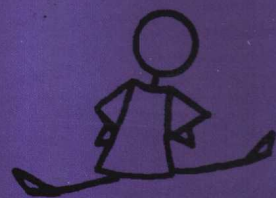


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钢琴 天天练

[美] E-M·伯纳姆

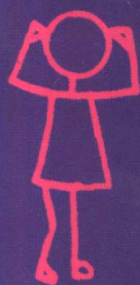
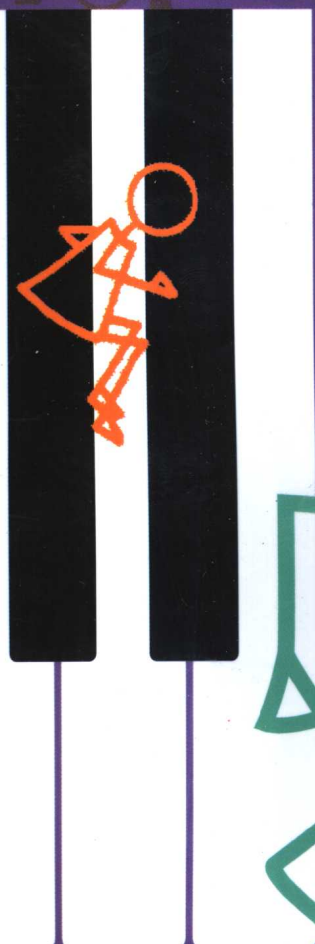


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by
Edna-Mae Burnam



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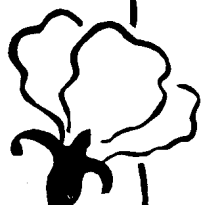
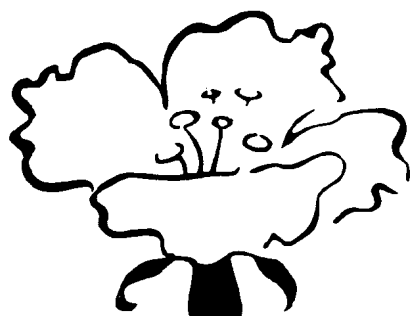
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天天练练

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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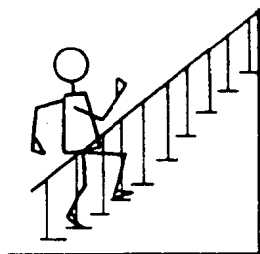
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第一组

1. 跑上楼跑下楼



重复弹奏 3 遍。

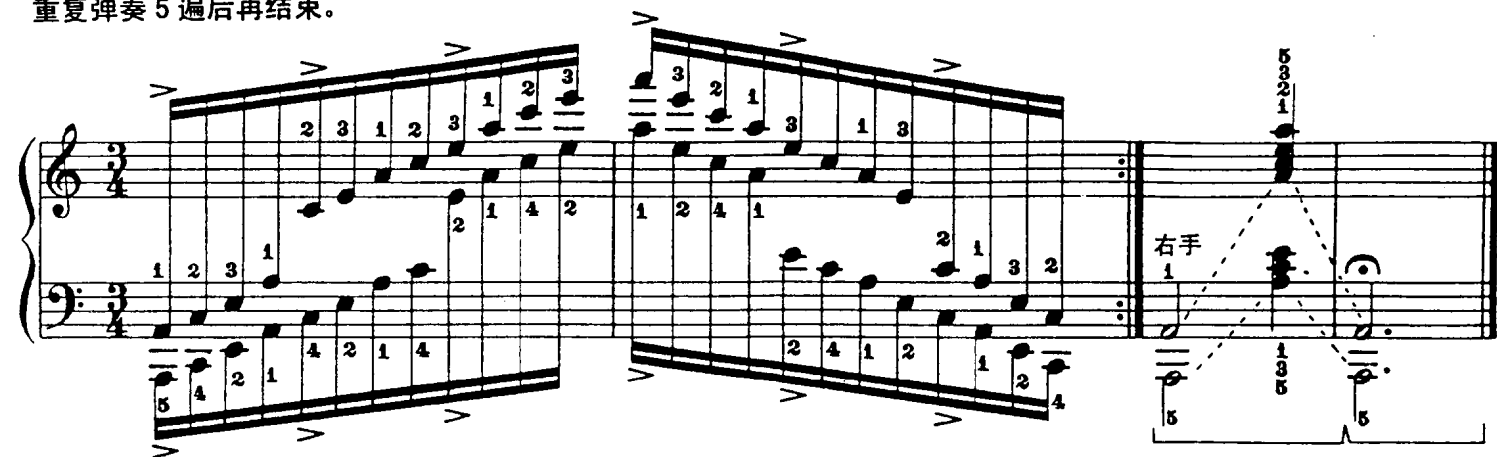
如华彩乐段

The musical score is divided into three systems. The first system is labeled '如华彩乐段' (Like a Capriccio). It consists of two staves (treble and bass) with a continuous melodic line. The melody is written in a style that suggests a technical exercise, with many fingerings (1-4) and dynamic markings (>). The second system continues the melody, also with fingerings and dynamic markings. The third system shows a continuation of the piece with a different melodic line, also featuring fingerings and dynamic markings. The score is written in a style typical of a technical exercise or a short piece.

2. 弹 跳



重复弹奏 5 遍后再结束。



3. 双 臂 伸 屈



重复弹奏 5 遍后再结束。



4. 大 步 走





5. 练习 拳击



重复弹奏 3 遍后再结束。



6. 深呼吸



Handwritten musical notation for the first system of the exercise. The notation is written on a grand staff (treble and bass clefs). The key signature is one sharp (F#). The time signature is 4/4. The notation includes various chords and melodic lines, with some notes marked with fingerings (e.g., 5, 4, 3, 2, 1). A dashed line indicates a connection between two notes. The right hand part is labeled "左手" (Left Hand) at the end of the system.

Handwritten musical notation for the second system of the exercise. The notation is written on a grand staff (treble and bass clefs). The key signature is one sharp (F#). The time signature is 4/4. The notation includes various chords and melodic lines, with some notes marked with fingerings (e.g., 5, 4, 3, 2, 1). A dashed line indicates a connection between two notes.

Handwritten musical notation for the third system of the exercise. The notation is written on a grand staff (treble and bass clefs). The key signature is one sharp (F#). The time signature is 4/4. The notation includes various chords and melodic lines, with some notes marked with fingerings (e.g., 5, 4, 3, 2, 1). A dashed line indicates a connection between two notes.

Handwritten musical notation for the fourth system of the exercise. The notation is written on a grand staff (treble and bass clefs). The key signature is one sharp (F#). The time signature is 4/4. The notation includes various chords and melodic lines, with some notes marked with fingerings (e.g., 5, 4, 3, 2, 1). A dashed line indicates a connection between two notes.

7. 快速上下梯子



Handwritten musical score for piano, titled "7. 快速上下梯子" (Fast Climbing and Descending Ladder). The score is written in 3/4 time and consists of four systems of staves.

The notation includes various musical symbols such as treble and bass clefs, time signatures, and dynamic markings like σ and σV . Fingerings are indicated by numbers 1 through 5. The piece features rapid, ascending and descending melodic lines, often marked with accents (σ) and slurs, suggesting a technical exercise for agility and speed. The final system concludes with a double bar line and a repeat sign.

8. 双 脚 跳

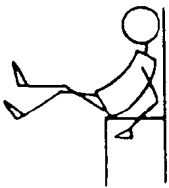
左右手交替弹奏，
符干向上为右手弹奏。
符干向下为左手弹奏。



9. 甩 腕 肘



10.交叉踢腿



只用右手弹奏。

只用左手弹奏。

现在用双手弹奏。

11. 俯 臥 撐



Handwritten musical score for the exercise "俯臥撐" (Plank). The score is written on four systems of grand staves (treble and bass clef). The time signature is 4/4. The notation includes various musical symbols such as notes, rests, and dynamic markings.

The first system includes handwritten fingerings: 5 4 3 2 1 and 1 2 3 4 5 for the right hand, and 1 2 3 4 5 and 5 4 3 2 1 for the left hand. The second system includes a handwritten "2" above the treble staff. The third system includes a handwritten "2" above the treble staff. The fourth system includes a handwritten "2" above the treble staff.

12.精神饱满 准备练习

快速

The musical score is written for piano in 4/4 time, marked '快速' (Allegro). It consists of four systems, each with a treble and bass staff. The right hand contains melodic lines with various scales and arpeggios, while the left hand provides a harmonic accompaniment. Fingerings are indicated by numbers 1-5 above the notes. The key signature has one sharp (F#), and the time signature is 4/4.

System 1:
Right hand: Treble clef, 4/4. Notes: G4 (quarter), A4 (quarter), B4 (quarter), C5 (quarter), B4-A4 (beamed eighth notes), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (half).
Left hand: Bass clef, 4/4. Notes: G3 (quarter), F#3 (quarter), E3 (quarter), D3 (half).

System 2:
Right hand: Treble clef, 4/4. Notes: C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (half).
Left hand: Bass clef, 4/4. Notes: G3 (quarter), F#3 (quarter), E3 (quarter), D3 (half).

System 3:
Right hand: Treble clef, 4/4. Notes: C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (half).
Left hand: Bass clef, 4/4. Notes: G3 (quarter), F#3 (quarter), E3 (quarter), D3 (half).

System 4:
Right hand: Treble clef, 4/4. Notes: C5 (quarter), B4 (quarter), A4 (quarter), G4 (quarter), F#4 (quarter), E4 (quarter), D4 (half).
Left hand: Bass clef, 4/4. Notes: G3 (quarter), F#3 (quarter), E3 (quarter), D3 (half).

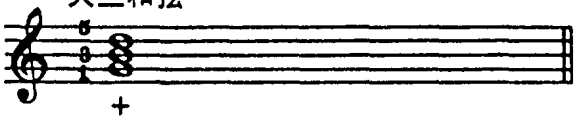
第 二 组

四种和弦 (和弦或分解和弦形式)

- 1. 大三和弦.....记号 +
- 2. 小三和弦.....记号 -
- 3. 减三和弦.....记号 o
- 4. 增三和弦.....记号 ++

这是大三和弦

大三和弦



把大三和弦的三音降低半音，就变成小三和弦



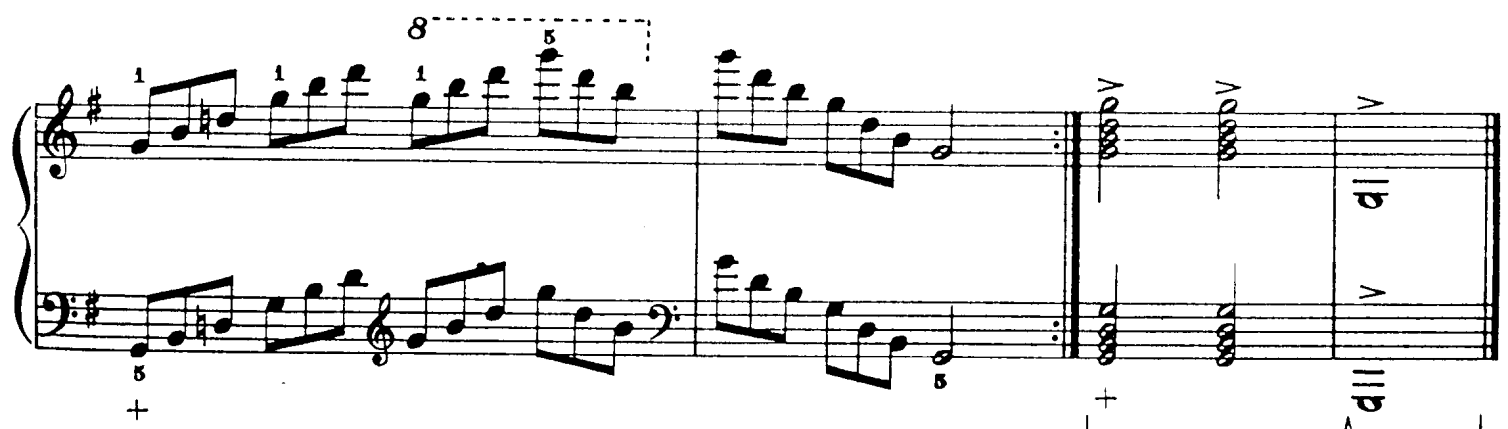
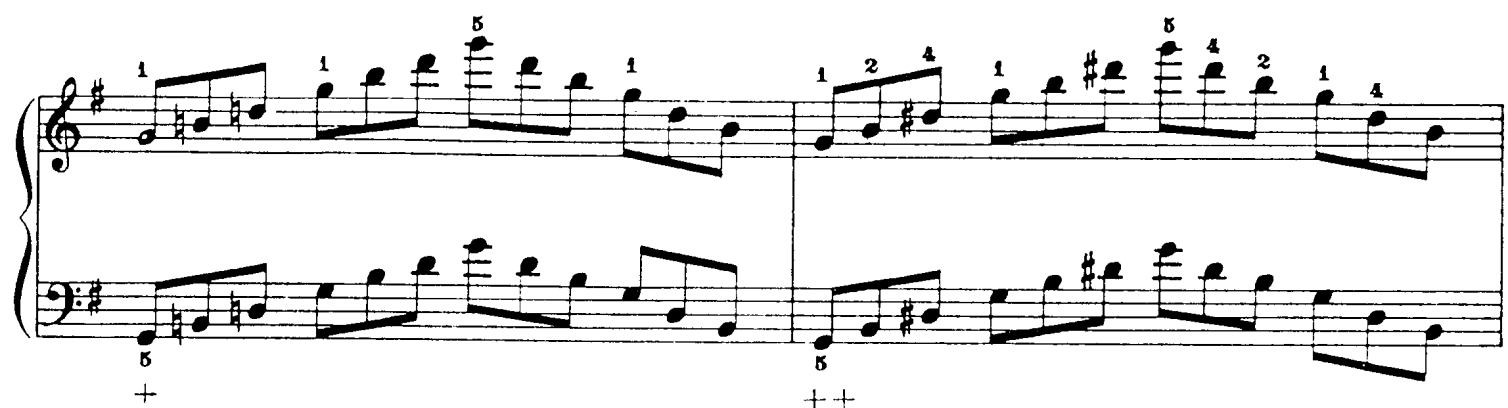
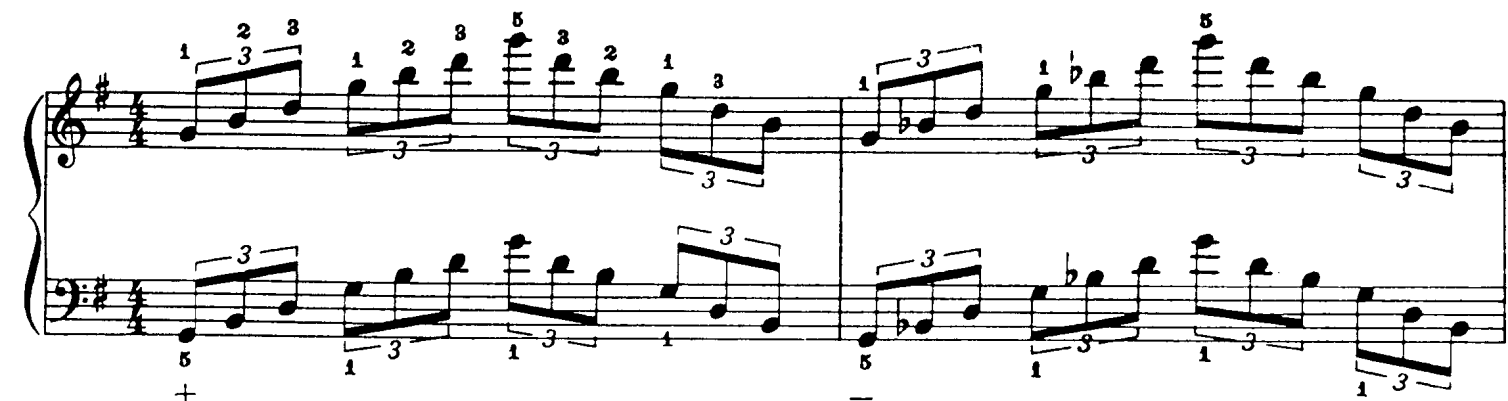
把大三和弦的三音和五音各降低半音，就变成减三和弦



把大三和弦的五音升高半音，就变成增三和弦



1. 侧 滚 翻



2. 大 劈 叉



Handwritten musical score for piano, titled "2. 大 劈 叉" (Big Split). The score is written in G major (one sharp) and 4/4 time. It consists of four systems of two staves each (treble and bass clef). The music features various musical notations including eighth notes, quarter notes, and triplets, often with fingerings (1, 3, 5) indicated above the notes. There are also dynamic markings like '+' and '-'. The final system includes a repeat sign and a double bar line, followed by a final cadence marked with a double bar line and a repeat sign.