



长笛

初级音阶练习

徐瑾 编著



中国青年出版社

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前　　言

基本功是每一个长笛演奏者必须刻苦练习的科目之一，它包括长音练习、吐音练习、连音练习、指法练习、高低音练习、耐力练习、完整性练习和视奏练习……

其中，长音练习包括强弱练习、音质练习、气息练习；吐音练习包括单吐练习、双吐练习、三吐练习；指法练习包括音阶练习、节奏练习、手指弹性练习、手指独立性练习和手指放松练习等。

仔细分析每一首乐曲和练习曲，就会发现它是由各种音阶、音程、调式或音程模进、节奏变化构成的。因此，掌握好音阶和音程，是长笛演奏者必须具备的基本功。初学者练习大量的音阶，对于增强调性概念、和声意识可起到潜移默化的作用，对于手指的训练也是必不可少的途径，甚至对于气息和声音的把握都会有所帮助。因此，我编写了这本《长笛初级音阶练习》，由浅入深地介绍了 20 几个大小调的音阶和半音阶。由于是初级练习，所以每一个调仅编了 16 条音阶，为方便学生练习采用统一格式，并以升降号的顺序排列，大小调套写。其中小调为常用的和声小调。因篇幅有限，有些同指法但调名不同的调（例如升 a 小调=降 b 小调）未一一列举，请见谅。

愿本书对您的学习有所帮助！

愿本书对您的教学有所贡献！

在本书的编写和出版过程中，承蒙邵伟民老师关心赐教，借此机会谨表衷心感谢！

作者：徐瑾

1997 年末作于北京西郊

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一、长笛初级音阶练习

徐瑾 曲

每两小节呼吸一次

1.

2.

3.

注：每首练习曲可以用吐音和连音两种演奏法练习。

每两小节呼吸一次



每两小节呼吸一次

6.

7.

8.



每两小节呼吸一次



10.

6 staves of 3/4 time, treble clef music. Each staff starts with a quarter note. The first staff has a single eighth note. The second staff has a single eighth note. The third staff has a single eighth note. The fourth staff has a single eighth note. The fifth staff has a single eighth note. The sixth staff has a single eighth note.

Musical score for Exercise 11, measures 1-6. The score consists of three staves of music. Measure 1 starts with a treble clef, a key signature of one sharp, and a common time signature (indicated by '4'). The first measure contains six eighth notes followed by a dotted half note. Measures 2 through 6 each begin with a different dynamic: forte (f), piano (p), forte (f), and piano (p) respectively. Each measure contains a sixteenth-note pattern consisting of six pairs of eighth-note heads, followed by a sixteenth note.

A musical score consisting of five staves of music. The first four staves are standard staff notation with a treble clef, a key signature of one sharp (F#), and a common time signature. The fifth staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature, followed by a measure of 12/8 time indicated by a '12.' above the staff.

The musical score continues with ten staves of music. The first staff begins with a 12/8 time signature. The subsequent nine staves are in common time (indicated by a 'C' above the staff). The music consists of eighth-note patterns, primarily sixteenth-note figures, and some eighth-note pairs.

The image displays a musical score for a solo instrument, possibly a flute or recorder. It consists of ten staves of music. The first two staves begin with eighth-note patterns. From staff 13 onwards, all subsequent staves start with sixteenth-note patterns. The music is written in common time, indicated by a 'C' at the beginning of each staff. Measures are separated by vertical bar lines. The notes are black on white staff lines.



15.

The musical score consists of ten staves of music for a single instrument, likely a stringed instrument given the context. The music is in common time (indicated by '4'). The score is numbered 15 at the top left. Each staff begins with a treble clef. The music consists of ten horizontal staves of music, each containing various note heads and stems. The notes are primarily eighth and sixteenth notes, with some quarter notes appearing in the final staff. The music is divided into measures by vertical bar lines.

16.

The musical score consists of ten staves of music for a single melodic line. The key signature is indicated by a treble clef and a sharp sign. The time signature is common time, as indicated by the number '4' below the clef. The music begins with eighth-note patterns. In the second staff, the pattern changes to eighth-note pairs. From the third staff onwards, the patterns consist of sixteenth notes. These sixteenth-note patterns become more complex, featuring sixteenth-note chords and sixteenth-note runs. The music continues in this style through the tenth staff, which concludes with eighth-note patterns.

二、C大调音阶练习

C大调音阶

1.

(1) (2) (3) (4)

(5) (6) (7)

C大调主和弦

2.

C大调主和弦琶音

3.

C大调主和弦琶音三连音

4.

5.

3 3 3 3

C大调主和弦琶音四连音

6.