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Piano Fitness with Etudes

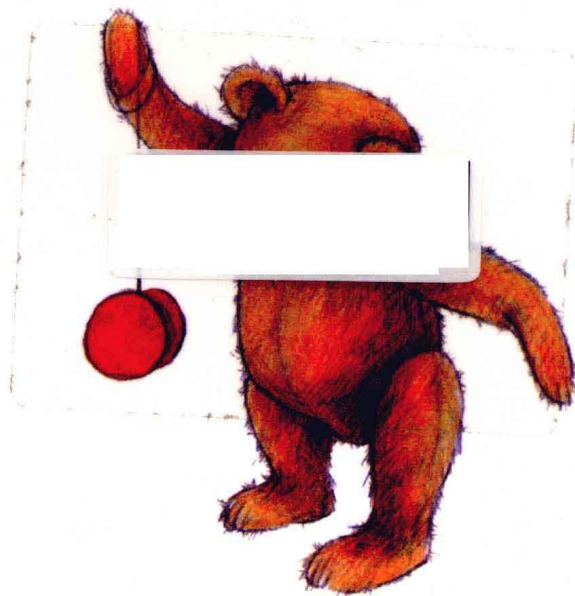
钢琴手指操 练习曲

by Christoph Cech

〔奥〕克里斯托弗·切克 著

〔德〕伊丽莎白·艾格纳-莫纳斯 〔奥〕安托纳特·冯·扎布纳 著

〔德〕伊丽莎白·辛格 插图 加纳·玛丽亚·克莱布斯 图示、排版



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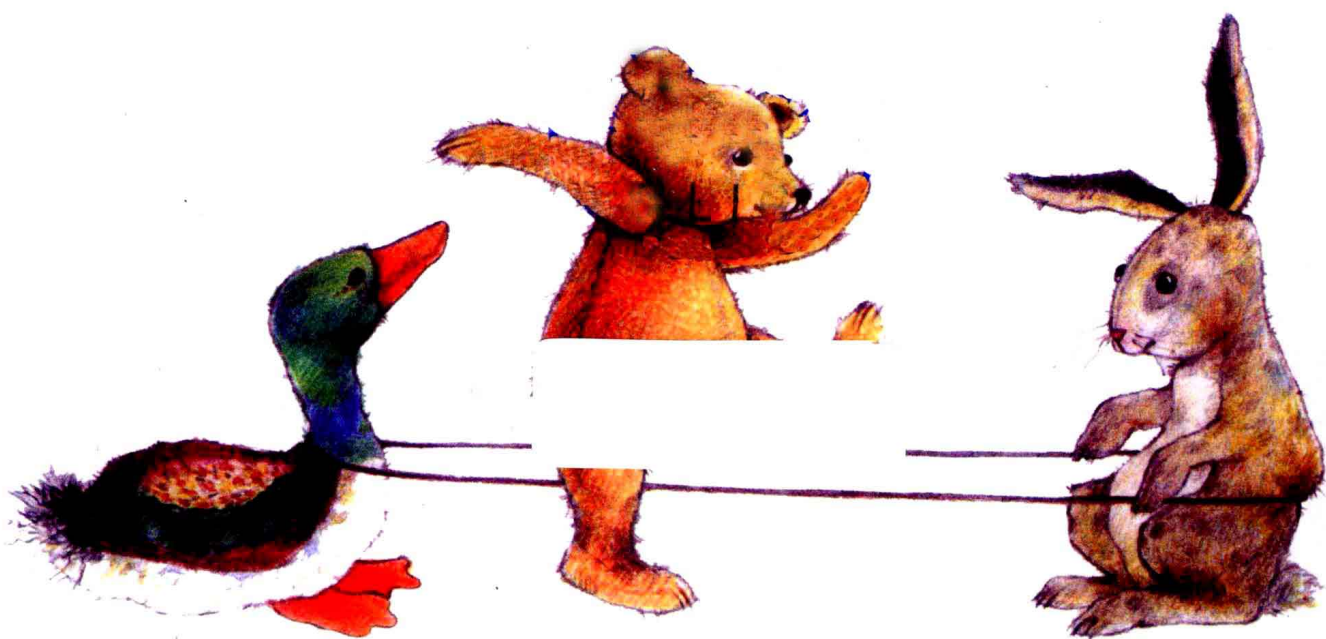
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序 言

《钢琴手指操》中的即兴练习已向你介绍了弹奏钢琴时所使用的丰富的肢体动作。在本书里，你将遇到上一本书中所包含的各个难度的动作。克里斯托弗·切克根据《钢琴手指操》中的五类训练创作了这些练习曲，这些曲目是对卡片上那些难度更大的练习的延伸和拓展。克里斯托弗这样描述他的作品：“这些练习按照原来练习中的线索，发展成了一个真正的故事。如果你用音乐来表述你想象中的画面，那么你在练习困难段落的时候就会充满积极性。”

由于在《钢琴手指操》中，即兴演奏是一项很重要的学习内容，我们在本书中也收了两支带即兴演奏的练习曲。

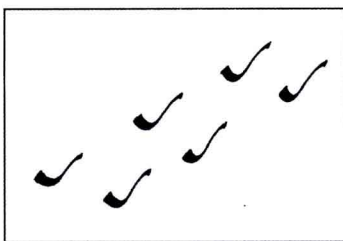
在本书中，每首曲子开头的图示都会提示你将要练习的动作。小熊也会出现，以日常生活中你熟悉的活动来演示这些动作。你可以根据自己所遇到的难点来选择练习曲进行练习。

祝你练习愉快！

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来追我!
手指健身操



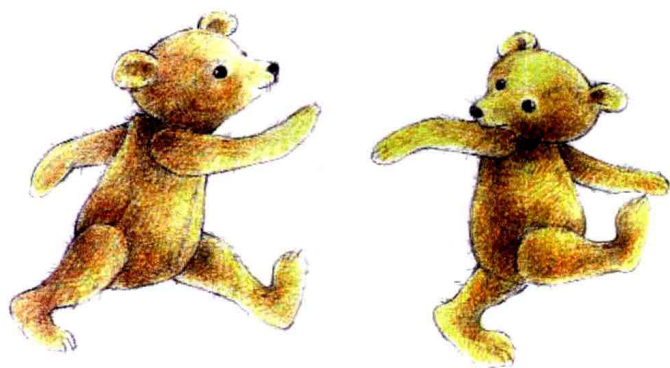
克里斯托弗·切克

快速地

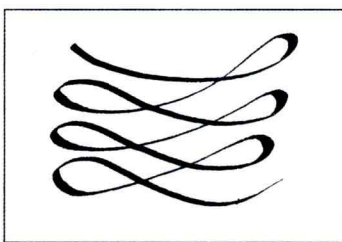
Handwritten musical score for piano, 4/4 time, titled "来追我!" (Come Follow Me!). The score is in G major and consists of four systems of two staves each. The first system includes the lyrics "我" (I) and "你" (you). The tempo is marked "快速地" (Allegretto). The score includes dynamic markings (*p*, *mf*, *p*), a crescendo marking (*cresc.*), and fingering numbers (1, 5). The piece concludes with a final cadence in the fourth system.



——见《钢琴手指操》中的《来追我》。



在天上 手腕练习



快乐地
sempre legato

克里斯托弗·切克

Handwritten musical score for piano, featuring four systems of music. The score is written in 6/8 time and includes various musical notations such as notes, rests, and dynamic markings.

System 1: The first system begins with a treble clef and a key signature of one flat (B-flat). The melody is marked *mf* (mezzo-forte) and *senza Ped.* (without pedal). The bass line is marked *sim.* (sostenuto). The melody includes fingerings: 1 2 3, 3 2, 2 4, 4 2, 2 3. The system is marked *sempre legato* (always legato).

System 2: The second system continues the melody with fingerings: 1 2 4, 4 2, 2 3, 3 2, 2 3. The bass line continues with sustained chords.

System 3: The third system continues the melody with fingerings: 5, 4. The bass line continues with sustained chords.

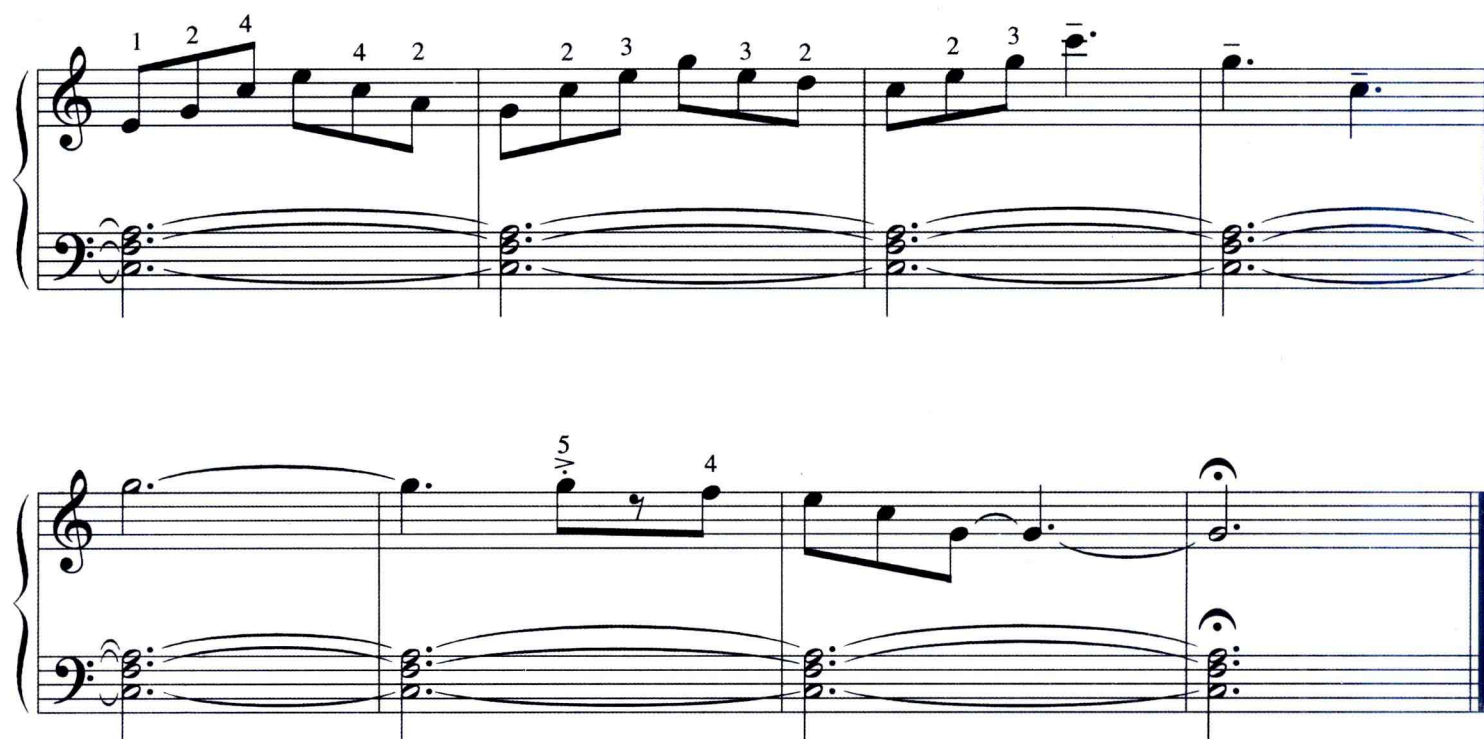
System 4: The fourth system is marked *(legato)* and *飞向天空* (Flying to the sky). The melody is written in a single staff with a treble clef and a key signature of one flat. The bass line is marked *Ped.* (pedal) and includes fingerings: 2 4, 2 4. The system is marked *sempre legato* (always legato).

First system of the musical score. The right hand (treble clef) features a series of chords, with a long, sustained chord in the third measure. The left hand (bass clef) plays a descending eighth-note scale. Fingering numbers 5, 4, 2, 1, 5, 3, 2 are indicated below the left hand notes.

Second system of the musical score. The right hand (treble clef) plays a melody with slurs and accents, with lyrics "sub. *pp* 我好晕" (sub. *pp* I'm dizzy) and a "cresc." (crescendo) marking. The left hand (bass clef) plays a series of chords. Fingering numbers 1, 2, 5 are indicated below the first measure.

Third system of the musical score. The right hand (treble clef) plays a melody with slurs and accents, with a "f" (forte) marking. The left hand (bass clef) plays a series of chords. Fingering numbers 1, 4, 2, 3, 4, 4, 2, 1, 2, 4, 5, 2, 1, 3, 4, 2 are indicated above the right hand notes. The left hand has a "senza Ped." (senza Pedal) marking.

Fourth system of the musical score. The right hand (treble clef) plays a melody with slurs and accents, with lyrics "*p* 飞上白云" (*p* fly up to the white clouds). The left hand (bass clef) plays a series of chords. Fingering numbers 1, 2, 3, 3, 2, 2, 4, 4, 2, 2, 3 are indicated above the right hand notes.

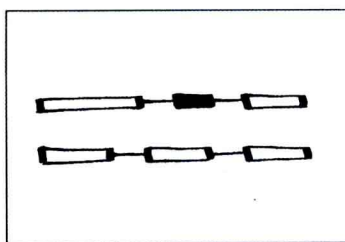


——→ 见《钢琴手指操》中的《荡秋千》。



国际圆舞曲

双手的配合



快速的圆舞曲

克里斯托弗·切克

mf

西班牙?

1. 2.

sempre legato

现在是哪儿?

3 1

mf

法国?

4 1 2 4 5 1 2 4

Ped.

1 2 1

5 5 5

4 2 1 4 2 1

mp

sim.

5 3 2 1 3 2

senza *Ped.*

5 3 2

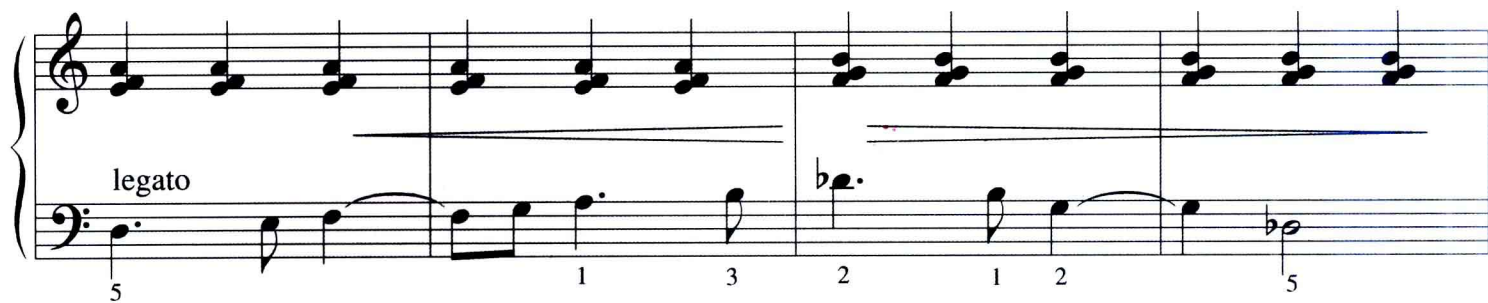
继续往北?

5 2 1 3 1 2

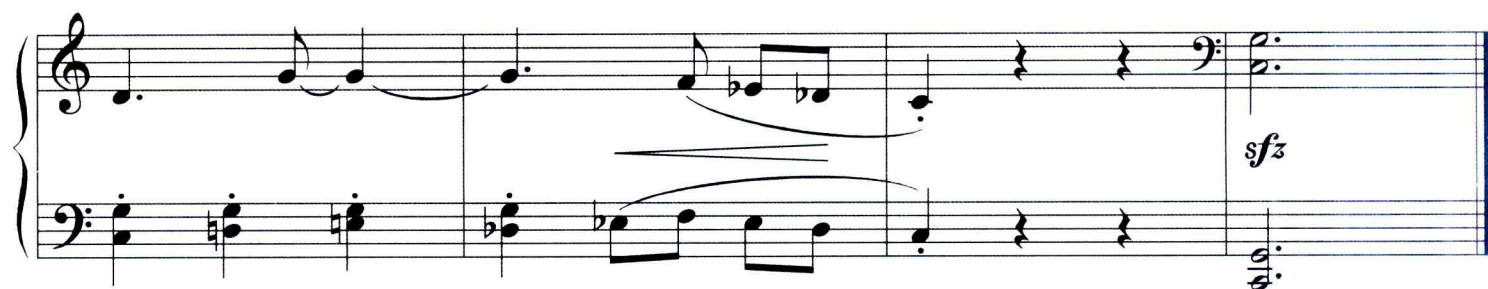
4 2 1 4 2 1

3 1 3 1 2

poco rit.

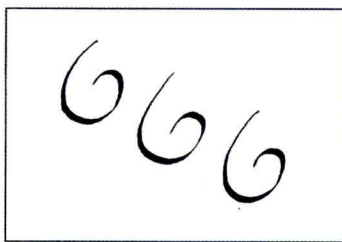


a tempo



—— 见《钢琴手指操》中的《跌倒》。

翻跟头 手臂运动



自由地

克里斯托弗·切克

The musical score is written for piano and consists of four systems. The first system is in 9/8 time and includes a '自由地' (Ad libitum) marking and a 'f' (forte) dynamic. The second system ends with a 12/8 time signature change. The third system includes a 'f' dynamic and a 12/8 time signature. The fourth system continues the 9/8 time signature. The score features various musical notations including triplets, slurs, and fingerings.