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BASTIEN PIANO BASICS

巴斯蒂安钢琴教程

技巧

(二)

TECHNIC



BY JAMES BASTIEN

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SMPH 上海音乐出版社出版

亲爱的教师和家长们：

《巴斯蒂安钢琴教程》是特别为初学钢琴的学生，能够正确学习钢琴演奏基础而设计的一套有趣的、内容全面的钢琴教材。精心安排的学习顺序能够平衡学生各方面的学习进度。

《技巧》包含了多项手指练习，可以帮助学生提高手指之间的协调能力、控制能力以及在键盘上的灵活性。学生每天都应花一些时间加以练习。这些练习可以作为弹奏乐曲之前的预备练习。

《技巧》(二)是与同级的《基础》、《乐理》、《演奏》相互配合使用的，请参见目录。这四本书必须同时使用，才能使学生对音乐的每一概念都有全面的认识。

使用本书时，请注意下列三项：

力度：除非另有提示，否则请严格按照教师的建议练习。反复练习时，教师可以让学生使用不同的力度来弹奏。

速度：每一首练习曲都可以用三种速度来弹奏，慢速、中速和快速。

触键：除非有断奏的提示，否则一律采用连奏。不过，连奏的乐曲在教师的指导下也可以用断奏来练习。

我们衷心祝福——这套教程能带给您有效、成功的钢琴学习效果。

Neil A. Kjos 音乐公司
詹姆斯·巴斯蒂安
简·斯密瑟·巴斯蒂安

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PIANO
BASICS

TECHNIC

巴斯蒂安
钢琴教程

技巧(二)

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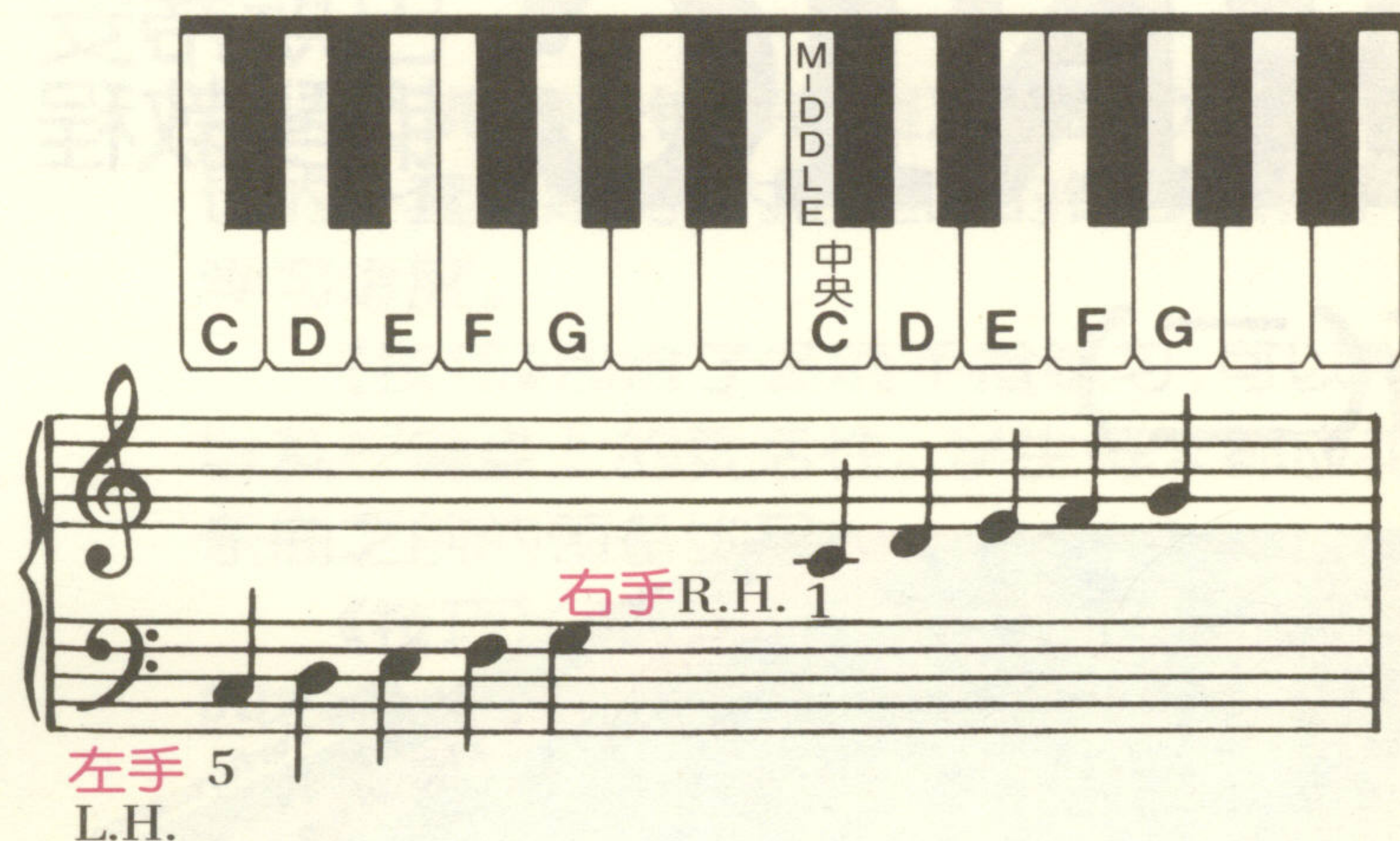
✓*

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* 为提高学生的成就感, 每通过一课, 教师或学生可以在标题前的横线上画“✓”。

C大调的五指位置

C Major Position

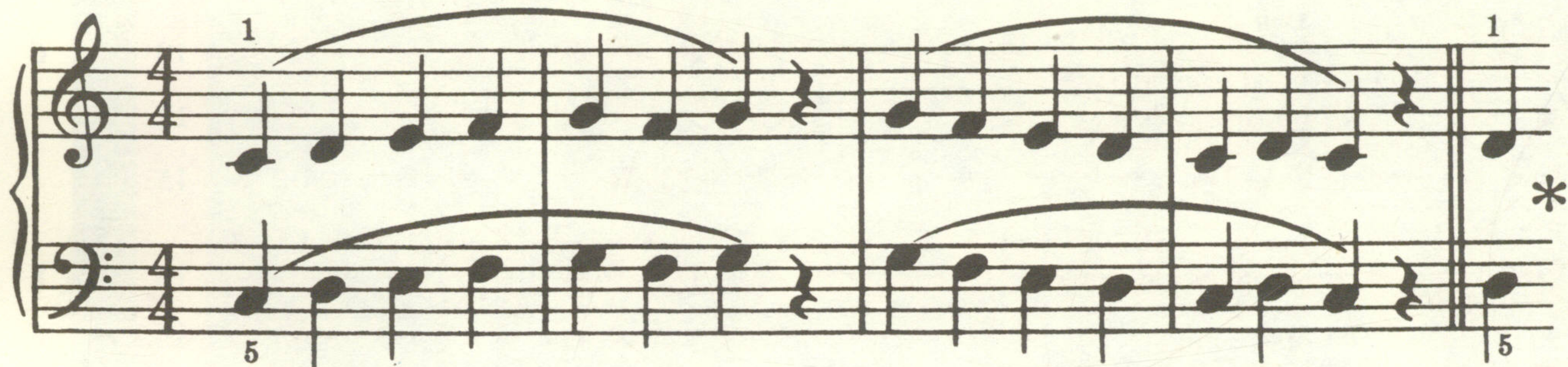


练习指导 Practice Directions

1. 两手先分别练习。
2. 手指弯曲。
3. 连贯地弹奏。
4. 先用慢的速度弹，熟悉后再加快速度。
5. 使用不同的力度弹奏，弹大声些(*f*)或弹小声些(*p*)。本书后面都照这些方法去练习。

预备练习

Warm-ups



* 照此模式，继续在白键上弹奏下去。



伸展

Stretching



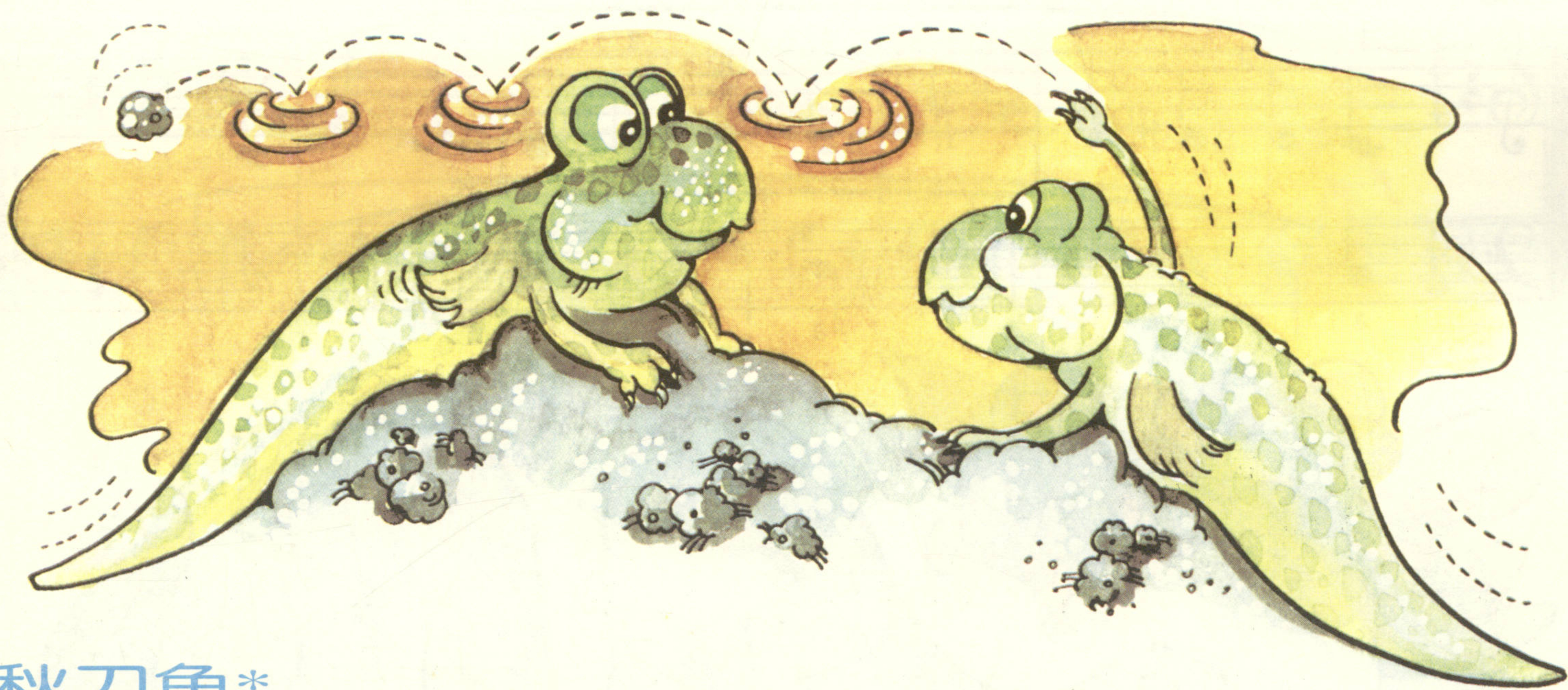
* 照此模式，继续在白键上弹奏下去。

跳石子

Skipping Stones



* 照此模式,继续在白键上弹奏下去。



秋刀鱼*

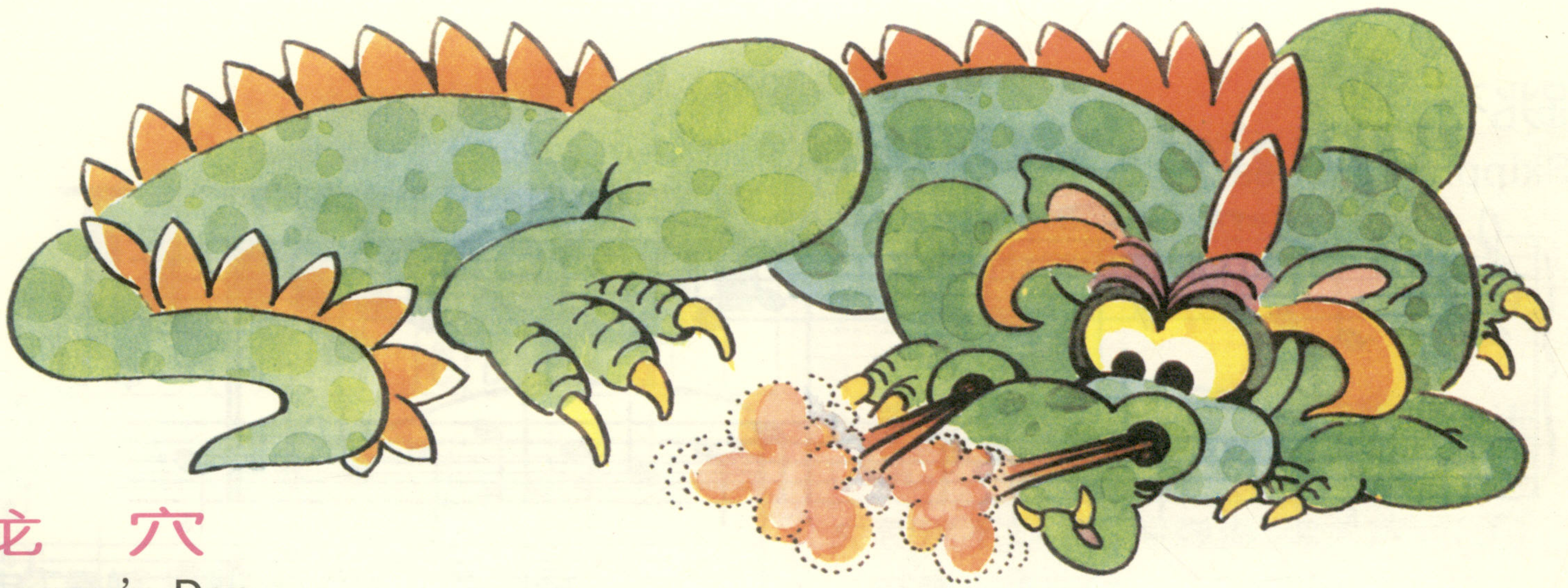
Mudskippers*



* 照此模式,继续在白键上弹奏下去。

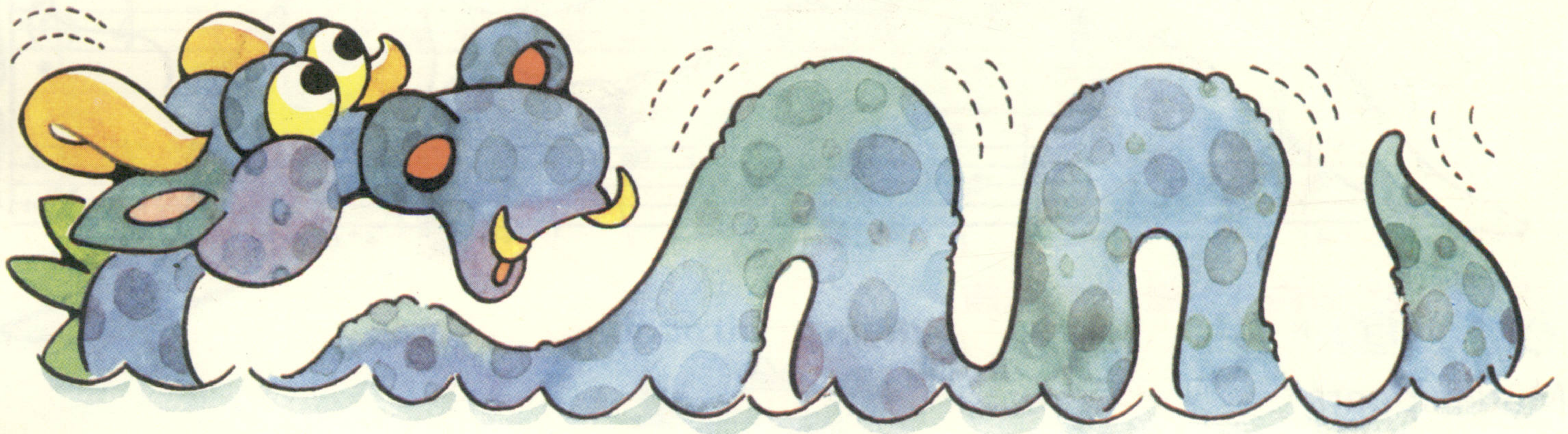
* 秋刀鱼是一种能在水下和水上呼吸的鱼,会爬行会弹跳。

同步学习《基础》(二)第7页。



龙 穴

Dragon's Den

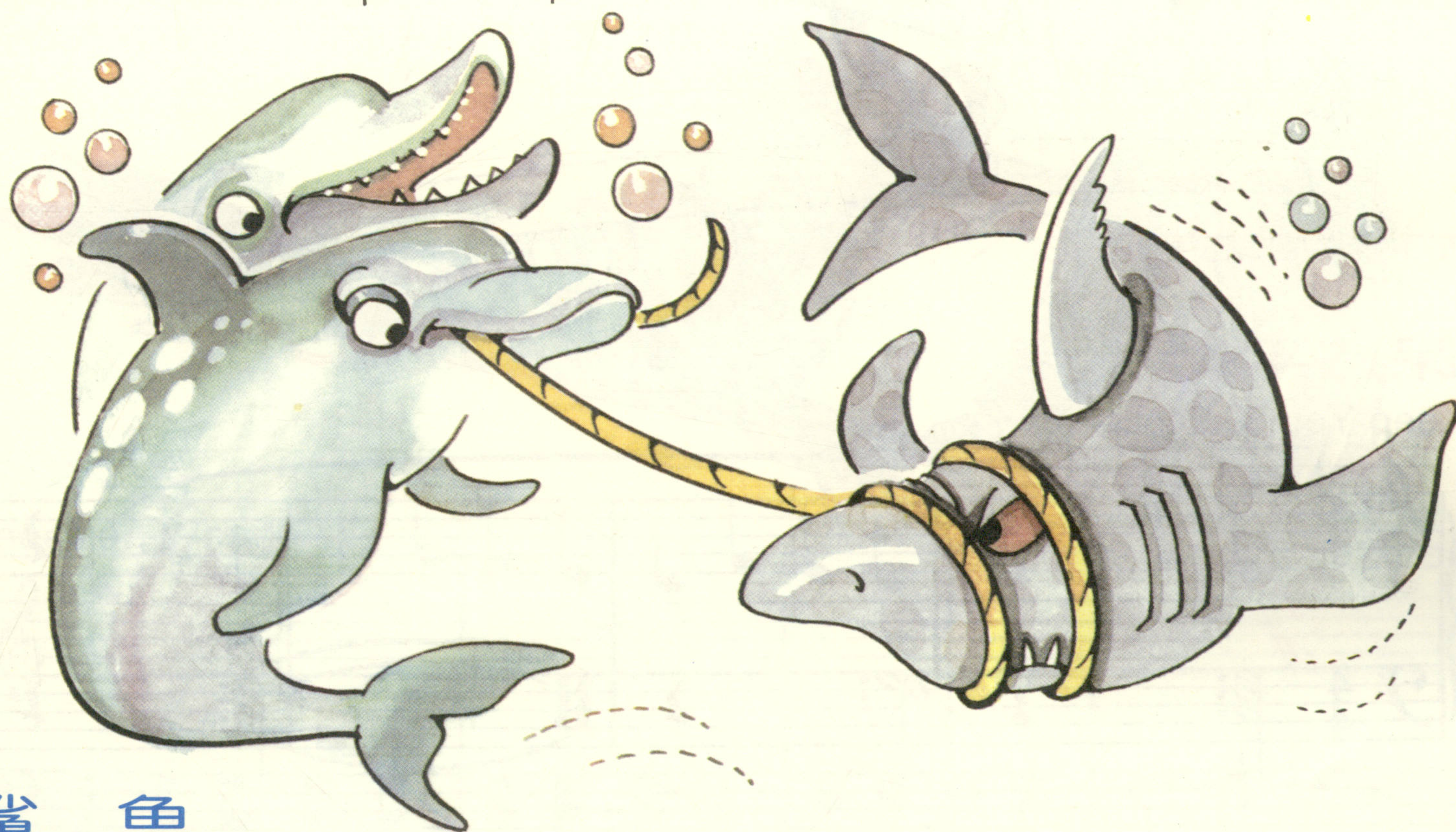
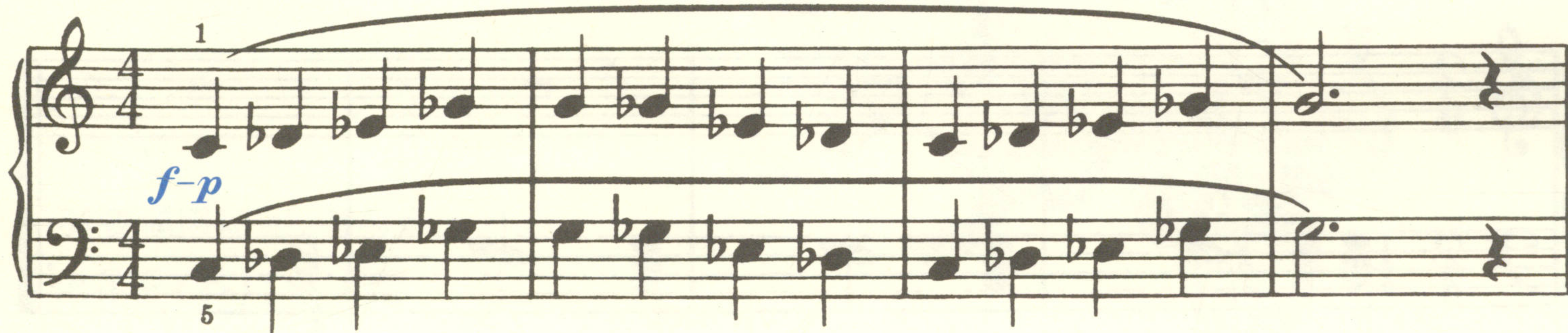


海 怪

Sea Monster

海豚游玩

Dolphins at Play



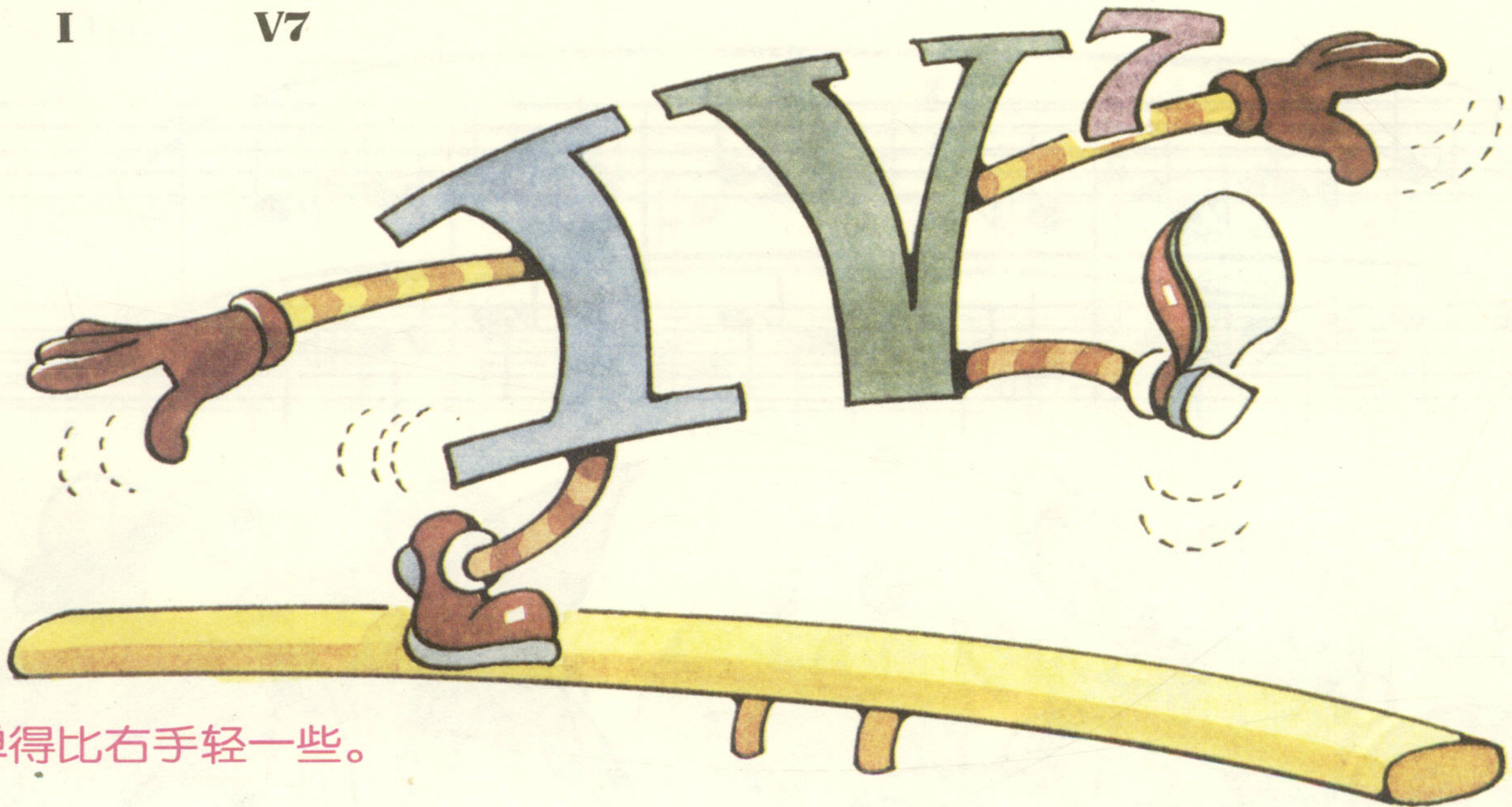
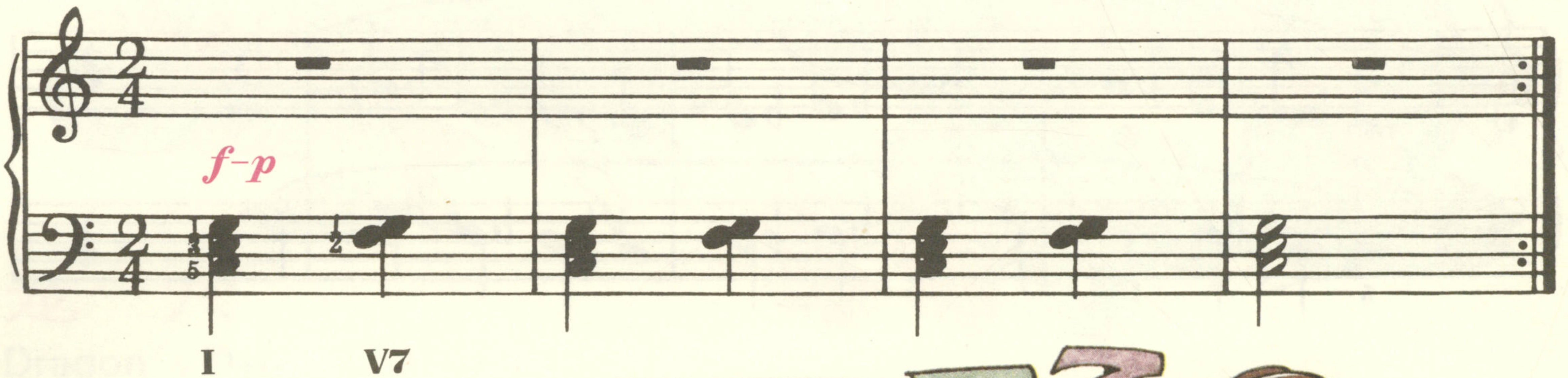
鲨鱼

Sharks!



I-V7的预备练习*

I V7 Warm-up*



左手要弹得比右手轻一些。

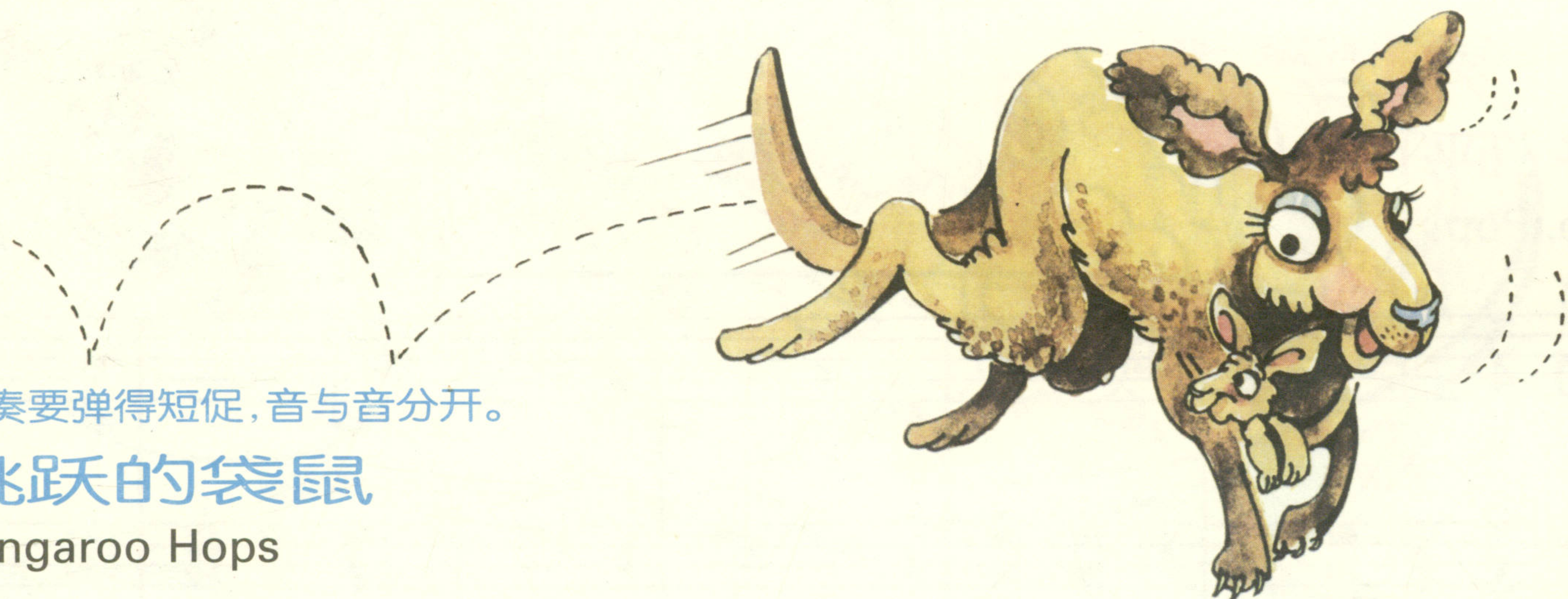
保持平衡

Keep Your Balance!



* 注:本册只讲述V7中的二度和弦音符,在《基础》(三)中将详细介绍V7中的其他音符。

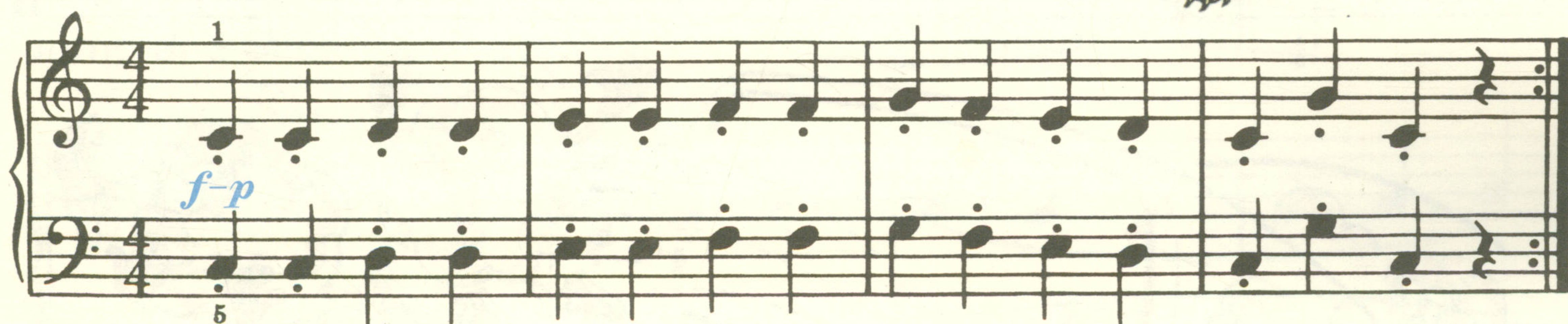
同步学习《基础》(二)第10~11页。



断奏要弹得短促,音与音分开。

跳跃的袋鼠

Kangaroo Hops



啄木鸟

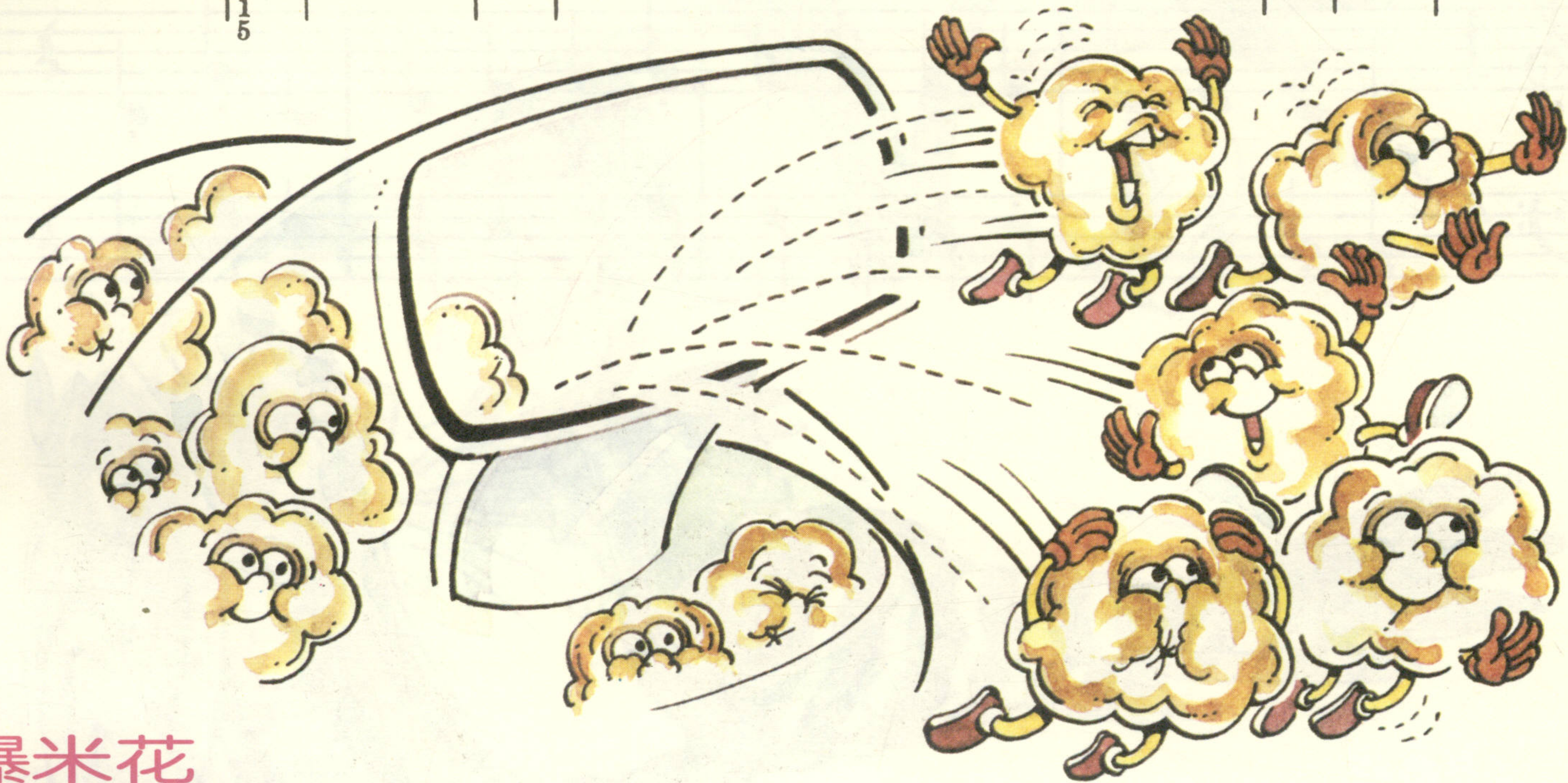
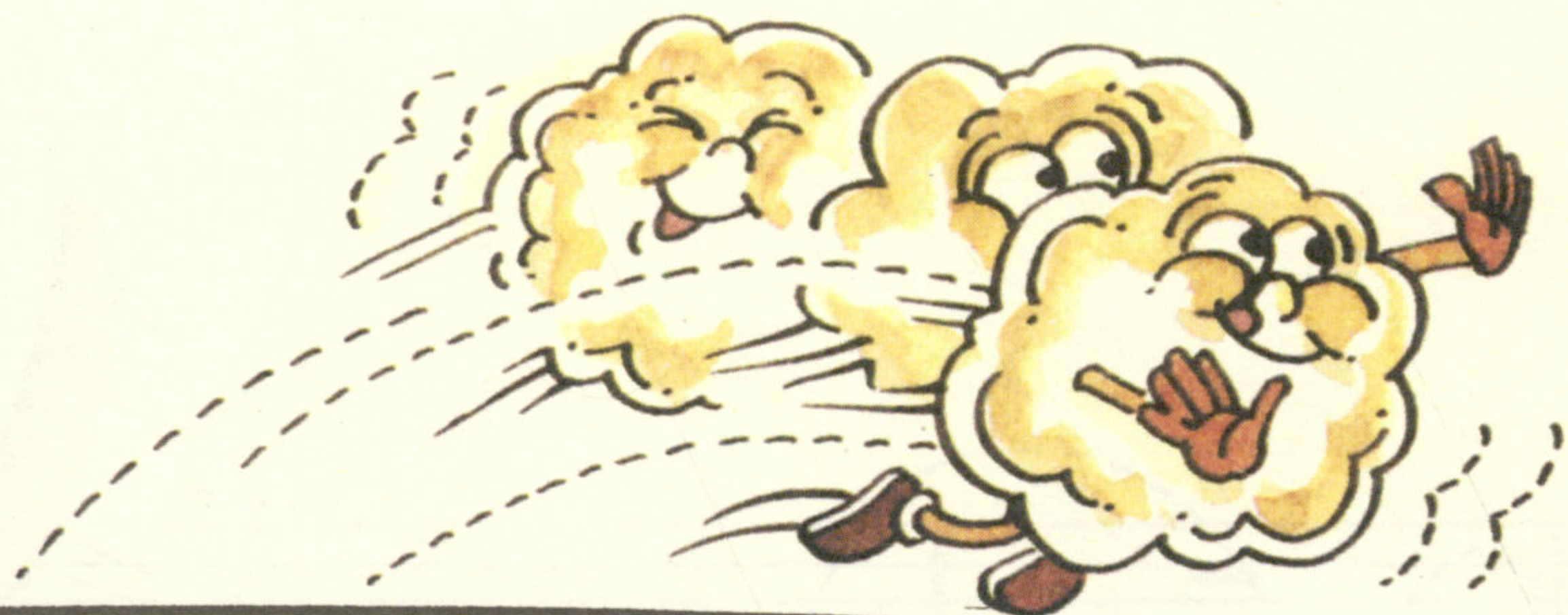
Knock on Wood!



断奏比连奏要弹得轻一些。

砰, 砰!

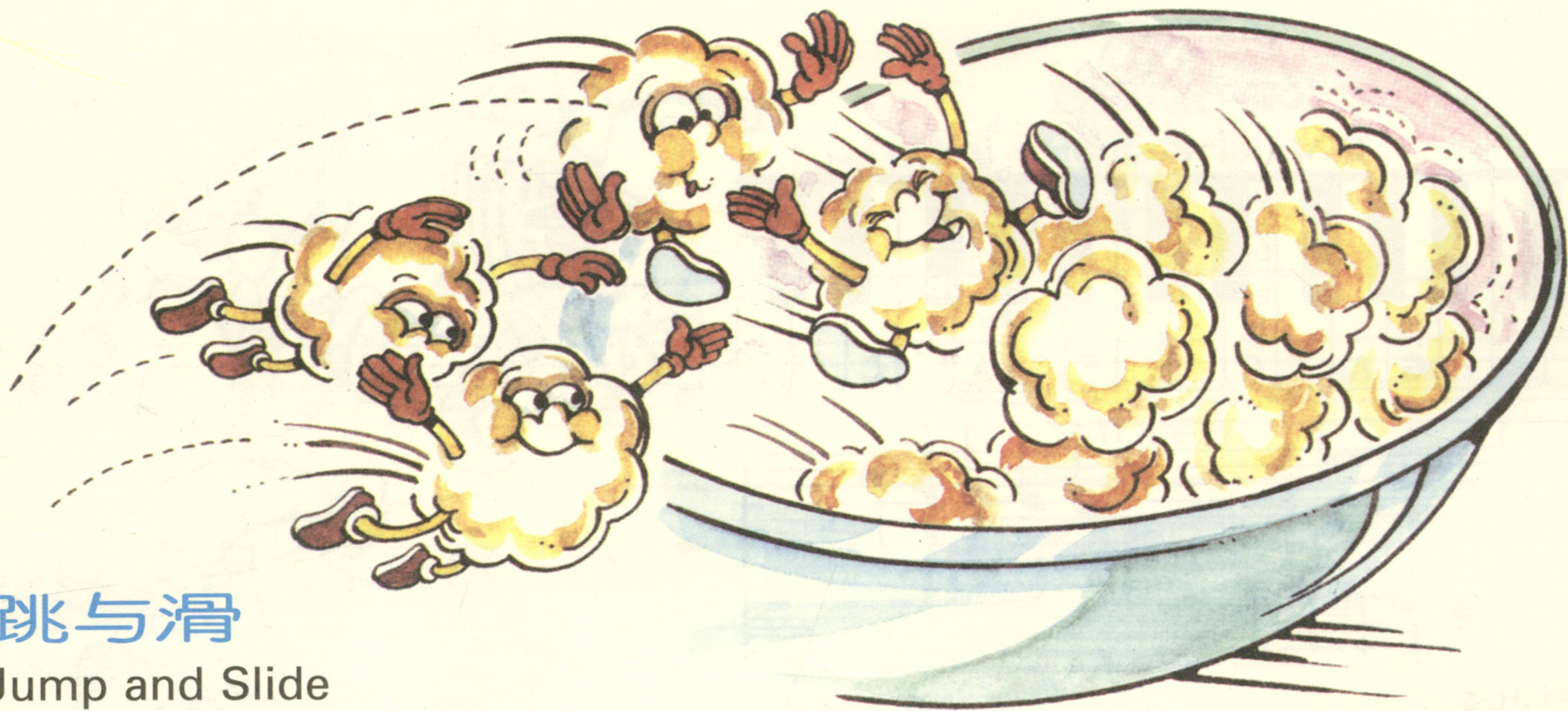
Pop, Pop!



爆米花

Popcorn Popper





跳与滑

Jump and Slide

Musical notation system 1:

Time signature: 3/4

Dynamic marking: *f*

First measure: Rest in both hands.

Second measure: Treble clef has quarter notes G4, A4, B4. Bass clef has quarter notes C4, D4, E4. A finger number '1' is written above the second measure.

Third measure: Treble clef has a half note G4-A4-B4. Bass clef has a half note C4-D4-E4.

Fourth measure: Treble clef has a quarter note G4, quarter note A4, quarter note B4. Bass clef has a quarter note C4, quarter note D4, quarter note E4.

Musical notation system 2:

Time signature: 3/4

First measure: Rest in both hands.

Second measure: Treble clef has quarter notes G4, A4, B4. Bass clef has quarter notes C4, D4, E4.

Third measure: Treble clef has a half note G4-A4-B4. Bass clef has a half note C4-D4-E4.

Fourth measure: Treble clef has a quarter note G4, quarter note A4, quarter note B4. Bass clef has a quarter note C4, quarter note D4, quarter note E4.

Musical notation system 3:

Time signature: 3/4

Dynamic marking: *p*

First measure: Rest in both hands.

Second measure: Treble clef has quarter notes G4, A4, B4. Bass clef has quarter notes C4, D4, E4. A flat sign (b) is placed before the B4 note in the treble clef and the E4 note in the bass clef.

Third measure: Treble clef has a half note G4-A4-B4. Bass clef has a half note C4-D4-E4.

Fourth measure: Treble clef has a quarter note G4, quarter note A4, quarter note B4. Bass clef has a quarter note C4, quarter note D4, quarter note E4.

Musical notation system 4:

Time signature: 3/4

First measure: Rest in both hands.

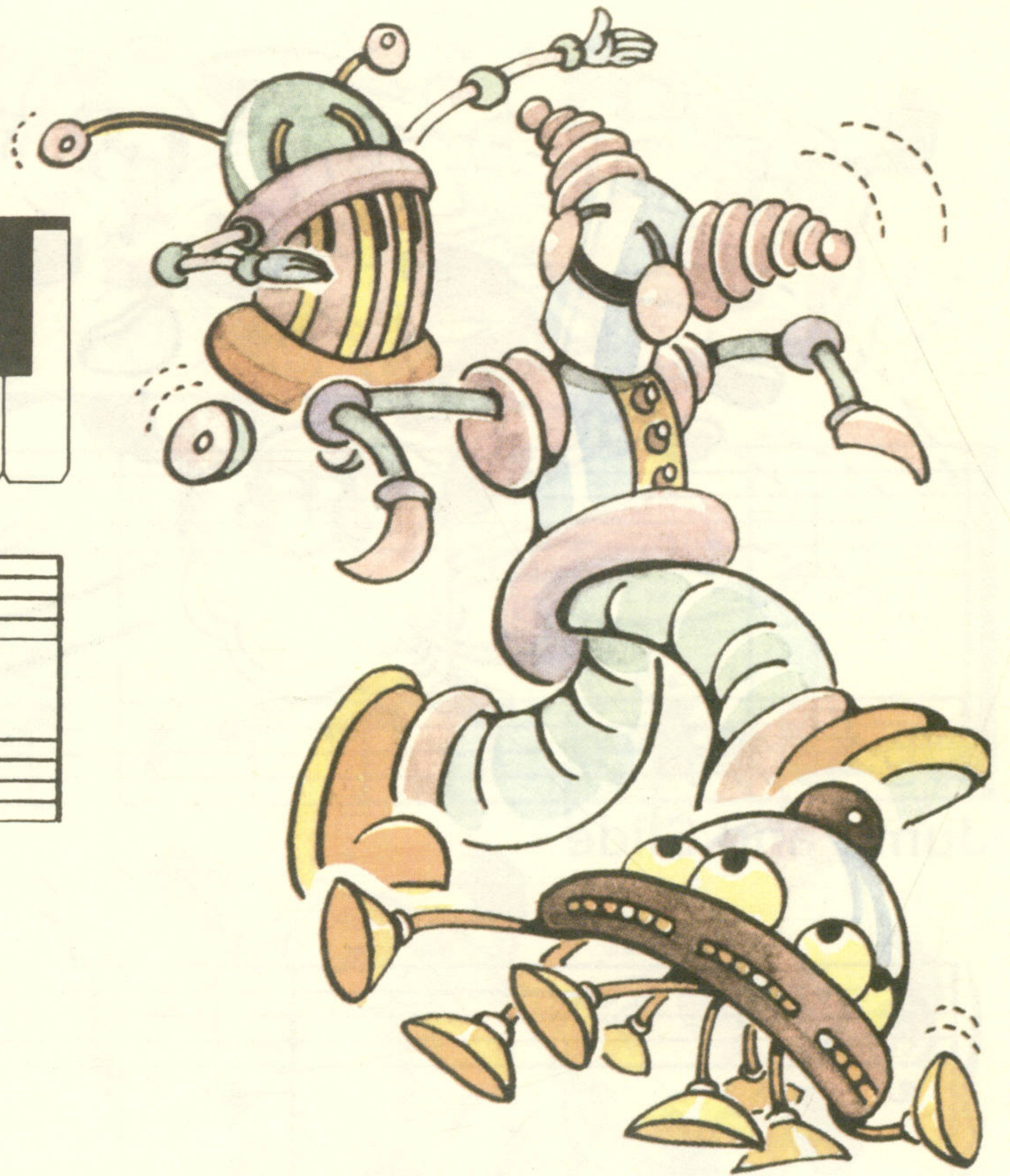
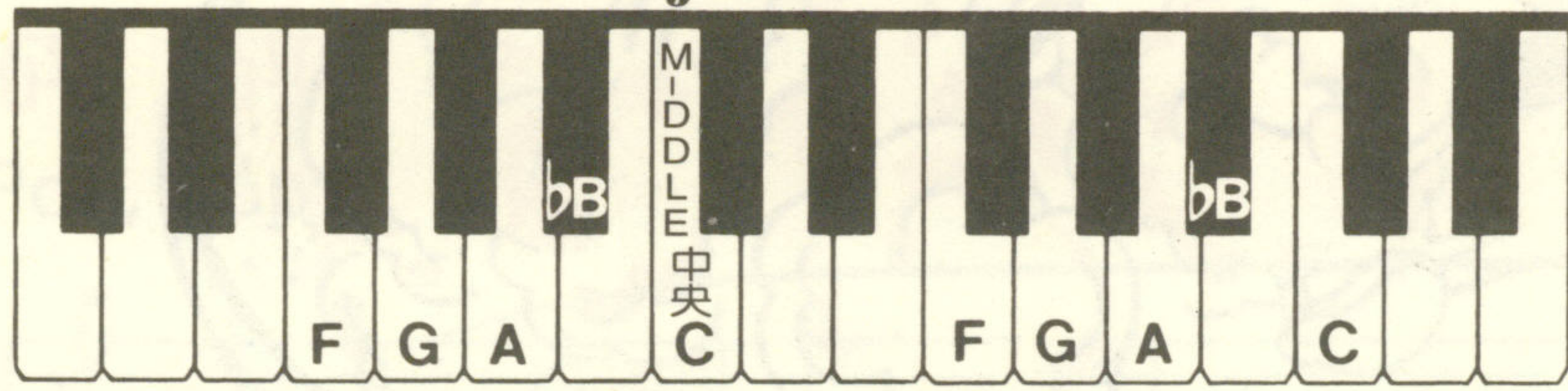
Second measure: Treble clef has quarter notes G4, A4, B4. Bass clef has quarter notes C4, D4, E4. A flat sign (b) is placed before the B4 note in the treble clef and the E4 note in the bass clef.

Third measure: Treble clef has a half note G4-A4-B4. Bass clef has a half note C4-D4-E4.

Fourth measure: Treble clef has a quarter note G4, quarter note A4, quarter note B4. Bass clef has a quarter note C4, quarter note D4, quarter note E4. The system ends with a double bar line.

F大调的五指位置

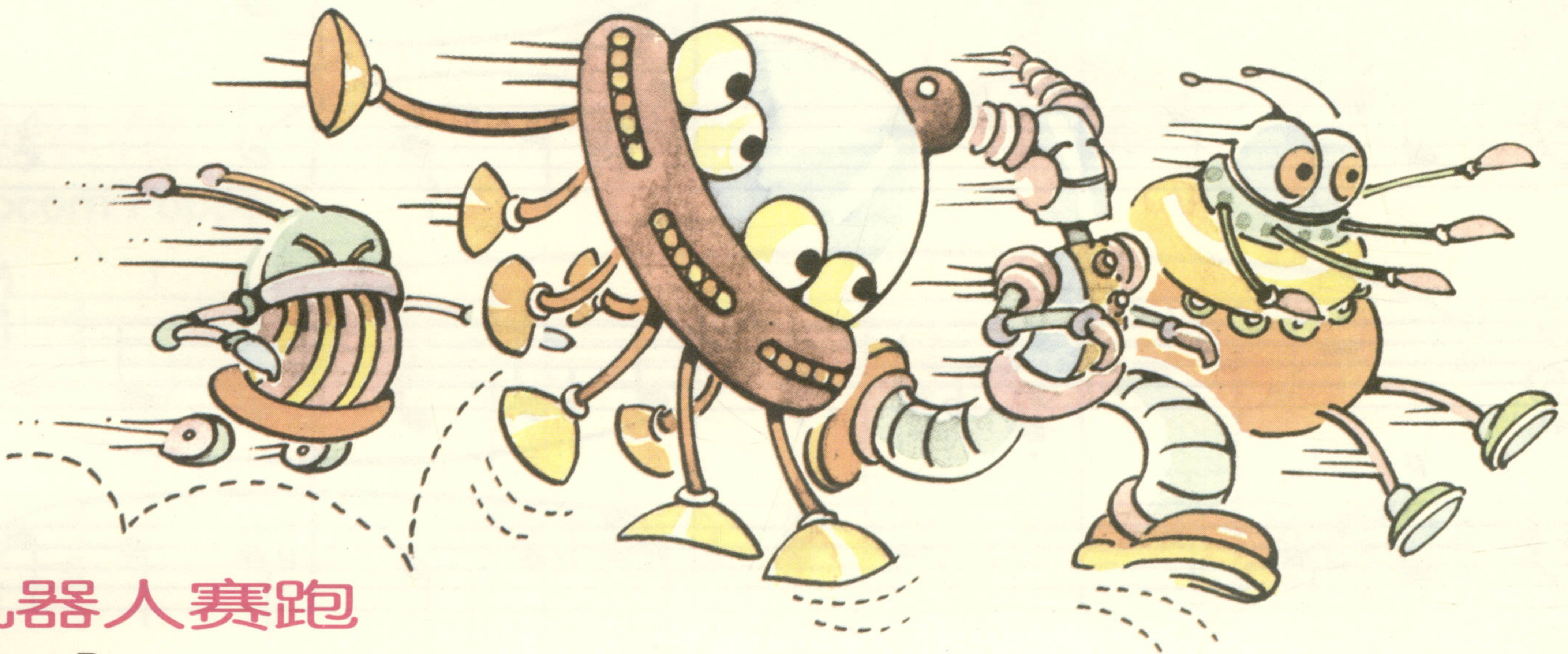
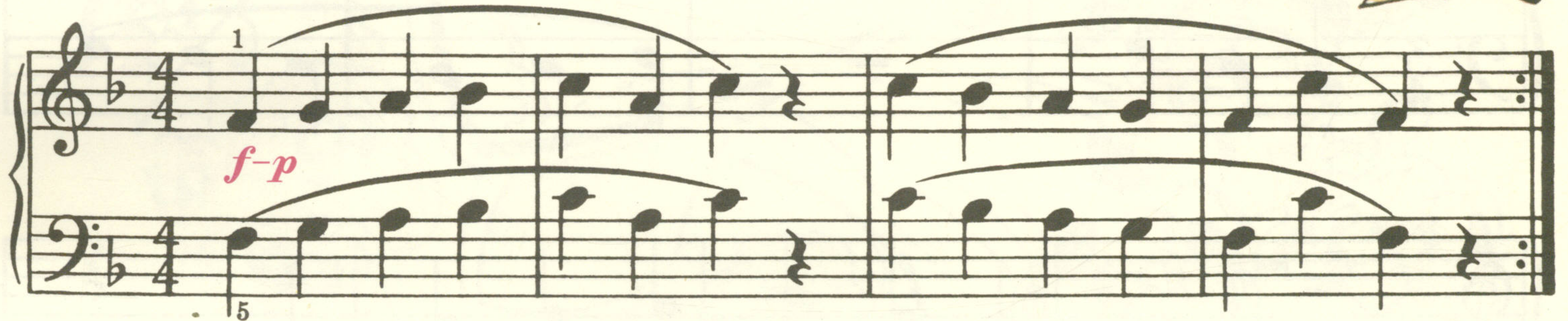
F Major Position



左手L.H. 5

机器人进行曲

March of the Robots



机器人赛跑

Robot Race



太空飞行

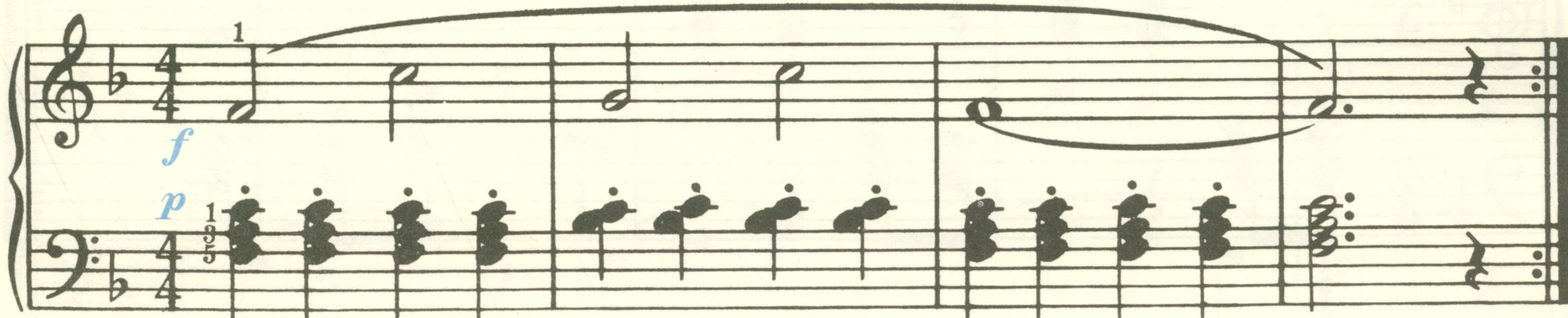
Space Flight



左手要弹得比右手轻一些。

月球漫步

Moon Walk



超级油船

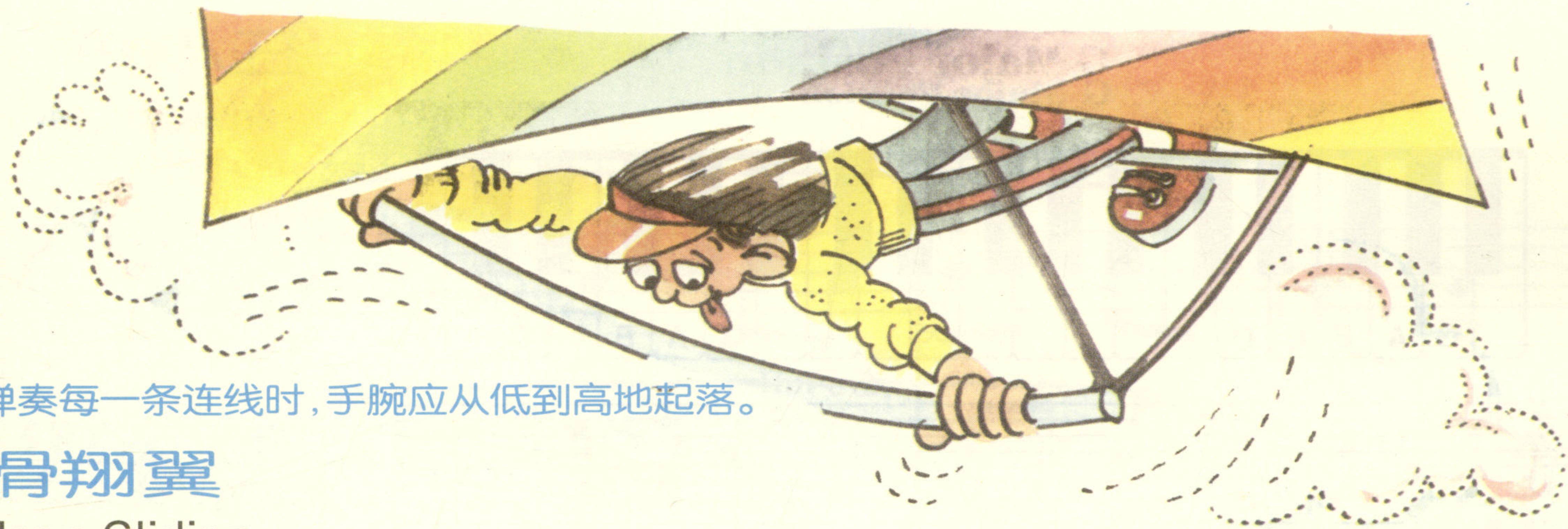
The Supertanker

Musical score for "The Supertanker" in 3/4 time, key of B-flat major. The score consists of two systems. The first system includes a treble and bass clef staff with a melody in the treble and accompaniment in the bass. The melody starts with a whole note G4, followed by quarter notes A4 and Bb4. The bass line starts with a whole note G2, followed by quarter notes A2 and Bb2. The first system ends with a double bar line and repeat dots. The second system continues with chords in both staves. The treble staff has chords G4-Bb4, A4-Bb4, and Bb4-G4. The bass staff has chords G2-Bb2, A2-Bb2, and Bb2-G2. The second system ends with a double bar line and repeat dots. Dynamics include *mp* (mezzo-piano) and *mf* (mezzo-forte). Fingerings are indicated with numbers 1, 3, 5.

拖 船

Tugboat Tillie

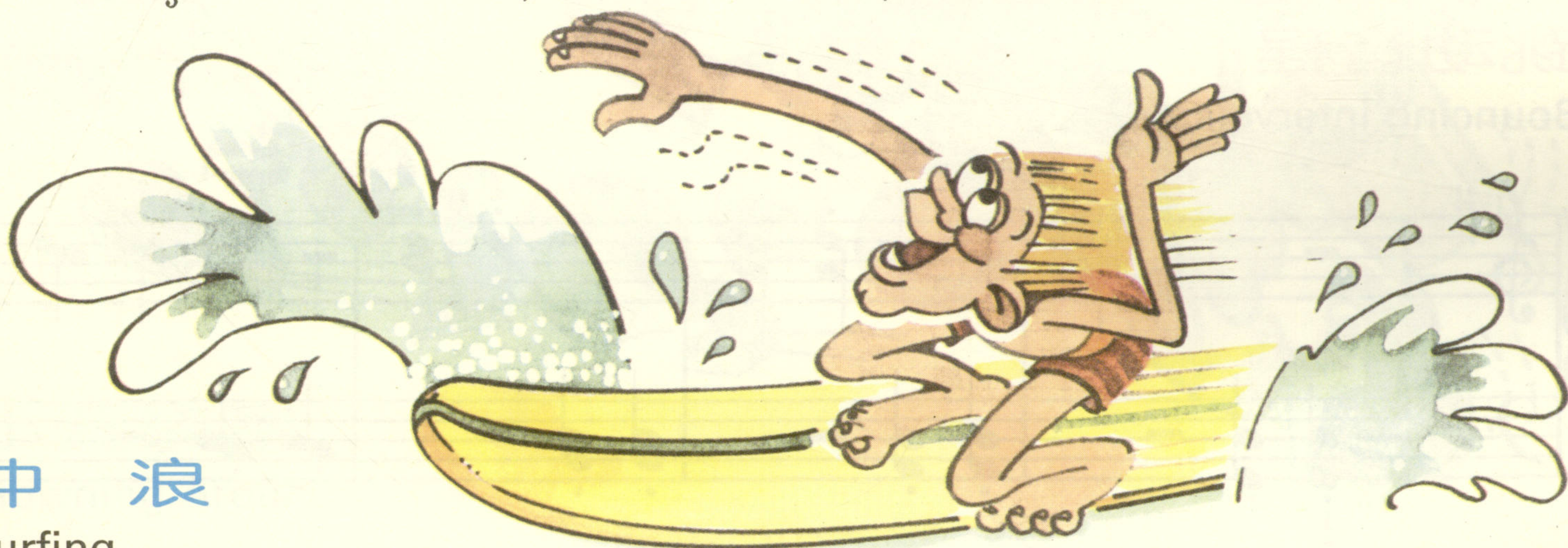
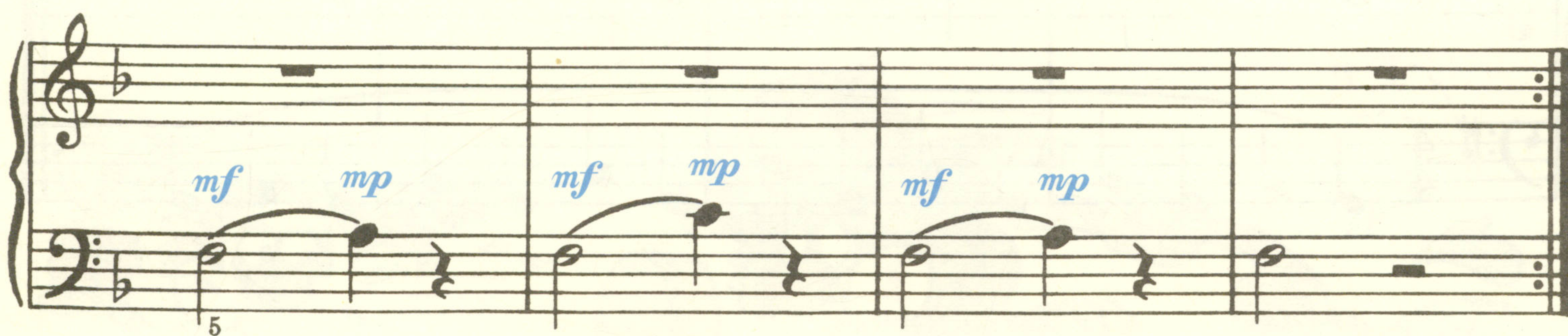
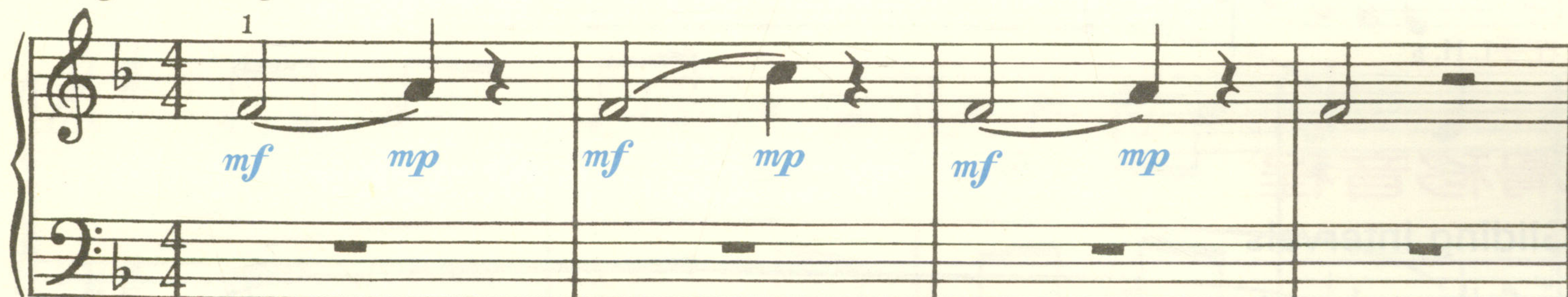
Musical score for "Tugboat Tillie" in 2/4 time, key of B-flat major. The score consists of two systems. The first system includes a treble and bass clef staff with a melody in the treble and accompaniment in the bass. The melody starts with a quarter note G4, followed by quarter notes A4 and Bb4. The bass line starts with a quarter note G2, followed by quarter notes A2 and Bb2. The first system ends with a double bar line and repeat dots. The second system continues with chords in both staves. The treble staff has chords G4-Bb4, A4-Bb4, and Bb4-G4. The bass staff has chords G2-Bb2, A2-Bb2, and Bb2-G2. The second system ends with a double bar line and repeat dots. Dynamics include *f-p* (fortissimo-piano). Fingerings are indicated with numbers 1, 3, 5.



弹奏每一条连线时,手腕应从低到高地起落。

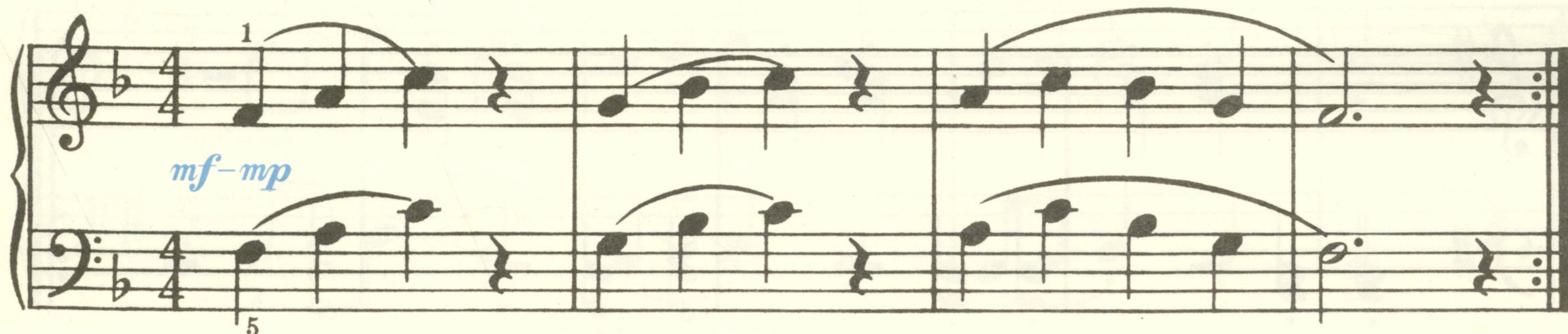
滑翔翼

Hang Gliding



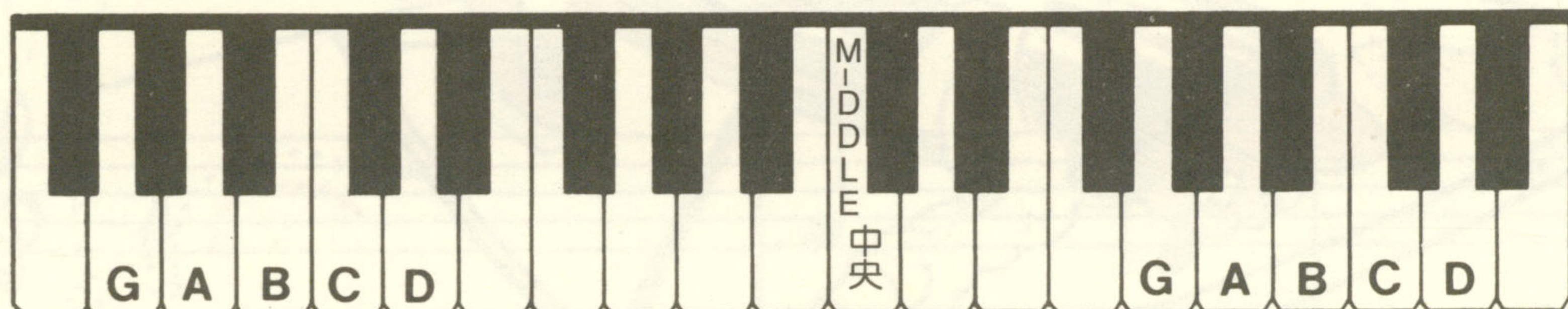
冲浪

Surfing



G大调的五指位置

G Major Position



右手R.H. 1

左手L.H. 5

滑移音程

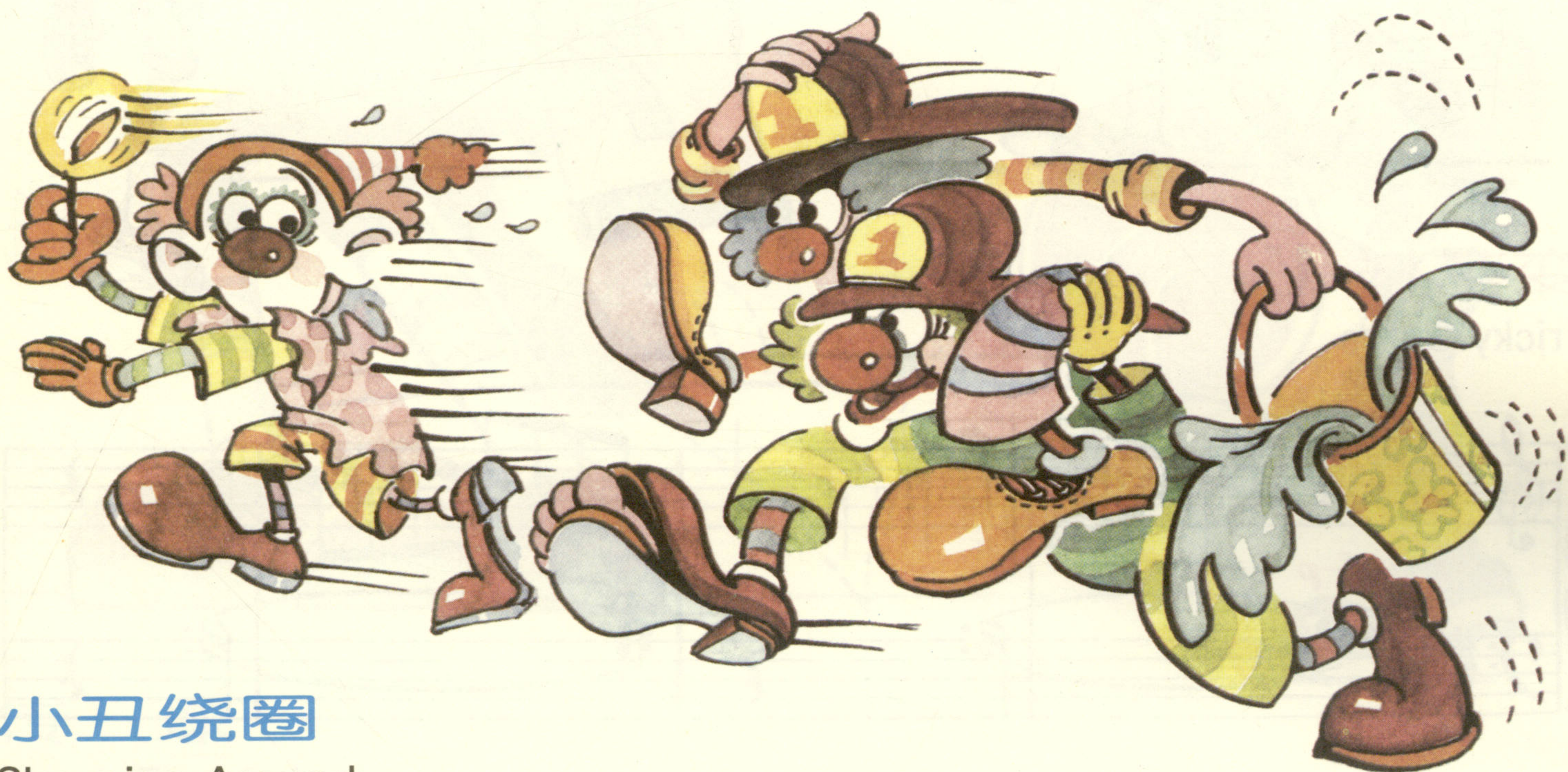
Gliding Intervals

跳动音程

Bouncing Intervals

滑稽小丑

Funny Clowns



小丑绕圈

Clowning Around



同步学习《基础》(二)第 24~25 页。