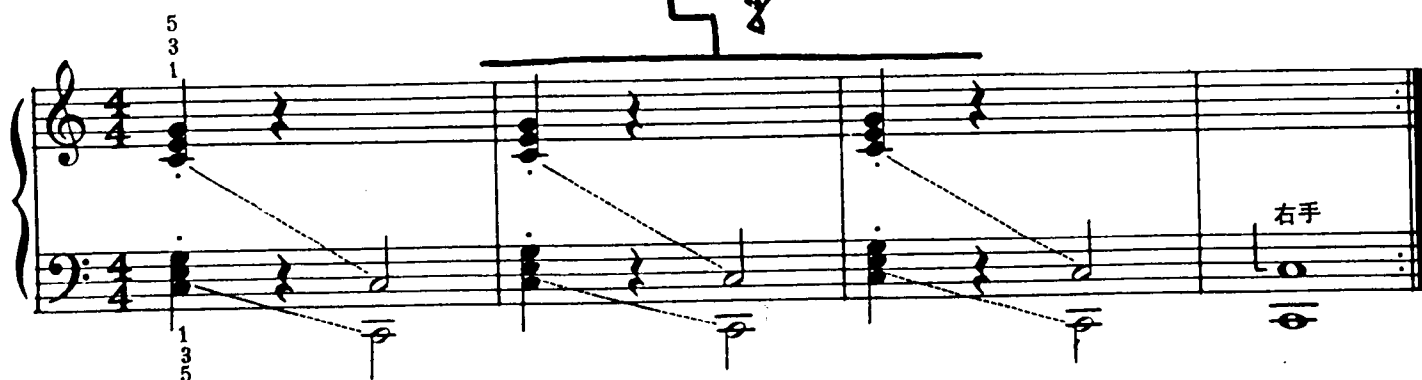
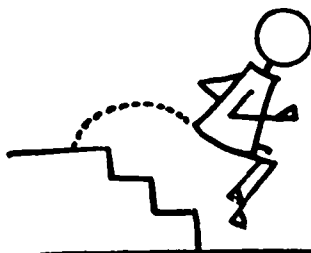
1. 双臂伸展



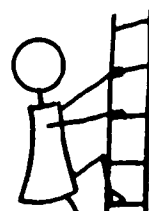
2. 脚尖跑步



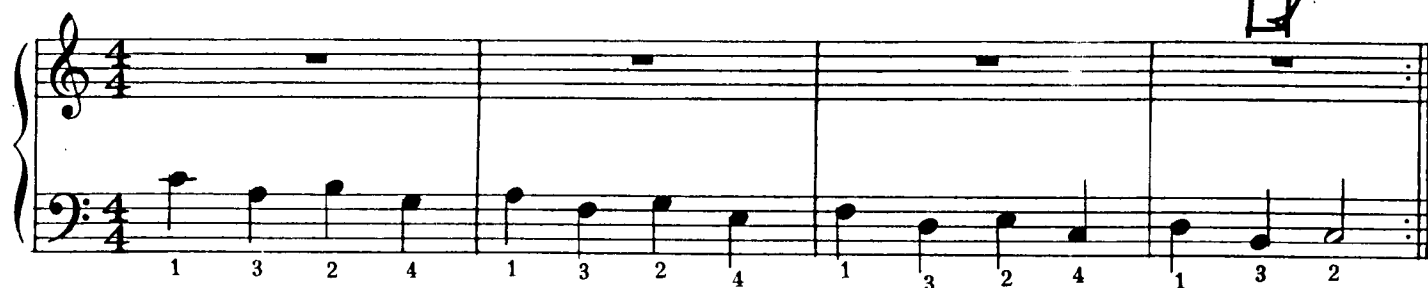
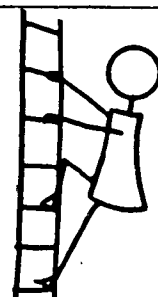
3. 跳下台阶



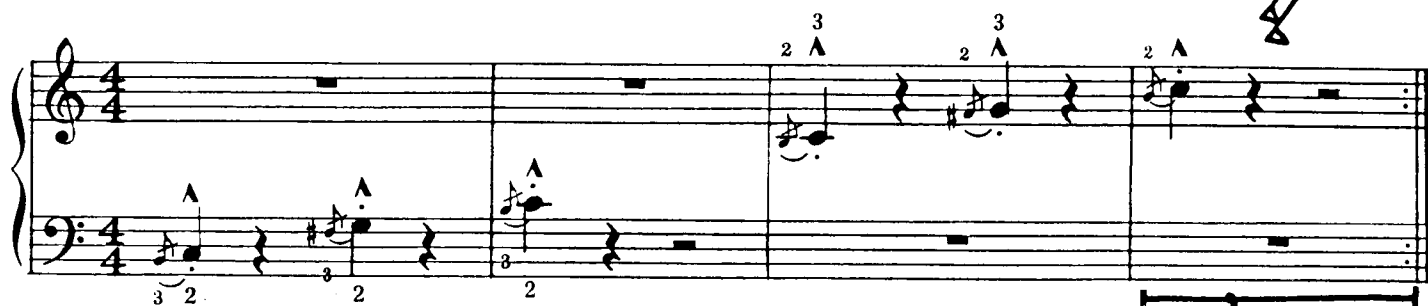
4. 爬 梯 子



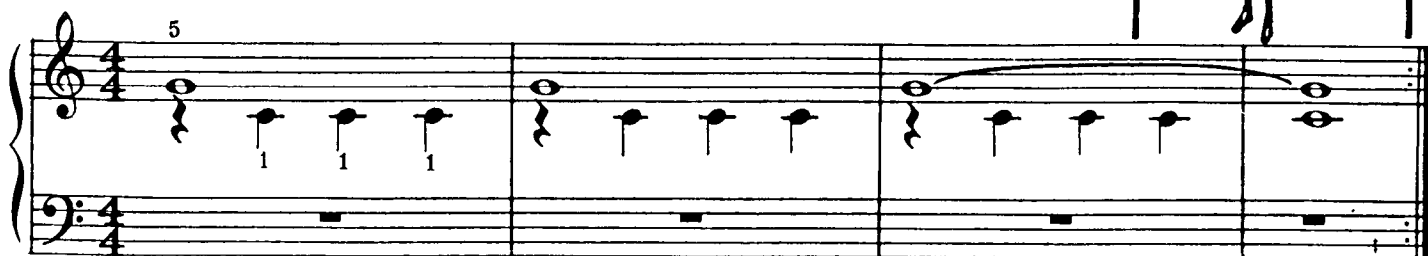
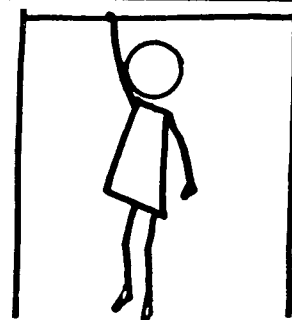
5. 下 梯 子



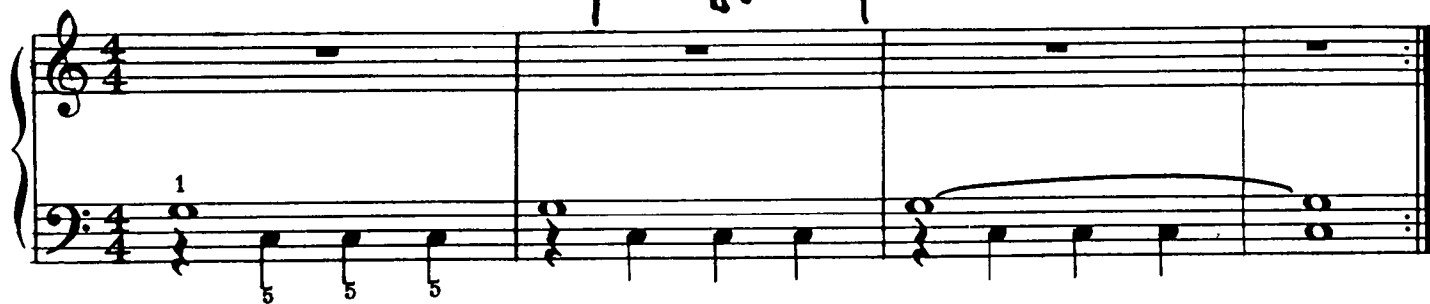
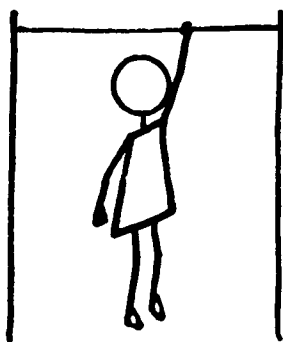
6. 青 蛙 跳



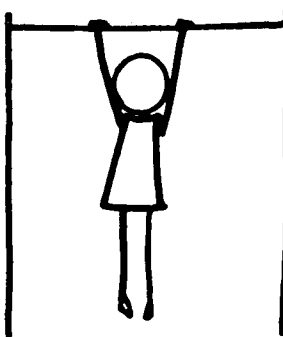
7. 右 手 抓 杠



8. 左手抓杠



9. 双手抓杠

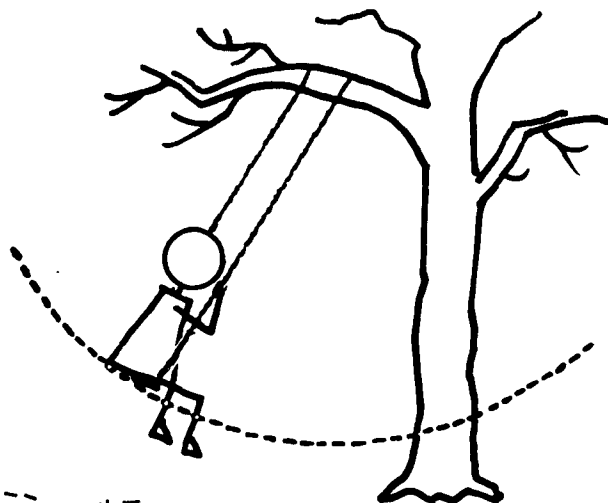


10. 玩溜溜球



11. 荡秋千

19



Handwritten musical score for "荡秋千" (Swinging on a Swing Set). The score is written for piano in 4/4 time. It consists of two systems, each with a treble and bass staff. The left hand (左手) plays a simple melody in the treble staff, while the right hand (右手) plays a simple accompaniment in the bass staff. The melody is marked with finger numbers 1, 3, 5, 2, 4, 2, 5. The score ends with a double bar line.

12. 精神饱满 准备练习



Handwritten musical score for "精神饱满 准备练习" (Full Spirit Preparation Exercise). The score is written for piano in 4/4 time. It consists of two systems, each with a treble and bass staff. The left hand (左手) plays a simple melody in the treble staff, while the right hand (右手) plays a simple accompaniment in the bass staff. The melody is marked with finger numbers 5, 3, 5. The score ends with a double bar line.

第三组

1. 深呼吸



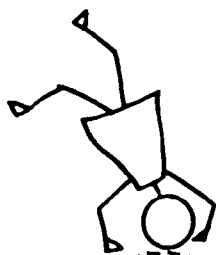
Handwritten musical notation for exercise 1. The notation is in 4/4 time. The right hand (treble clef) plays a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). The left hand (bass clef) plays a sequence of notes: C3 (quarter), D3 (quarter), E3 (quarter), F3 (quarter). Fingerings are indicated: right hand (5, 3, 1, 5, 4) and left hand (1, 3, 5, 1, 2).

2. 翻滚



Handwritten musical notation for exercise 2. The notation is in 3/4 time. The right hand (treble clef) plays a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). The left hand (bass clef) plays a sequence of notes: C3 (quarter), D3 (quarter), E3 (quarter), F3 (quarter). Fingerings are indicated: right hand (1, 2, 3, 1, 3, 2) and left hand (1, 2, 3, 1, 3, 2).

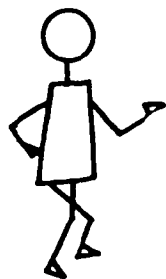
3. 侧滚翻



Handwritten musical notation for exercise 3. The notation is in 4/4 time. The right hand (treble clef) plays a sequence of notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter). The left hand (bass clef) plays a sequence of notes: C3 (quarter), D3 (quarter), E3 (quarter), F3 (quarter). Fingerings are indicated: right hand (1, 3, 5, 1, 3, 5) and left hand (1, 3, 5, 1, 3, 5). The notation includes slurs and accents, and is labeled with '左手' (left hand) and '右手' (right hand).

4. 跳 跳 蹦蹦 蹦蹦

15



5. 跳 绳

