

The cover features a large, stylized graphic of a hand with fingers spread, rendered in a gradient of red, orange, and yellow. Below the hand, there are three vertical bars in a gradient of yellow, green, and blue. To the right of the hand, there are several dark, pointed shapes resembling leaves or petals. The background is a light yellow color.

李斐岚编著

儿童钢琴



(修订本)

手指练习

人民音乐出版社

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修 订 本 前 言

《儿童钢琴手指练习》是在长期对儿童进行钢琴教学的实践基础上,参照国外手指练习的经验编创的。多年来,我在儿童钢琴教学中深深感到,由于儿童的生理条件不同,那些成年人经常使用的手指练习,对于他们却往往不太适用,也难达到预期的效果。近些年来学琴儿童越来越多,为了给从初学到车尔尼 599 练习曲程度的孩子们提供更有系统、更有针对性的基本功训练教材,特编著了此书。这本书问世后颇受读者欢迎,至今已发行十余册。

为进一步完善其内容,编著者广泛吸取了使用者的反馈意见,对此书进行了适量的调整补充。修订本仍分为三部分,第一部分是按循序渐进规律编排的日常五指练习;第二部分是有针对性的特殊练习(一、二部分中以编著者自创的练习居多);第三部分是由浅入深按 A 级(入门程度)、B 级(拜厄后半本程度)、C 级(车尔尼 599 练习曲中部程度)归类编排的常规音阶、琶音及和弦练习等。为在常规练习中给使用者提供易于掌握的简明指法规律,编著者特意从不同角度专门设计了三组指法规律简明提示表(详见附录),可供教师在指导少年儿童学琴中有选择性地参考使用。

本书须在教师指导下,根据儿童学琴的程度和需要有目的地选用,例如作为《幼儿钢琴教程》修订本(李斐岚、董刚锐编著)的辅助练习,以弥补弹奏中技术上的某些欠缺,帮助解决乐曲中遇到的某些难点,并通过第三部分的学习由浅入深地逐步掌握一些常规的基本技术。此书只是儿童钢琴技术练习的一个基础部分,不应用来取代其他练习曲和乐曲,练毕可接练《哈农练指法》。

由于本人水平所限,书中存在不足在所难免,诚恳地希望使用者予以指正。

李斐岚

1999 年于中央音乐学院

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第一部分 五指练习 38 首

这部分练习采用了双手同向进行、反向进行、大小调对置、同调模进及移调模进等手法。每首练习均可作多次重复。练习时应从慢速度及中等力度开始,根据弹奏者的能力逐步提高速度及力度,注意肩臂放松自如,手腕柔软平稳,手型端正不僵,手指主动,触键平均有力而声音通畅,掌、指关节不要下塌,指端关节立稳。

一、非连音练习

1

2

3

Exercise 3 is in 4/4 time. The right hand starts with a treble clef and a key signature of one sharp (F#). The left hand starts with a bass clef and a key signature of one sharp (F#). The exercise consists of four measures. The first measure has a quarter note G4 (finger 1), a quarter note A4 (finger 3), and a quarter note B4 (finger 5). The second measure has a quarter note A4 (finger 3), a quarter note G4 (finger 1), and a quarter note F#4 (finger 5). The third measure has a quarter note F#4 (finger 5), a quarter note G4 (finger 1), and a quarter note A4 (finger 3). The fourth measure has a half note F#4 (finger 5) and a half note G4 (finger 1).

Measures 5-8 of exercise 3. The right hand starts with a treble clef and a key signature of one sharp (F#). The left hand starts with a bass clef and a key signature of one sharp (F#). The exercise consists of four measures. The first measure has a quarter note G4 (finger 5), a quarter note A4 (finger 3), and a quarter note B4 (finger 1). The second measure has a quarter note A4 (finger 3), a quarter note G4 (finger 1), and a quarter note F#4 (finger 5). The third measure has a quarter note F#4 (finger 5), a quarter note G4 (finger 1), and a quarter note A4 (finger 3). The fourth measure has a half note F#4 (finger 5) and a half note G4 (finger 1).

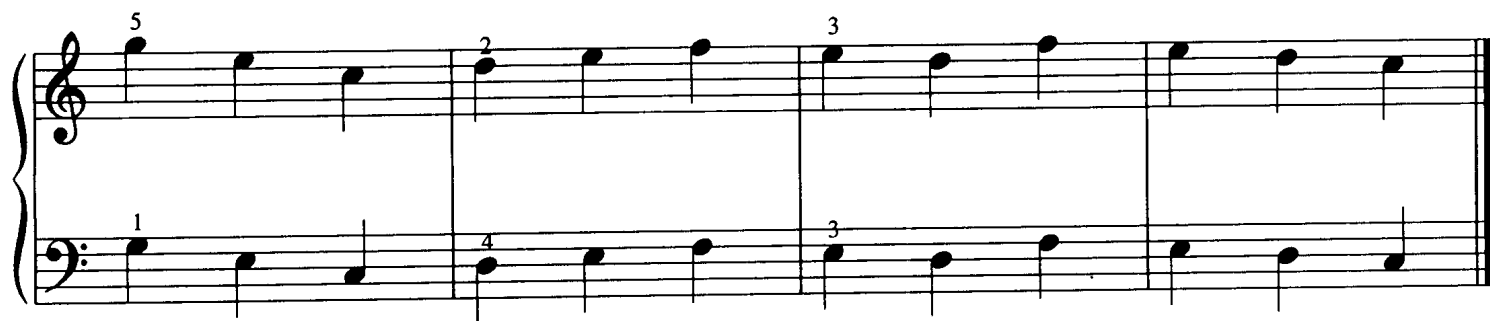
4

Exercise 4 is in 4/4 time. The right hand starts with a treble clef and a key signature of one flat (Bb). The left hand starts with a bass clef and a key signature of one flat (Bb). The exercise consists of four measures. The first measure has a quarter note G4 (finger 1), a quarter note A4 (finger 3), and a quarter note Bb4 (finger 5). The second measure has a quarter note A4 (finger 3), a quarter note G4 (finger 1), and a quarter note F#4 (finger 5). The third measure has a quarter note F#4 (finger 5), a quarter note G4 (finger 1), and a quarter note A4 (finger 3). The fourth measure has a half note F#4 (finger 5) and a half note G4 (finger 1).

Measures 5-8 of exercise 4. The right hand starts with a treble clef and a key signature of one flat (Bb). The left hand starts with a bass clef and a key signature of one flat (Bb). The exercise consists of four measures. The first measure has a quarter note G4 (finger 5), a quarter note A4 (finger 3), and a quarter note Bb4 (finger 1). The second measure has a quarter note A4 (finger 3), a quarter note G4 (finger 1), and a quarter note F#4 (finger 5). The third measure has a quarter note F#4 (finger 5), a quarter note G4 (finger 1), and a quarter note A4 (finger 3). The fourth measure has a half note F#4 (finger 5) and a half note G4 (finger 1).

5

Exercise 5 is in 3/4 time. The right hand starts with a treble clef and a key signature of one sharp (F#). The left hand starts with a bass clef and a key signature of one sharp (F#). The exercise consists of four measures. The first measure has a quarter note G4 (finger 1), a quarter note A4 (finger 3), and a quarter note B4 (finger 5). The second measure has a quarter note A4 (finger 3), a quarter note G4 (finger 1), and a quarter note F#4 (finger 5). The third measure has a quarter note F#4 (finger 5), a quarter note G4 (finger 1), and a quarter note A4 (finger 3). The fourth measure has a half note F#4 (finger 5) and a half note G4 (finger 1).



8

Exercise 8 is in 3/4 time and the key of D major (one sharp). The piece consists of 8 measures. The treble staff begins with a quarter rest, followed by a series of eighth notes: D4 (finger 1), E4 (finger 3), F#4 (finger 5), G4 (finger 4), A4, B4, C#5, D5, E5, F#5, G5, A5, B5, C#6, D6. The bass staff begins with a quarter rest, followed by a series of eighth notes: D3 (finger 1), E3 (finger 3), F#3 (finger 5), G3 (finger 4), A3, B3, C#4, D4, E4, F#4, G4, A4, B4, C#5, D5. The piece ends with a double bar line.

9

Exercise 9 is in 4/4 time and the key of D major (one sharp). The piece consists of 8 measures. The treble staff begins with a quarter rest, followed by a series of quarter notes: D4 (finger 1), E4 (finger 3), F#4 (finger 5), G4 (finger 4), A4, B4, C#5, D5. The bass staff begins with a quarter rest, followed by a series of quarter notes: D3 (finger 1), E3 (finger 3), F#3 (finger 5), G3 (finger 4), A3, B3, C#4, D4. The piece ends with a double bar line.

Exercise 10 is in 4/4 time and the key of D major (one sharp). The piece consists of 8 measures. The treble staff begins with a quarter rest, followed by a series of quarter notes: D4 (finger 1), E4 (finger 3), F#4 (finger 5), G4 (finger 4), A4, B4, C#5, D5. The bass staff begins with a quarter rest, followed by a series of quarter notes: D3 (finger 1), E3 (finger 3), F#3 (finger 5), G3 (finger 4), A3, B3, C#4, D4. The piece ends with a double bar line.

10

Exercise 10 is in 4/4 time and the key of D major (one sharp). The piece consists of 8 measures. The treble staff begins with a quarter rest, followed by a series of quarter notes: D4 (finger 1), E4 (finger 3), F#4 (finger 5), G4 (finger 4), A4, B4, C#5, D5. The bass staff begins with a quarter rest, followed by a series of quarter notes: D3 (finger 1), E3 (finger 3), F#3 (finger 5), G3 (finger 4), A3, B3, C#4, D4. The piece ends with a double bar line.

Exercise 10 is in 4/4 time and the key of D major (one sharp). The piece consists of 8 measures. The treble staff begins with a quarter rest, followed by a series of quarter notes: D4 (finger 1), E4 (finger 3), F#4 (finger 5), G4 (finger 4), A4, B4, C#5, D5. The bass staff begins with a quarter rest, followed by a series of quarter notes: D3 (finger 1), E3 (finger 3), F#3 (finger 5), G3 (finger 4), A3, B3, C#4, D4. The piece ends with a double bar line.

二、连音练习

11

The exercise consists of four systems, each with a treble and bass staff. The first system includes fingerings: the right hand starts with 1-2-3-4-3-4-5 and the left hand with 5-4-3-2-3-2-1. The second system continues the slurred eighth-note patterns. The third system introduces a change in the right hand's starting note (F#4) while the left hand continues with 1-2-3-4-3-2-1. The fourth system concludes the exercise with the same slurred eighth-note patterns.

12

Measures 1-4 of a piano exercise in 2/4 time. The right hand (treble clef) plays a sequence of eighth notes: 1 2 3 2 3 4 5, then 1 2 3 2 3 4 5. The left hand (bass clef) plays a sequence of eighth notes: 5 4 3 2 1, then 5 4 3 4 3 2 1. Fingering numbers are indicated above or below the notes.

Measures 5-8 of a piano exercise. The right hand (treble clef) plays a sequence of eighth notes: 1 2 3 4 5, then 1 2 3 4 5. The left hand (bass clef) plays a sequence of eighth notes: 5 4 3 2 1, then 5 4 3 2 1. Fingering numbers are indicated above or below the notes.

Measures 9-12 of a piano exercise. The right hand (treble clef) plays a sequence of eighth notes: 5 4 3 2 1, then 5 4 3 2 1. The left hand (bass clef) plays a sequence of eighth notes: 1 2 3 4 5, then 1 2 3 4 5. Fingering numbers are indicated above or below the notes.

Measures 13-16 of a piano exercise. The right hand (treble clef) plays a sequence of eighth notes: 1 2 3 4 5, then 1 2 3 4 5. The left hand (bass clef) plays a sequence of eighth notes: 5 4 3 2 1, then 5 4 3 2 1. Fingering numbers are indicated above or below the notes.

三、五组基本练习

(1)

13

5

1

(2)

1

5

(3)

1

1

(4)

1

1

(5)

1

1

14

(1)

Exercise (1) is an 8-measure piece in 4/4 time. The right hand starts on middle C (C4), moving up stepwise to G4 (marked with a '5' for fifth finger), then down stepwise to C4. The left hand starts on C3, moving up stepwise to G3 (marked with a '5' for fifth finger), then down stepwise to C3. The exercise is divided into two 4-measure phrases, each ending with a repeat sign.

(2)

Exercise (2) is an 8-measure piece in 4/4 time. The right hand starts on middle C (C4), moving up stepwise to G4, then down stepwise to C4. The left hand starts on C3, moving up stepwise to G3, then down stepwise to C3. The exercise is divided into two 4-measure phrases, each ending with a repeat sign.

(3)

Exercise (3) is an 8-measure piece in 4/4 time. The right hand starts on middle C (C4), moving up stepwise to G4, then down stepwise to C4. The left hand starts on C3, moving up stepwise to G3, then down stepwise to C3. The exercise is divided into two 4-measure phrases, each ending with a repeat sign.

(4)

Exercise (4) is an 8-measure piece in 4/4 time. The right hand starts on middle C (C4), moving up stepwise to G4, then down stepwise to C4. The left hand starts on C3, moving up stepwise to G3, then down stepwise to C3. The exercise is divided into two 4-measure phrases, each ending with a repeat sign.

(5)

Exercise (5) is an 8-measure piece in 4/4 time. The right hand starts on middle C (C4), moving up stepwise to G4, then down stepwise to C4. The left hand starts on C3, moving up stepwise to G3, then down stepwise to C3. The exercise is divided into two 4-measure phrases, each ending with a repeat sign.

四、连音及跳音的混合练习

15

The musical score is written for piano in 3/4 time. It consists of five systems, each with a treble and bass staff. The first system includes fingerings (1-5) and a measure number '15'. The exercise involves slurred eighth-note patterns and staccato chords.

System 1: Treble staff: Slurred eighth notes (1-5), quarter notes (4, 3, 2), slurred eighth notes (1-5), quarter notes (4, 3, 2). Bass staff: Slurred eighth notes (5, 3, 4, 2, 3, 1), quarter notes (2, 3, 4), slurred eighth notes (5, 3, 4, 2, 3, 1), quarter notes (2, 3, 4).

System 2: Treble staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes. Bass staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes.

System 3: Treble staff: Slurred eighth notes (5, 3, 4, 2, 3, 1), quarter notes (2, 3, 4), slurred eighth notes, quarter notes. Bass staff: Slurred eighth notes (1, 3, 2, 4, 3, 5), quarter notes (4, 3, 2), slurred eighth notes, quarter notes.

System 4: Treble staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes. Bass staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes.

System 5: Treble staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes. Bass staff: Slurred eighth notes, quarter notes, slurred eighth notes, quarter notes.

16

The musical score consists of four measures of music in 3/4 time. The first measure is marked with the number 16. It features a treble staff and a bass staff. The treble staff begins with a series of eighth notes: G4 (fingered 1), A4 (fingered 3), B4 (fingered 2), C5 (fingered 4), B4 (fingered 3), and A4 (fingered 5). This is followed by a dotted quarter note G4 (fingered 4) and a dotted quarter note F#4 (fingered 3). The bass staff begins with a series of eighth notes: G3 (fingered 1), A3 (fingered 3), B3 (fingered 2), C4 (fingered 4), B3 (fingered 3), and A3 (fingered 5). This is followed by a dotted quarter note G3 (fingered 4) and a dotted quarter note F#3 (fingered 2). The second measure continues the melodic lines with slurs. The third and fourth measures show further development of the melodic themes, with slurs and dotted rhythms. The piece concludes with a final chord in the fourth measure.

17

