

郑 艳 / 译



快乐钢琴 启蒙教程

适用于低龄儿童

技巧·E级



威拉德·阿·帕尔默、莫顿·曼奴斯、阿曼达·维克·莱斯科



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上海音乐出版社出版

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技巧·E级

威拉德·阿·帕尔默 莫顿·曼努斯 阿曼达·维克·莱斯科

本教程包含 22 组练习。每一组练习的开始部分都有如何运用练习的指示。每个练习的技术材料与同级别的《课程》和《乐理》中的内容一一对应。通过这些练习,学生可以掌握《课程·D 级》中遇到的技术问题,实际上可以保证学生在这个级别上获得最大的成功。本教材的最后是“桌面练习”,做这些练习时最好不要借助于琴键。

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图画: 克利斯汀娜·芬(Christine Finn)

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第一组

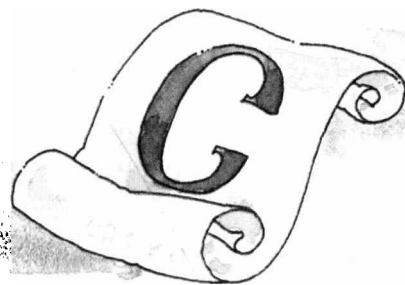
同步学习《课程·E级》第4页的《喜欢的词》。

Group 1

A. 复习 C 音位置上的和声音程

Review of Harmonic Intervals in C Position

Allegro moderato



* *f-p* 意思是第一遍用 *f* 的力度记号演奏, 第二遍用 *p* 的力度记号演奏。

B. 复习 G 音位置上的和声音程

Review of Harmonic Intervals in G Position

Allegro moderato



在弹完练习 B 之后, 将 A 与 B 结合成一首完整的练习进行弹奏。

第二组

同步学习《课程·E级》第8页的《云雀》。

Group 2

A. 一起来！

All Together!

“Adagio 到 Allegro” 意为先慢练，
逐渐加快速度，直到当你掌握这个
练习时用 Allegro 的速度弹。

Adagio 到 Allegro

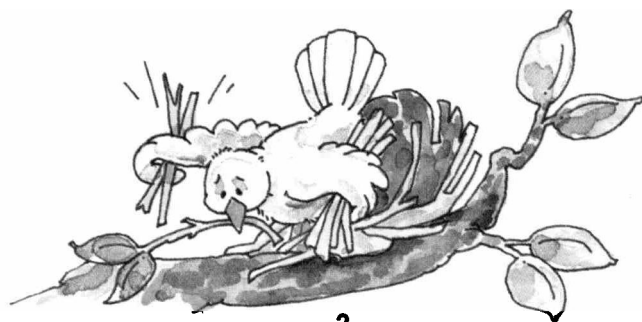


B. 忙碌, 忙碌, 忙碌鸟!

Busy, Busy, Busy Bird!

Andante 到 Allegro

弹奏第二遍时双手移高八度



第三组

Group 3

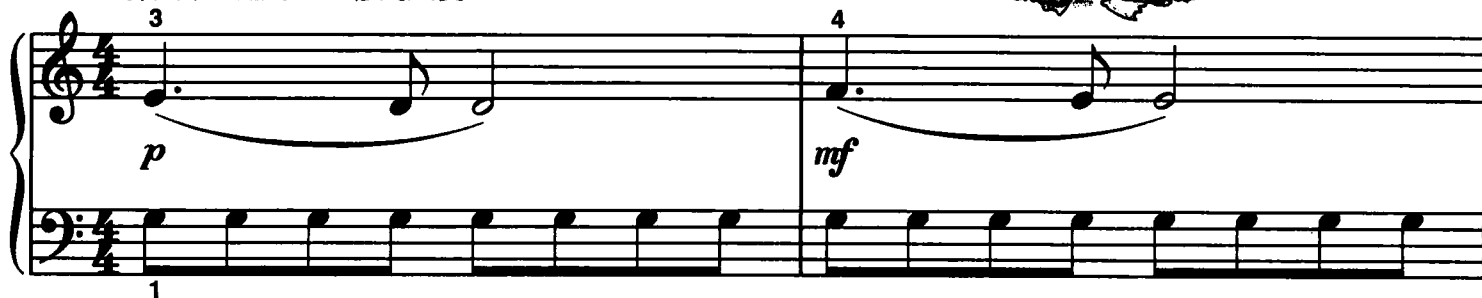
同步学习《课程·E级》第10页的
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A. 令人振奋的嗓音

Joyful Sounds

Andante 到 Allegro

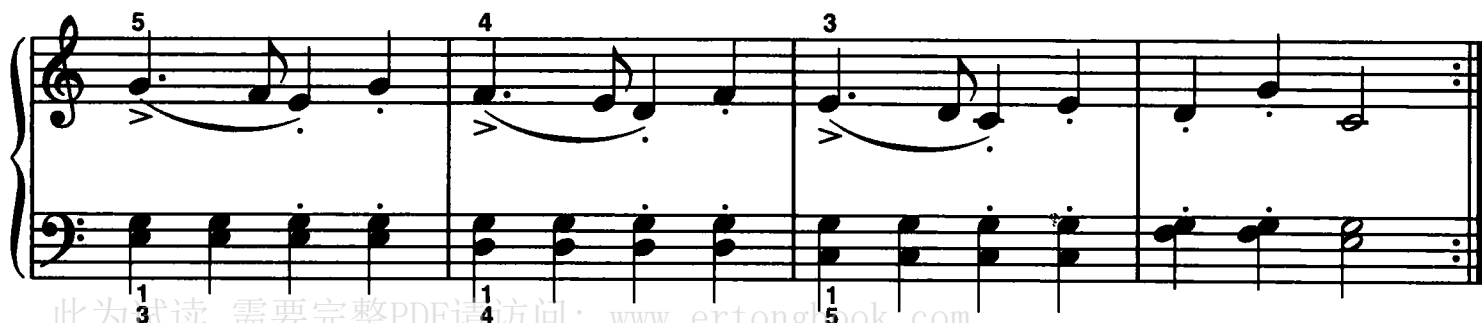
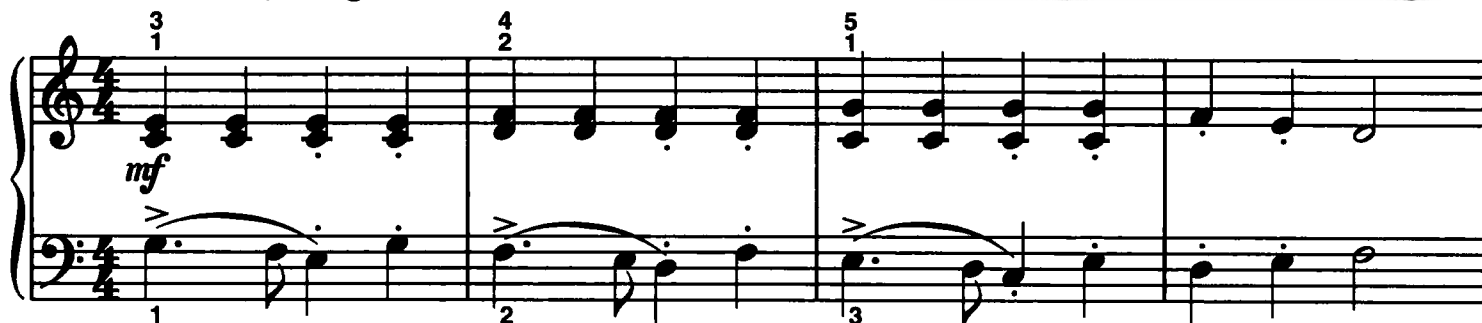
弹奏第二遍时右手移高八度



B. 与玩偶共舞!

Dance, Toymaker!

Andante 到 Allegro



第四组

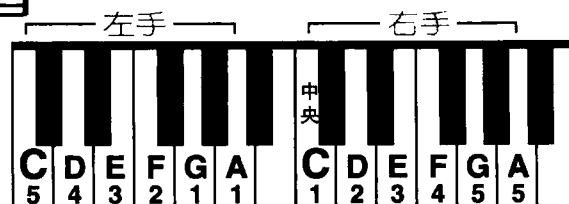
Group 4

同步学习《课程·E级》第12页的

《测测六度》和第13页的《薰衣草之蓝》。

A. 5 个手指弹奏 C 音至 A 音

Five Fingers Play C Through A



Andante 到 Allegro moderato

B. 如果我是国王

When I Am King

Andante 到 Allegro moderato



第五组

Group 5

A. 在 C 音上长大

Growing Up on C

如果你愿意的话,可以先单手练习。

Andante 到 Allegro moderato

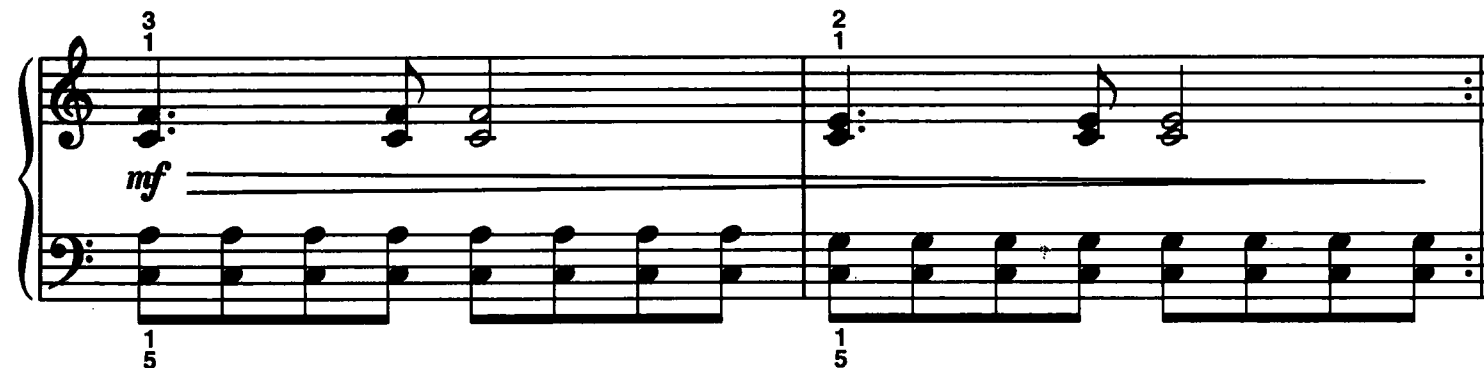
弹奏第二遍时双手移高八度



B. 听我说,陛下!

Hear Me, Lord!

Adagio 到 Andante



第六组

同步学习《课程·E级》第16页的《更多六度的知识》和第17页的《玛丽·安》。

Group 6

A. 5 个手指弹奏 B 音至 G 音

Five Fingers Play B Through G

5 个手指可以弹 6 个音符：

——左手—— ——右手——



Andante 到 Allegro moderato

B. 卡利普索之歌

Calypso Song

Andante 到 Allegro moderato



第七组

同步学习《课程·E级》第18-19页《安静的歌》。

Group 7

A. 准备《一首宁静的歌》

Preparation for "A Quiet Song"

Molto moderato

Handwritten musical score for piano, 4/4 time, Molto moderato. The score consists of two systems. The first system has five measures. Fingerings are indicated above notes: 3 1, 4 1, 5 1, 5 1, 5 1, 4 1, 3 1, 5, 5 2. Dynamics include *p legato*, *mp*, and *p*. A slur covers the last two measures of the first system. The second system has four measures. It includes first and second endings. Fingerings include 2 1 5, 3 左, and 3 左. Dynamics include *ritardando*. A slur covers the last two measures of the second system. The piece ends with a double bar line and a repeat sign.

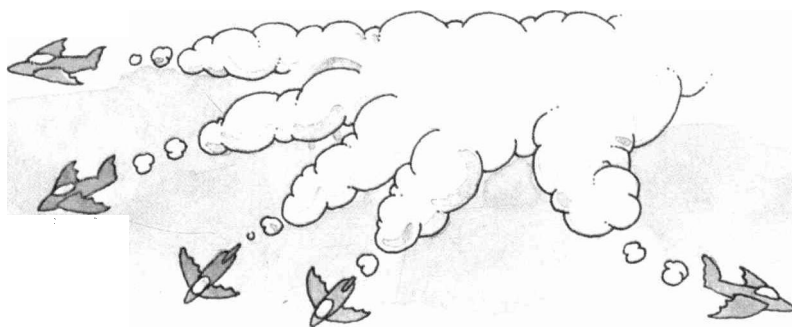
B. 飞快的手指

Flying Fingers

练习四次:

1. *f* 连奏。
2. *p* 连奏。
3. *f* 断奏。
4. *p* 断奏。

Moderato 到 Allegro



Handwritten musical score for piano, 4/4 time, Moderato to Allegro. The score consists of two systems. The first system has four measures. Fingerings are indicated above notes: 3, 2 1, 3. The second system has four measures. Fingerings are indicated below notes: 3, 4 5, 3, 5 4. The piece ends with a double bar line and a repeat sign.

第八组

Group 8

同步学习《课程·E级》第20页的《在键盘上六度上行或下行》和第20-21页《孤星圆舞曲》。

A. 六度音程上的滑翔

Gliding in Sixths

如果你愿意的话,可以先单手练习。



Moderato 到 Allegro moderato

Handwritten musical score for "Gliding in Sixths". The score is in 4/4 time and consists of two systems. The first system starts with a piano (*p*) dynamic. The second system also starts with a piano (*p*) dynamic. The score includes fingerings (1, 5) and a "等" (wait) instruction. The music features a series of sixths that glide up and down the scale.

B. 六度音程上的华尔兹

Waltzing in Sixths

Andante 到 Moderato

Handwritten musical score for "Waltzing in Sixths". The score is in 3/4 time and consists of two systems. The first system starts with a mezzo-piano (*mp*) dynamic. The second system starts with a forte (*f*) dynamic. The score includes fingerings (1, 2) and a "等" (wait) instruction. The music features a series of sixths that glide up and down the scale, with a waltz-like feel.

第九组

同步学习《课程·E级》第22页的《教堂的钟声》。

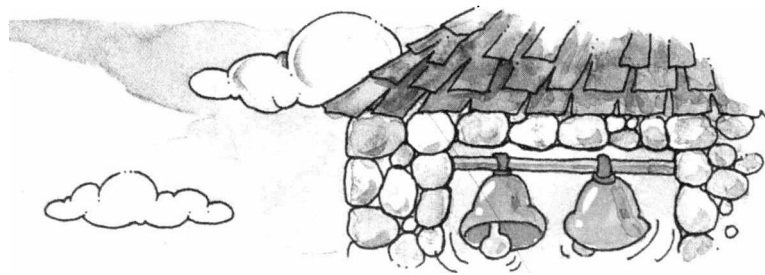
Group 9

A. 教堂的阵阵钟声

More Cathedral Bells

Adagio 到 Andante moderato

双手移高八度



Handwritten musical notation for the first system of 'A. 教堂的阵阵钟声'. The score is in 4/4 time, marked *mf*. The right hand plays a sequence of chords, each marked with a '5' and a '1' above the notes, indicating a fifth and first inversion. The left hand plays a simple bass line. A bracket below the first four measures indicates a four-measure phrase.

Handwritten musical notation for the second system of 'A. 教堂的阵阵钟声'. The score continues the melody and bass line from the first system. A bracket below the first four measures indicates a four-measure phrase. The system ends with a double bar line and repeat dots.

B. 依然回荡着的教堂钟声

Still More Cathedral Bells

Adagio 到 Andante moderato

双手移高八度



Handwritten musical notation for the first system of 'B. 依然回荡着的教堂钟声'. The score is in 4/4 time, marked *p*. The right hand plays a sequence of chords, each marked with a '5' and a '1' above the notes. The left hand plays a simple bass line. A bracket below the first four measures indicates a four-measure phrase. The system ends with a double bar line and repeat dots.

Handwritten musical notation for the second system of 'B. 依然回荡着的教堂钟声'. The score continues the melody and bass line from the first system. A bracket below the first four measures indicates a four-measure phrase. The system ends with a double bar line and repeat dots. The text '第二遍渐慢很多' (Second time, much slower) is written above the final measures, with a deceleration wedge symbol.

第十组

Group 10

同步学习《课程·E级》第23页的

《2指跨越1指》和《伦敦桥》。

A. 二度音程的交叉

Crossing Seconds

Moderato 到 Allegro moderato



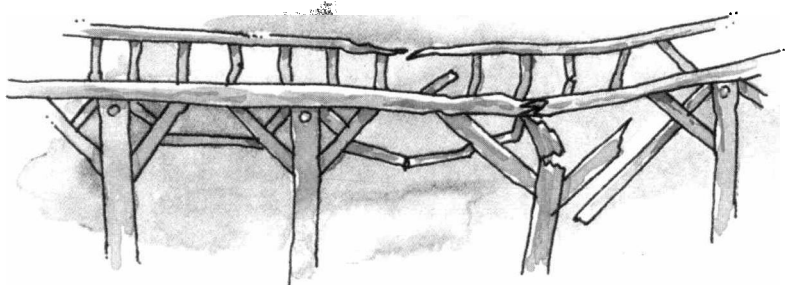
Musical score for "The Rose Tree" in 4/4 time. The score is written for a single melodic line on a treble clef staff. The key signature has one sharp (F#), and the time signature is 4/4. The melody consists of a series of eighth and quarter notes, often beamed together in pairs. Fingerings are indicated by numbers 1 and 2 above the notes. The piece begins with a mezzo-forte (*mf*) dynamic marking. The score is divided into four measures, each containing a pair of beamed eighth notes followed by a quarter note.

The musical score for 'The Rose Tree' is presented in a single system. The treble clef staff contains a single whole note chord, G4-A4-B4, which is sustained throughout the piece. The bass clef staff contains a melody of eighth notes, starting on G3 and ascending stepwise to B4. The melody is written in a 4/4 time signature, with a tempo marking of 'moderato'. The key signature is one flat (B-flat major or D minor). The melody is marked with fingerings: 1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1. The piece concludes with a double bar line and repeat dots.

B. 摇晃的桥

Rickety Bridge

Andante 到 Allegro



The musical score for 'The Rose Tree' is presented in a two-staff format. The top staff uses a treble clef and a 4/4 time signature, with a key signature of one flat (B-flat). The melody is written in a simple, stepwise fashion, starting on a middle C (C4) and moving up and down the scale. The bottom staff uses a bass clef and a 4/4 time signature, with a key signature of one flat. The bass line is written in a simple, stepwise fashion, starting on a middle C (C3) and moving up and down the scale. The score is divided into two measures, each containing a single melodic line. The first measure is marked with a '5' above the staff and a '1' below the staff, indicating a fifth and first finger position. The second measure is marked with a '5' above the staff and a '1' below the staff, indicating a fifth and first finger position. The tempo is marked 'f-p' (faster-piano) and the dynamics are marked 'f' (forte) and 'p' (piano).

弹奏第二遍时左手移低八度

A musical score for the song "The Rose Tree". The score is written for a single melodic line on a five-line staff. The key signature has one sharp (F#), and the time signature is 4/4. The melody consists of a series of eighth and quarter notes, with a final measure containing a double bar line and repeat dots. The lyrics "The Rose Tree" are written below the staff, aligned with the notes. The first measure contains the lyrics "The Rose Tree", the second "The Rose Tree", the third "The Rose Tree", and the fourth "The Rose Tree".

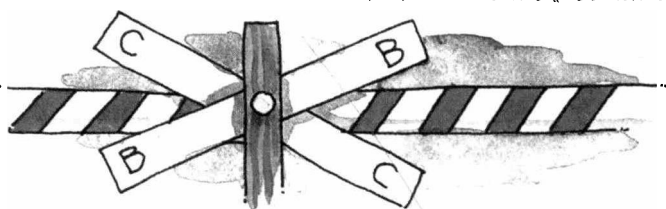
第十一组

Group 11

A. 忙碌的十字交叉

Busy Crossing

Moderato 到 Allegro



Handwritten musical notation for the first system of 'Busy Crossing'. The piece is in 4/4 time. The right hand plays a continuous eighth-note pattern: 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 2. The left hand is mostly silent, with a few notes in the final measure. The dynamic is *mf legato*.

Handwritten musical notation for the second system of 'Busy Crossing'. The right hand continues the eighth-note pattern. The left hand plays a continuous eighth-note pattern: 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 5, 1, 2, 1, 2. The dynamic is *mf legato*.

B. 西班牙马拉加牙舞蹈的准备

Preparation for "Malagueña"

Andante 到 Allegro moderato



Handwritten musical notation for the first system of 'Preparation for "Malagueña"'. The piece is in 3/4 time. The right hand plays a melody with slurs and fingerings: 3, 5, 1, 2, 3, 5, 1, 2. The left hand plays a bass line with slurs and fingerings: 5, 3, 5, 1, 2. The dynamics are *pp*, *p*, *mp*, and *mf*.

Handwritten musical notation for the second system of 'Preparation for "Malagueña"'. The right hand continues the melody with slurs and fingerings: 3, 5, 1, 2, 3, 5, 1, 2. The left hand continues the bass line with slurs and fingerings: 5, 3, 5, 1, 2. The dynamics are *mf*, *f*, and *ff*. The right hand has a *8va* marking at the end.

第十二组

Group 12

同步学习《课程·E级》第28页的《测测七度》

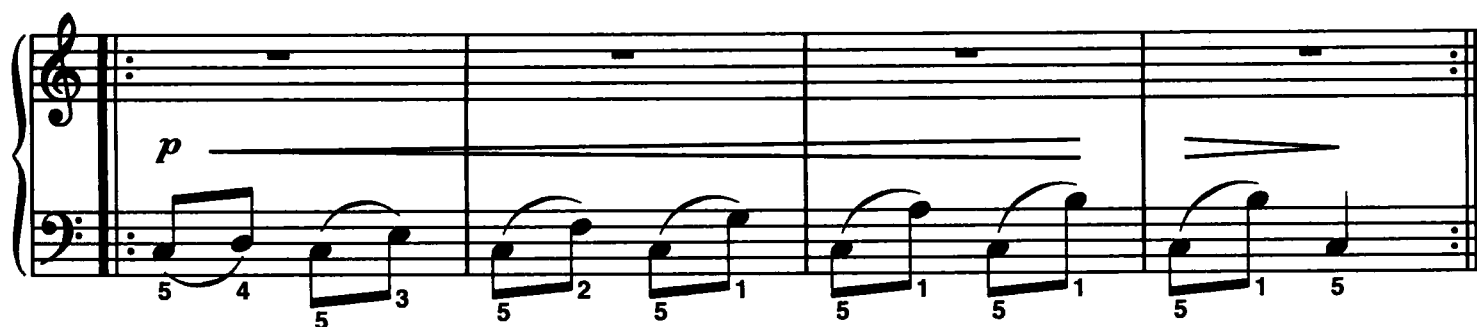
和第29页的《我们与众不同的华尔兹》。

A. 高大的踢球者

High Kickers



Moderato 到 Allegro moderato



B. 直至七度音程的华尔兹

Waltzing Up to Sevenths

Andante 到 Allegro moderato



第十三组

Group 13

同步学习《课程·E级》第30页的《五度、六度、七度的热身练习》和第30-31页的《莫扎特奏鸣曲主题》。

A. 五度、六度、七度音程的练习

More Warm-Ups with 5ths, 6ths & 7ths

Moderato 到 Allegro

B. 七度音程练习

Warms-Ups with Sevenths

先连奏练习,再断奏练习

Moderato 到 Allegro



第十四组

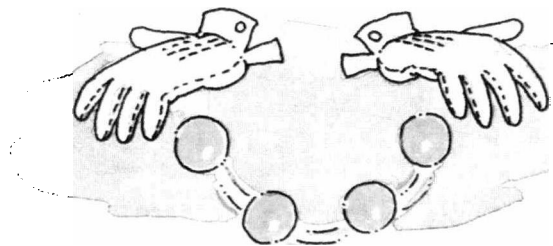
同步学习《课程·E级》第32页的《更多C大调音阶知识》。

Group 14

A. 交叉跨越的提高练习

Cross-Over Improver

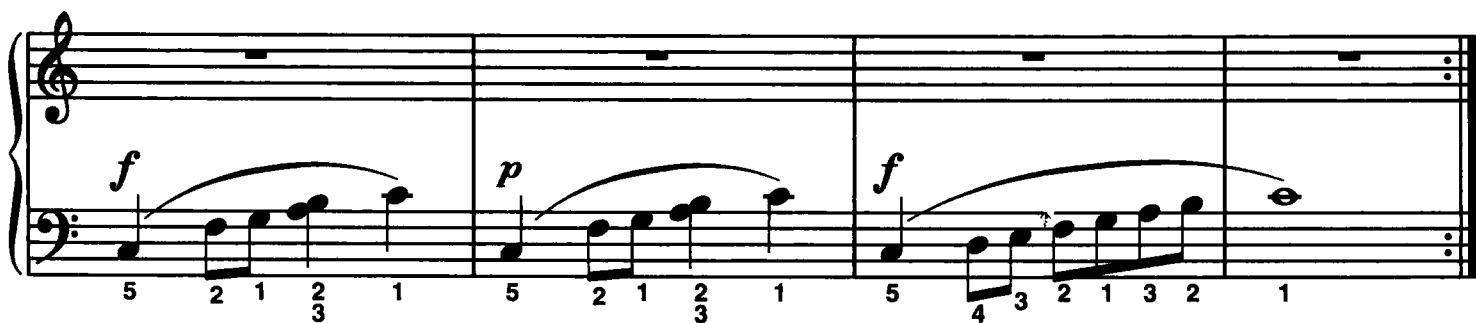
Moderato 到 Allegro moderato



B. 音阶的提高练习

Scale Improver

Moderato 到 Allegro moderato



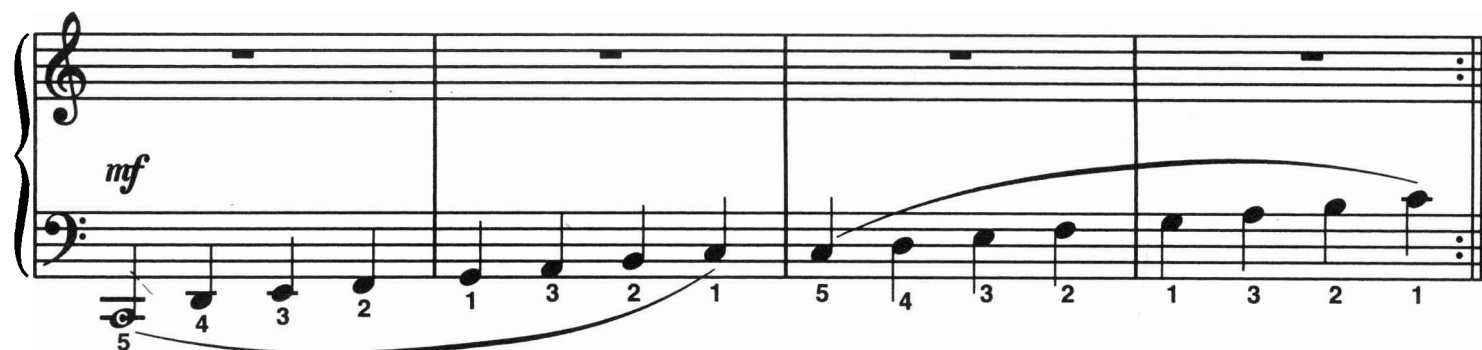
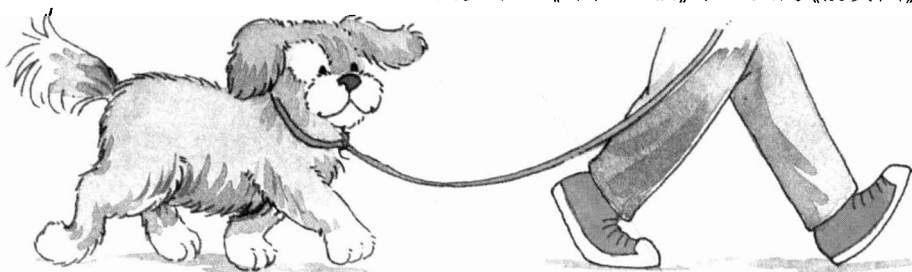
第十五组

Group 15

A. 行走

Walk

Andante 到 Allegro moderato



B. 行走与跑步

Walk & Run

Andante 到 Allegro moderato

