



辛笛应用钢琴教学丛书



# 辛笛应用钢琴简易教程

## 弹儿歌 学钢琴

(第一册)

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上海音乐学院出版社

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# 前　　言

该书是辛笛应用钢琴教学法系列教学丛书之一，有快乐学钢琴、兴趣学钢琴、速成学钢琴和创造学钢琴四个教学特点，该书编写注重课程流程整体布局与教学设计，每节课都有新的知识点，模式化的教学方法与内容能让学习者在学钢琴的入门阶段感到简单、轻松和愉快。

1. 快乐学钢琴：结合人的生理特点，该书第一册编写的第一至四课儿歌，都局限在1—3手指的指法练习上，固定音高，固定指法，固定左右手指位置，这种上手快、容易弹奏的入门教学方法可以让学习者快乐学钢琴。

2. 兴趣学钢琴：按照教材的编排顺序，作者把收集的两百多首耳熟能详的儿童歌曲编入教材，学习者在学习钢琴基础的同时，能迅速完整地弹奏大家喜爱的儿童歌曲，激发学习者的学习兴趣，建立起学习者的自信心和成就感。

3. 速成学钢琴：教材使用了简易式分解和弦伴奏音型与简易式半分解和弦伴奏音型，掌握两种模式化的伴奏音型，学习者就可以把注意力放在右手的旋律运动上，达到速成的学习效果，也可以为学习者建立起右手弹旋律，左手弹伴奏的基本弹奏概念。

4. 创造型钢琴：虽然教材使用的是双行谱形式排版，学习者可以在老师的指导下，完成原谱的同时，把两种简易式伴奏音型进行替换，也就是说可以使用简易式半分解和弦伴奏音型弹奏所显示的简易式分解和弦伴奏音型的曲子等，这种“一曲多弹”的学习模式体现了“辛笛应用钢琴教学法”创造学钢琴的教学思想，传递给学习者音乐是活的，是可以变化的。

5. 课程流程布局合理：教材编写注重新知识点的导入，如第一册第一课学习左右手三个手指在钢琴上运动，第二课直接进入到左手简易式（I—V7）半分解和弦伴奏音型的学习，右手使用一至三手指弹奏全音符、这样学习者就可以把注意力放在左手伴奏音型的学习中，第三课开始，右手声部逐渐加入二分音符、四分音符、八分音符、附点音符等节奏训练，右手的弹奏音域也从小字一组c到g慢慢进行扩展和流动。以此类推，每节课都有新的知识点，学生在循序渐进的教学流程中，不会对所学的知识感觉困难。

6. 右手弹奏指法固定化：对于应用钢琴学习者来说，右手养成良好的指法习惯是很重要的，指法提示也可以让初学者方便、快捷地掌握学习内容，能起到双手协调能力的初级训练作用。

**7. 罗马数字和弦标记：**该教材使用的是罗马数字和弦标记，此种方法有利于培养学生的和弦识别与弹奏能力，为学习“辛笛应用钢琴教学法”教学体系的其他系列教材或今后专业钢琴学习打下良好基础。

该书除了适合作为幼儿学习钢琴的第一本入门教材外，还可以作为钢琴基础教材用于数码钢琴集体课，它可以把传统钢琴教学中单一枯燥无味的手指训练变得趣味化、综合化、音乐化。希望它能满足广大读者的需要，成为初学者的良师益友和钢琴教师的好帮手。

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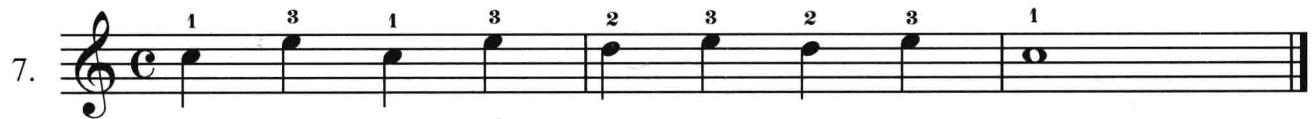
# 第一课 左右手1-3指练习

## 一、右手1-3指练习

教学重点：

1. 右手1-3指练习。
2. 左手1-3指练习。
3. 四分音符与全音符节奏练习。





## 二、左手1-3指练习

1.

2.

3.

4.

5.

6.

7.

8.



## 第二课 和弦标记与简易分解和弦 伴奏音型

教学重点：

1. 右手1-3指练习。
2. 和弦标记与左手简易式分解和弦伴奏音型。

左手简易式分解和弦伴奏音型：

Musical staff in G clef, common time. It shows four measures of left-hand chords. The first two measures are major chord I (C major) with fingerings 5 1 3 1. The third measure is dominant chord V7 (G7) with fingerings 5 1 2 1. The fourth measure is another V7 with fingerings 5 1 2 1.

### 右手全音符练习

Musical staff in G clef, common time. It shows four measures of right-hand whole notes (one note per measure). Above each note is a number indicating the finger used: 1, 2, 1, 2. Below each note is a corresponding left-hand chord: I, V7, I, V7. The left-hand chords have fingerings: 5 1 3 1, 5 1 2 1, 5 1 3 1, 5 1 2 1.

Musical staff in G clef, common time. It shows five measures of right-hand whole notes. The first four measures correspond to the pattern in the previous staff (I, V7, I, V7), with fingerings 5 1 3 1, 5 1 2 1, 5 1 3 1, 5 1 2 1. The fifth measure shows a continuation of the pattern with a whole note over chord I and the number 5 above it.

2.

Handwritten piano sheet music for measure 2. The top staff shows a treble clef, a common time signature, and a key signature of one sharp. The bottom staff shows a bass clef. The music is divided into four measures by vertical bar lines. Measure 1: Treble staff has an open circle (dot) above the first line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 2: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Measure 3: Treble staff has an open circle (dot) above the 3rd line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 4: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Roman numerals 1, 2, 3 are written above the first three measures respectively, and V7 is written above the fourth measure.

Handwritten piano sheet music for measure 3. The top staff shows a treble clef, a common time signature, and a key signature of one sharp. The bottom staff shows a bass clef. The music is divided into five measures by vertical bar lines. Measure 1: Treble staff has an open circle (dot) above the 1st line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 2: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Measure 3: Treble staff has an open circle (dot) above the 3rd line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 4: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Measure 5: Treble staff has an open circle (dot) above the 4th line. Bass staff has a note on the 5th line. Roman numerals 1, 2, 3, 2, 1 are written above the first five measures respectively, and V7 is written above the second and fourth measures.

3.

Handwritten piano sheet music for measure 4. The top staff shows a treble clef, a common time signature, and a key signature of one sharp. The bottom staff shows a bass clef. The music is divided into four measures by vertical bar lines. Measure 1: Treble staff has an open circle (dot) above the 1st line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 2: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Measure 3: Treble staff has an open circle (dot) above the 3rd line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 4: Treble staff has an open circle (dot) above the 4th line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Roman numerals 1, 2, 1, 1 are written above the first four measures respectively.

Handwritten piano sheet music for measure 5. The top staff shows a treble clef, a common time signature, and a key signature of one sharp. The bottom staff shows a bass clef. The music is divided into five measures by vertical bar lines. Measure 1: Treble staff has an open circle (dot) above the 1st line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 2: Treble staff has a solid black circle (dot) above the 2nd line. Bass staff has a note on the 5th line, followed by a 1, 2, 1. Measure 3: Treble staff has an open circle (dot) above the 3rd line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 4: Treble staff has an open circle (dot) above the 4th line. Bass staff has a note on the 5th line, followed by a 1, 3, 1. Measure 5: Treble staff has an open circle (dot) above the 5th line. Bass staff has a note on the 5th line. Roman numerals 1, 2, 1, 1, 1 are written above the first five measures respectively, and V7 is written above the second measure.

4.

Treble clef, common time.

Top Staff:

- Measure 1: I
- Measure 2: I
- Measure 3: I
- Measure 4: V7

Bottom Staff:

- Measure 1: 5 1 3 1
- Measure 2: 5 1 3 1
- Measure 3: 5 1 3 1
- Measure 4: 5 1 2 1

Treble clef, common time.

Top Staff:

- Measure 1: I
- Measure 2: I
- Measure 3: I
- Measure 4: V7
- Measure 5: I

Bottom Staff:

- Measure 1: 5 1 3 1
- Measure 2: 5 1 3 1
- Measure 3: 5 1 3 1
- Measure 4: 5 1 2 1
- Measure 5: 5

5.

Treble clef, common time.

Top Staff:

- Measure 1: I
- Measure 2: I
- Measure 3: V7
- Measure 4: I

Bottom Staff:

- Measure 1: 5 1 3 1
- Measure 2: 5 1 3 1
- Measure 3: 5 1 2 1
- Measure 4: 5 1 3 1

Treble clef, common time.

Top Staff:

- Measure 1: V7
- Measure 2: I
- Measure 3: I
- Measure 4: V7
- Measure 5: I

Bottom Staff:

- Measure 1: 5 1 2 1
- Measure 2: 5 1 3 1
- Measure 3: 5 1 3 1
- Measure 4: 5 1 2 1
- Measure 5: 5

6.

Handwritten piano sheet music for measure 6. The top staff shows a treble clef, common time, and four measures. The first measure has a circled '1' above the note, labeled 'I'. The second measure has a circled '2' above the note, labeled 'V7'. The third measure has a circled '3' above the note, labeled 'I'. The fourth measure has a circled '1' above the note, labeled 'I'. The bottom staff shows a bass clef, common time, and four measures. The first measure has circled '5', '1', '3', '1' below the notes. The second measure has circled '5', '1', '2', '1' below the notes. The third measure has circled '5', '1', '3', '1' below the notes. The fourth measure has circled '5', '1', '3', '1' below the notes.

Handwritten piano sheet music for measure 7. The top staff shows a treble clef, common time, and five measures. The first measure has a circled '2' above the note, labeled 'V7'. The second measure has a circled '3' above the note, labeled 'I'. The third measure has a circled '1' above the note, labeled 'I'. The fourth measure has a circled '2' above the note, labeled 'V7'. The fifth measure has a circled '1' above the note, labeled 'I'. The bottom staff shows a bass clef, common time, and five measures. The first measure has circled '5', '1', '2', '1' below the notes. The second measure has circled '5', '1', '3', '1' below the notes. The third measure has circled '5', '1', '3', '1' below the notes. The fourth measure has circled '5', '1', '2', '1' below the notes. The fifth measure has circled '5' below the note.

7.

Handwritten piano sheet music for measure 8. The top staff shows a treble clef, common time, and four measures. The first measure has a circled '1' above the note, labeled 'I'. The second measure has a circled '3' above the note, labeled 'I'. The third measure has a circled '1' above the note, labeled 'I'. The fourth measure has a circled '3' above the note, labeled 'I'. The bottom staff shows a bass clef, common time, and four measures. The first measure has circled '5', '1', '3', '1' below the notes. The second measure has circled '5', '1', '3', '1' below the notes. The third measure has circled '5', '1', '3', '1' below the notes. The fourth measure has circled '5', '1', '3', '1' below the notes.

Handwritten piano sheet music for measure 9. The top staff shows a treble clef, common time, and five measures. The first measure has a circled '2' above the note, labeled 'V7'. The second measure has a circled '3' above the note, labeled 'I'. The third measure has a circled '2' above the note, labeled 'V7'. The fourth measure has a circled '3' above the note, labeled 'I'. The fifth measure has a circled '1' above the note, labeled 'I'. The bottom staff shows a bass clef, common time, and five measures. The first measure has circled '5', '1', '2', '1' below the notes. The second measure has circled '5', '1', '3', '1' below the notes. The third measure has circled '5', '1', '2', '1' below the notes. The fourth measure has circled '5', '1', '3', '1' below the notes. The fifth measure has circled '5' below the note.