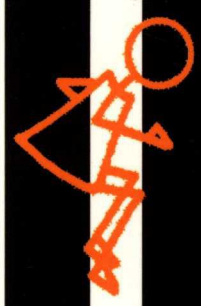
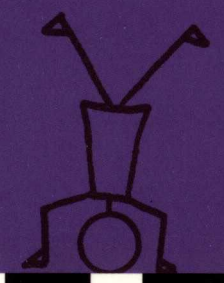
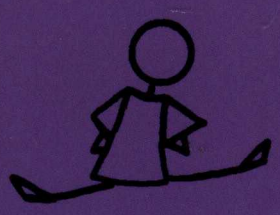




Gangqin

钢琴 天天练

[美] E-M·伯纳姆



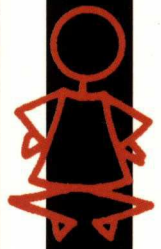
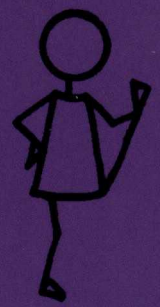
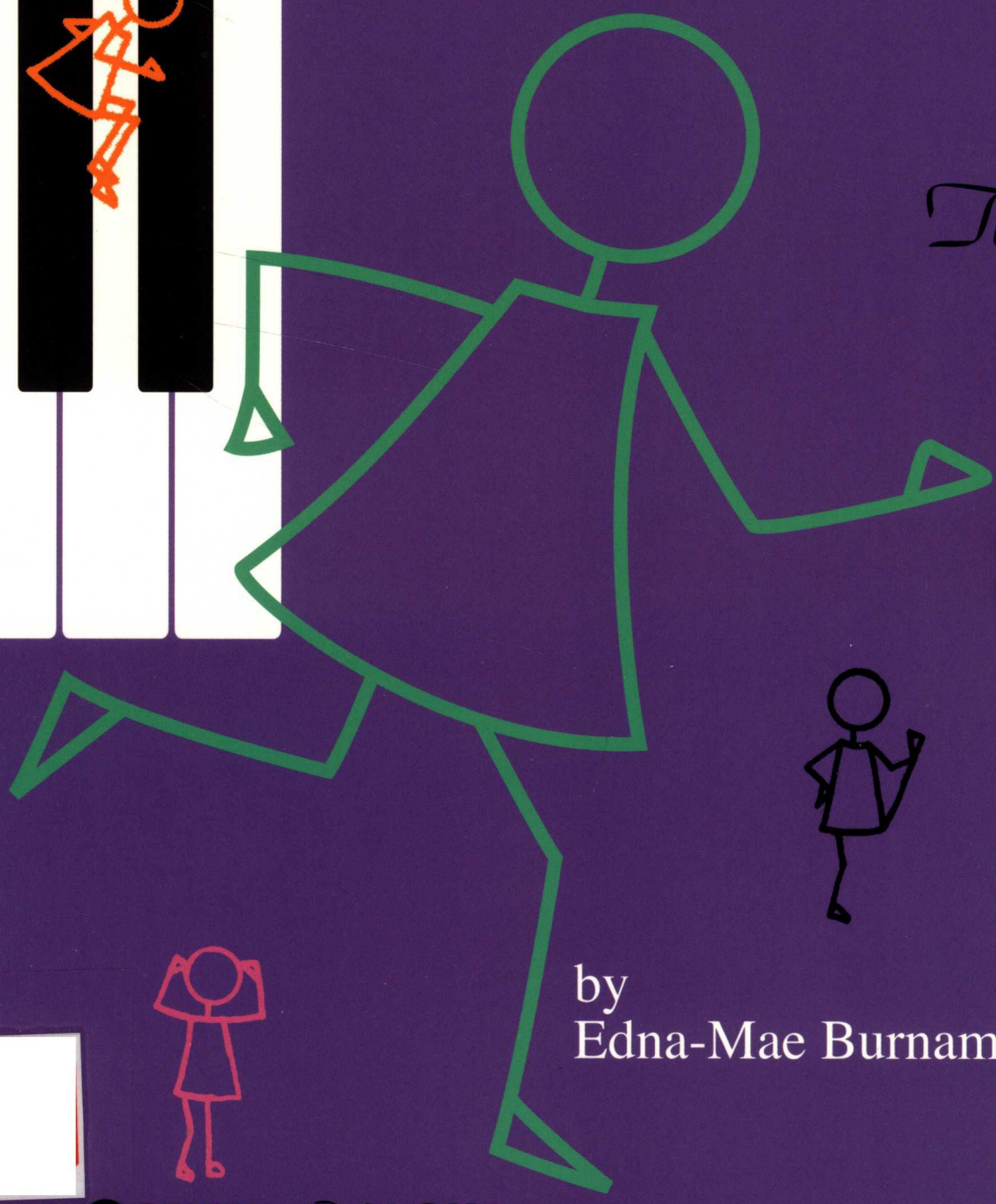
6

Tiantian

Lianlian



有声音系列图书



by
Edna-Mae Burnam

SMPH
上海音乐出版社
WWW.SMPH.CN

SLAU
上海文艺音像电子出版社
WWW.SLAU.CN



美国威利斯音乐出版公司提供版权

4J1360



钢琴 天天练练

[美] E-M·伯纳姆

6



贵州师范学院内部使用

美国威利斯音乐

上海音乐出版社 上海文艺音像电子出版社 出版

图字：09-2005-168 号

图书在版编目 (CIP) 数据

钢琴天天练 6 / [美]伯纳姆编著；钱泥译. — 上海：上海音乐出版社，2018.5

(有声音乐系列图书)

ISBN 978-7-5523-1469-4

I. 钢… II. ①伯… ②钱… III. 钢琴—奏法—儿童教育—教材
IV. J624.16

中国版本图书馆 CIP 数据核字 (2017) 第 249077 号

书 名：钢琴天天练 6
编 著：[美]E-M·伯纳姆

出 品 人：费维耀
责任编辑：陶 天 赵珺琳 (助理编辑)
音像编辑：陶 天 赵珺琳 (助理编辑)
封面设计：翟晓峰
印务总监：李霄云

出版：上海世纪出版集团 上海市福建中路 193 号 200001
上海音乐出版社 上海市打浦路 443 号荣科大厦 200023

网址：www.ewen.co
www.smph.cn

发行：上海音乐出版社
印订：上海书刊印刷有限公司

开本：640×935 1/8 印张：8 谱、文：64 面
2018 年 5 月第 1 版 2018 年 5 月第 1 次印刷
印数：1—3,000 册

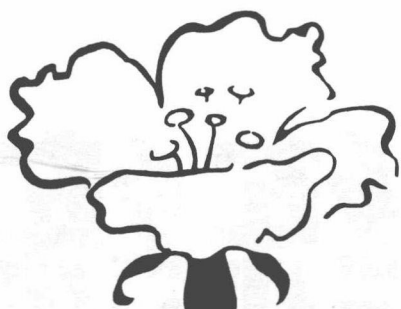
ISBN 978-7-5523-1469-4/J · 1360

定价：35.00 元

读者服务热线：(021) 64375066 印装质量热线：(021) 64310542

反盗版热线：(021) 64734302 (021) 64375066-241

郑重声明：版权所有 翻印必究



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

目 录

第一组

1. 跑上楼跑下楼	4
2. 弹跳	5
3. 双臂伸屈	5
4. 大步走	5
5. 练习拳击	6
6. 深呼吸	7
7. 快速上下梯子	8
8. 双脚跳	9
9. 甩腕肘	9
10. 交叉踢腿	10
11. 俯卧撑	11
12. 精神饱满 准备练习	12

第二组

1. 侧滚翻	14
2. 大劈叉	15
3. 向上踢右腿	16
4. 向上踢左腿	17
5. 拳击	17
6. 双臂两侧绕圈	19
7. 双脚跳	20
8. 单脚跳	21
9. 打高尔夫球	22
10. 撑杆跳	23
11. 深呼吸	24
12. 精神饱满 准备练习	25

第三组

1. 侧滚翻	26
2. 大劈叉	27
3. 青蛙跳	27
4. 玩滚木球	29
5. 打高尔夫球	29

6. 伸展双臂跳跃	31
7. 深呼吸	32
8. 打网球	33
9. 跟着领队人	34
10. 蜘蛛爬行	36
11. 快速上下梯子	37
12. 精神饱满 准备练习	38

第四组

1. 绕圈	39
2. 滑水	40
3. 坐在椅子上快速踢腿	41
4. 像钟摆似地摇动双腿	42
5. 跳双绳	43
6. 原地脚尖跑步	44
7. 用脚尖跳(像小猫)	45
8. 练习敲军鼓	46
9. 快速跑步	46
10. 蜘蛛爬行	47
11. 拉滑轮车	48
12. 精神饱满 准备练习	49

第五组

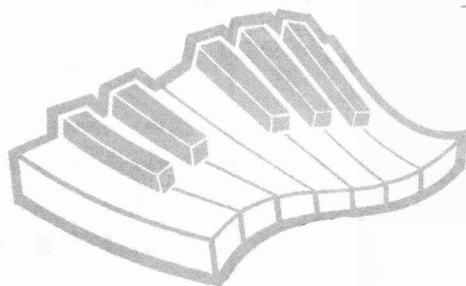
1. 双胞胎乘自动滑梯	50
2. 双胞胎乘玻璃电梯	51
3. 双胞胎乘吊车	52
4. 骑双座自行车	53
5. 打羽毛球	54
6. 空中写字	55
7. 坐在飞碟上飞行	56
8. 在吊桥上	57
9. 划独木船	59
10. 站在弹簧单高跷上	61
11. 跳伞	62
12. 精神饱满 准备练习	63



钢琴 天天练练

[美] E-M·伯纳姆

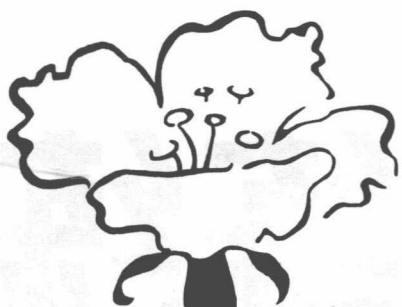
6



贵州师范学院内部使用

美国威利斯音乐出版公司提供版权

上海音乐出版社 上海文艺音像电子出版社 出版



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

目 录

第一组

1. 跑上楼跑下楼	4
2. 弹跳	5
3. 双臂伸屈	5
4. 大步走	5
5. 练习拳击	6
6. 深呼吸	7
7. 快速上下梯子	8
8. 双脚跳	9
9. 甩腕肘	9
10. 交叉踢腿	10
11. 俯卧撑	11
12. 精神饱满 准备练习	12

第二组

1. 侧滚翻	14
2. 大劈叉	15
3. 向上踢右腿	16
4. 向上踢左腿	17
5. 拳击	17
6. 双臂两侧绕圈	19
7. 双脚跳	20
8. 单脚跳	21
9. 打高尔夫球	22
10. 撑杆跳	23
11. 深呼吸	24
12. 精神饱满 准备练习	25

第三组

1. 侧滚翻	26
2. 大劈叉	27
3. 青蛙跳	27
4. 玩滚木球	29
5. 打高尔夫球	29

6. 伸展双臂跳跃	31
7. 深呼吸	32
8. 打网球	33
9. 跟着领队人	34
10. 蜘蛛爬行	36
11. 快速上下梯子	37
12. 精神饱满 准备练习	38

第四组

1. 绕圈	39
2. 滑水	40
3. 坐在椅子上快速踢腿	41
4. 像钟摆似地摇动双腿	42
5. 跳双绳	43
6. 原地脚尖跑步	44
7. 用脚尖跳(像小猫)	45
8. 练习敲军鼓	46
9. 快速跑步	46
10. 蜘蛛爬行	47
11. 拉滑轮车	48
12. 精神饱满 准备练习	49

第五组

1. 双胞胎乘自动滑梯	50
2. 双胞胎乘玻璃电梯	51
3. 双胞胎乘吊车	52
4. 骑双座自行车	53
5. 打羽毛球	54
6. 空中写字	55
7. 坐在飞碟上飞行	56
8. 在吊桥上	57
9. 划独木船	59
10. 站在弹簧单高跷上	61
11. 跳伞	62
12. 精神饱满 准备练习	63

第一组

1. 跑上楼跑下楼



重复弹奏 3 遍。

如华彩乐段

The musical score consists of three systems of piano notation. The first system, labeled '如华彩乐段', shows a treble staff with an ascending eighth-note scale and a bass staff with a descending eighth-note scale. Both hands include fingerings (1, 2, 3, 4) and accents. The second system continues the scale patterns with more complex fingering. The third system concludes with a series of chords and a repeat sign. The score is written in a key with one sharp (F#) and a 2/4 time signature.

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。

The musical score for 'The Rose Tree' is presented in two systems. The first system consists of two staves: a treble staff with a key signature of one flat (B-flat) and a 6/8 time signature, and a bass staff. The treble staff features a melody with eighth and sixteenth notes, accompanied by fingerings (1-3, 1-2-3, 1-2-3, 5, 3, 2, 1, 3, 2). The bass staff provides a harmonic accompaniment with eighth and sixteenth notes, including fingerings (1, 2, 4, 1, 2, 4, 5, 4, 2, 1, 4, 2). The second system continues the melody and accompaniment, with the treble staff showing a repeat sign and a final measure with a fermata. The bass staff also includes a repeat sign and a final measure with a fermata. The score is written in a clear, legible font, with notes and fingerings clearly visible.

4.大步走



A musical score for the song 'The Rose Tree'. The score is written for a piano, with a treble and bass staff. The key signature is one flat (B-flat), and the time signature is 4/4. The melody is in the treble staff, and the bass staff provides a simple accompaniment. The melody consists of a series of eighth and sixteenth notes, with some slurs and ties. The lyrics are written below the treble staff, and the piano part is written below the bass staff. The score is divided into two systems by a double bar line.



5. 练习 拳 击

重复弹奏 3 遍后再结束。





6. 深呼吸

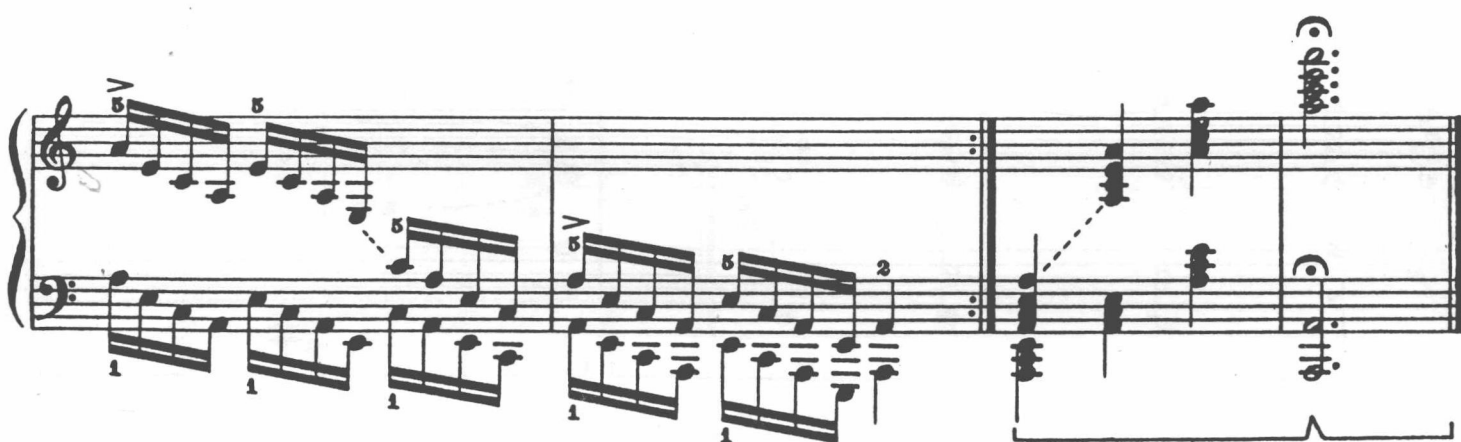
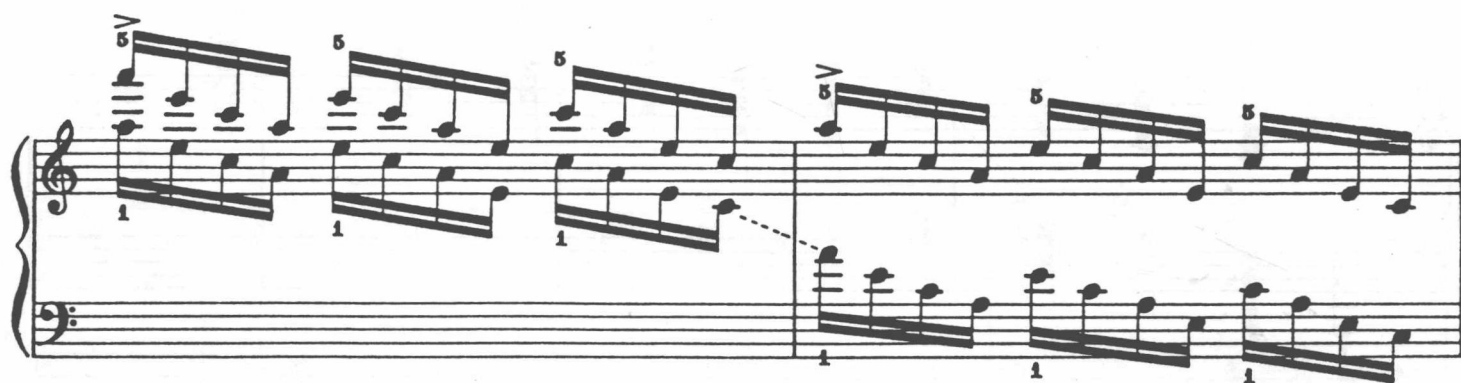
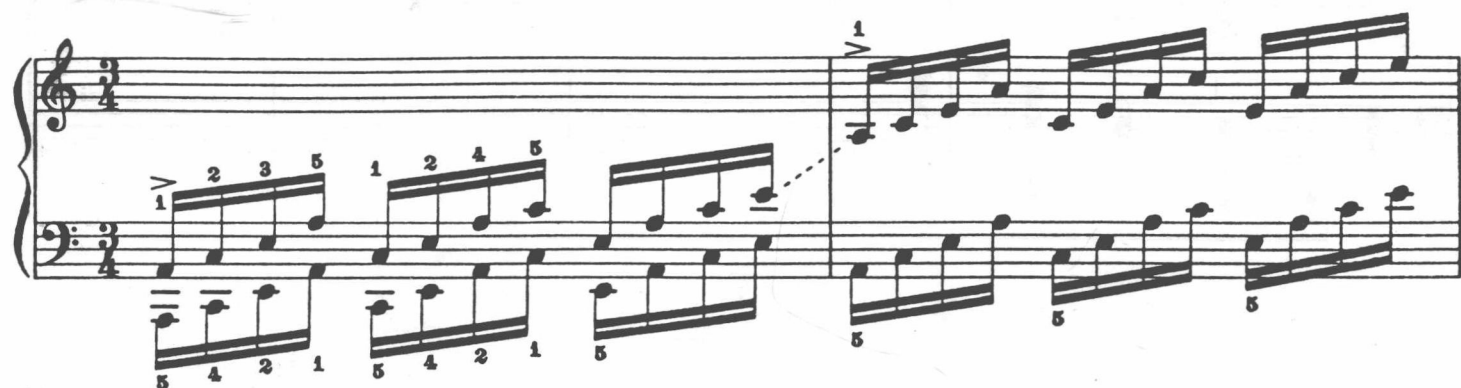
Handwritten musical notation for the first system of the 'Deep Breathing' exercise. The notation is written on a grand staff (treble and bass clefs). The right hand (RH) plays a series of chords and single notes, with fingerings indicated by numbers 1-5. The left hand (LH) plays a series of chords and single notes, also with fingerings indicated. A dashed line connects a note in the RH to a note in the LH. The system ends with a double bar line and the text '左手' (Left Hand) written below the staff.

Handwritten musical notation for the second system of the 'Deep Breathing' exercise. The notation is written on a grand staff. The right hand (RH) plays a series of chords and single notes, with fingerings indicated by numbers 1-5. The left hand (LH) plays a series of chords and single notes, also with fingerings indicated. The system ends with a double bar line.

Handwritten musical notation for the third system of the 'Deep Breathing' exercise. The notation is written on a grand staff. The right hand (RH) plays a series of chords and single notes, with fingerings indicated by numbers 1-5. The left hand (LH) plays a series of chords and single notes, also with fingerings indicated. A dashed line connects a note in the RH to a note in the LH. The system ends with a double bar line.

Handwritten musical notation for the fourth system of the 'Deep Breathing' exercise. The notation is written on a grand staff. The right hand (RH) plays a series of chords and single notes, with fingerings indicated by numbers 1-5. The left hand (LH) plays a series of chords and single notes, also with fingerings indicated. The system ends with a double bar line.

7. 快速上下梯子

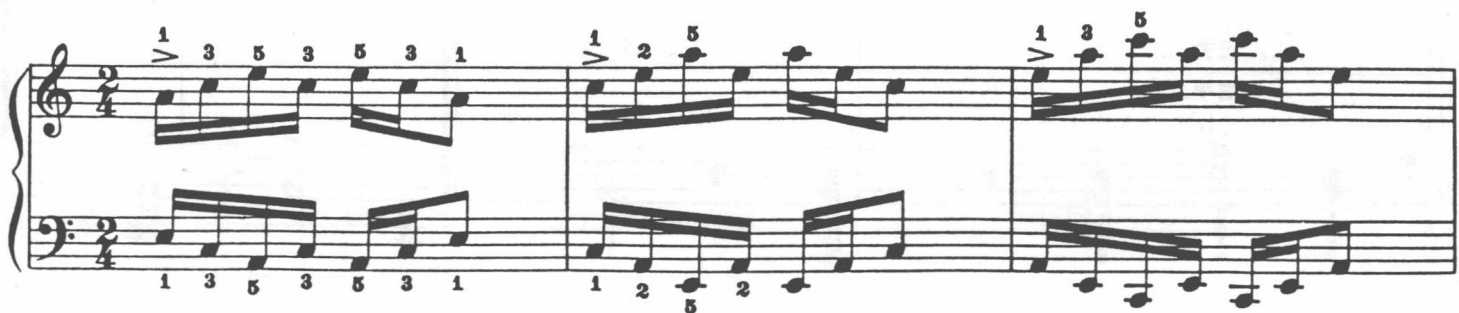


8. 双 脚 跳

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

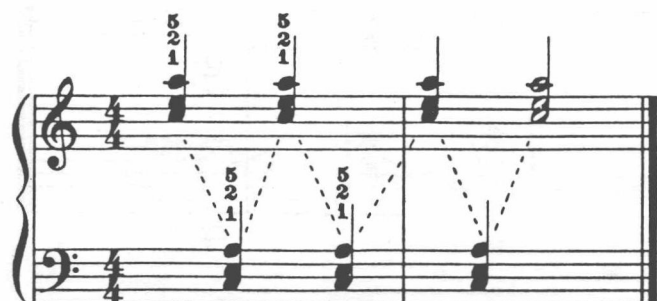




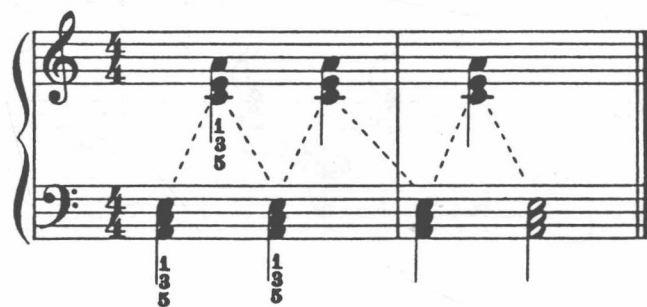
10. 交叉踢腿



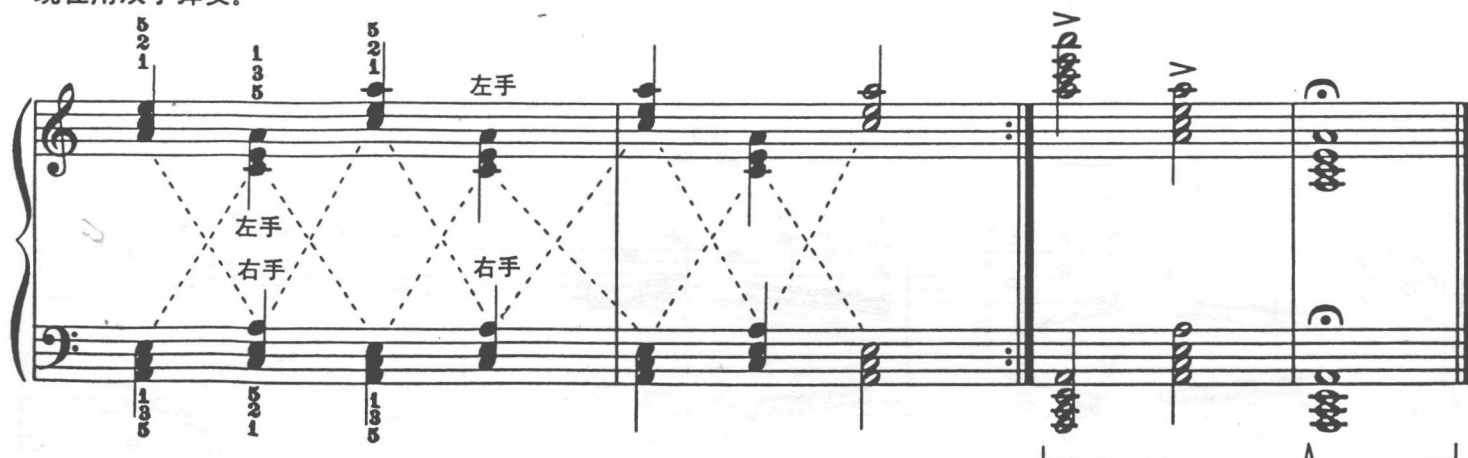
只用右手弹奏。



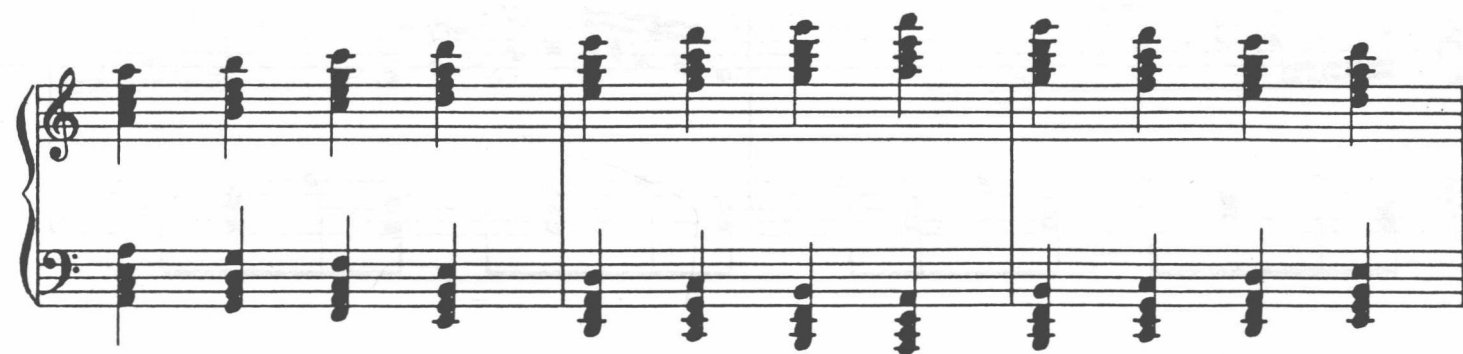
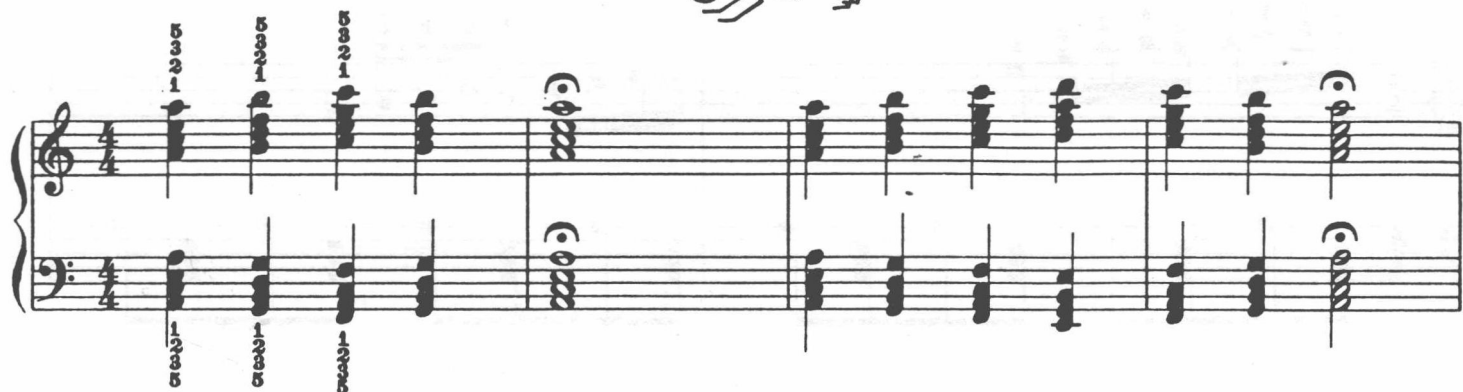
只用左手弹奏。



现在用双手弹奏。



11. 俯 臥 撐



12. 精神饱满 准备练习

快速

The score is written for piano in 4/4 time. It consists of four systems of music. Each system has a treble and bass staff. The treble staff contains various melodic lines with fingerings (1-5) and slurs. The bass staff contains a steady accompaniment of eighth notes. The tempo is marked '快速' (Allegro).

System 1: Treble staff starts with a series of eighth notes (4, 5, 4, 3, 2, 4, 3, 2, 1). Bass staff has a steady eighth-note accompaniment.

System 2: Treble staff starts with a series of eighth notes (1, 2, 3, 4, 5, 1, 2, 3, 2, 5). Bass staff has a steady eighth-note accompaniment.

System 3: Treble staff starts with a series of eighth notes (4, 2, 4, 3). Bass staff has a steady eighth-note accompaniment.

System 4: Treble staff starts with a series of eighth notes (5-1, 1, 5, 4, 3, 2, 1, 3, 2, 1, 4, 1, 3, 2, 1, 2, 1). Bass staff has a steady eighth-note accompaniment.