

Gangqin

钢琴 天天练练



[美] E-M·伯纳姆

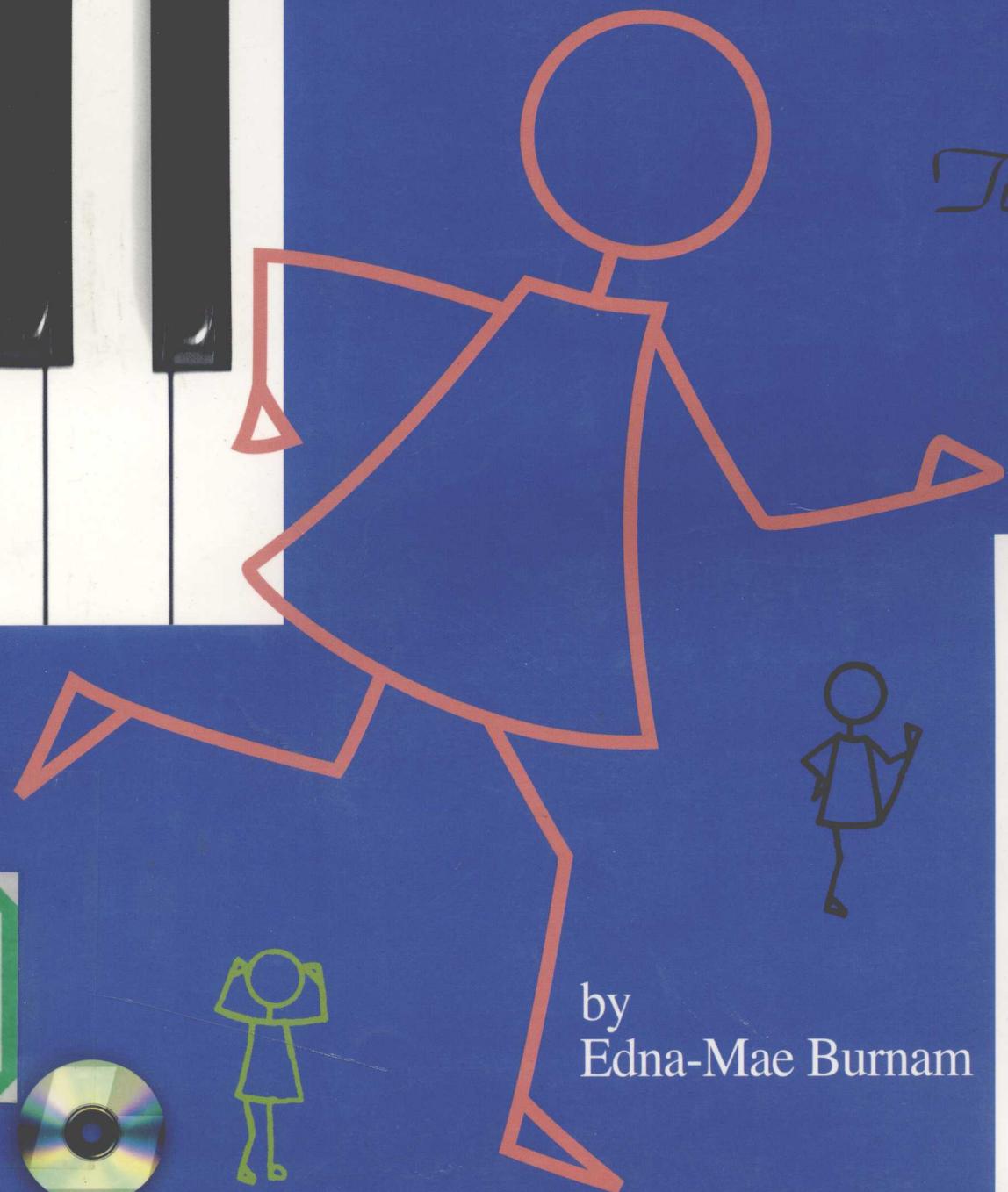
1

入门册

Tiantian

Lianlian

by
Edna-Mae Burnam



附DVD一张



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上海音乐出版社出版

钢琴 天天练练

[美] E-M·伯纳姆

1 入门册



当学生能熟练而正确地弹奏第一组十首曲目 M-3 二首时，再以同样的方法练习其他各组。



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天天练练

钢琴《天天练练》是一组系列练习曲，先为入门册，再为预备册，继为第一、二、三、四册及技术练习册等。本册系最初使用的入门册。

我多年来教授青少年学生弹奏钢琴，深感他们在初学时最急需重视和强化的课题是在于严格的技术练习。

过去我曾经以机械的技术练习而不是以循序渐进的练习形式引导学生进入预备册，而现在有了《天天练练》这一入门册，便与后面的预备册必然地连接起来。

本书是为任何一种初学或系列教学而设计的起步性教材。无论是集体课或个别课的训练，均可使用。这些练习是用学生正在视读的音符写成的，因此，学生在愉快地弹奏本书的练习时，就已经能够自己读谱了。

当学生学完本书后，已经为本套的预备册做了良好的准备。

E·M·伯纳姆

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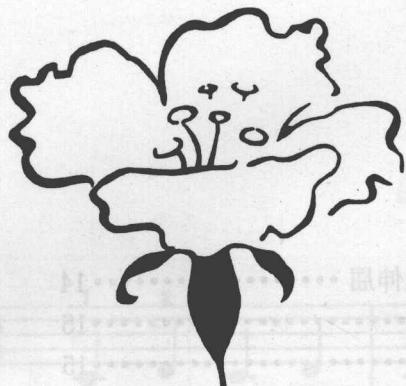
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第一组

1. 走



天天练练

许多人上班之前进行体育锻炼。同样，在我们开始练琴之前也要进行手指练习。

本书的目的在于帮助练琴者锻炼手指，使之健实、有力和灵活。

开始，先作轻柔的慢练习，熟练后，再逐首增加，直到能正确地弹奏十二首为止。

当学生能熟练而正确地弹奏第一组十二首时，再以同样的方法练习其他各组。

可将每一组的各种练习在不同的调上进行移调练习，这对学生是很有裨益的。

E · M 伯纳姆

良三集

1. 正面	3. 右	5. 左
6. 后	4. 左	2. 右
7. 左	8. 右	9. 后
10. 右	11. 前	12. 左
13. 前	14. 上	15. 下
16. 下	17. 左	18. 右
19. 右	20. 上	21. 前
22. 前	23. 上	24. 下
25. 下	26. 左	27. 右
28. 右	29. 上	30. 前
31. 前	32. 上	33. 下
34. 下	35. 左	36. 右
37. 右	38. 上	39. 前
40. 前	41. 上	42. 下
43. 下	44. 左	45. 右
46. 右	47. 上	48. 前
49. 前	50. 上	51. 下
52. 下	53. 左	54. 右
55. 右	56. 上	57. 前
58. 前	59. 上	60. 下
61. 下	62. 左	63. 右
64. 右	65. 上	66. 前
67. 前	68. 上	69. 下
70. 下	71. 左	72. 右
73. 右	74. 上	75. 前
76. 前	77. 上	78. 下
79. 下	80. 左	81. 右
82. 右	83. 上	84. 前
85. 前	86. 上	87. 下
88. 下	89. 左	90. 右
91. 右	92. 上	93. 前
94. 前	95. 上	96. 下
97. 下	98. 左	99. 右
100. 右	101. 上	102. 前
103. 前	104. 上	105. 下
106. 下	107. 左	108. 右
109. 右	110. 上	111. 前
112. 前	113. 上	114. 下
115. 下	116. 左	117. 右
118. 右	119. 上	120. 前
121. 前	122. 上	123. 下
124. 下	125. 左	126. 右
127. 右	128. 上	129. 前
130. 前	131. 上	132. 下
133. 下	134. 左	135. 右
136. 右	137. 上	138. 前
139. 前	140. 上	141. 下
142. 下	143. 左	144. 右
145. 右	146. 上	147. 前
148. 前	149. 上	150. 下
151. 下	152. 左	153. 右
154. 右	155. 上	156. 前
157. 前	158. 上	159. 下
160. 下	161. 左	162. 右
163. 右	164. 上	165. 前
166. 前	167. 上	168. 下
169. 下	170. 左	171. 右
172. 右	173. 上	174. 前
175. 前	176. 上	177. 下
178. 下	179. 左	180. 右
181. 右	182. 上	183. 前
184. 前	185. 上	186. 下
187. 下	188. 左	189. 右
190. 右	191. 上	192. 前
193. 前	194. 上	195. 下
196. 下	197. 左	198. 右
199. 右	200. 上	201. 前
202. 前	203. 上	204. 下
205. 下	206. 左	207. 右
208. 右	209. 上	210. 前
211. 前	212. 上	213. 下
214. 下	215. 左	216. 右
217. 右	218. 上	219. 前
220. 前	221. 上	222. 下
223. 下	224. 左	225. 右
226. 右	227. 上	228. 前
229. 前	230. 上	231. 下
232. 下	233. 左	234. 右
235. 右	236. 上	237. 前
238. 前	239. 上	240. 下
241. 下	242. 左	243. 右
244. 右	245. 上	246. 前
247. 前	248. 上	249. 下
250. 下	251. 左	252. 右
253. 右	254. 上	255. 前
256. 前	257. 上	258. 下
259. 下	260. 左	261. 右
262. 右	263. 上	264. 前
265. 前	266. 上	267. 下
268. 下	269. 左	270. 右
271. 右	272. 上	273. 前
274. 前	275. 上	276. 下
277. 下	278. 左	279. 右
280. 右	281. 上	282. 前
283. 前	284. 上	285. 下
286. 下	287. 左	288. 右
289. 右	290. 上	291. 前
292. 前	293. 上	294. 下
295. 下	296. 左	297. 右
298. 右	299. 上	300. 前

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钢琴《天天练乐》是一套系列练习曲集，共分为六册。
分为总谱，编为第一、二、三、四册及技术练习册合本。

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第一组

1. 走路



Musical notation for 'Walking' (走路) in 4/4 time. The melody consists of eighth notes and sixteenth notes. The lyrics are written above the notes.

1 2 | 1 2 | 1 2 | 1 2 |

1 2 1 2 | 1 2 1 2 | 1 2 |

2. 单脚跳



Musical notation for 'Single Foot Jump' (单脚跳) in 4/4 time. The melody consists of eighth notes and sixteenth notes. The lyrics are written above the notes.

1 | - | - | - |

- | 1 2 | - | - |

- | - | 1 2 | - |

3. 右手拍球



Musical notation for 'Right Hand拍球' (拍球) in 4/4 time. The melody consists of eighth notes and sixteenth notes. The lyrics are written above the notes.

1 2 | - | - | - |

- | - | - | - |

- | - | - | - |

4. 左手拍球



Musical notation for Exercise 4:

4/4 time, Treble and Bass staves.

Notes: The first measure has two eighth notes on the second line of the treble staff. The second measure has two eighth notes on the second line of the treble staff. The third measure has two eighth notes on the second line of the treble staff. The fourth measure has one eighth note on the second line of the treble staff.

5. 翻 滚



Musical notation for Exercise 5:

4/4 time, Treble and Bass staves.

Notes: The first measure has four eighth notes on the first line of the treble staff. The second measure has four eighth notes on the first line of the treble staff. The third measure has four eighth notes on the first line of the treble staff. The fourth measure has one eighth note on the first line of the treble staff.

6. 双臂上举与下垂

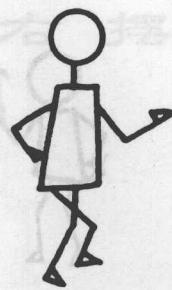


Musical notation for Exercise 6:

4/4 time, Treble and Bass staves.

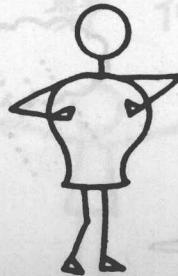
Notes: The first measure has one eighth note on the second line of the treble staff. The second measure has one eighth note on the second line of the treble staff. The third measure has one eighth note on the second line of the treble staff. The fourth measure has one eighth note on the second line of the treble staff.

7. 轻 轻 跳



跳大不封音
音其奏轻自然

8. 深 呼 吸



9. 右手举锤敲击



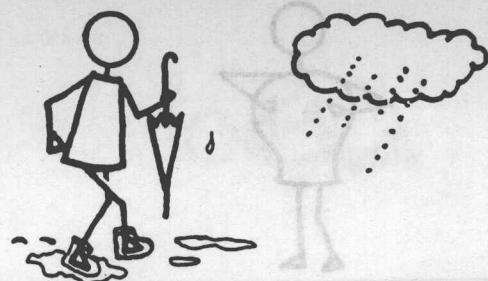
无声按下大拇指
然后弹奏其他音

10. 左手举锤敲击



无声按下大拇指
然后弹奏其他音

11. 穿雨鞋在水中行走



12. 精神饱满 准备练习



精神大不相同
音符其奏更灵活

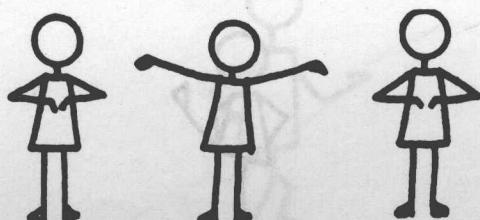
第二组

1. 左右摆动



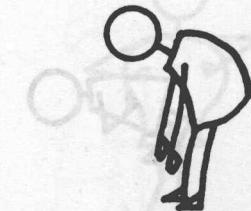
Musical notation for Exercise 1. The top staff is in G major (4/4 time) with quarter notes. The bottom staff is in C major (2/4 time) with eighth notes. The music consists of a series of eighth-note patterns followed by rests.

2. 双臂伸屈



Musical notation for Exercise 2. The top staff is in G major (4/4 time) with quarter notes. The bottom staff is in C major (2/4 time) with eighth notes. The music consists of a series of eighth-note patterns followed by rests.

3. 摸脚趾

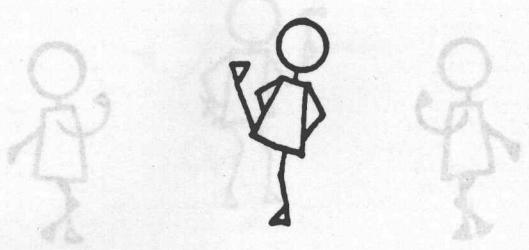


Musical notation for Exercise 3. The top staff is in G major (4/4 time) with quarter notes. The bottom staff is in C major (2/4 time) with eighth notes. The music consists of a series of eighth-note patterns followed by rests.

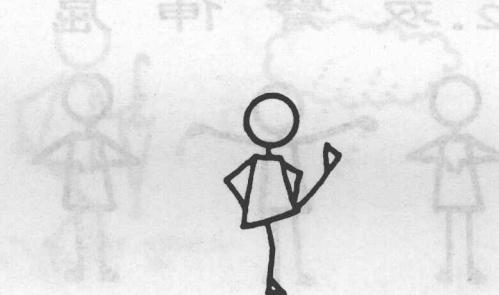
4. 向上踢右腿

古式舞曲

无声按下大拇指
然后弹奏其他音




5. 向上踢左腿




6. 向后弯腰

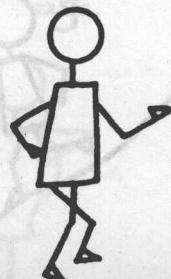



7. 坐下 双腿并拢与分开



A musical score for two staves. The top staff uses a treble clef and has a key signature of one sharp (G major). It is in 4/4 time. The bottom staff uses a bass clef and has a key signature of one flat (A minor). It is also in 4/4 time. Both staves begin with a measure consisting of two measures of music. The top staff has a measure of eighth notes (D, E, F#), followed by a measure of eighth notes (B, C, D). The bottom staff has a measure of quarter notes (E, G, B, D), followed by a measure of quarter notes (F, A, C, E).

8. 轻 轻 跳



1

2

9. 深 呼 吸



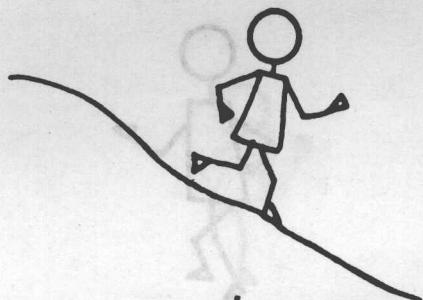
12

开卷 10. 跳 绳



Musical score for 'Jumping Rope' (10). The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a continuous sequence of eighth notes. The bottom staff is in bass clef and 4/4 time, featuring a continuous sequence of quarter notes. The music is divided into measures by vertical bar lines.

11. 走下小山坡



Musical score for 'Walking Down the Hill' (11). The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a sequence of eighth notes. The bottom staff is in bass clef and 4/4 time, featuring a sequence of eighth notes. The music is divided into measures by vertical bar lines.

12. 精神饱满 准备练习



Musical score for 'Full of Spirit Preparation Exercise' (12). The score consists of two staves. The top staff is in treble clef and 4/4 time, featuring a sequence of eighth notes. The bottom staff is in bass clef and 4/4 time, featuring a sequence of eighth notes. The music is divided into measures by vertical bar lines.

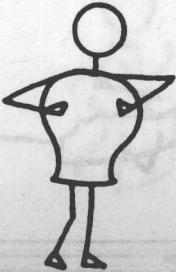
第三组

1. 大 碍 又



A musical score for two voices, Treble and Bass, in 4/4 time. The Treble staff begins with a dotted half note, followed by a series of eighth notes. The Bass staff begins with a quarter note, followed by a series of eighth notes. Measure 5 consists of a single measure line with a rest in the Treble staff and a whole note in the Bass staff.

2. 深 呼 吸



A musical score for two staves. The top staff uses a treble clef and a 4/4 time signature. The bottom staff uses a bass clef and a 2 1/2/4 time signature. The score is divided into six measures. Measures 1-4 each contain two notes or rests. Measures 5 and 6 are entirely blank.

3. 双脚绷直阔步走



A handwritten musical score on two staves. The top staff uses a treble clef and has a key signature of one sharp. It consists of four measures separated by vertical bar lines. The first measure contains two eighth notes, the second measure contains one eighth note followed by a quarter note, the third measure contains one eighth note followed by a quarter note, and the fourth measure contains a half note. The first and fifth notes of the first measure are circled with a small circle containing the number '1'. The first and fifth notes of the third measure are circled with a small circle containing the number '5'. The bottom staff uses a bass clef and has a key signature of one flat. It also consists of four measures. The first measure contains one eighth note followed by a quarter note. The second measure contains two eighth notes. The third measure contains one eighth note followed by a quarter note. The first and fourth notes of the second measure are circled with a small circle containing the number '1'. The first and fourth notes of the third measure are circled with a small circle containing the number '4'.

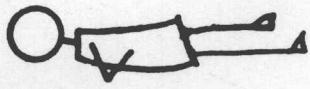
4. 躺下，右腿伸屈



3/4

3/4

5. 躺下，左腿伸屈



3/4

3/4

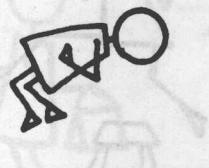
6. 躺下，双腿伸屈



3/4

3/4

7. 向后弯腰



8. 向右转



A musical score for two voices. The top staff is in treble clef and 2/4 time, with a melodic line consisting of quarter notes on the first, third, and fifth lines of the staff. The bottom staff is in bass clef and 2/4 time, with sustained notes on the first and third beats. Measure numbers 1, 3, and 5 are indicated above the top staff.

9. 向左转



10. 跳小凳



A handwritten musical score for piano. The score consists of three measures of music. The first measure shows a bass note followed by a treble note. The second measure shows a bass note followed by a treble note. The third measure shows a bass note followed by a treble note. The score is written on a staff system with a treble clef and a bass clef. The tempo is indicated as 4/4. The score is annotated with Chinese characters and numbers indicating fingerings for the left hand. The first measure has a dashed circle around the first note with the number 3 above it and the number 1 below it. The second measure has a dashed circle around the first note with the number 3 above it and the number 2 below it. The third measure has a dashed circle around the first note with the number 3 above it and the number 2 below it. The score is signed "左 手" (Left Hand) next to the first measure.

11. 从大盒子上向下跳



A musical score for two voices, Treble and Bass, in common time (indicated by a '4' in the top left corner). The Treble staff begins with a half note followed by a rest. The Bass staff begins with a half note followed by a quarter note. The score consists of four measures.

12. 精神饱满 准备练习



A musical score for piano, featuring two staves. The top staff uses treble clef and has a key signature of one sharp (F#). It starts with a whole note, followed by a half note, a quarter note, and another quarter note. The bottom staff uses bass clef and has a key signature of one flat (B-flat). It starts with a half note, followed by a quarter note, a quarter note, and a half note. Measure 6 begins with a whole note on the top staff.