



BASTIEN PIANO BASICS

巴斯蒂安钢琴教程

技巧

(二)

TECHNIC



BY JAMES BASTIEN

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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》、《视奏》相互配合使用的，请参见目录。这五本书必须同时使用，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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Mark Kjos

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Mark Kjos
President,
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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“✓”。

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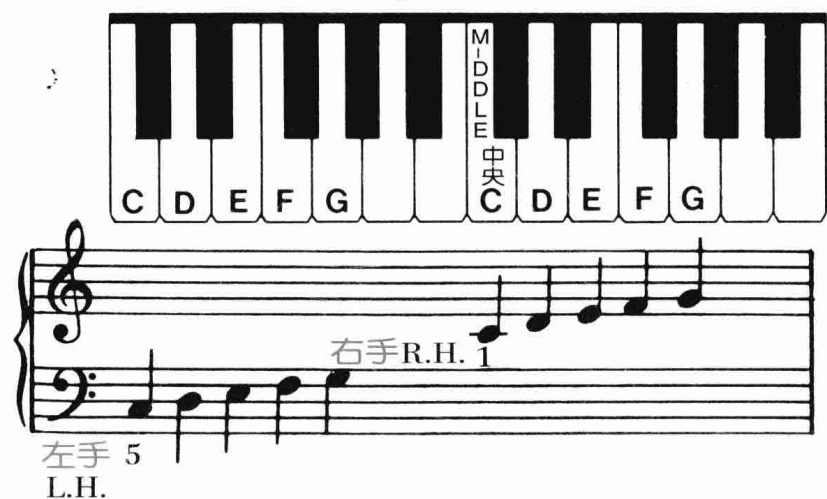
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C大调的五指位置

C Major Position

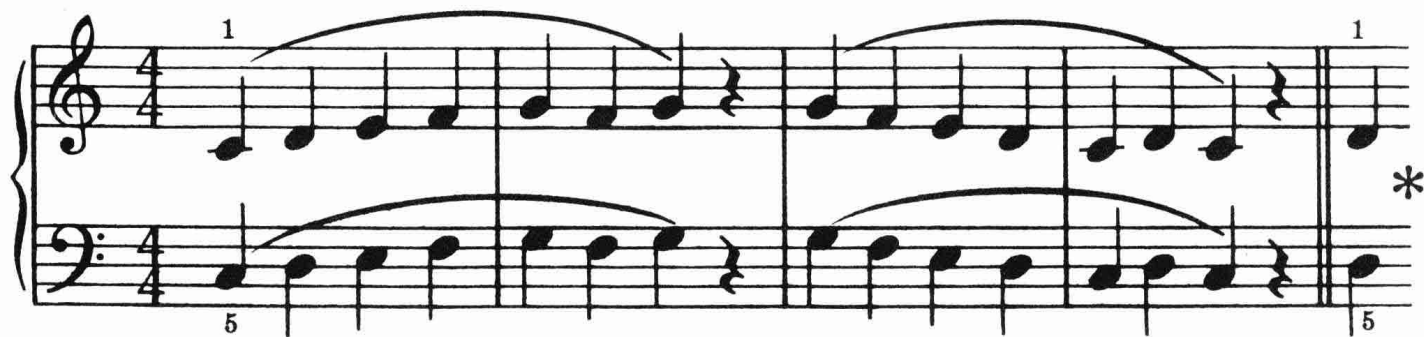


练习指导Practice Directions

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。

同步学习《基础》(二)第6页。

跳石子

Skipping Stones



* 照此模式, 继续在白键上弹奏下去。



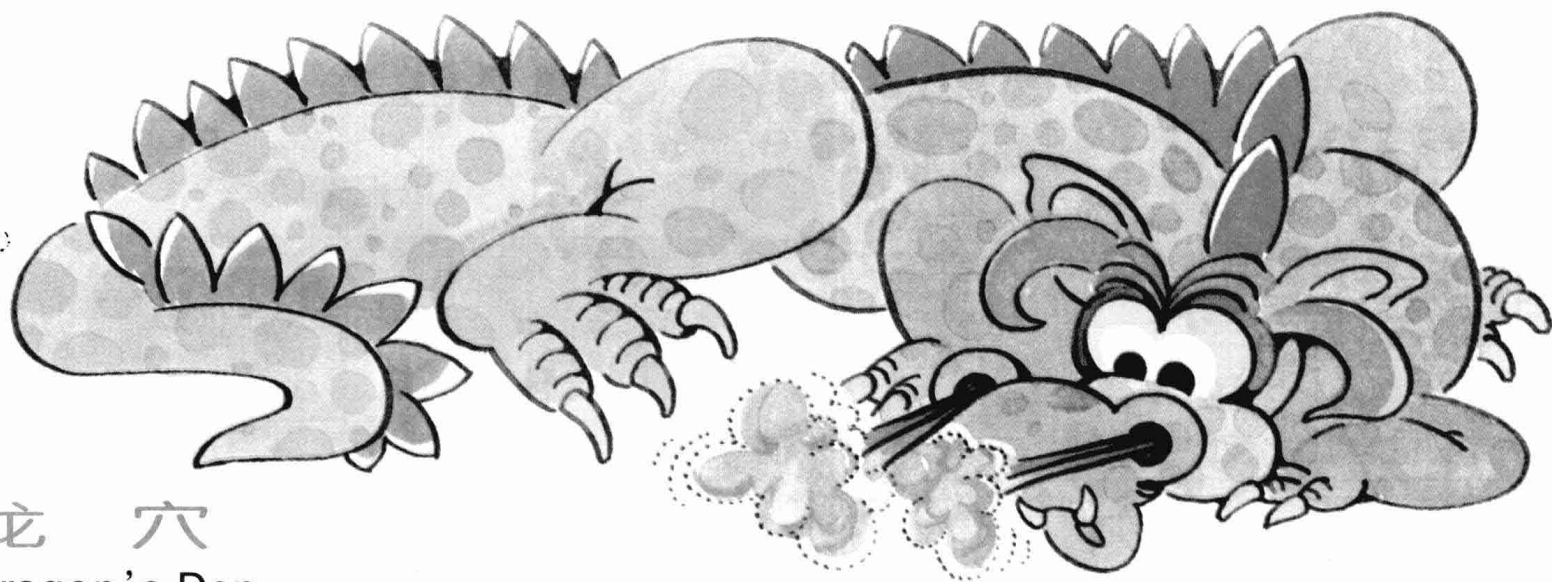
秋刀鱼*

Mudskippers*



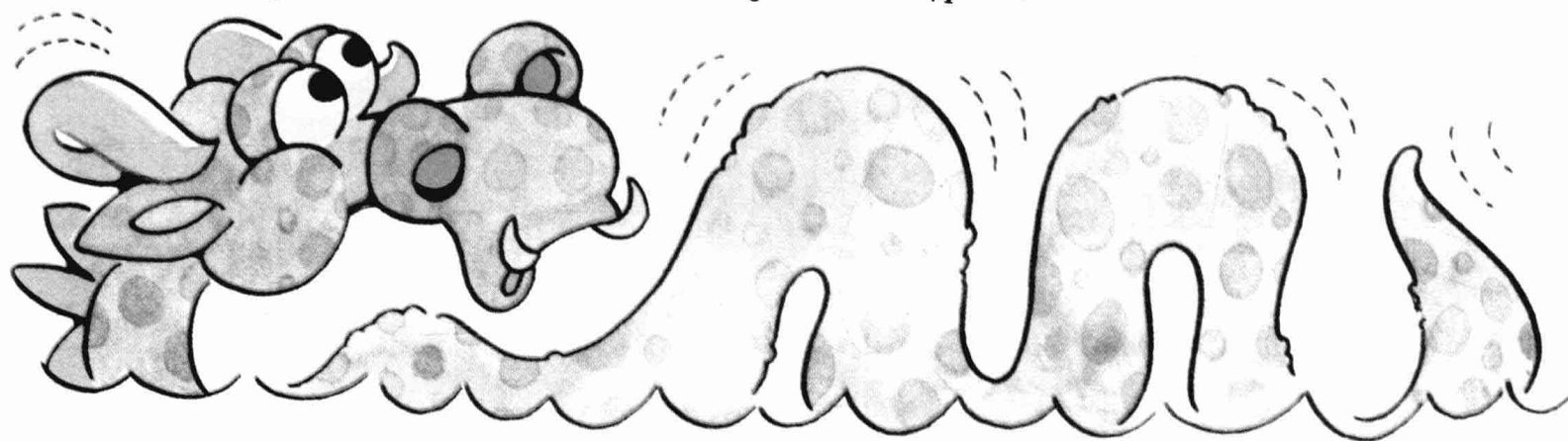
* 照此模式, 继续在白键上弹奏下去。

* 秋刀鱼是一种能在水下和水上呼吸的鱼, 会爬行会弹跳。



龙 穴

Dragon's Den



海 怪

Sea Monster



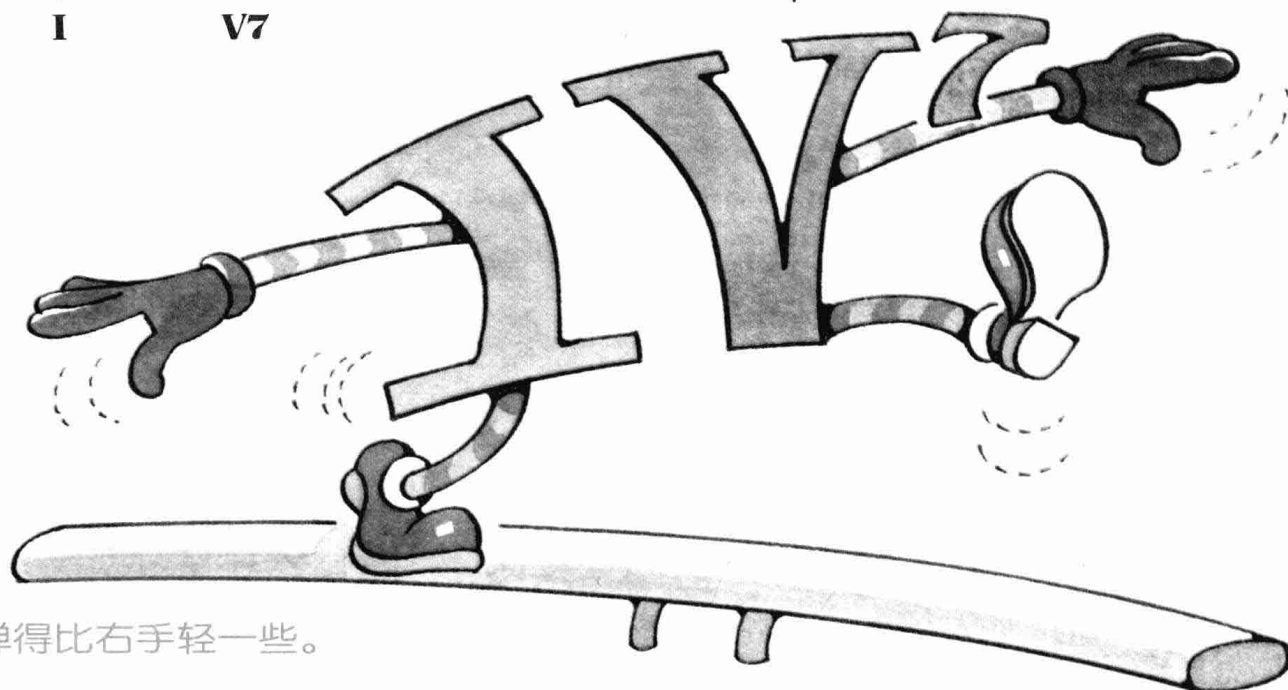
海豚游玩

Dolphins at Play



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!



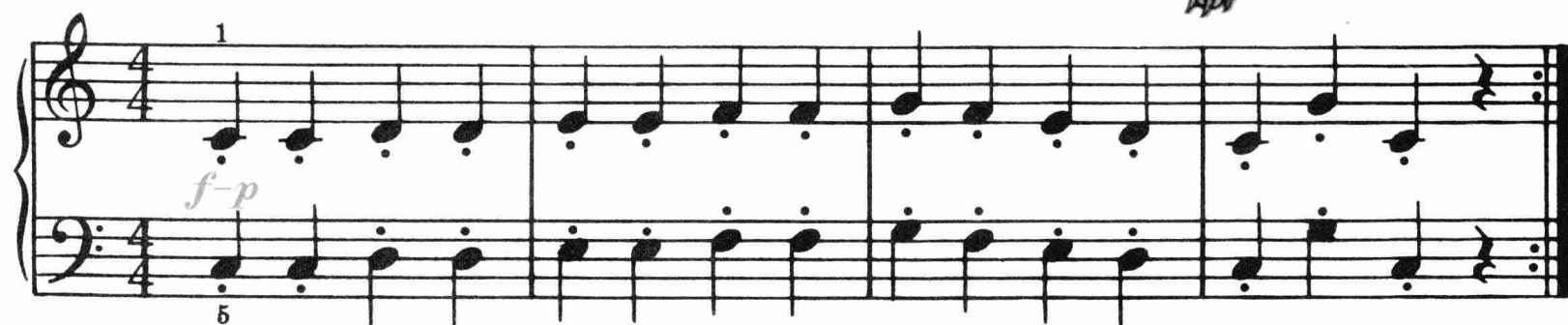
* 注:本册只讲述V7中的二度和弦音符,在《基础》(三)中将详细介绍V7中的其他音符。

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

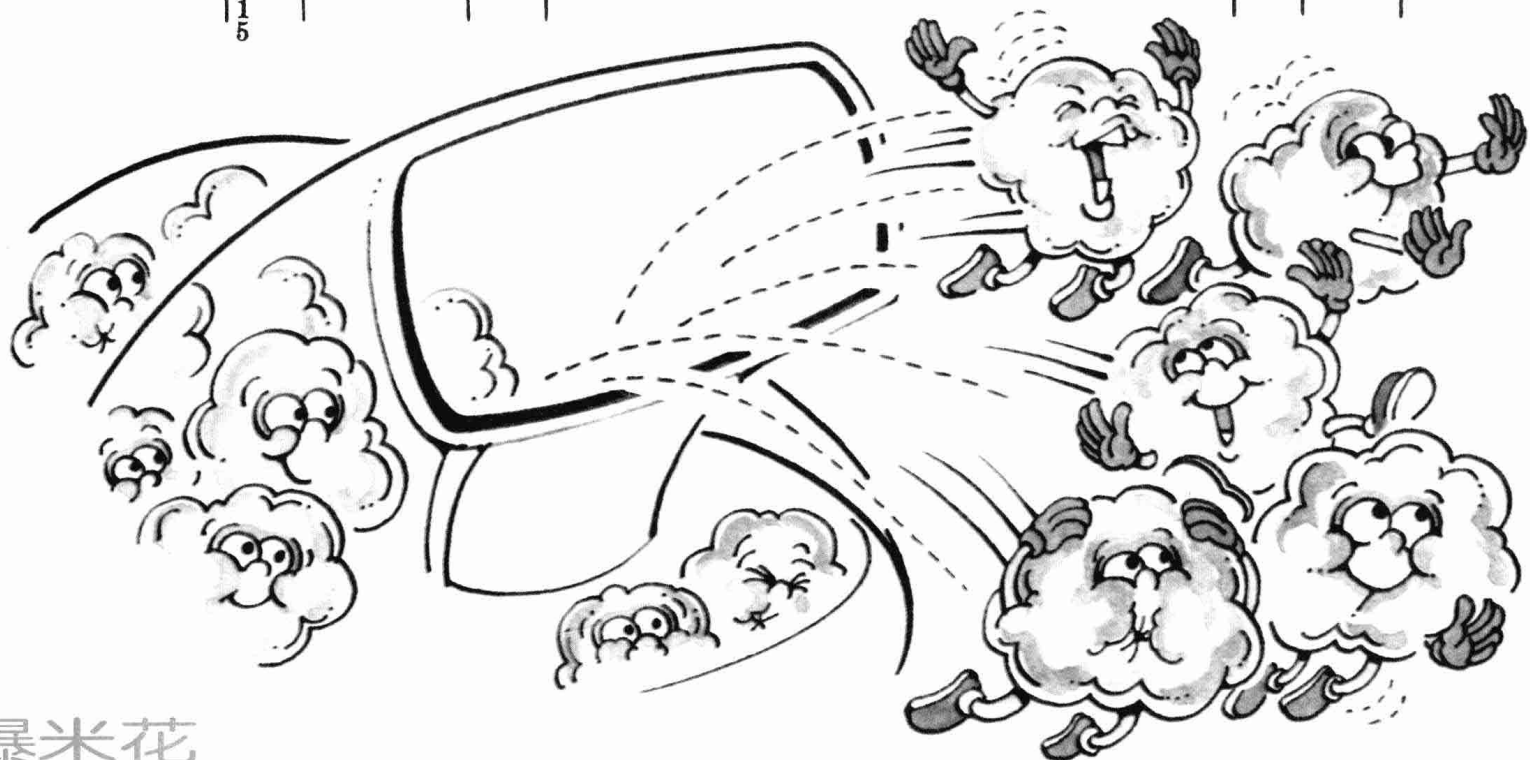
Knock on Wood!



断奏比连奏要弹得轻一些。

砰, 砰!

Pop, Pop!



爆米花

Popcorn Popper



同步学习《基础》(二)第 15 页。



跳与滑

Jump and Slide

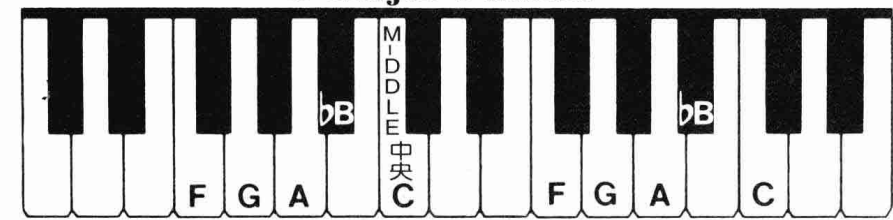
A musical score for the song 'The Rose Tree'. It features a treble and bass staff in 3/4 time. The treble staff begins with a whole rest, followed by a melodic line starting on G4. The bass staff starts with a half note on G2, marked with a forte 'f' dynamic, followed by a half note on A2. The melody continues with a half note on B4, then a half note on C5, and finally a half note on D5. The bass line continues with a half note on E2, then a half note on F2, and finally a half note on G2. The score is divided into four measures by vertical bar lines. The first measure contains the whole rest in the treble and the half note on G2 in the bass. The second measure contains the half note on A2 in the treble and the half note on F2 in the bass. The third measure contains the half note on B4 in the treble and the half note on E2 in the bass. The fourth measure contains the half note on C5 in the treble and the half note on G2 in the bass. The score is written in a simple, clear style with a white background and black notation.

The first system of the musical score for 'The Rose Tree' consists of two staves. The upper staff is in treble clef and the lower staff is in bass clef. The key signature has one flat (B-flat). The melody in the upper staff begins with a whole rest, followed by a half note G4, a quarter note A4, a quarter note Bb4, a half note C5, a quarter note Bb4, a quarter note A4, a half note G4, and ends with a quarter rest. The bass line in the lower staff begins with a half note G2, a quarter note A2, a quarter note Bb2, a half note C3, a quarter note Bb2, a quarter note A2, a half note G2, and ends with a quarter rest. The first measure of the system contains a whole rest in the upper staff and a half note G2 in the lower staff.

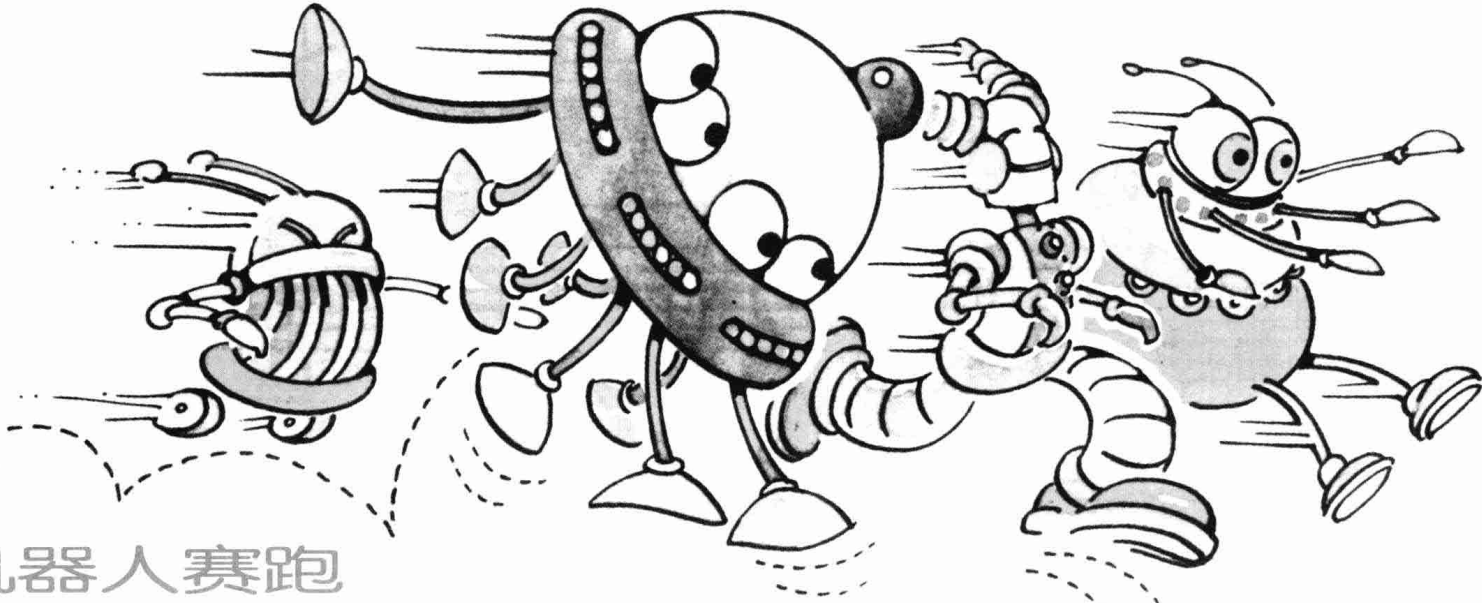
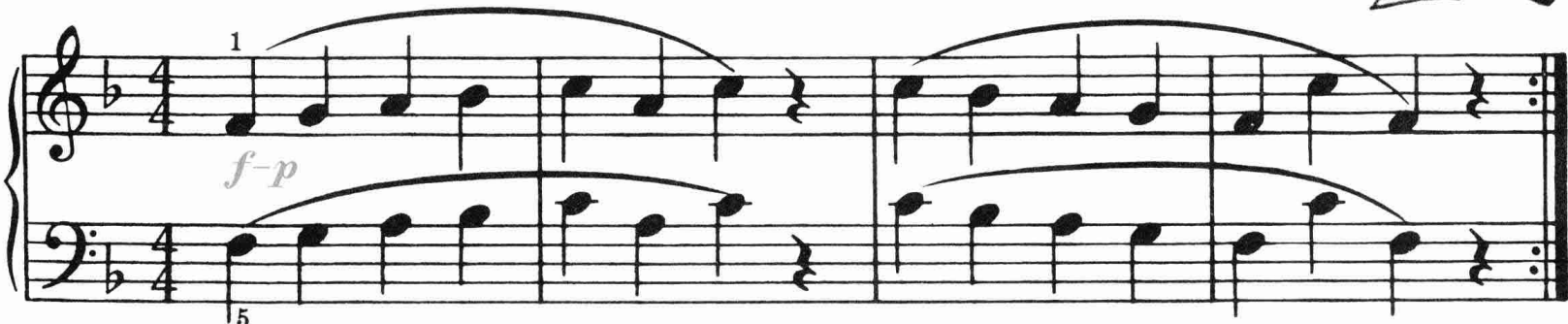
A musical score for the song "The Rose Tree". The score is written for a piano, with a treble and bass staff. The key signature is one flat (B-flat), and the time signature is 4/4. The melody is in the treble staff, and the accompaniment is in the bass staff. The piece begins with a piano (p) dynamic marking. The melody consists of a series of eighth and quarter notes, with a final quarter note in the fourth measure. The accompaniment consists of a steady eighth-note pattern in the first two measures, followed by a half note in the third measure, and then a series of eighth and quarter notes in the fourth measure. The piece ends with a double bar line.

A musical score for the song 'The Rose Tree'. It consists of two staves, a treble staff and a bass staff, with a brace on the left. The key signature has one flat (B-flat). The melody is written in the treble staff, and the bass line is in the bass staff. The piece is in 4/4 time. The melody starts with a whole rest in the first measure, then proceeds with quarter and eighth notes. The bass line starts with quarter notes, has a whole rest in the second measure, and then continues with quarter notes. The piece ends with a double bar line and repeat dots.

F大调的五指位置
F Major Position



机器人进行曲
March of the Robots

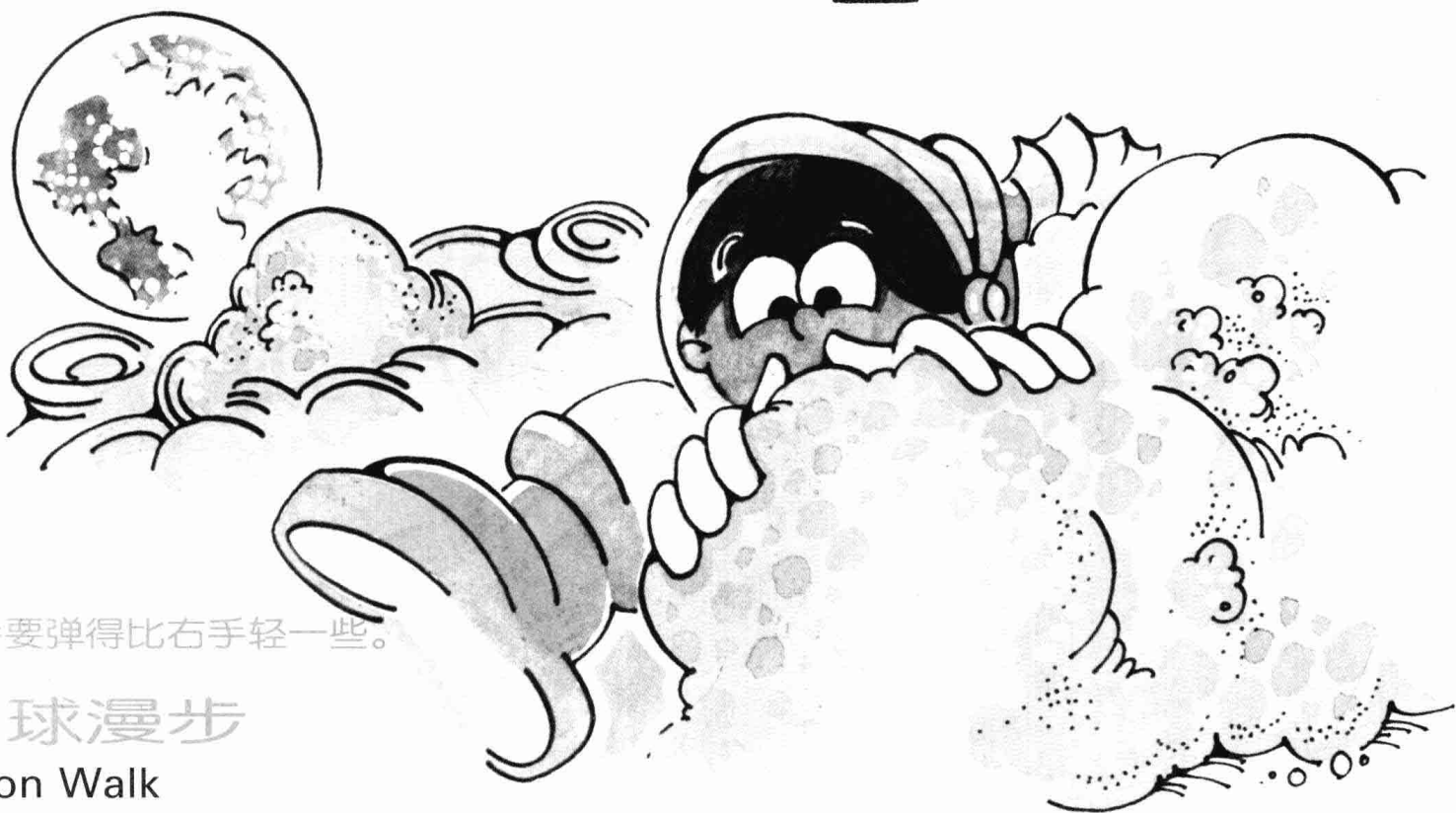


机器人赛跑
Robot Race



太空飞行

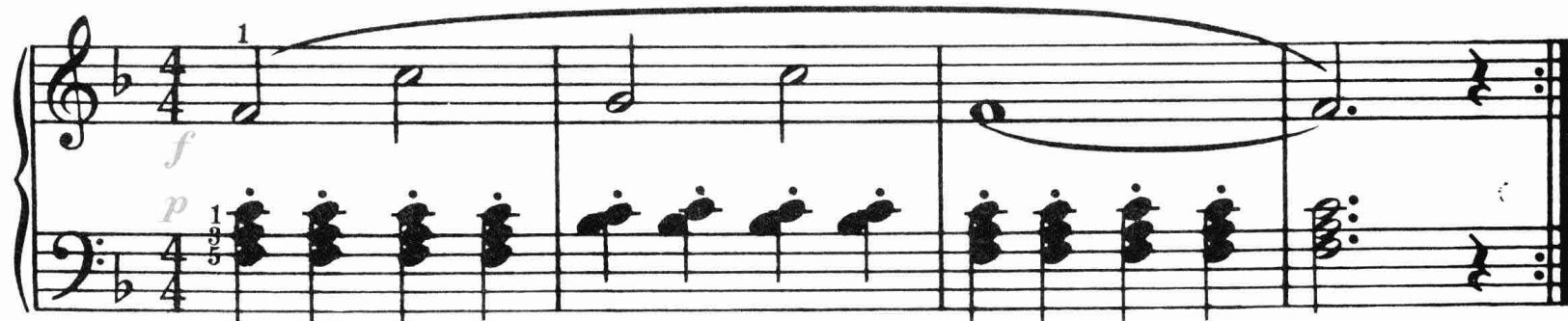
Space Flight



左手要弹得比右手轻一些。

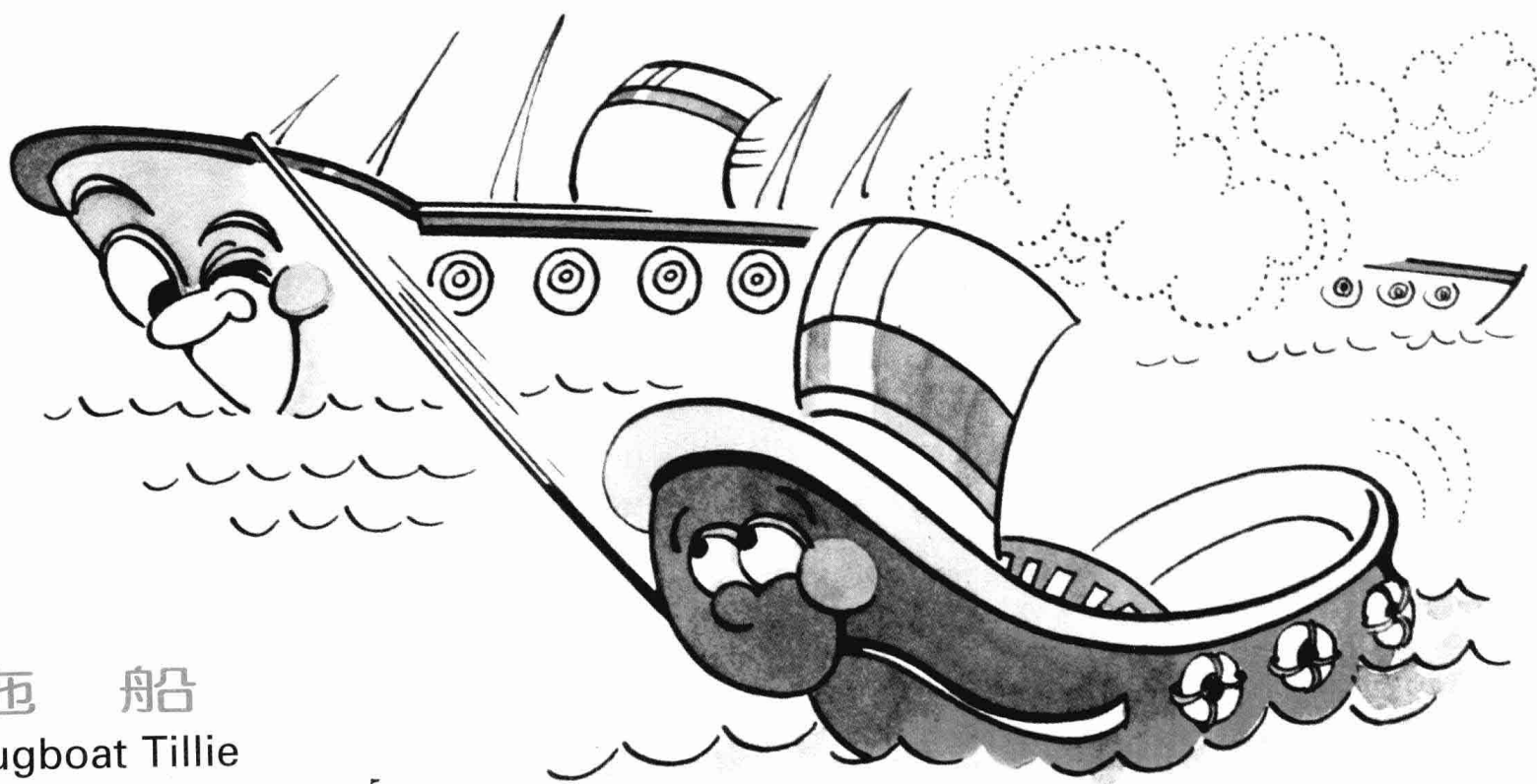
月球漫步

Moon Walk



超级油船

The Supertanker



拖 船

Tugboat Tillie

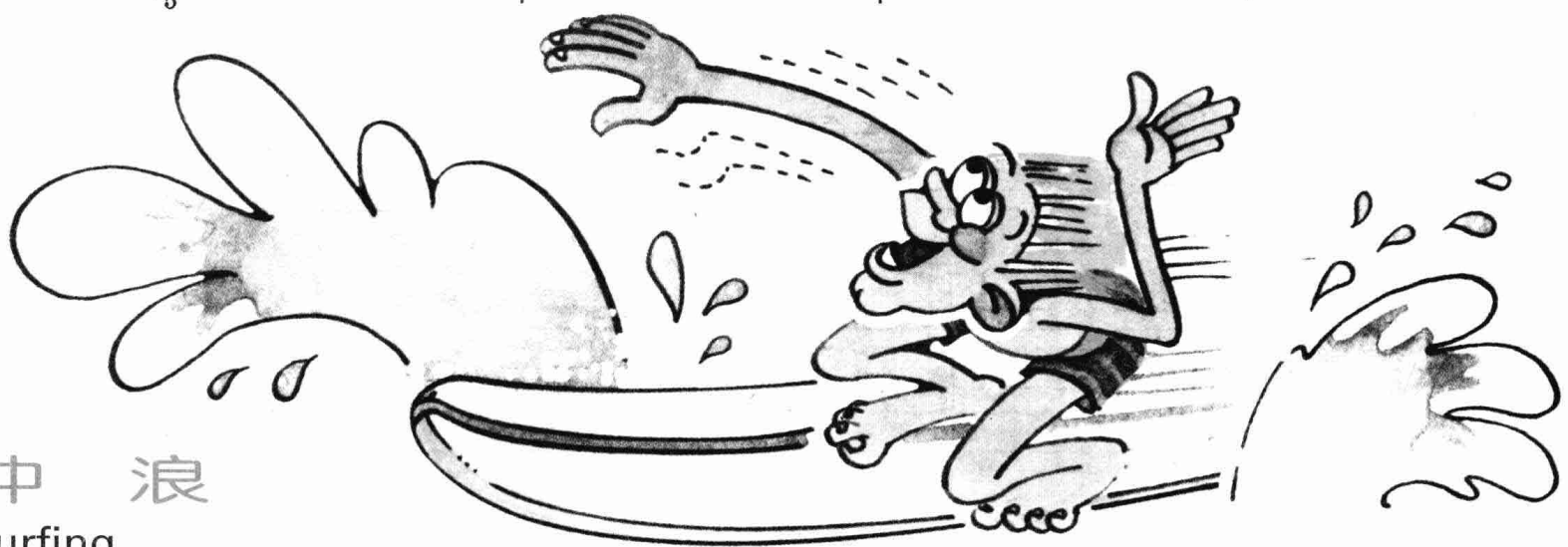




弹奏每一条连线时,手腕应从低到高地起落。

滑翔翼

Hang Gliding



冲浪

Surfing



