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# 成人钢琴

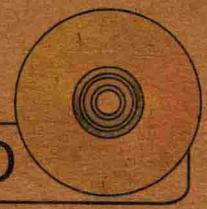
# 十课速成

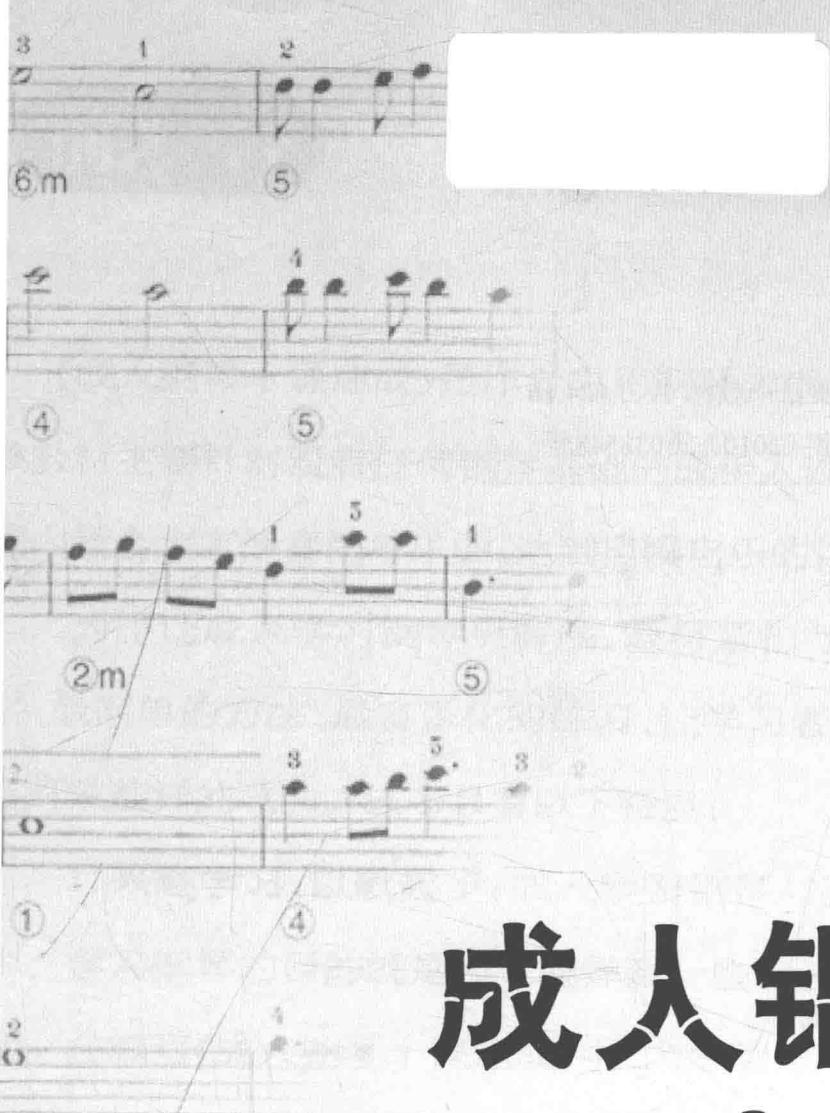
辛笛应用钢琴教学法速成教学系列丛书

辛 笛 编著

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# 成人钢琴 十课速成

辛笛应用钢琴教学法速成教学系列丛书

辛 笛 编著

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# 前　　言

《成人钢琴十课速成》是作者应用钢琴教学法速成教学系列丛书之一，该教材主要针对没有任何钢琴基础的成年人设计，以最简单的方法在短期内教会大家演奏简单乐曲，达到自娱自乐的目的。

为了让成人学习钢琴更有趣，教材紧扣“速成”二字，用最简单的文字、最简单的方法、最音乐化的练习，让学习者在最短的时间内弹奏出多首耳熟能详的歌曲。该书具有以下特点：

1. **兴趣学习、以歌起步：**成人学习钢琴与孩子不一样，工作忙、时间少，学习钢琴的目的就是为了能弹奏一些自己喜欢的歌曲，丰富业余生活。在编写《成人钢琴十课速成》中，考虑到循序渐进的学习过程，通过踏板与伴奏音型练习、学习认识和弦标记、脚踏板与左手小指的配合、学习弹奏左手模式化扩大式分解和弦伴奏音型等教学环节，迅速建立起学习者的伴奏感觉。

2. **左手固定手型、固定指法、固定节奏：**在教材中，作者所选的 22 首歌曲都是以 C 大调  $\frac{4}{4}$  拍记谱，通过左手弹奏模式化扩大式分解和弦伴奏音型，做到左手固定手型、固定指法、固定节奏，易于学习者掌握与运用，有目的地让学习者把注意力集中在右手旋律声部的弹奏中，把音乐弹奏

的完整和动听,最终达到能自由运用的程度。

**3. 右手弹奏指法固定化:**对于初学者来说,右手养成良好的指法习惯是很重要的,本教材标有右手指法,有利于初学者方便、快捷地掌握学习内容,提高双手协调能力。在节奏编排方面,作者结合每节课教学目的出现的复杂节奏,创作了音乐性较强的练习曲,可以让学习者在弹奏节奏练习的同时享受音乐带来的快乐。

**4. 实用性:**为了突出“速成”二字,教材使用单行谱加和弦标记的形式记谱,这种方法可以方便弹奏者迅速、准确地识谱,结合左手扩大式分解和弦伴奏音型的介入,能让学习者在短时间内迅速提高自己的应用钢琴弹奏水平,激发学习者的学习兴趣,建立学习者的自信心和成就感。

**5. 一曲多弹:**教材的伴奏音型介绍中,作者介绍了一些扩大式柱式和弦、扩大式半分解和弦等伴奏音型,启发学习者使用这些伴奏音型弹奏本教材所有歌曲,感受相同歌曲使用不同伴奏音型的音响效果。

**6. 首调(简谱)和弦标记:**教材使用了阿拉伯数字和弦标记方法,不论大小调采取相同的和弦标记方法,此种方法方便将来的移调和转调练习。

本教材除了适合作为成年人学习应用钢琴的教材外,还可以作为钢琴即兴伴奏、数码钢琴集体课等教材,最适合于老年大学使用。希望它能满足广大读者的需要,成为初学者的良师益友和应用钢琴教师的好帮手。

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# 第一课

## 《渔光曲》教学流程

### 一、教学目的

学会弹奏《渔光曲》

### 二、教学重点

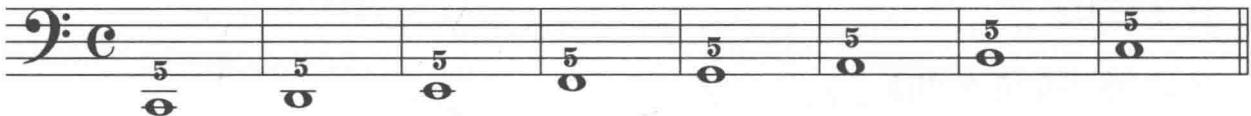
1. 踏板与伴奏音型练习
2. 学习认识和弦标记
3. 脚踏板与左手小指的配合
4. 学习弹奏左手模式化伴奏音型——扩大式分解和弦伴奏音型
5. 左手固定手型、固定指法、固定节奏
6. 触键感觉训练——右手使用第三手指弹奏旋律

### 三、教学步骤

1. 通过写、弹相结合,巩固所学伴奏音型与和弦标记的对应关系
2. ①—⑤和弦连接,右手全音符与扩大式分解和弦伴奏音型
3. ①—⑤和弦连接,右手全音符、二分附点音符、四分音符与伴奏音型
4. ①—④—⑤和弦连接,右手全音符、二分附点音符、四分音符与伴奏音型
5. ①—④—⑤和弦连接,右手全音符、二分音符、二分附点音符、四分音符与伴奏音型
6. 加入副三和弦,①—⑥m—②m—⑤—③m—⑥m—⑤—①和弦连接
7. ②m 与②的区别
8. 双手的协调程度

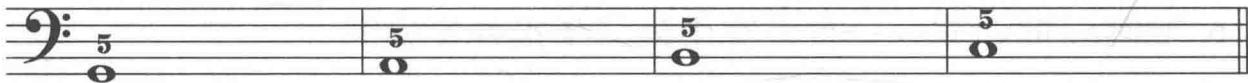
# 踏板与伴奏音型练习

步骤一：用左手小指弹奏以下 C 大调音阶。



步骤二：左手小指与右脚踏板练习。

手指落	手指抬	手指落	手指抬	手指落	手指抬
下	起	下	起	下	起
5	5	5	5	5	5
踩下	抬踩 起下	抬踩 起下	抬踩 起下	抬踩 起下	抬踩 起下



右脚延音踏板在左手的 5 指弹奏 C 音的同时踩下并保持不动，左手的小指可以离开琴键让声音延续，在左手的小指弹奏 D 音的同时，右脚需要抬起来然后再踩下去，左手在确定右脚已经踩下去的情况下离开琴键，同样的方法用左手小指弹奏 C 大调音阶，注意速度要慢，练习左手小指和右脚踏板的协调性。

步骤三：左手分解和弦伴奏音型与右脚踏板练习。

右脚在左手弹奏 C 音时同时踩下去并保持不动，左手按节奏弹完整个小节，当左手弹奏第二小节的第一个 D 音时，右脚要同步抬起和踩下并保持不动，需要注意的是在右脚没有踩下之前，左手不能离开 D 音继续往下弹奏第二个 A 音。

步骤四：左手小指一个八度的分解和弦伴奏音型练习。

The image shows a handwritten musical score for a left-hand bass line. It consists of two staves of four measures each, with a key signature of one sharp (F#) and a time signature of common time (indicated by 'C').

**Staff 1:**

- Measure 1: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "踩下".
- Measure 2: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".
- Measure 3: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".
- Measure 4: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".

**Staff 2:**

- Measure 5: Bass note (C) followed by a sixteenth-note pattern: 2 1 2 2. The instruction below is "抬踩起下".
- Measure 6: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".
- Measure 7: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".
- Measure 8: Bass note (C) followed by a sixteenth-note pattern: 5 2 1 2. The instruction below is "抬踩起下".

Arabic numerals above the notes indicate fingerings: 5, 2, 1, 2. Roman numerals with a 'm' suffix indicate chord types: ①, ②m, ③m, ④, ⑤, ⑥m, ⑦°.

以上①、②m、③m、④、⑤、⑥m 等是首调(简谱)和弦标记，单独一个阿拉伯数字是大三和弦，一个阿拉伯字母的右下方有一个小写字母 m 是小三和弦，如①、④、⑤是大三和弦，②m、③m、⑥m 是小三和弦。对于速成学习者只要认识它们就可以了，没有必要追究什么是大小三和弦等理论知识。

在 C 大调的音乐作品中，②m 是在 II 级音上建立的小三和弦，如果把

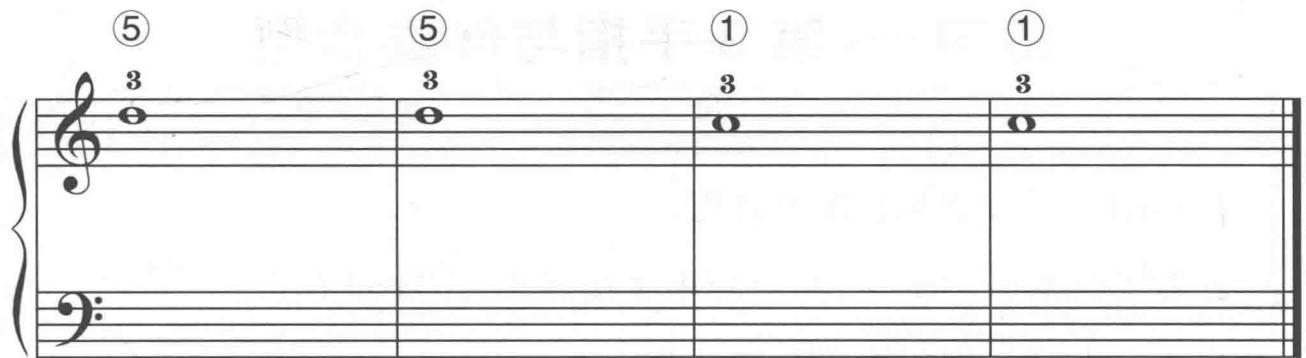
小写字母 m 去掉, ②就变成了大三和弦, 在和声学里, ②级大三和弦是重属和弦, 这里我们只需要认识和弦标记和掌握弹奏基本方法就可以了。注意下例中②m 与②、⑥m 与⑥、③m 与③的弹奏方法。

The image displays three pairs of musical staves, each consisting of a bass clef and a common time signature. The first pair is labeled ②m and ②, the second is ⑥m and ⑥, and the third is ③m and ③. Each pair shows two different ways to play the chords, likely demonstrating different fingerings or techniques.

## 题 例

例一：带和弦标记的右手旋律谱子

The image shows a single musical staff for right-hand melody playing. It features a treble clef at the top and a bass clef at the bottom. The staff is divided into four measures by vertical bar lines. Above each measure, there is a circled '1', likely indicating a specific technique or fingering for that section. The music consists of eighth-note patterns.



右手使用 3 指, 放慢速度弹奏以上练习。

### 例二: 带伴奏的完整钢琴谱

The score consists of two staves and four measures. The top staff (right hand) has a treble clef and the bottom staff (left hand) has a bass clef. The first measure shows a circled '5' above a '3'. The second measure shows a circled '5' above a '3'. The third measure shows a circled '1' above a '3'. The fourth measure shows a circled '1' above a '3'. The bottom staff (left hand) has a bass clef and shows a continuous eighth-note pattern. Fingerings are indicated above the notes: circled '5' over '2' over '1' over '2' for the first measure, and circled '1' over '3' for the second measure. The third and fourth measures show the same eighth-note pattern with circled '1' over '3' above them.

放慢速度, 注意脚踏板与左手小指的配合。

# 练习一：第3手指与伴奏音型

- 写出左手分解和弦伴奏音程。
- 双手弹奏以下练习，右手使用3指弹奏，声音要下沉。
- 注意左手小指与右脚踏板的配合。

1.

Handwritten musical score for exercise 1. It consists of two staves. The top staff is treble clef C major, and the bottom staff is bass clef C major. Both staves have four measures. In each measure, the first note is circled '1' and the third note is circled '3'. The second and fourth notes are circled '5'.

Handwritten musical score for exercise 1. It consists of two staves. The top staff is treble clef C major, and the bottom staff is bass clef C major. Both staves have four measures. In each measure, the first note is circled '1', the second note is circled '5', the third note is circled '1' under a curved line, and the fourth note is circled '1'.

2.

Handwritten musical score for exercise 2. It consists of two staves. The top staff is treble clef C major, and the bottom staff is bass clef C major. Both staves have four measures. In each measure, the first note is circled '1', the second note is circled '3', the third note is circled '3', and the fourth note is circled '5'.



3.

Handwritten musical score for piano. The score consists of two staves: treble and bass. The key signature is common C. The time signature is common time. The score is divided into four measures by vertical bar lines. Measure 1: Treble staff has a note with a dot above it. Bass staff has a note with a circled '3' above it. Measure 2: Treble staff has a note with a circled '3' above it. Bass staff has a note with a circled '3' above it. Measure 3: Treble staff has a note with a dot above it. Bass staff is empty. Measure 4: Treble staff has a note with a dot above it. Bass staff has a note with a circled '3' above it.

Handwritten musical score for piano. The score consists of two staves: treble and bass. The key signature is common C. The time signature is common time. The score is divided into four measures by vertical bar lines. Measure 1: Treble staff has a note with a dot above it. Bass staff is empty. Measure 2: Treble staff has a note with a circled '4' above it. Bass staff is empty. Measure 3: Treble staff has a note with a circled '5' above it. Bass staff is empty. Measure 4: Treble staff has a note with a dot above it. Bass staff has a note with a circled '1' above it.

4.

Handwritten musical score for piano. The score consists of two staves: treble and bass. The key signature is common C. The time signature is common time. The score is divided into four measures by vertical bar lines. Measure 1: Treble staff has a note with a circled '1' above it. Bass staff has a note with a circled '3' above it. Measure 2: Treble staff has a note with a circled '5' above it. Bass staff has a note with a circled '3' above it. Measure 3: Treble staff has a note with a circled '1' above it. Bass staff has a note with a circled '1' above it. Measure 4: Treble staff has a note with a circled '5' above it. Bass staff has a note with a circled '1' above it.

1 4 5 1

5.

1 6m 2m 5

3m 6m 5 1

6.

1 6m 2m 5

③m

⑥m

⑤

①



## 练习二：节奏与指法练习

1. 双手弹奏以下练习，右手使用3指弹奏，声音要下沉。
2. 注意左手小指与右脚踏板的配合。

1.

①                   ⑥m                   ④                   ⑤

①                   ⑥m                   ④                   ⑤

①                   ⑥m                   ④                   ⑤

①                   ⑥m                   ⑤                   ①

2.

①                   ⑥m                   ②m                   ⑤

⑥m                   ④                   ②                   ⑤

①                   ⑥m                   ②m                   ⑤

⑥m                   ④                   ⑤                   ①

注意②m 与②的区别。