

Alfred's Basic Piano Course

郑 艳 / 译

技巧 · 3 级

# 快乐钢琴基础教程



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# 快乐钢琴基础教程

# Piano

## 技巧·3级

### 前言

本教材中总共有 15 组练习，各包含 A、B、C、D 四组小练习；另外还附加了一组脱离钢琴的练习（在课本的最后）。最后一组练习可以在任何时候开始，没有钢琴时也可练习。在弹奏《课程·3 级》的曲目时，可同时练习具有相应演奏要求的本册教程。当你开始每一组新的练习时，你可以先弹奏该组中的第一首练习，放掉前一组的第一首练习。这样你总能同时演奏四首练习。这并不需要花很多时间，但能使你的手指得到更精确的训练，从而更轻松地弹奏每首作品。因此，花这些时间还是非常值得的！

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## 第1组

第1组练习与《课程·3级》第2页的《再见，老花马》同步学习。

## A. 西方狂欢

## A Western Carousel

八分音符可以弹奏得稍有不均：  
长—短，长—短，等等。

Lazily (懒洋洋的)

第二遍双手 *8va*

Musical score for 'A Western Carousel' in 3/4 time. The piece is marked *p* (piano). The score consists of two systems of piano accompaniment. The first system has four measures, with the bass clef staff containing eighth notes and the treble clef staff containing quarter notes. The second system also has four measures, with the bass clef staff containing quarter notes and the treble clef staff containing eighth notes. Fingering numbers (5, 2, 1, 2, 1, 4) are indicated below the notes. A cartoon illustration of a person riding a carousel horse is shown to the right of the score.

## B. 稍稍伸展

## Stretch a Bit



跨过一个  
三度音程

4 \ 3

Andante

Musical score for 'Stretch a Bit' in 3/4 time, marked *mf* (mezzo-forte) and *Andante*. The score consists of two systems of piano accompaniment. The first system has four measures, with the bass clef staff containing quarter notes and the treble clef staff containing quarter notes. The second system also has four measures, with the bass clef staff containing quarter notes and the treble clef staff containing quarter notes. Fingering numbers (1, 5, 3, 1, 5, 3, 2, 3) are indicated below the notes. A box with the text '跨过一个三度音程' and '4 \ 3' is placed above the notes in the second system. A box with the text '跨过一个三度音程' and '2 \ 3' is placed below the notes in the second system. A cartoon illustration of a person stretching is shown above the score.

## C. 和声音程的伸展

## Harmonic Stretches

Andante to Moderato



*f-p*

跨过一个三度音程

3/2 3/2 3/2 3/2

2/3 2/3 2/3 2/3

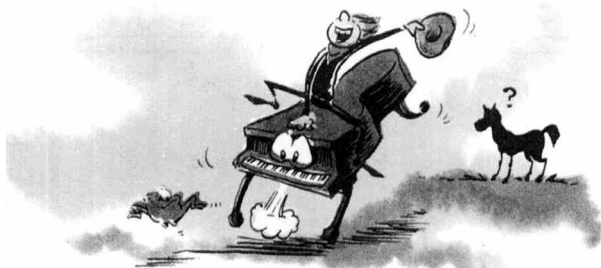
4/3 4/3 4/3 4/3

3/4 3/4 3/4 3/4

## D. 哈农又来了!

## Hanon Rides Again!

开始先分手练习。



Andante moderato to Allegro

*mf*

1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5 4 5    3 5 2 5    1 5

5 1 2 1    3 1 4 1    5 1 2 1    3 1 4 1    5 1 2 1    3 1 4 1    5 1

同样的反向进行!

双手 *gva*

*mf*

5 1 2 1    3 1 4 1    5 1 2 1    3 1 4 1    5 1 2 1    3 1 4 1    5 1

1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5

继续弹奏至右手的1指或左手的5指停在C音上!

继续弹奏至右手的5指或左手的1指停在C音上!

## 第2组

第2组练习中的A和B与《课程·3级》第4页和第5页同步学习。

第2组练习中的C和D与《课程·3级》第6页和第7页同步学习。

### A. C大调和弦的复习

## C Chords in Review

Moderato to Allegro

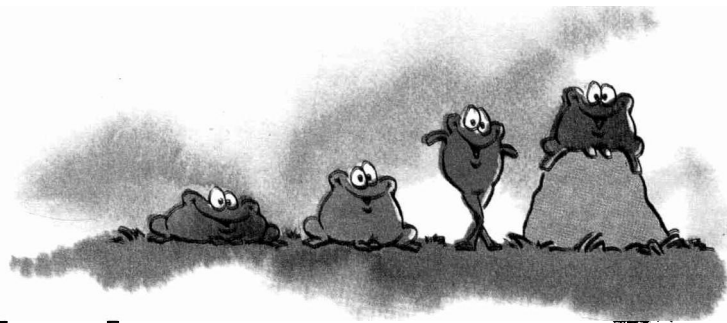
第二遍双手 8va

Musical score for 'C Chords in Review' in 3/4 time, Moderato to Allegro. The score is for two hands, 8va. The first system shows four measures of chords: I, IV, V7, and I. The second system shows a melodic line with fingerings and a bass line with fingerings. The tempo is marked 'Moderato to Allegro'.

数: 1 拍, 2 拍, 3 拍

### B. C音上的延伸

## Extensions in C



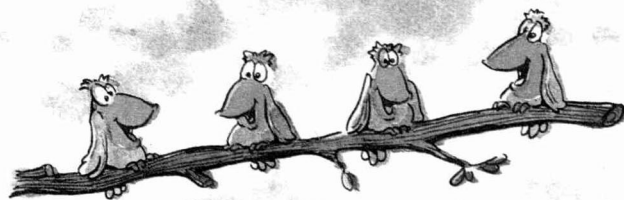
Andante to Allegro

Musical score for 'Extensions in C' in 2/4 time, Andante to Allegro. The score is for two hands. The first system shows a melodic line with fingerings and a bass line with fingerings. The second system shows a melodic line with fingerings and a bass line with fingerings. The tempo is marked 'Andante to Allegro'.

## C.G 音上的延伸

## Extensions in G

(弹至第6页时加入此练习)



Andante to Allegro

8va

*f* legato

1 2 3 5 1 2 3 5 5 3 2 1 1 5 3 2 1

1 2 3 5

mf 1 3 5

5 3 1

mf legato

*f* 1 2 4 5 1 2 4 5 5 4 2 1 5 4 2 1

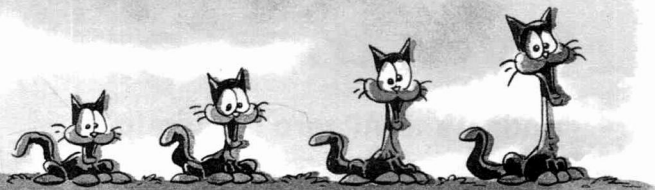
8va

1 2 3 5 5 3 2 1 5 3 2 1

## D.D 音上的延伸

## Extensions in D

(弹至第6页时加入此练习)



Andante to Allegro

*f* legato

1 2 3 5 1 2 3 5 5 3 2 1 5 3 2 1

mf 1 3 5

5 3 1

mf legato

*f* 1 2 3 5 1 2 3 5 5 3 2 1 5 3 2 1

5 3 1

mf legato

*f* 1 2 3 5 1 2 3 5 5 3 2 1 5 3 2 1

## 第3组

第3组练习与《课程·3级》第8页和第9页同步学习。

## A. 对抗的音阶

## Dueling Scales

Moderato to Allegro moderato

5 4 3 2 1 3 2 1

*p*

5 4 3 2 1 3 2 1

*mf*

5 4 3 2 1 3 2 1

*f*

5 4 3 2 1 3 2 1

## B. C大调上的跨越

## Over the Top in C

Andante to Allegro moderato

弹奏三遍：第二遍双手移高八度，第三遍双手移低八度。

*f-mf-p*

数：1 拍，2 拍，3 拍

5 3 1

左手3

5 2 1

左手3

I IV

5 4 1

5 3 1

5 2 1

左手3

5 3 1

左手3

V7 I

## C.G 大调上的跨越

## Over the Top in G

Andante to Allegro moderato

弹奏三遍：第二遍双手移高八度，第三遍双手移低八度。

5 3 1 左手<sup>3</sup> I IV

5 2 1 左手<sup>3</sup> 5 3 1 左手<sup>3</sup>

5 4 1 左手<sup>3</sup> 5 3 1 左手<sup>3</sup> V7 I

## D.D 大调上的跨越

## Over the Top in D

Andante to Allegro moderato

弹奏三遍：第二遍双手移高八度，第三遍双手移低八度。

5 3 1 左手<sup>3</sup> I IV

5 2 1 左手<sup>3</sup> 5 3 1 左手<sup>3</sup>

5 4 1 左手<sup>3</sup> 5 3 1 左手<sup>3</sup>



## 第4组

第4组练习与《课程·3级》第10页同步学习。

## A. 大拇指!

## All Thumbs!

Andante to Moderato



1 2 1 2 1 2 1 2 等 1

*mp legato*

1 2 1 2 1 2 1 2 等 1

*mp legato*

## B. 跳舞的大拇指

## Dancing Thumbs

Andante to Allegro moderato

第二遍双手 *8va*

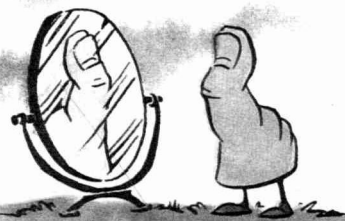

1 2 1 2 3 2 3 1 1 2 1 2 5 1

*p*

1 2 1 2 3 2 3 1 1 2 1 2 5 1

## C. 镜子哑剧

## Mirror Pantomimes



第二遍双手 8va

*p-mf*

1 2 1 2 3 2 3 1 3 2 3 2 1 2 3 1

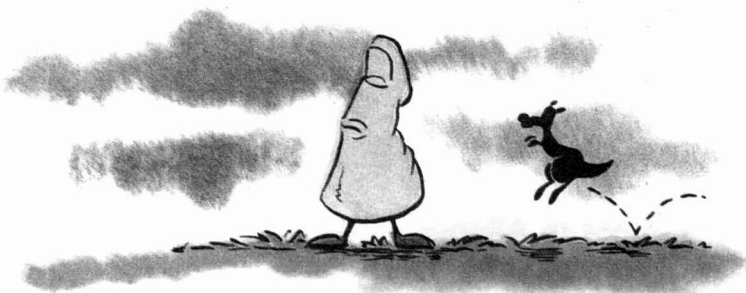
1 2 1 2 3 2 3 1 3 2 3 2 1 2 3 1

1 2 1 2 3 2 3 1 3 2 3 2 1 2 3 1

1 2 1 2 3 2 3 1 3 2 3 2 1 2 3 1

## D. 大拇指穿越

## Thumb-Unders



Andante to Allegro moderato

*p*

1 2 1 1 2 1 1 2 1 1 2 1

1 2 1 1 2 1 1 2 1 1 2 1

1 2 1 1 2 1 1 2 1 1 2 1

1 2 1 1 2 1 1 2 1 3

1 2 1 1 2 1 1 2 1 3

1 2 1 1 2 1 1 2 1 3

1 2 1 1 2 1 1 2 1 3

## 第5组

第5组练习与《课程·3级》第14页同步学习。

## A. 从下面穿过

## Underpass

Moderato to Allegro moderato

第二遍移高八度

1 3 2 1 1 3 2 1 1 3 2 1 1 3 2 1 1 3 2 1

*mf* *p* *mf* *p* *simile*

*mf* *p* *mf* *p* *simile*

1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 1

第二遍移低八度

## B. 音阶提高者

## Scale Improver

Andante to Allegro moderato

第二遍移高八度

1 3 2 1 3 2 1 3 2 1 3 2 1 5 2 1 3 2 1

*p* *p*

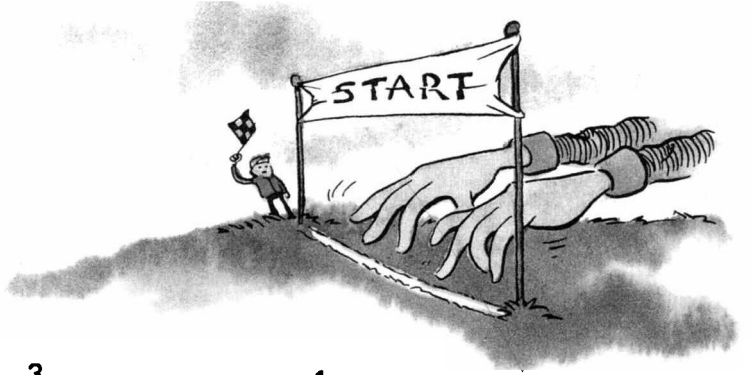
*p* *p*

1 2 3 1 2 3 1 2 3 1 2 3 1 5 2 1 2 3 1

第二遍移低八度

# C. 预备—出发!

## Get Ready—Go!



Andante to Allegro moderato

第二遍移高八度

Musical notation for the first system of exercise C, first playthrough. It consists of a grand staff with treble and bass clefs. The key signature has one sharp (F#) and the time signature is 4/4. The piece starts with a piano (*p*) dynamic and ends with a forte (*f*) dynamic. Fingerings are indicated by numbers 1-5 above the notes.

Musical notation for the second system of exercise C, second playthrough. It consists of a grand staff with treble and bass clefs. The key signature has one sharp (F#) and the time signature is 4/4. The piece starts with a piano (*p*) dynamic and ends with a piano (*p*) dynamic. Fingerings are indicated by numbers 1-5 above the notes.

第二遍移低八度

# D. 技巧建造者

## Technic Builder

左、右手同时穿越!  
开始先分手练习。

Andante to Allegro moderato

第二遍移高八度

Musical notation for the first system of exercise D, first playthrough. It consists of a grand staff with treble and bass clefs. The key signature has two sharps (F# and C#) and the time signature is 4/4. The piece starts with a mezzo-forte (*mf*) dynamic. Fingerings are indicated by numbers 1-3 above the notes.

Musical notation for the second system of exercise D, second playthrough. It consists of a grand staff with treble and bass clefs. The key signature has two sharps (F# and C#) and the time signature is 4/4. The piece starts with a mezzo-forte (*mf*) dynamic. Fingerings are indicated by numbers 1-3 above the notes.

## 第 6 组

第 6 组练习与《课程·3 级》第 16 页同步学习。

## A. C 大调上的反向进行

## Contrary Motion in C

Moderato to Allegro moderato

1 2 3 1 2 3 4 5 1 2 3 1 2 3 4 5

*f-p*

1 2 3 1 2 3 4 5 1 2 3 1 2 3 4 5

5 4 3 2 1 3 2 1 5 4 3 2 1 3 2 1

5 4 3 2 1 3 2 1 5 4 3 2 1 3 2 1

## B. G 大调上的反向进行

## Contrary Motion in G

Moderato to Allegro moderato

1 2 3 1 2 3 4 5 1 2 3 1 2 3 4 5

*f-p*

2 3 4 5 1 2 3 1 2 3 4 5

5 4 3 2 1 3 2 1 5 4 3 2 1 3 2 1

(8va)

5 4 3 2 1 3 2 1 5 4 3 2 1 3 2 1

5 4 3 2 1 3 2 1 5 4 3 2 1 3 2 1

## C. D 大调上的反向进行

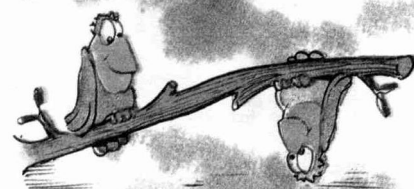
## Contrary Motion in D

Moderato to Allegro moderato

Musical score for 'Contrary Motion in D' in D major, 4/4 time. The piece is marked 'Moderato to Allegro moderato' and 'f-p'. The score consists of two systems of two staves each. The first system shows a melodic line in the treble clef and a bass line in the bass clef moving in contrary motion. The second system continues this pattern with more complex phrasing and fingerings. Fingerings are indicated by numbers 1-5 above or below notes. The piece concludes with a repeat sign.

## D. 前奏至前奏

## Prelude to a Prelude



Andante

Musical score for 'Prelude to a Prelude' in D major, 4/4 time. The piece is marked 'Andante' and 'f-p'. The score consists of two systems of two staves each. The first system shows a melodic line in the treble clef and a bass line in the bass clef. The second system continues the piece with more complex phrasing and fingerings. Fingerings are indicated by the number 1 above or below notes. The piece concludes with a repeat sign.

## 第7组

第7组练习与《课程·3级》第18页同步学习。

## A. 我们出发!

## Off We Go!

开始先分手练习。

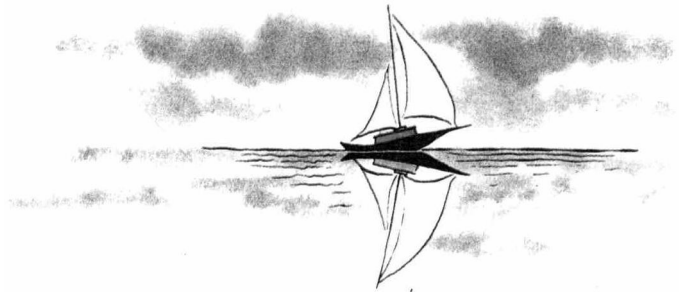
Andante to Moderato

*legato*

## B. 微风掠过

## Breezing Along

开始先分手练习。



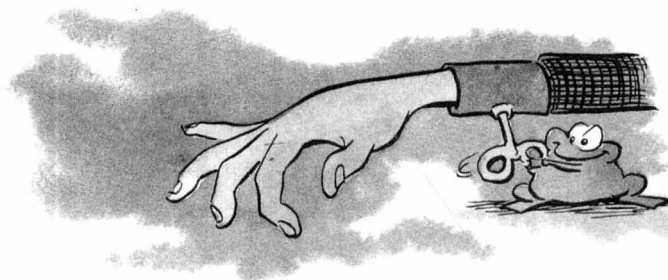
Andante to Moderato

*legato*

## C. 上发条

## Winding Up

开始先分手练习。



Andante to Moderato

Handwritten musical score for 'Winding Up' in 4/4 time, marked Andante to Moderato. The score consists of two systems of piano (p) music. Each system has a treble and bass clef staff. The music features a sequence of eighth notes with fingerings (1, 2, 3) and dynamic markings (p) and hairpins. The first system has 12 measures, and the second system has 12 measures, ending with a double bar line and a fermata.

## D. 半音阶的反向进行

## Contrary Chromatic

开始先分手练习。



Andante to Moderato

Handwritten musical score for 'Contrary Chromatic' in 2/4 time, marked Andante to Moderato. The score consists of two systems of piano (p) and forte (f) music. Each system has a treble and bass clef staff. The music features a sequence of eighth notes with fingerings (1, 2, 3) and dynamic markings (p, f). The first system has 4 measures, and the second system has 4 measures, ending with a double bar line and a fermata.



## 第8组

第8组练习中的A和B、C和D与《课程·3级》第20页、21页的乐曲同步学习。

## A. 四指的跨越

## Four-Overs

调号：  
一个降号 (Bb)

开始先分手练习。

Largo to Moderato

Musical score for 'Four-Overs' in B-flat major, 2/4 time. The score consists of two systems of piano accompaniment. The first system has four measures, and the second system has four measures. The tempo is marked 'Largo to Moderato' and the dynamics are 'mf legato'. Fingerings are indicated by numbers 1-4 above the notes. The bass line uses numbers 5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 3, 4.

## B. 一指的穿越

## One-Unders

开始先分手练习。

Largo to Moderato

Musical score for 'One-Unders' in B-flat major, 2/4 time. The score consists of two systems of piano accompaniment. The first system has four measures, and the second system has four measures. The tempo is marked 'Largo to Moderato' and the dynamics are 'mf legato'. Fingerings are indicated by numbers 1-4 above the notes. The bass line uses numbers 1, 2, 3, 1, 2, 1, 3, 2, 1, 2, 3, 1, 2, 1, 3, 2.

