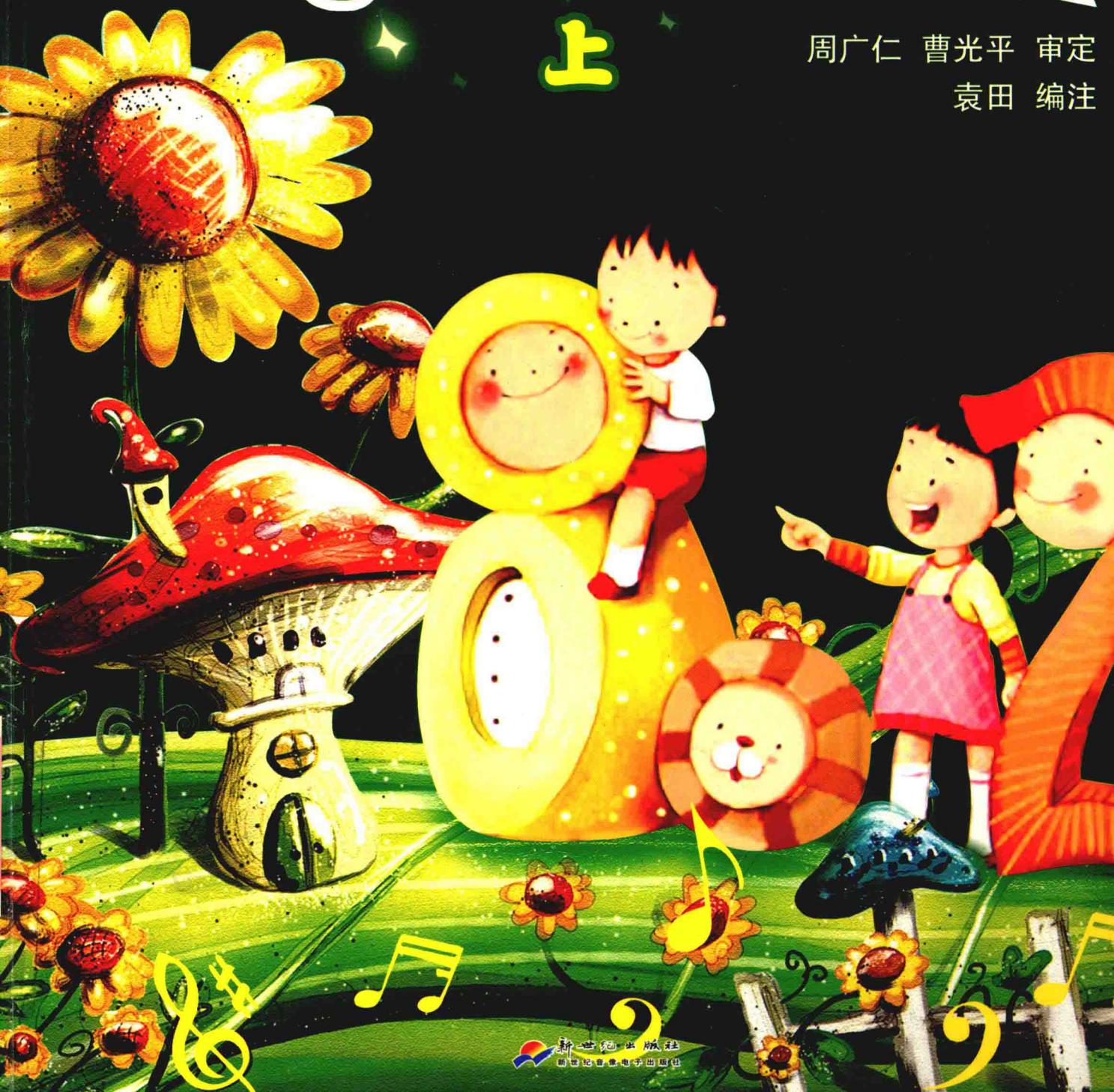


孩子的芭蕾

精解版

上

周广仁 曹光平 审定
袁田 编注



孩子的歌谣

精解版

上

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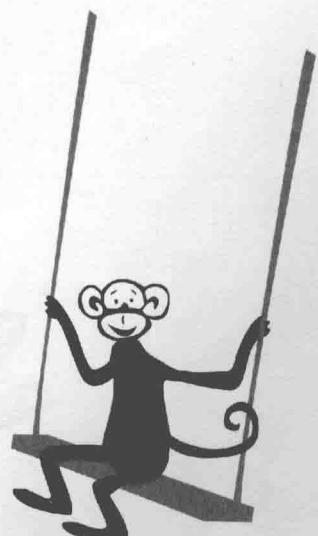
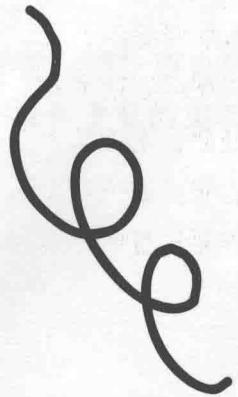
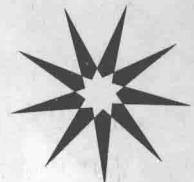
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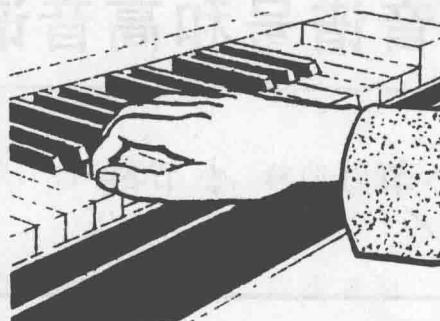
弹奏钢琴的姿势

坐的位置应该在琴键的中间，正对中央C的位置，椅子与琴的距离约与小臂的长短一致，臀部坐在凳子的二分之一或三分之一处。背和腰要挺直，琴凳必须调至适当的高度，以胳膊肘部和腰部与琴键基本持平为宜。身体不能过分靠近琴键或是上身后仰，双腿自然地弯曲。年纪小的学生需要用垫脚或小矮凳将两脚支撑住，不要让两只脚悬空晃荡。

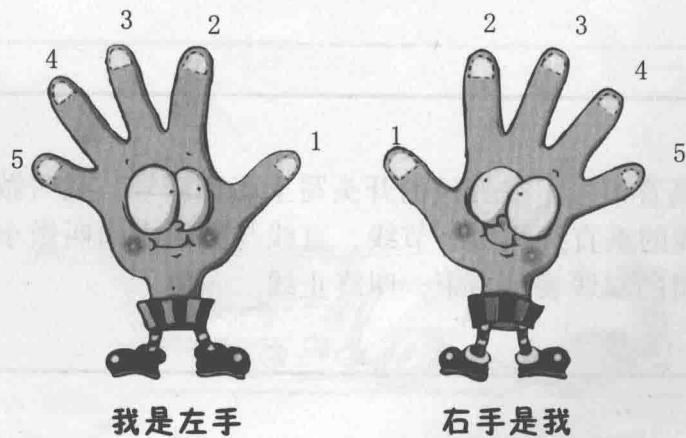


手型与指法

把手握球状自然放在琴键上，五个手指对准各自相应的琴键，手指要自然弯曲，手掌不向内凹，大拇指应略微向内弯曲，与2指保持一定距离，手指和手掌的关节都要鼓起突出，成拱形。手腕应略微比手掌低点。



手指指序



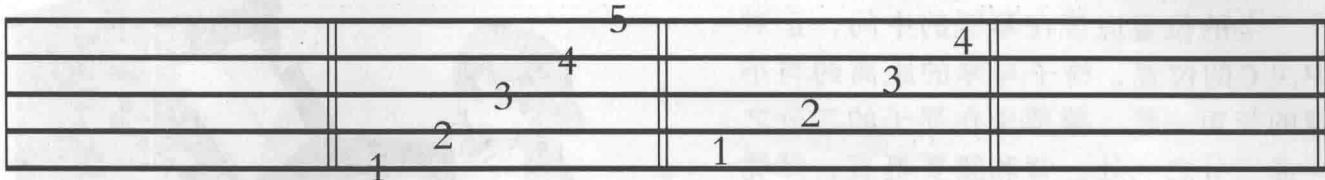
五线谱

谱表

线

间

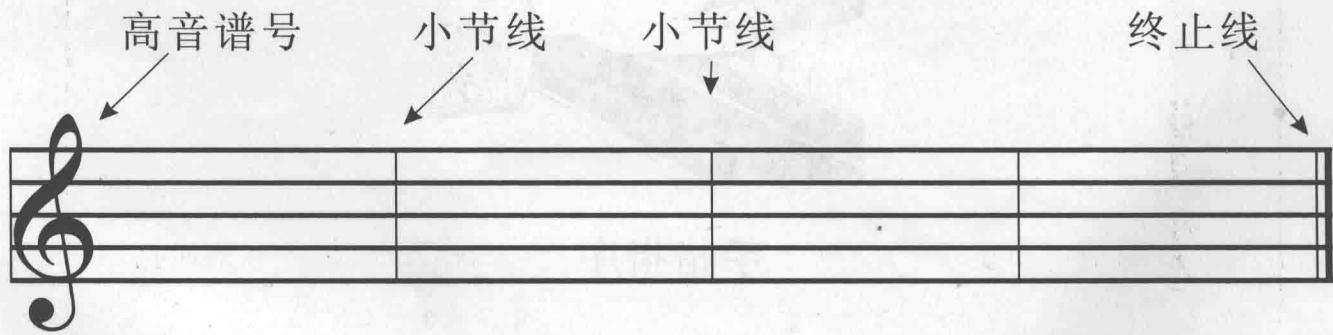
加线



五线谱：五条线，四个间，小音符，住里面。



高音谱号和高音谱表

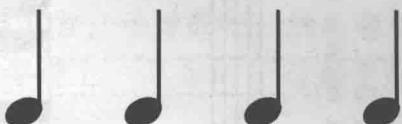


叫做高音谱号，在五线的开头写上高音谱号，就叫做高音谱表。
穿过五线的垂直线叫做小节线，直线与直线之间叫做小节。乐曲最后
用||一细一粗的双线表示结束，叫终止线。

音符

音符有白的，有黑的，有的有符干，有的没有符干。

四分音符



二分音符



全音符



拍号



音乐中有各种各样的拍子，最常用的有 $\frac{2}{4}$ 拍、 $\frac{3}{4}$ 拍、 $\frac{4}{4}$ 拍等，这些拍号在五线谱上紧跟着高音谱号和低音谱号的旁边，其含义是：

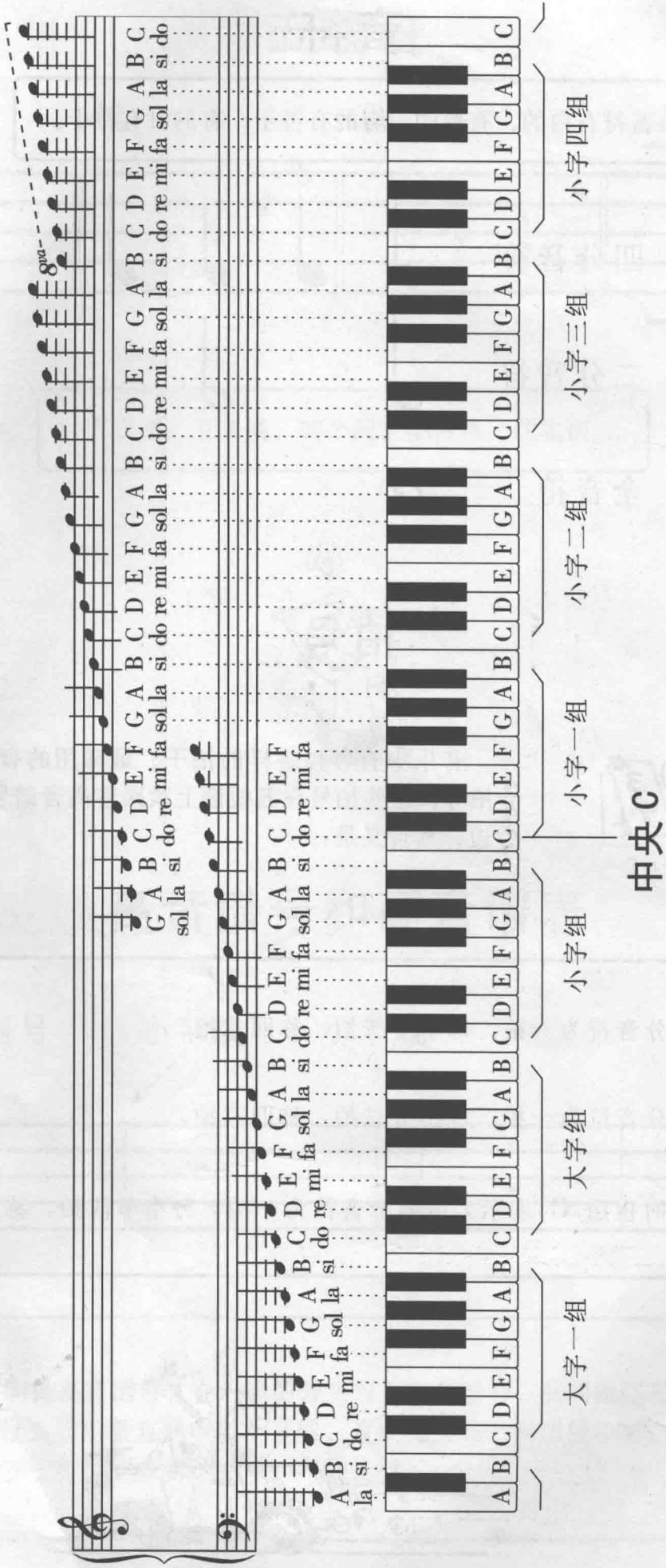
$\frac{2}{4}$ ：四分音符为一拍，每小节二拍，称四二拍。

$\frac{3}{4}$ ：四分音符为一拍，每小节三拍，称四三拍。

$\frac{4}{4}$ （有时也用 C 表示）：四分音符为一拍，每小节四拍，称四四拍。



表对照对键盘与钢琴大谱表



※图中标出的“组名”，是为了让学琴者对键盘结构有个基本的认知，而各组每个音的名称不在这一列出。

右手五指练习

弹奏时一定要注意手型和手指站立的姿势。指尖要站立好，关节要突出，手腕要略微比手掌低一点。初学的小朋友可以用断奏的方法进行练习，练习时保持自然弯曲状，置于琴键上方，手臂放松，然后毫不用力地掉下，用准备好的手指稳稳地支撑在琴键上，其余的手指和手臂保持自然放松。



等到手型和手指都能站立好了，我们可以用非连奏的方法进行练习。

当一个手指弹下时，前一个已弹下的手指要马上抬起，这两个动作要同时完成。无论用哪种方法，刚开始练习时，要用很慢的速度进行弹奏。每一条练习都按照教师的要求反复多次地练习，并且要数好拍子。

9.10
9.24

(1) (学走路) 注意手指要立起来，手腕要放松。

(2) (加入3指啦) 注意3指的加入和拍号的变化。

(3) (下楼梯) 手指要像下楼梯一样。

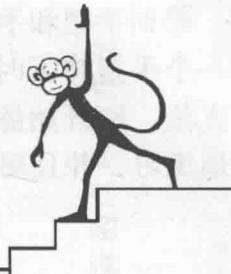
(4) (重复2指) 注意重复2指。

(5) (开步走) 注意4指的加入，4指一定要站稳。

Musical notation for Exercise 5: Treble clef, 4/4 time. Notes: quarter note, eighth note, eighth note, eighth note, repeat sign, quarter note.

(6) (又下楼梯啦) 第一个音就是4指，要站好。

Musical notation for Exercise 6: Treble clef, 4/4 time. Notes: quarter note (labeled '4'), eighth note, eighth note, eighth note, repeat sign, quarter note.



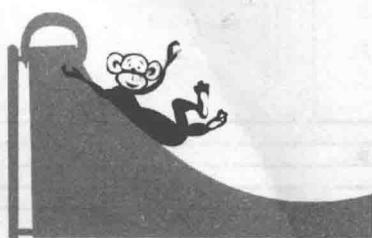
(7) (上坡下坡) 增加了音符的数量，要注意手的平稳。

Musical notation for Exercise 7: Treble clef, 3/4 time. Notes: quarter note, eighth note, eighth note, repeat sign, quarter note.



(8) (出现5指啦) 好开心！5指也加入了。

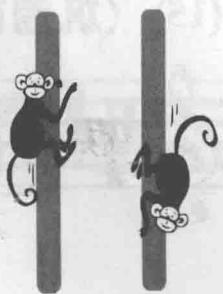
Musical notation for Exercise 8: Treble clef, 4/4 time. Notes: quarter note, eighth note, eighth note, eighth note, repeat sign, quarter note.



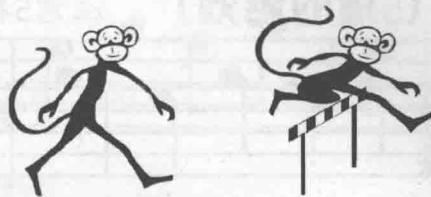
(9) (坐滑梯) 五个手指弹奏，要注意手型。

Musical notation for Exercise 9: Treble clef, 4/4 time. Notes: quarter note (labeled '5'), eighth note, eighth note, eighth note, repeat sign, quarter note.

(10) (爬上又爬下) 右手上下行，手指要站立好。



(11) (跨步走) 要注意手指的跨度，不要碰错音。



(12) (1指、3指和5指) 注意3指到5指，手型要稳固。



(13) (4指、5指做游戏) 5指、4指可最弱了，要注意手指的独立性。



(14) (重复4指的练习) 注意4指指尖要站住。

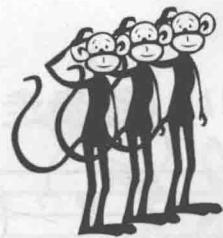


(15) (巩固前面的内容) 1指休息一下，其他手指要努力。

Musical notation for Exercise 15: Treble clef, 3/4 time. The first six notes are labeled with the number 5 above them. The repeat sign is followed by two more eighth notes.

(16) (手指排队练习) 五个手指都要用上。

Musical notation for Exercise 16: Treble clef, 4/4 time. The first seven notes are labeled with the number 5 above them. The repeat sign is followed by two more eighth notes.



(17) (5指的游戏) 注意5指的独立性。



Musical notation for Exercise 17: Treble clef, 4/4 time. The first eight notes are labeled with the number 5 above them. The repeat sign is followed by two more eighth notes.

(18) (练声曲) 注意1指、3指和5指要站立好。

Musical notation for Exercise 18: Treble clef, 4/4 time. The first five notes are labeled with the number 1 above them. The repeat sign is followed by two more eighth notes.



(19) (上楼梯)

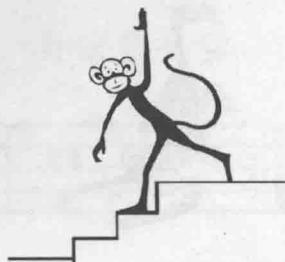
在这里往前跨一步。

Musical notation for Exercise 19: Treble clef, 4/4 time. The first six notes are labeled with the number 1 above them. The repeat sign is followed by two more eighth notes.

(20) (下楼梯)

在这里往上跨一步。

Musical notation for Exercise 20: Treble clef, 4/4 time. The first six notes are labeled with the number 4 above them. The repeat sign is followed by two more eighth notes.



(21) (海浪) 音符多了，很难哟！要坚持，要努力。

A musical staff with a treble clef and a 4/4 time signature. It contains a series of eighth notes. The first note is followed by a short vertical line with the number '4' above it, and the second note is followed by another short vertical line with the number '5' above it.



(22) (1指的游戏) 1指可不要全部躺在琴键上。

A musical staff with a treble clef and a 4/4 time signature. It contains a series of eighth notes. The first note is followed by a short vertical line with the number '2' above it, and the second note is followed by another short vertical line with the number '2' above it.

(23) (5指的游戏) 5指的力量要和其他的手指力量一样。

A musical staff with a treble clef and a 4/4 time signature. It contains a series of eighth notes.

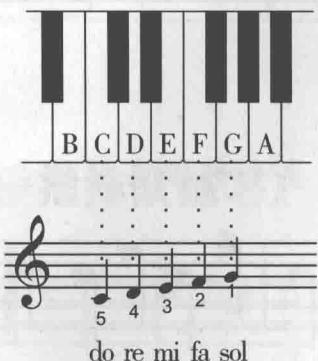


(24) (巩固前面的内容) 要注意所有手指的独立性。

A musical staff with a treble clef and a 4/4 time signature. It contains a series of eighth notes.



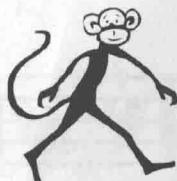
左手五指练习



一般的小朋友左手都没有右手灵活，所以练习左手时，要更认真，更努力哦！



(1) (学走路) 刚开始练习，要注意手指要立起来，手腕要放松。



(2) (加入3指啦) 注意3指的加入和拍号的变化。



(3) (上楼梯) 手指要像上楼梯一样。

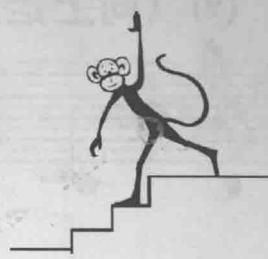


(4) (重复2指) 注意重复2指。



(5) (下楼梯) 4指是最弱的手指，一定要站稳。

1 2 3 4



(6) (又上楼梯) 第一个音就是4指，要站好。

4 3 2 1

(7) (上坡下坡) 增加了音符的数量，要注意手的平稳。

1 2 3 4 3 2



(8) (坐滑梯) 好开心，5指也加入了。

1 2 3 4

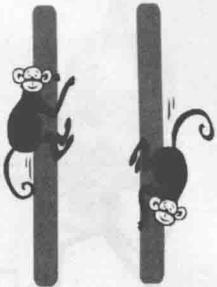


(9) (向上走) 五个手指弹奏，要注意手型。

Musical notation for Exercise 9: Upward Walk. The staff starts with a treble clef, a '4' time signature, and a key signature of one sharp. It features four notes on the first four lines of the staff, each with a number above it: 5, 4, 3, and 2. After a repeat sign, there is another note.

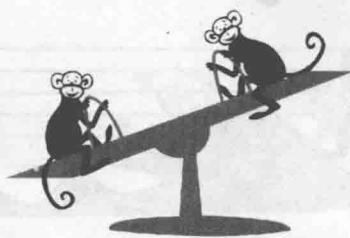
(10) (爬上又爬下) 左手上下行，手指要站立好。

Musical notation for Exercise 10: Climb Up and Down. The staff starts with a treble clef, a '4' time signature, and a key signature of one sharp. It features six notes on the first six lines of the staff, followed by a repeat sign and a note.



(11) (坐跷跷板) 要注意手指的跨度，不要碰错音。

Musical notation for Exercise 11: Sit on a Seesaw. The staff starts with a treble clef, a '4' time signature, and a key signature of one sharp. It features seven notes on the first seven lines of the staff, each labeled with a number: 1, 2, 1, 3, 1, 4, and 5. After a repeat sign, there is another note.



(12) (1指、3指和5指) 3指跨到5指，手型要稳固。

Musical notation for Exercise 12: Fingers 1, 3, and 5. The staff starts with a treble clef, a '3' time signature, and a key signature of one sharp. It features three notes on the first three lines of the staff, each labeled with a number: 1, 3, and 5. After a repeat sign, there is another note.

(13) (5指和4指的游戏) 5指和4指是最弱了，要注意手指的独立性。

Musical notation for Exercise 13: Game for Fingers 5 and 4. The staff starts with a treble clef, a '4' time signature, and a key signature of one sharp. It features five notes on the first five lines of the staff, each labeled with a number: 5, 4, 5, 4, and 5. After a repeat sign, there is another note.



(14) (重复4指的练习) 4指指尖要站住。

4指指尖要站住。

A musical staff in 4/4 time. It shows four measures of music. Measure 5 starts with a quarter note. Measure 6 starts with an eighth note followed by a quarter note. Measure 7 starts with an eighth note followed by a quarter note. Measure 8 starts with an eighth note followed by a quarter note. A repeat sign and bar line are at the end of the staff.

(15) (巩固前面的内容) 1指休息一下，其他手指要努力。

1指休息一下，其他手指要努力。

A musical staff in treble clef and common time (indicated by a '3' over a '4'). The staff contains six notes. Above each note is a number indicating its pitch: 5, 4, 3, 2, 3, 4. After the fourth note, there is a double bar line with a repeat sign. Following this, there is a single vertical bar line, and then a note with a stem and a small circle at its end.

(16) (手指排队的练习) 5个手指都用上。

5个手指都用上。

A musical score for the first section of "The Star-Spangled Banner". The key signature is one sharp (F#), and the time signature is common time (4/4). The melody begins with a half note followed by a quarter note, then continues with eighth notes. The melody ends with a repeat sign and a double bar line, followed by a bass clef and a bass staff.

(17) (5指的游戏) 注意5指的独立性。

注意5指的独立性。

A musical staff in G major with a common time signature. It features seven eighth notes. Above the staff, the numbers 5, 4, 5, 3, 5, 2, 5, 1 are written above the notes, indicating a specific fingering pattern. The staff ends with a double bar line.



(18) (练声曲) 注意1指、3指和5指要站立好。

注意1指、3指和5指要站立好。



(19) (上楼梯)

A musical score for 'The Star-Spangled Banner' in treble clef and common time. The score shows measures 5 and 6. Measure 5 consists of two half notes followed by a measure repeat sign. Measure 6 begins with a quarter note, followed by a circled eighth note, another eighth note, a quarter note, and a half note. A double bar line with repeat dots follows. The vocal line continues with a half note in the next measure.

→在这里往下跨一步。