

Gangqin

钢琴 天天练练

[美] E-M·伯纳姆



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Tiantian

Lianlian



by
Edna-Mae Burnam

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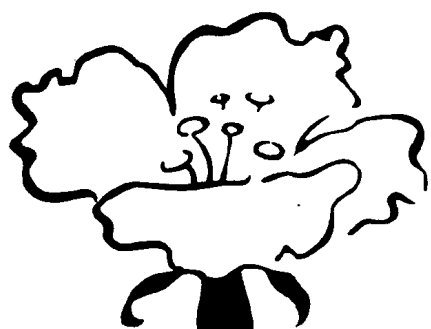
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天天练练

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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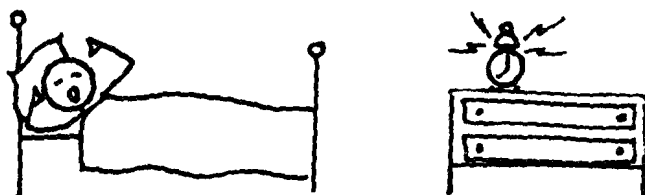
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第一组

1

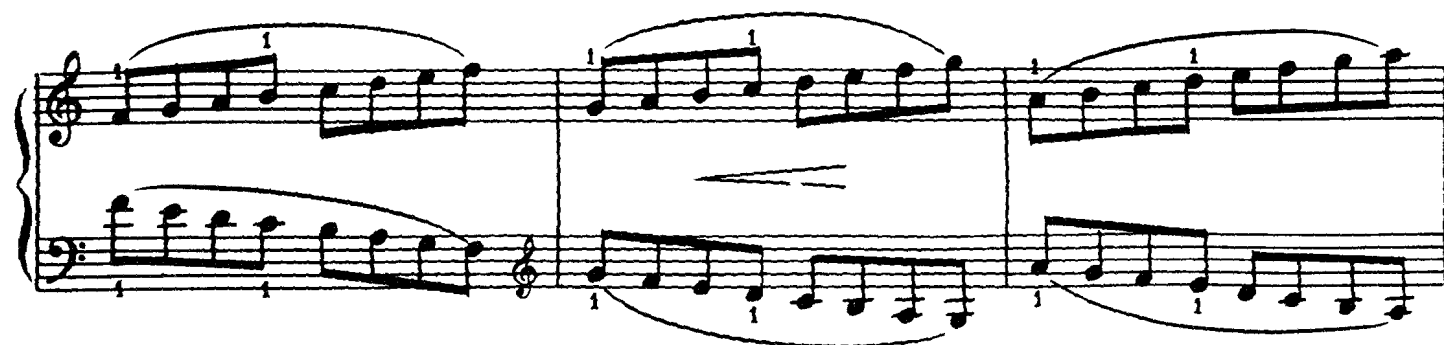
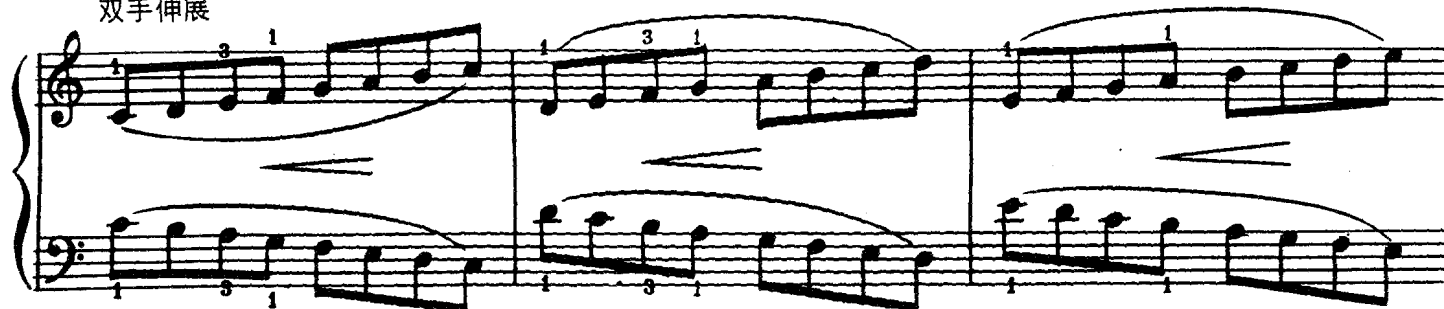
1. 醒来 双手伸展



闹钟铃响



双手伸展

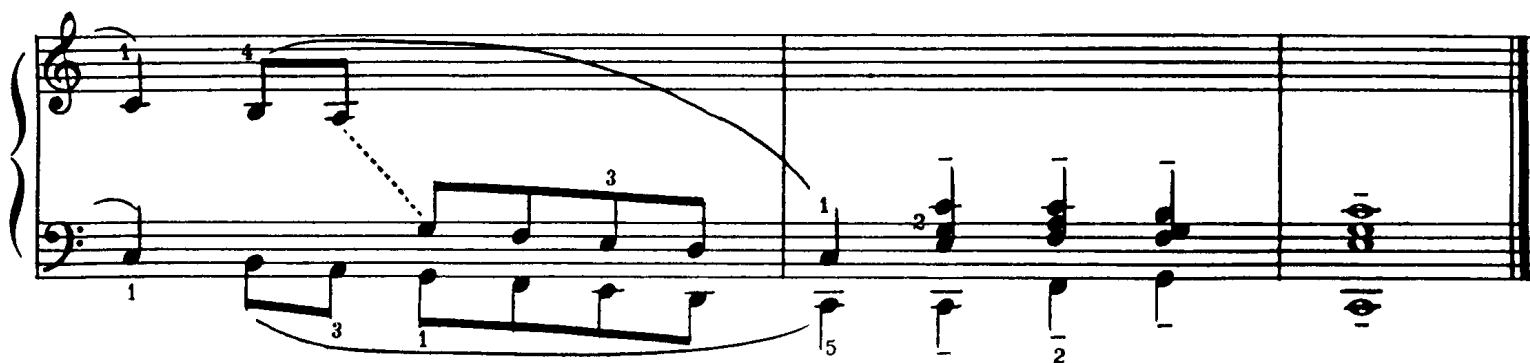
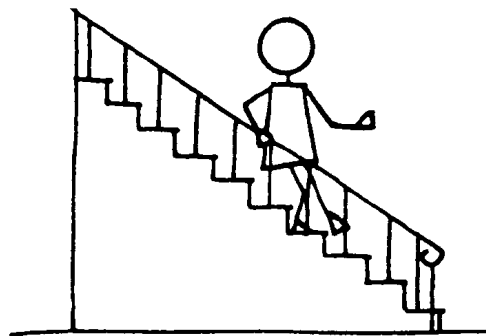


2. 刷牙

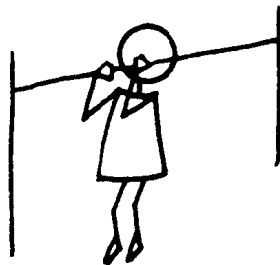


Sheet music for the piece "2. 刷牙" (Brushing Teeth). The music is written in 2/4 time and consists of four systems, each with a treble and bass staff. The notation includes eighth and sixteenth notes, rests, and slurs. Fingerings are indicated by numbers 1 through 5. Accents (>) are placed above certain notes. The piece concludes with a double bar line.

3. 下楼



4. 引体向上



无声按下第一小节的音



5. 走 路



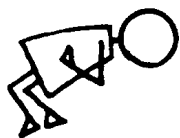
6. 跑 步



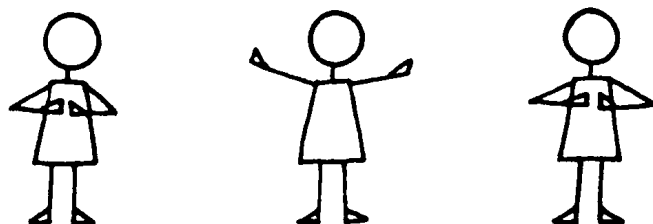
7. 双 脚 跳



8. 向 后 弯 腰

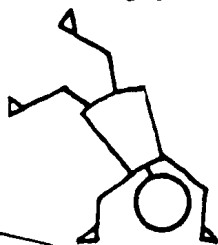


9. 双 臂 伸 屈



Handwritten musical score for exercise 9, '双 臂 伸 屈' (Arm Extension and Flexion). The score is written on a grand staff (treble and bass clefs) in 4/4 time. It consists of three systems of music. The first system includes fingerings: 1, 2, 3, 5, 3, 2, 3, 3. The second system includes fingerings: 1, 2, 3, 5, 1. The third system includes a fingering: 1. The music features eighth and sixteenth notes, often beamed together, with some measures containing triplets.

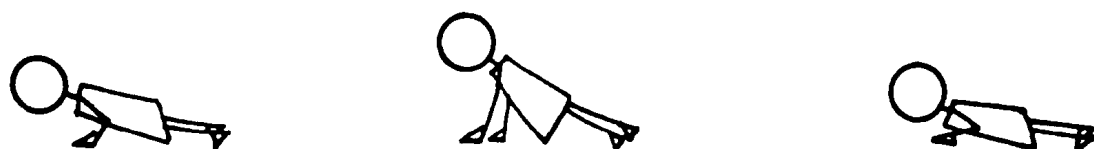
10. 侧 滚 翻



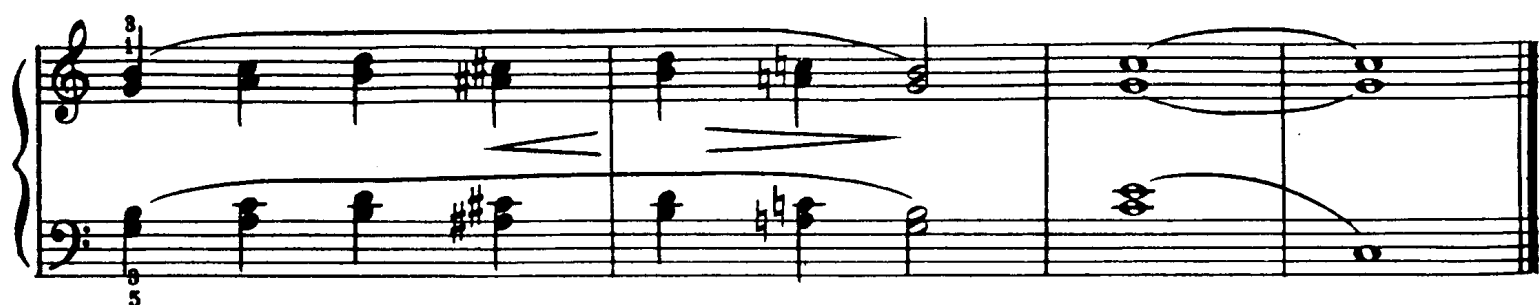
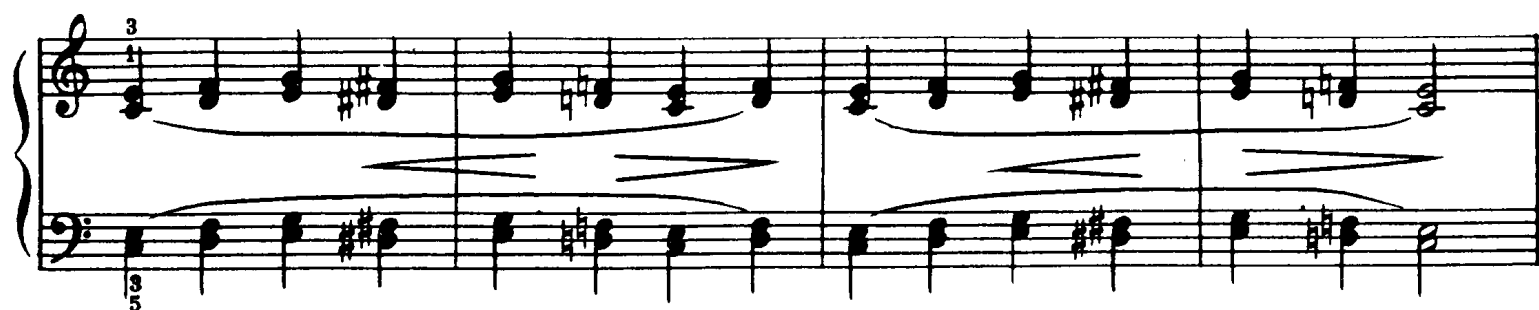
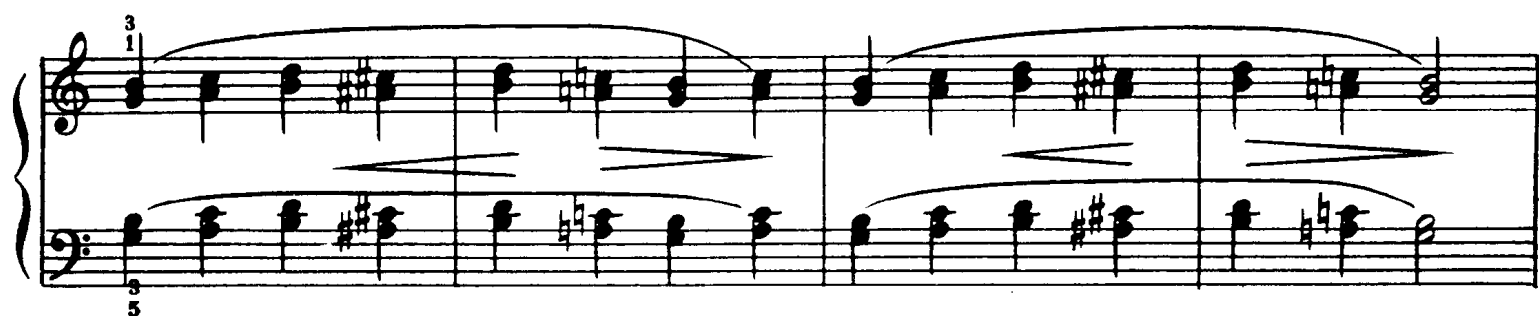
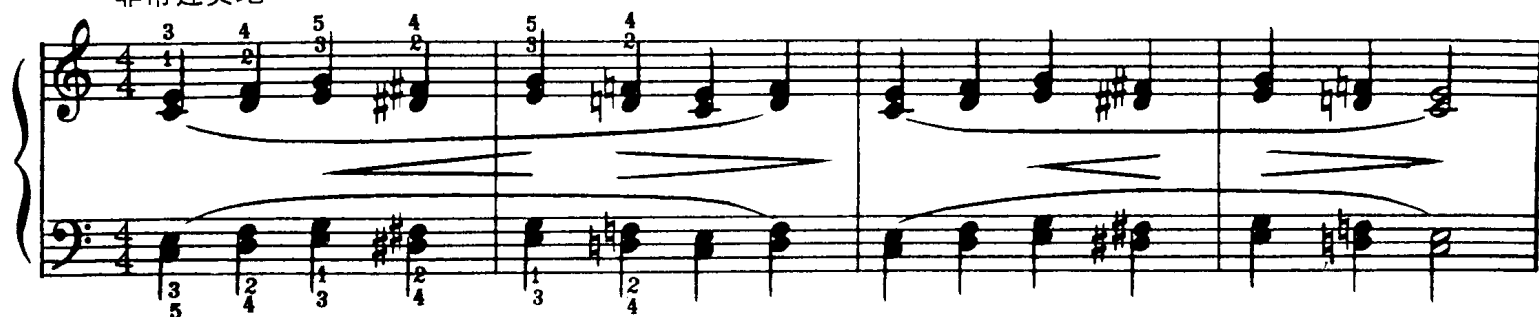
Handwritten musical score for exercise 10, '侧 滚 翻' (Side Roll). The score is written on a grand staff (treble and bass clefs) in 3/4 time. It consists of two systems of music. The first system includes fingerings: 1, 2, 3, 1, 5, 3. The second system includes fingerings: 5, 4, 2, 1, 4, 1. The music features eighth and sixteenth notes, often beamed together, with some measures containing triplets.

11. 俯 臥 撐

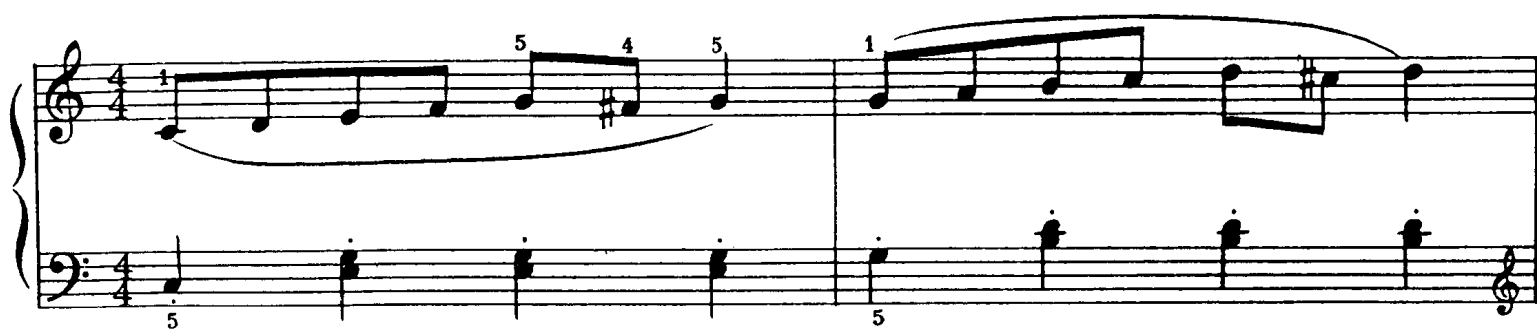
7



非常连贯地



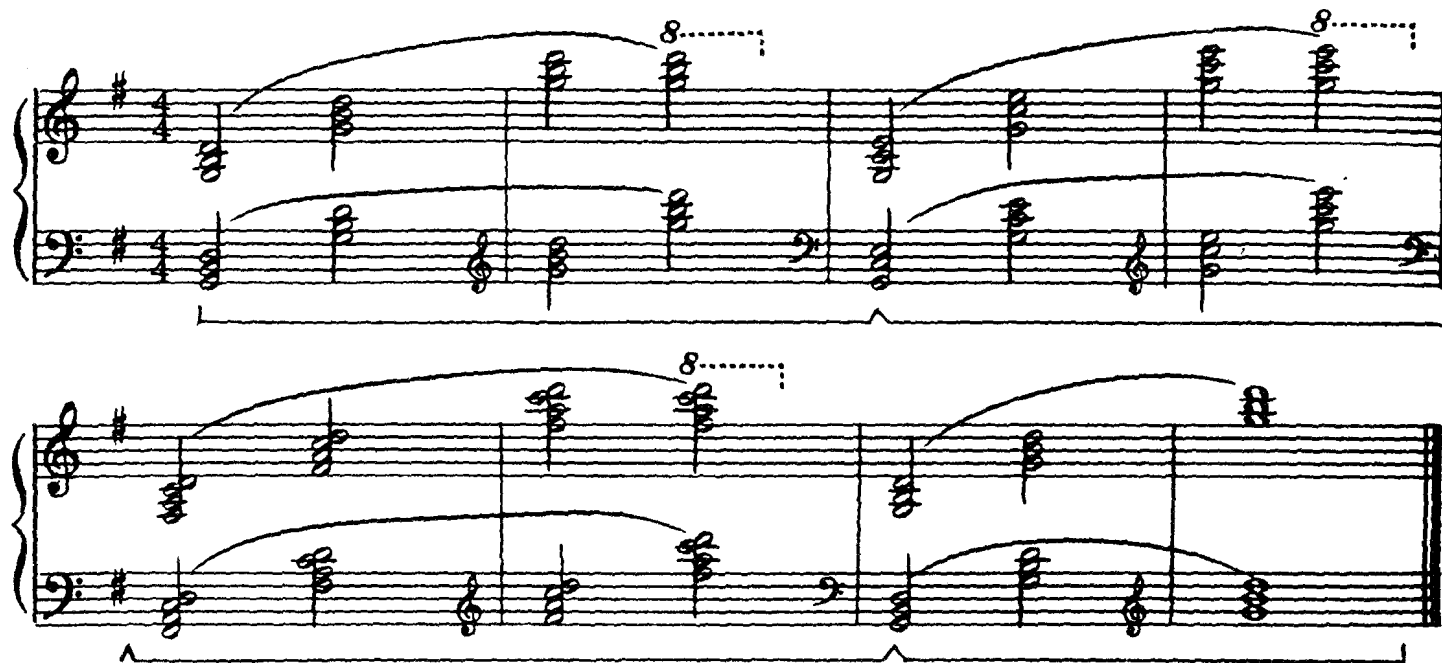
12. 精神饱满 准备练习



第二组

9

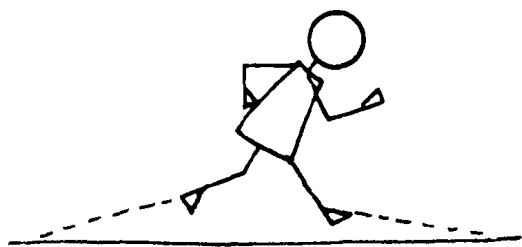
1. 深呼吸



2. 刷牙

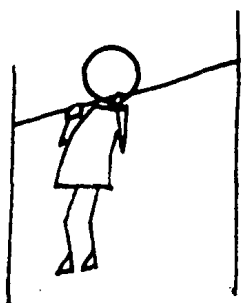


3. 跳 远



Handwritten musical score for "跳远" (Long Jump). The score is written on three systems of grand staves (treble and bass clef). The key signature is one sharp (F#) and the time signature is 4/4. The melody is primarily in the treble clef, with some notes in the bass clef. Fingerings are indicated by numbers 1-5. There are also some handwritten annotations like "8" and "5" with arrows pointing to specific notes.

4. 引体向上



无声按下第一小节的音

Handwritten musical score for "引体向上" (Pull-up). The score is written on one system of a grand staff (treble and bass clef). The key signature is one sharp (F#) and the time signature is 4/4. The melody is primarily in the treble clef, with some notes in the bass clef. Fingerings are indicated by numbers 1-5. The first measure is marked with a double bar line and the instruction "无声按下第一小节的音" (Silently press the notes of the first measure).

5.原地向上爬

11



Handwritten musical score for Exercise 5, '原地向上爬' (Crawling in place). The score is written for piano in 4/4 time and consists of three systems, each with a treble and bass staff. Fingerings are indicated by numbers 1-5 above or below notes. The first system includes fingerings like 1 2 3 1 2 3 1 3 1 3 in the treble and 3 3 2 1 3 3 3 3 3 3 in the bass. The second system includes 1 2 3 4 1 1 1 in the treble and 4 3 2 1 4 4 4 in the bass. The third system includes 1 2 3 4 5 1 5 1 5 1 5 in the treble and 5 4 3 2 1 5 5 5 5 5 in the bass. The piece concludes with a double bar line.

6.大劈叉



Handwritten musical score for Exercise 6, '大劈叉' (Wide Split). The score is written for piano in 4/4 time and consists of a single system with a treble and bass staff. Fingerings are indicated by numbers 1-5 above or below notes. The treble staff includes fingerings like 1 4 1 4 1 4 and the instruction '指法同前' (Fingering same as before). The bass staff includes fingerings like 1 2 1 2 1 2 and the instruction '指法同前'. A '双手同指' (Both hands same fingering) instruction is present at the beginning. The piece concludes with a double bar line.

7. 跨 小 球



8. 青 蛙 跳

