

Alfred's Basic Piano Course

郑 艳 / 译

技巧 · 1A级

快乐钢琴基础教程



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Piano

技巧 · 1A 级

前 言

本教程共有 10 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桌面技巧练习。在弹奏《课程 · 1A 级》的曲目时，可同时练习具有相应演奏要求的本册教程。

当开始每一组新的练习时，你可以先开始弹奏该组中的第一首练习，放掉前一组的第一首练习。比如说，当你准备弹奏第 2 组练习时，练习第 2 组中的 A，放掉第 1 组的 A。每隔一天增加一首新的练习，放掉旧的练习——练习第 2 组的 B 放掉第 1 组的 B，等等——这样你总能同时弹奏四首练习。

这些练习除了让技巧得到进步以外，还提供了更多其他技能。它们强调了 1A 级中引入的每一条原则。在识谱和弹奏旋律音程与和声音程方面，它们提供了更多的训练。它们还可以增强乐感、提供节奏训练、提高手指间的合作能力。它们最大的益处在于花非常少的时间达到最好的效果。

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第1组

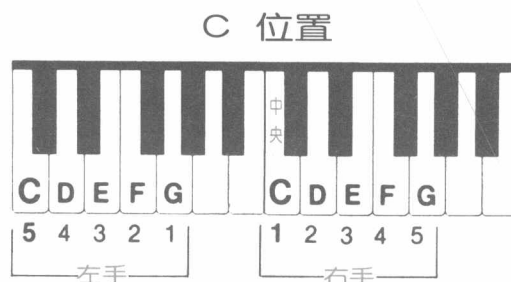
当你可以在新的位置上弹奏时，就可以开始第1组的练习了（《课程·1A级》第23页）。

A. 第一小组热身练习

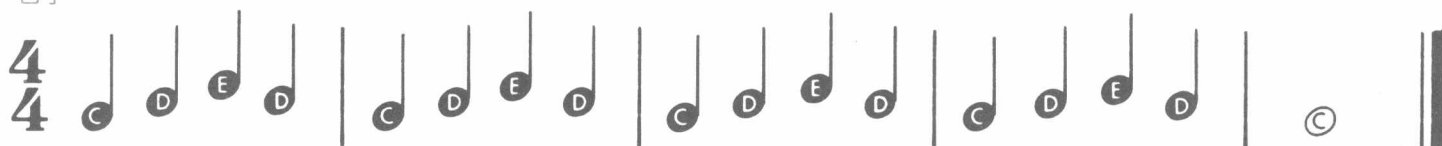
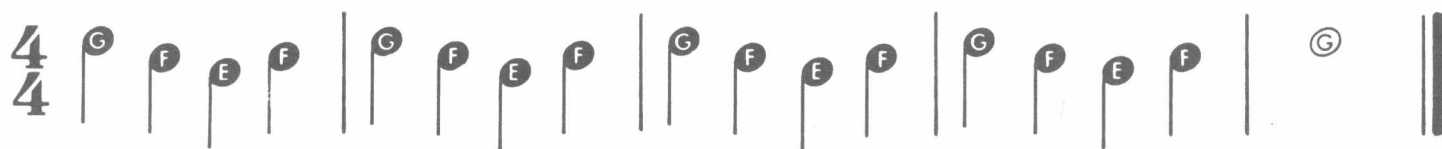
1st Team Warm-Up

大指（1指）、食指（2指）和中指（3指）是你的“明星”手指。

这些热身练习对它们是一个很好的训练。



右手 1

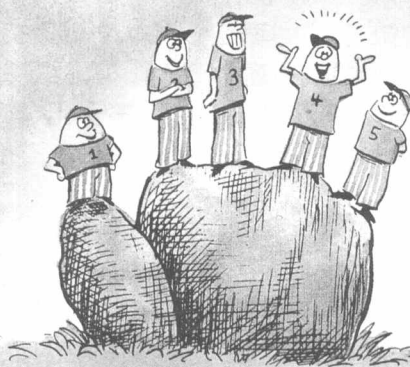
*mf*

左手 1

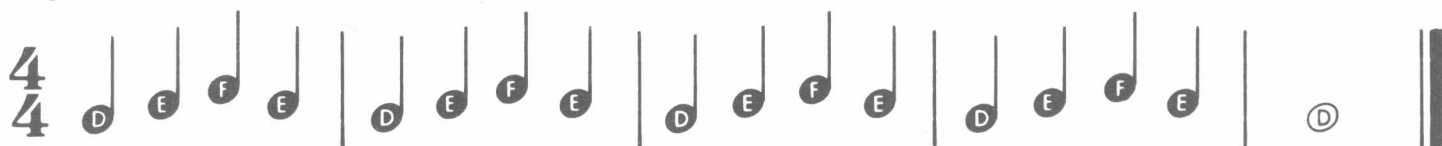
B. 启蒙

Initiation

这首热身练习中的“表演者”是无名指（4指）。



右手

*mf*

左手

C. 轮到我啦!

My Turn!

最小的一个小家伙也想弹奏，通过这些每日练习，小指（5指）将很快成为小队中的重要成员。



右手 ³

4/4

mf

左手 ³

4/4

The musical score for section C consists of two staves. The right hand (右手) is in 4/4 time and plays a melody of eighth notes: E4, F4, G4, F4, E4, F4, G4, F4, E4, F4, G4, F4, E4. The left hand (左手) is also in 4/4 time and plays a melody of eighth notes: E4, D4, C4, D4, E4, D4, C4, D4, E4, D4, C4, D4, E4. The dynamic marking *mf* is placed between the staves.

D. 大家一起来演奏!

Everybody Play!



右手 ¹ ² ³ ⁴

3/4

p-mf-f

左手 ¹ ² ³ ⁴

3/4

The musical score for section D consists of two staves. The right hand (右手) is in 3/4 time and plays a melody of quarter notes: C4, D4, E4, D4, E4, F4, E4, F4, G4, F4, E4, D4, C4. The left hand (左手) is also in 3/4 time and plays a melody of quarter notes: G4, F4, E4, F4, E4, D4, E4, D4, C4, D4, E4, F4, G4. The dynamic marking *p-mf-f* is placed between the staves.

第2组

第2组练习与《课程·1A级》第33页的《大谱表上的C位置》同步学习。
先单手练习，弹奏熟练之后再双手合奏。

A. 两个重复音的弹奏

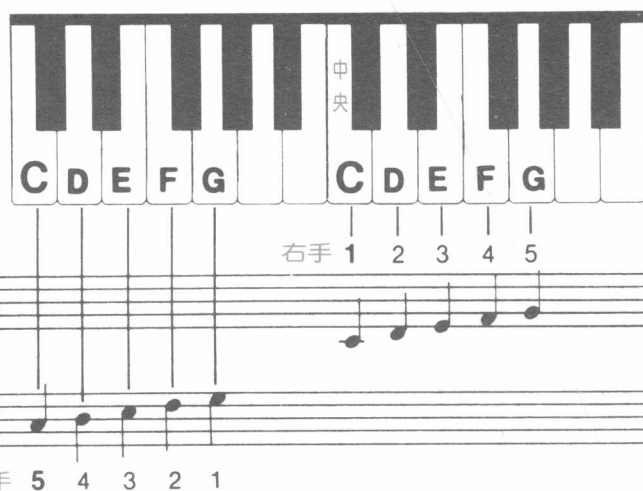
Double Plays

请将手指保持在你所重复弹奏的琴键上。

Slow (慢慢地)



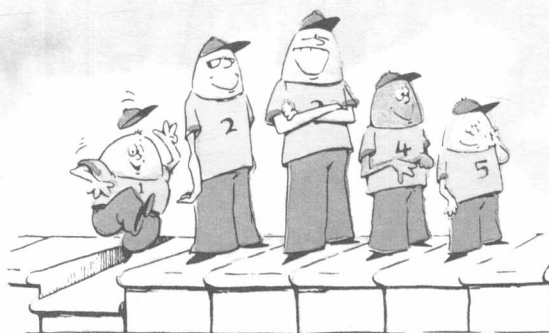
C 位置



B. 三个重复音的弹奏

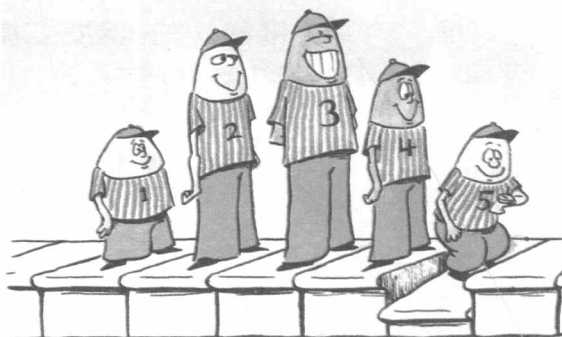
Triple Plays

Slow (慢慢地)



C. 保持住!

Hold it!

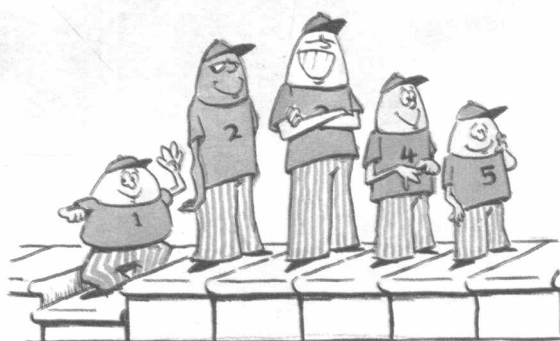


Moderately slow (中等慢速)

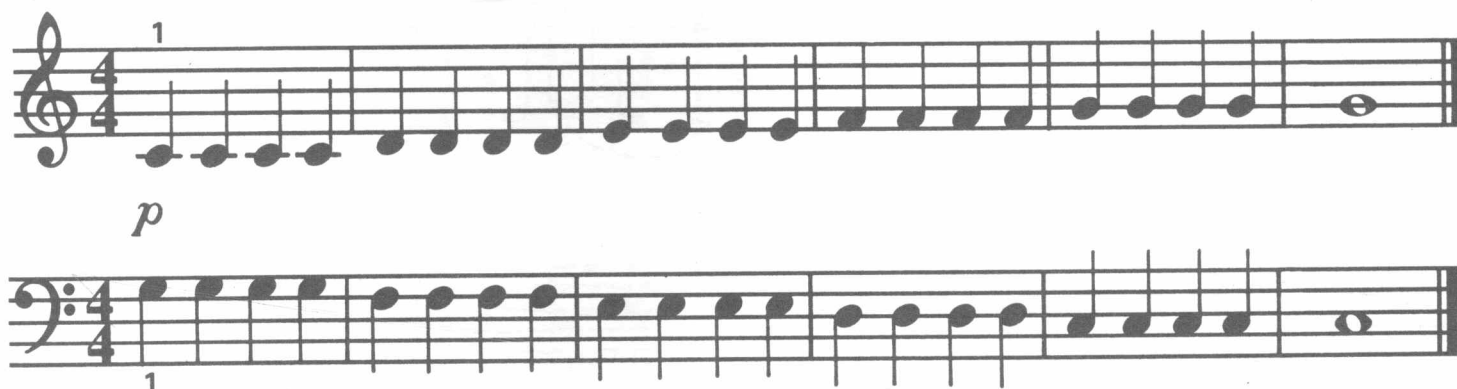


D. 四个重复音的行进!

Four to Go!



Moderately slow (中等慢速)



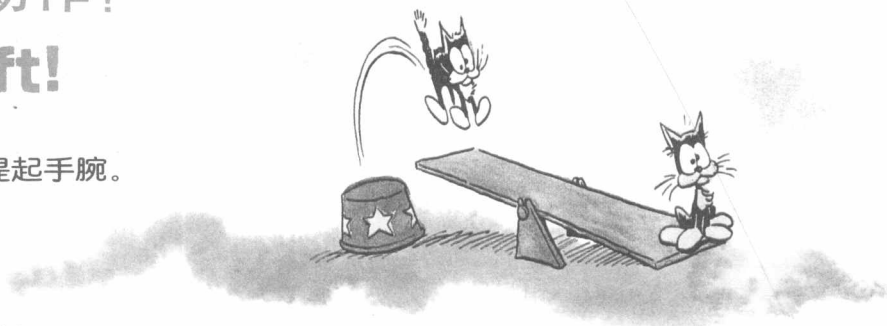
第 3 组

第3组练习与《课程·1A级》第36页的《刚好二度》同步学习。
先单手练习，弹奏熟练之后再双手合奏。

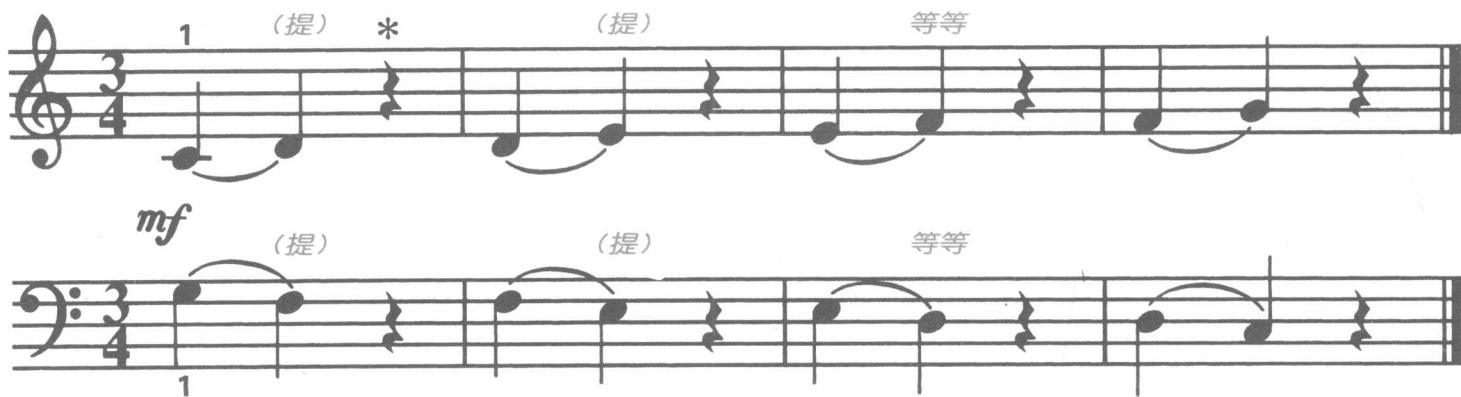
A. 给我们一个提腕动作！

Give Us a Lift!

在每条连线的最后一个音符上自然地提起手腕。



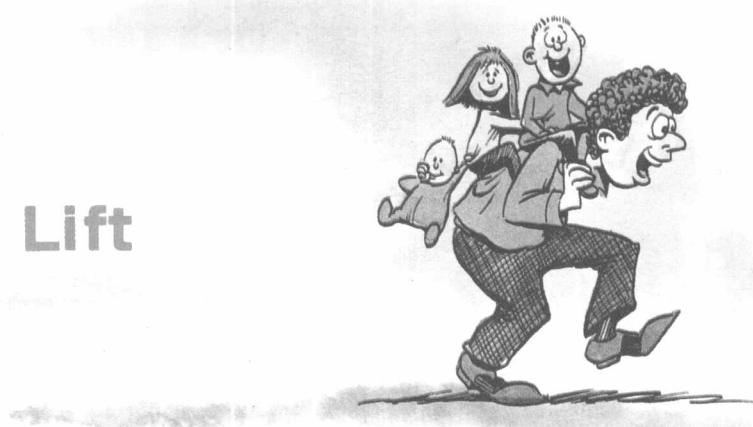
Moderately slow (中等慢速)



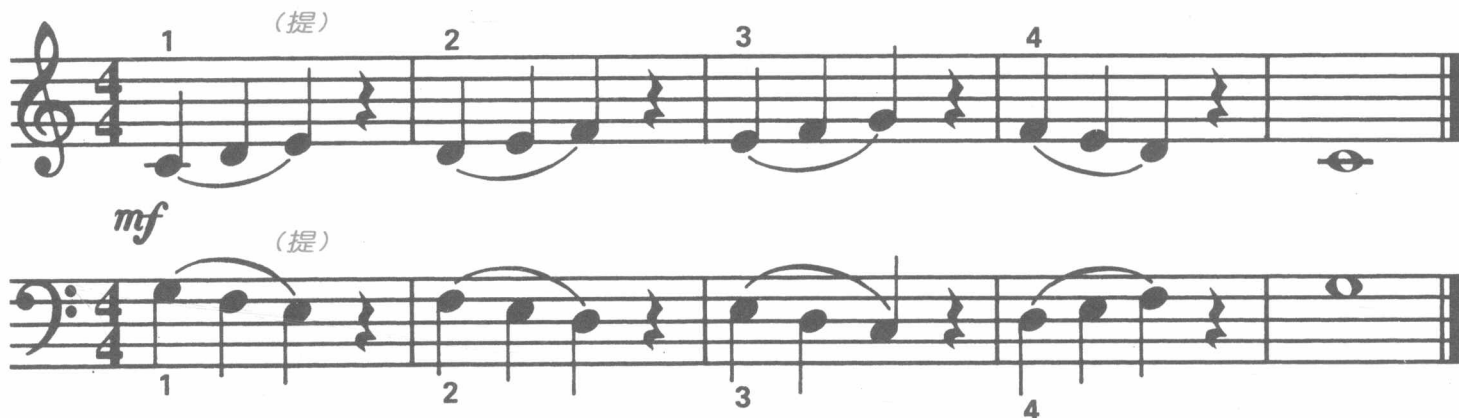
* 四分休止符 () = 休止一拍

B. 三个音的提腕

Three for a Lift



Moderately slow (中等慢速)



C. 更多一个音的空间

Room for One More



Moderately fast (中等快速)

1 (提) 2 4

mf (提)

1 2 4

 Musical score for 'Room for One More' in 3/4 time. The treble staff starts with a 1, followed by a slur over two eighth notes, then a quarter rest, and a slur over two eighth notes. The bass staff starts with a 1, followed by a slur over two eighth notes, then a quarter rest, and a slur over two eighth notes. The tempo is 'Moderately fast' and the dynamic is 'mf'. There are fingerings 1, 2, and 4 indicated above the treble staff and below the bass staff.

D. 摇摆二度

Swinging 2nds



Moderately fast (中等快速)

1 5

mf

1 5

 Musical score for 'Swinging 2nds' in 4/4 time. The treble staff starts with a 1, followed by a slur over two eighth notes, then a quarter rest, and a slur over two eighth notes. The bass staff starts with a 1, followed by a slur over two eighth notes, then a quarter rest, and a slur over two eighth notes. The tempo is 'Moderately fast' and the dynamic is 'mf'. There are fingerings 1 and 5 indicated above the treble staff and below the bass staff.

第4组

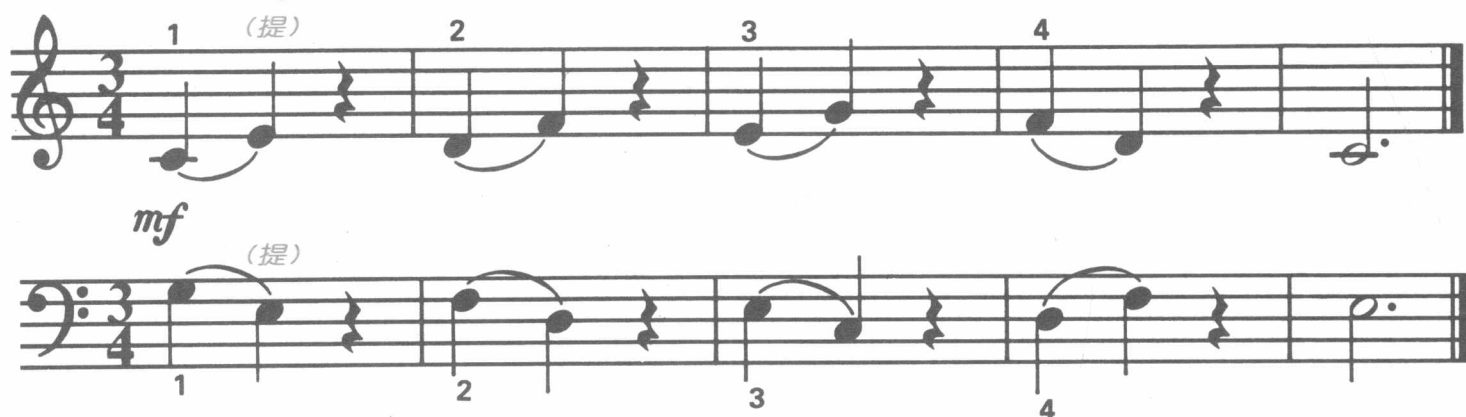
第4组与《课程·1A级》第41页的《摇滚歌》同步学习。
先单手练习，弹奏熟练之后再双手合奏。

A. 顶脚尖

Tip-Toe



Moderately slow (中等慢速)



B. 回响

Rebounds



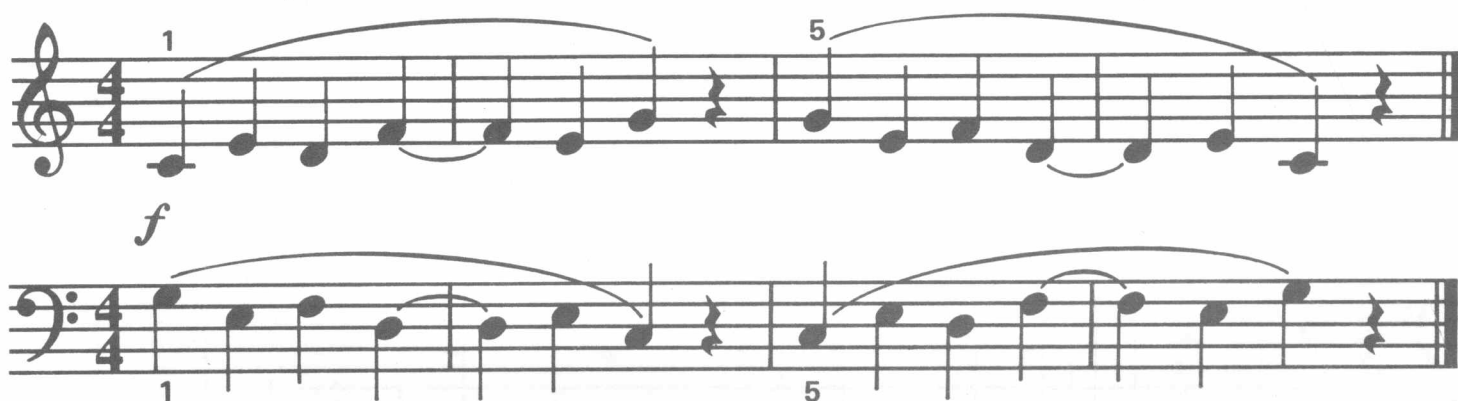
Moderately slow (中等慢速)



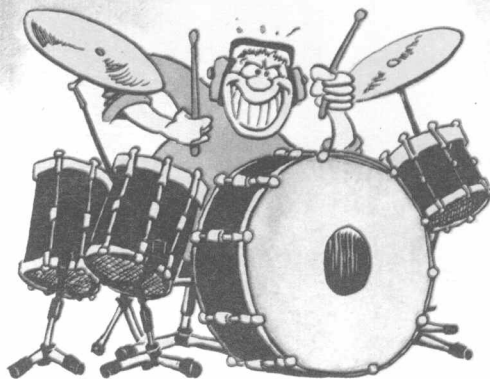
C. 摇滚三度 Rockin' Thirds



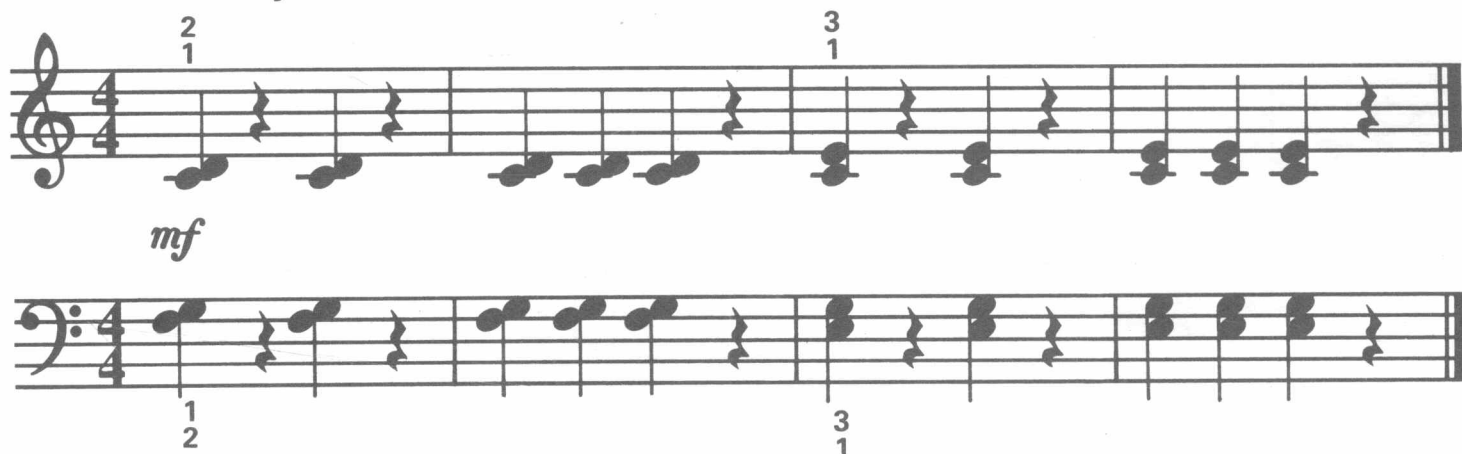
Moderately fast (中等快速)



D. 鼓，鼓，鼓手！ Drum, Drum, Drummer Man!



Moderately fast (中等快速)



第5组

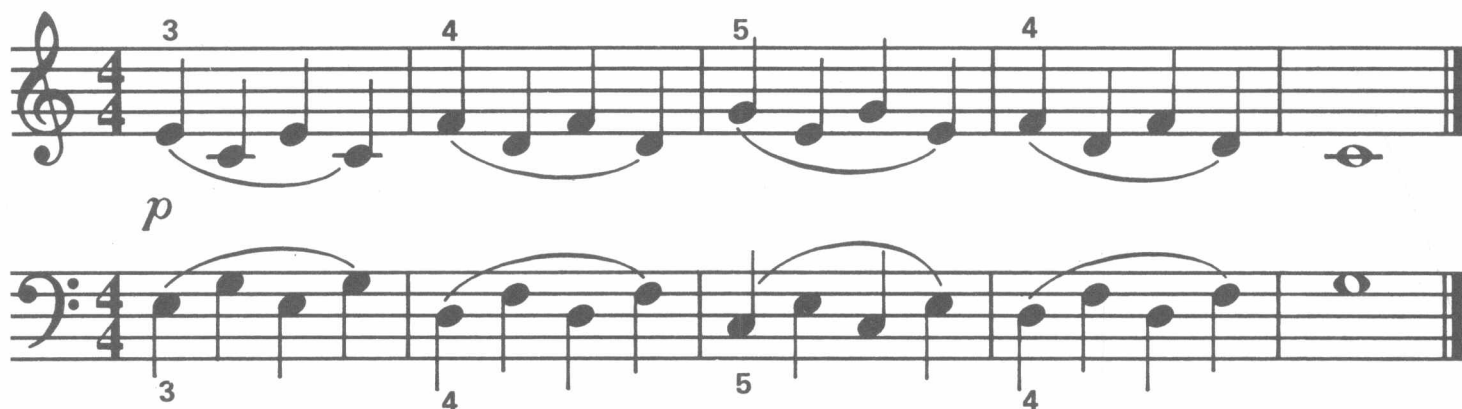
第5组练习与《课程·1A级》第44页的《弹个四度》同步学习。

A. 蹒跚的脚步

Teeter-Totter



Slow to moderately fast (慢速至中等快速)

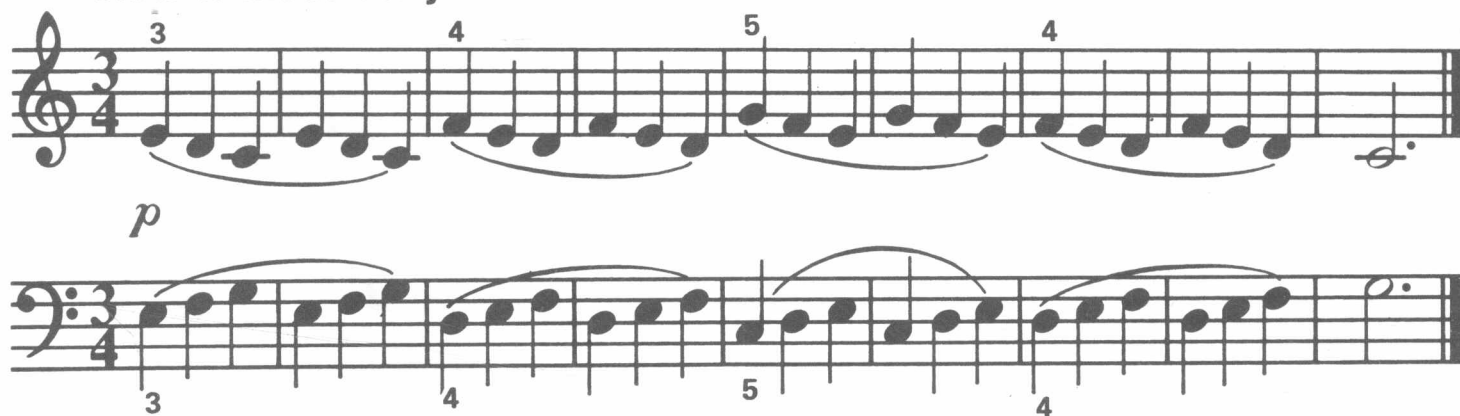


B. 军乐队领队

Twirlers



Slow to moderately fast (慢速至中等快速)



C. 和谐的华尔兹

Harmonic Waltz



Moderately fast (中等快速)

D. 颠倒的华尔兹

Upside-Down Waltz



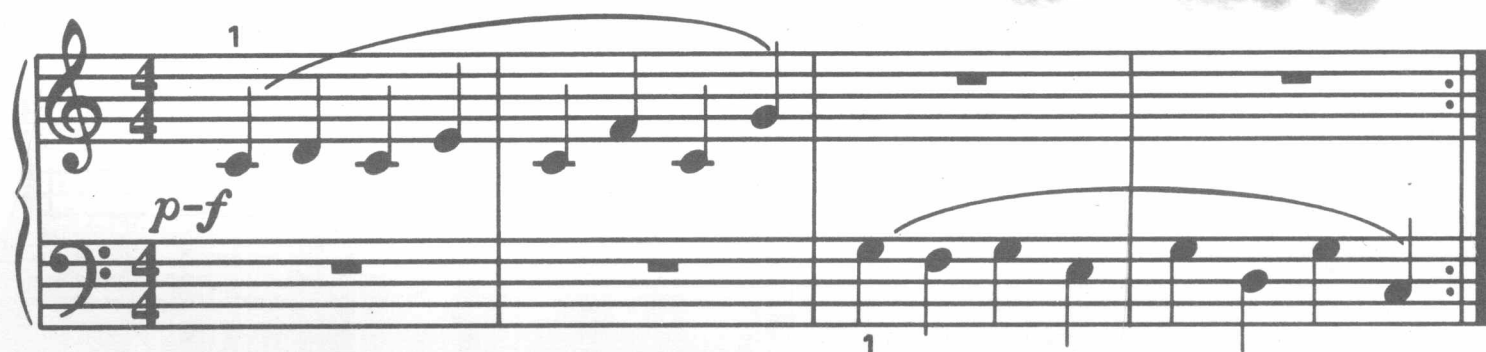
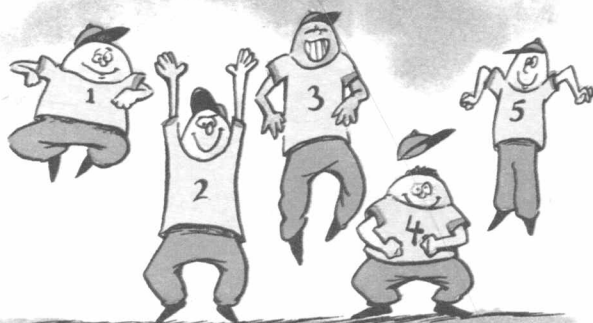
Moderately fast (中等快速)

第6组

第6组练习与《课程·1A级》第48页的《我的五度》同步学习。

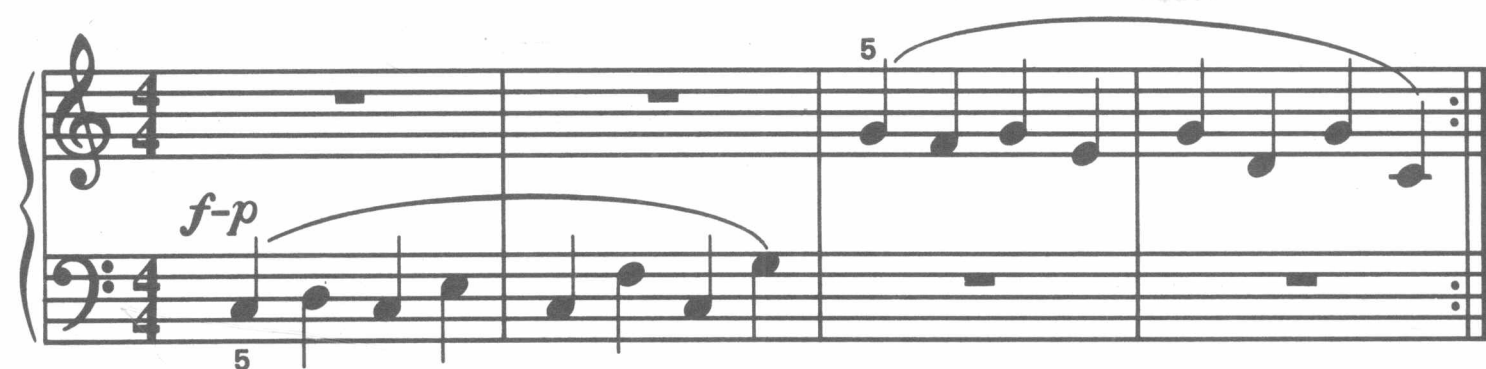
A. 全明星热身

All-Star Warm-Up



B. 全明星退场

All-Star Cool-Down



C. 单脚跳格

Hop-Scotch



Moderately slow (中等慢速)

Handwritten musical score for Hop-Scotch. The score is in 4/4 time, marked *f-p*. It consists of two staves. The right staff (treble clef) has a melody with notes and rests, with fingerings 2 1 and 3 1 indicated above. The left staff (bass clef) has a bass line with notes and rests, with fingerings 1 2 and 1 5 indicated below. The piece ends with a repeat sign.

D. 跳跃的青蛙

Leap Frog



Moderately fast (中等快速)

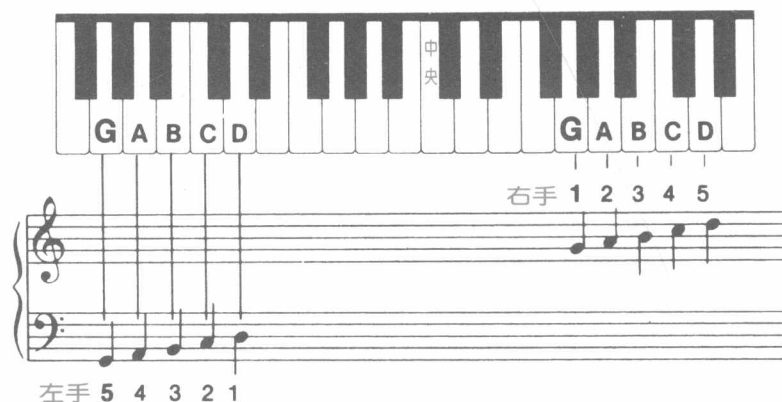
Handwritten musical score for Leap Frog. The score is in 3/4 time, marked *mf*. It consists of two systems, each with two staves. The right staff (treble clef) has a melody with notes and rests, with fingerings 1 3 5 and 1 indicated above. The left staff (bass clef) has a bass line with notes and rests, with fingerings 5 3 1 and 5 indicated below. The piece ends with a repeat sign. Annotations include "高两个八度" (Two octaves higher) and "左手跨越右手" (Left hand crosses over right hand).

第7组

第7组练习与《课程·1A级》第51页的《铃儿响叮当!》同步学习。
该教材剩余的练习都需要用双手一起来练习弹奏。

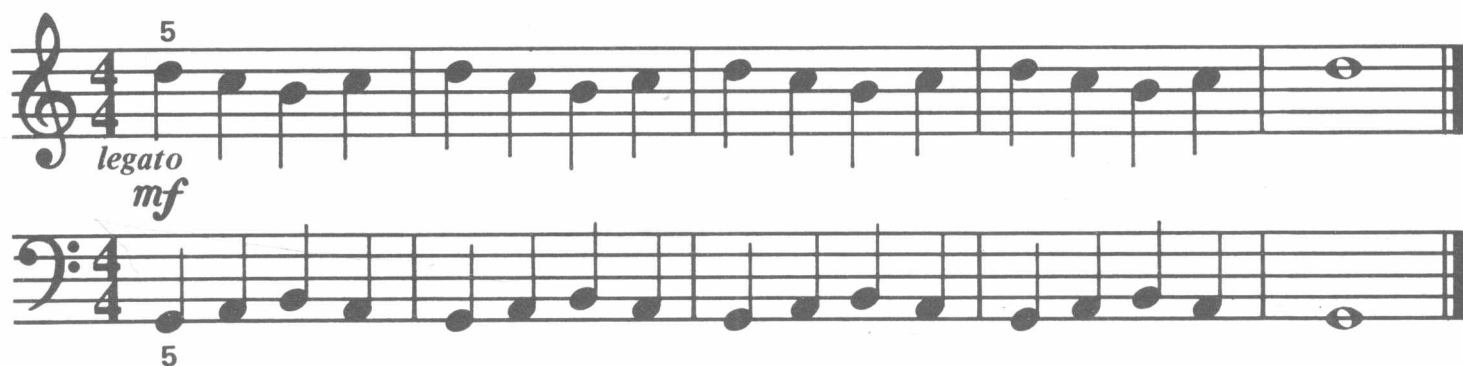
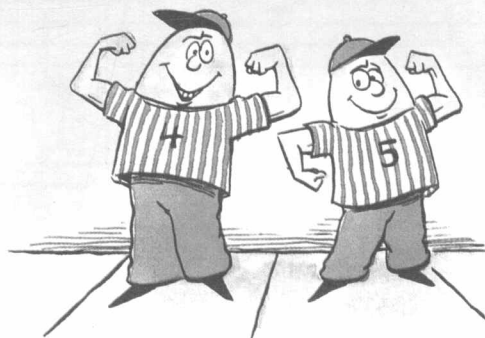
C 位置

A. G 位置上的第一小组

1st Team in
G Position

B. 越来越强壮!

Getting Stronger!



C. 狂欢

Carousel

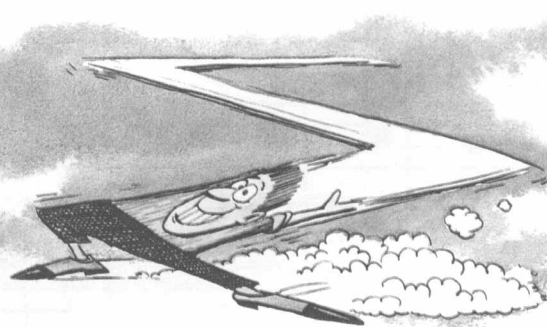


Merrily (愉快地)

Handwritten musical score for the piece "Merrily (愉快地)". The score is written for piano in 3/4 time. It consists of two systems of staves. The first system has four measures, and the second system has four measures. The melody is in the treble clef, and the bass line is in the bass clef. The dynamic marking is *f-p*. Fingerings are indicated by numbers 1-5 above or below notes. The piece ends with a double bar line and repeat dots.

D. 急转弯

Zig-Zags



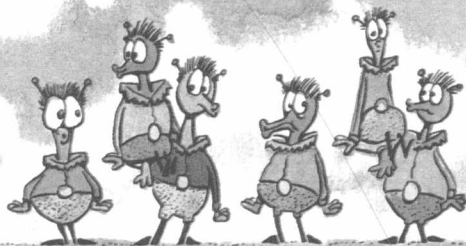
Handwritten musical score for the piece "Zig-Zags". The score is written for piano in 3/4 time. It consists of two systems of staves. The first system has four measures, and the second system has four measures. The melody is in the treble clef, and the bass line is in the bass clef. The dynamic marking is *f-p*. Fingerings are indicated by numbers 1-5 above or below notes. The piece ends with a double bar line and repeat dots.

第 8 组

第 8 组练习与《课程·1A 级》第 56 页的《摇滚调》同步学习。

A. 小小少年

Little Green Men

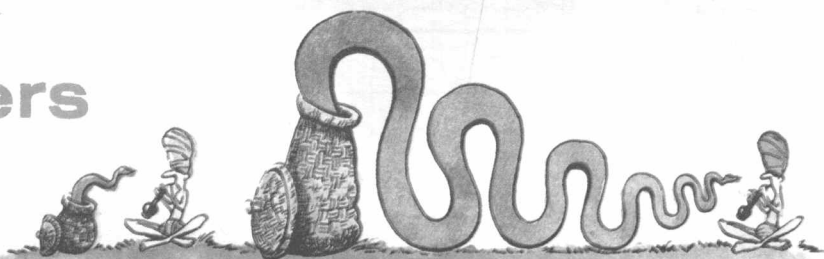


Moderately fast (中等快速)



B. 耍蛇人

Snake Charmers



Moderately slow (中等慢速)

