

社会艺术水平考级指导系列

钢琴考级指导

Piano 基本技术练习

上海音乐学院 Arpeggio Scale 琶音 Arpeggio 钢琴考级指导 PIANO 音阶 Scale Scale Arpeggio S
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上海音乐学院附中钢琴基础科 编



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Piano 基本技术练习

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前 言

当前，全国钢琴社会艺术水平考级方兴未艾，日趋蓬勃。不但参与的人数与年剧增。而且参加考试的范围亦越来越广泛。钢琴考级已不仅仅给青少年们带来乐趣，也给中老年有兴趣学习的人们带来极大乐趣。

为了帮助习琴者顺利通过钢琴定级考试，掌握必要的基本技术练习十分重要。每个考试级别对于钢琴基本技术都有特定的要求。大致而言，一级为一个八度的音阶，主三和弦琶音及主三和弦；二级为两个八度的音阶、小琶音、和弦；三、四级为以三连音为基础的三个八度音阶、分解主和弦短琶音以及主和弦长琶音；五、六级为四个八度的音阶、长琶音，包括属七、减七和弦长琶音；七至十级增加了三度、六度、反向音阶及琶音的内容，并穿插半音阶和全音阶。

本书由上海音乐学院附中钢琴基础科马丽霞、时洁瀚、吕临、谢小河、唐余、贺乐六位老师编写。编者都具有较为深厚的钢琴基础教学的经验，并每年参与社会钢琴艺术水平考级的评委工作。《钢琴考级指导——基本技术练习》这本书，能够有效地帮助每位习琴者很迅速地寻找到适合自己考级的级别所要求的基本技术练习课题，掌握不同的技术要求，避免走弯路。

正因为此书便于检索，便于使用，从一开始就按照正确的音高组织、正确的节奏组合、正确的指法练习与自己报考级别相适应的基本技术内容来练习，因而是一本既方便又极有用的工具书。



2007.4

编者的话

在各类社会钢琴考级中，基本技术练习（音阶与琶音）都是不可或缺的重要组成部分。在每位钢琴学习者的学习过程中，它将贯穿于始终。本书分为五篇，由浅入深地编写了在入门至较高程度的学习过程中，习琴者所需要的绝大部分基本技术练习。此书还将程度不同的各篇与社会钢琴考级的水平定级联系起来，因此它是钢琴考级的考生顺利通过考试的重要工具，也是为习琴者打下扎实基本功的实用教材。

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起步篇

—— 一级

本篇为学习音阶的起步练习，由音阶（一个八度）、主和弦短琶音和主和弦三个内容组成。适用于社会钢琴考级的一级。

练习重点及方法

1. 一个八度的音阶练习旨在训练初学者手指的独立性和稳定性。在弹奏时，应充分关注手指的主动和站立以及指法，尤其是四指的正确运用，并且在转指、穿越时，要注意保持手的平衡，可多以慢速练习。
2. 主和弦短琶音是主三和弦的分解形式，它可以训练手指的伸张并有利于掌握和弦在琴键上的位置。编者以四分音符编写的目的同样是为了强调每个手指在弹奏时的独立性，要注意区分二指与三指的运用。
3. 和弦练习以各调的主和弦及其各转位构成。触键前的充分准备是弹好和弦的关键所在。贴键弹奏，快速下键是保证和弦声音集中、有力的正确方法。

考级要求

有良好的手型，将每个手指站稳。能够整齐、清晰、准确地弹奏出每个音。掌握一个升降号以内的大小调。不做速度要求。

起步篇

C 大调音阶

1 3 1 4 5 1 3 1

5 4 1 3 1 3 1 4 5

主和弦短琶音

1 3 5 1 2 5 1 3 5 1 3 5 3 3 2 3

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

5 3 1 5 3 1 5 3 1 5 3 1 5 3 1

a 和声小调音阶

1 3 1 4 5 1 3 1

5 4 1 3 1 3 1 4 5

主和弦短琶音

1 3 5 1 2 5 1 3 5 1 3 5 3 3 2 3

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

5 3 1 5 3 1 5 3 1 5 3 1 5 3 1

G 大调音阶

5 4 1 3 1 4 5 1 3 4 5

主和弦短琶音

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

1 1 1 1 1 1 1 1

e 和声小调音阶

5 4 1 3 1 4 5 1 3 4 5

主和弦短琶音

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

1 1 1 1 1 1 1 1

F 大调音阶

Musical notation for the F major scale. The treble clef part starts on middle C (F4) and ascends to F5, with fingering: 1, 3, 4, 1, 3, 4, 3, 1, 4, 1. The bass clef part starts on F2 and ascends to F4, with fingering: 5, 4, 1, 3, 1, 3, 1, 4, 5.

主和弦短琶音

Musical notation for the F major triad arpeggios. The treble clef part shows ascending and descending arpeggios with fingering: 1, 3, 5, 1, 2, 5, 1, 3, 5, 1, 3, 5, 3, 2, 3. The bass clef part shows ascending and descending arpeggios with fingering: 5, 3, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1, 3, 2, 3.

主和弦

Musical notation for the F major triads. The treble clef part shows six chords with fingering: 5, 3, 1, 5, 2, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1. The bass clef part shows six chords with fingering: 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5.

d 和声小调音阶

Musical notation for the d harmonic minor scale. The treble clef part starts on D4 and ascends to D5, with fingering: 1, 3, 1, 4, 5, 1, 3, 1. The bass clef part starts on D2 and ascends to D4, with fingering: 5, 4, 1, 3, 1, 3, 1, 4, 5.

主和弦短琶音

Musical notation for the d harmonic minor triad arpeggios. The treble clef part shows ascending and descending arpeggios with fingering: 1, 3, 5, 1, 2, 5, 1, 3, 5, 1, 3, 5, 3, 2, 3. The bass clef part shows ascending and descending arpeggios with fingering: 5, 3, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1, 3, 2, 3.

主和弦

Musical notation for the d harmonic minor triads. The treble clef part shows six chords with fingering: 5, 3, 1, 5, 2, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1. The bass clef part shows six chords with fingering: 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5.

D 大调音阶

Musical notation for the D major scale in treble and bass clefs. The treble clef part starts on D4 and goes up to D5, while the bass clef part starts on D3 and goes up to D4. Fingerings are indicated by numbers 1-5 above or below the notes.

主和弦短琶音

Musical notation for the D major triad arpeggio in treble and bass clefs. The treble clef part starts on D4 and goes up to F#5, while the bass clef part starts on D3 and goes up to F#4. Fingerings are indicated by numbers 1-5 above or below the notes.

主和弦

Musical notation for the D major chord in treble and bass clefs. The treble clef part shows the chord in two positions (open and barre), and the bass clef part shows the chord in two positions (open and barre). Fingerings are indicated by numbers 1-5 above or below the notes.

b 和声小调音阶

Musical notation for the D harmonic minor scale in treble and bass clefs. The treble clef part starts on D4 and goes up to D5, while the bass clef part starts on D3 and goes up to D4. Fingerings are indicated by numbers 1-5 above or below the notes.

主和弦短琶音

Musical notation for the D harmonic minor triad arpeggio in treble and bass clefs. The treble clef part starts on D4 and goes up to F#5, while the bass clef part starts on D3 and goes up to F#4. Fingerings are indicated by numbers 1-5 above or below the notes.

主和弦

Musical notation for the D harmonic minor chord in treble and bass clefs. The treble clef part shows the chord in two positions (open and barre), and the bass clef part shows the chord in two positions (open and barre). Fingerings are indicated by numbers 1-5 above or below the notes.

\flat B 大调音阶

Musical notation for the \flat B major scale. The treble clef staff shows the ascending and descending scales with fingerings: 2, 1, 2, 3, 1, 1, 3, 2, 1, 2. The bass clef staff shows the ascending and descending scales with fingerings: 3, 1, 4, 3, 1, 2, 1, 4, 1, 2, 3.

主和弦短琶音

Musical notation for the main chord arpeggio in \flat B major. The treble clef staff shows the ascending and descending arpeggios with fingerings: 1, 3, 5, 1, 2, 5, 1, 3, 5, 1, 3, 5, 3, 3, 2, 3. The bass clef staff shows the ascending and descending arpeggios with fingerings: 5, 3, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1, 3, 2, 3, 3.

主和弦

Musical notation for the main chord in \flat B major. The treble clef staff shows the chord voicings with fingerings: 5, 3, 1, 5, 3, 1, 5, 3, 1, 5, 3, 1, 5, 3, 1. The bass clef staff shows the chord voicings with fingerings: 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5.

g 和声小调音阶

Musical notation for the G harmonic minor scale. The treble clef staff shows the ascending and descending scales with fingerings: 1, 3, 1, 4, 5, 4, 1, 3, 2, 1. The bass clef staff shows the ascending and descending scales with fingerings: 5, 4, 1, 3, 1, 3, 1, 3, 1, 4, 5, 4, 3, 2, 1.

主和弦短琶音

Musical notation for the main chord arpeggio in G harmonic minor. The treble clef staff shows the ascending and descending arpeggios with fingerings: 1, 3, 5, 1, 2, 5, 1, 3, 5, 3, 3, 2, 3. The bass clef staff shows the ascending and descending arpeggios with fingerings: 5, 3, 1, 5, 3, 1, 5, 2, 1, 5, 3, 1, 3, 2, 3, 3.

主和弦

Musical notation for the main chord in G harmonic minor. The treble clef staff shows the chord voicings with fingerings: 5, 3, 1, 5, 3, 1, 5, 3, 1, 5, 3, 1, 5, 3, 1. The bass clef staff shows the chord voicings with fingerings: 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5, 1, 3, 5.

A 大调音阶

1 3 1 4 5 4 1 3 1

5 4 1 3 1 3 1 3 1 5

主和弦短琶音

1 3 5 1 2 5 1 3 5 1 3 5 3 3 2 3

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

5 5 5 5 5 5

3 2 3 3 2 3

1 3 1 3 1 3

5 5 5 5 5 5

3 3 3 3 3 3

1 1 1 1 1 1

#f 和声小调音阶

2 3 1 3 1 2 3 1 3 2

4 1 3 1 2 1 3 1 3 4

主和弦短琶音

1 3 5 1 2 5 1 3 5 1 3 5 3 3 2 3

5 3 1 5 3 1 5 2 1 5 3 1 3 2 3 3

主和弦

5 5 5 5 5 5

3 2 3 3 2 3

1 3 1 3 1 3

5 5 5 5 5 5

3 3 3 3 3 3

1 1 1 1 1 1

$\flat E$ 大调音阶

Musical notation for the $\flat E$ major scale. The treble clef part starts with a 2 on the second line (F) and a 1 on the first space (G). The bass clef part starts with a 3 on the second space (F) and a 1 on the first space (G). The scale is written in 4/4 time with a key signature of two flats.

主和弦短琶音

Musical notation for the short arpeggio of the tonic chord in $\flat E$ major. The treble clef part starts with a 1 on the first space (G) and a 3 on the second line (F). The bass clef part starts with a 5 on the second space (F) and a 3 on the first space (G). The arpeggio is written in 4/4 time with a key signature of two flats.

主和弦

Musical notation for the tonic chord in $\flat E$ major. The treble clef part shows the chord G-F-E with a 5 on the second line (F) and a 1 on the first space (G). The bass clef part shows the chord G-F-E with a 1 on the first space (G) and a 5 on the second space (F). The chord is written in 4/4 time with a key signature of two flats.

c 和声小调音阶

Musical notation for the C harmonic minor scale. The treble clef part starts with a 1 on the first space (G) and a 3 on the second line (F). The bass clef part starts with a 5 on the second space (F) and a 4 on the first space (G). The scale is written in 4/4 time with a key signature of two flats.

主和弦短琶音

Musical notation for the short arpeggio of the tonic chord in C harmonic minor. The treble clef part starts with a 1 on the first space (G) and a 3 on the second line (F). The bass clef part starts with a 5 on the second space (F) and a 3 on the first space (G). The arpeggio is written in 4/4 time with a key signature of two flats.

主和弦

Musical notation for the tonic chord in C harmonic minor. The treble clef part shows the chord G-F-E with a 5 on the second line (F) and a 1 on the first space (G). The bass clef part shows the chord G-F-E with a 1 on the first space (G) and a 5 on the second space (F). The chord is written in 4/4 time with a key signature of two flats.

基础篇

—— 二级

与《起步篇》相同，本篇仍由自然大调与和声小调的音阶、主和弦短琶音及主三和弦三个内容组成。适用于社会钢琴考级的二级。

练习重点及方法

1. 在前篇的练习中熟悉了指法的使用规律后，音阶在本篇扩展为两个八度。在巩固了手指的主动独立性以后，可用中速练习，以提高其流畅性。
2. 本篇的主和弦短琶音以三连音的节奏型出现，在练习时可以把三个音作为一组，将其中的第一个音用重音弹奏。
3. 和弦的弹奏方法参照《起步篇》，并注意弹奏时掌关节撑起呈拱形，一、二指间的虎口充分打开。每个和弦在弹完后，都要做到手臂、手腕的完全放松。

考级要求

能够熟练掌握两个八度、及以上音域的音阶的指法规律。弹奏时声音有力、速度均匀。熟悉两个升降号以内的大小调

C 大调音阶

Musical notation for the C major scale in treble and bass clefs. The treble clef part starts on middle C (C4) and goes up to C5, while the bass clef part goes down from C4 to C3. Fingering numbers (1-5) are placed above or below notes to indicate fingerings. The piece concludes with a double bar line.

主和弦短琶音

Musical notation for C major triad arpeggios in treble and bass clefs. The treble clef part shows ascending and descending arpeggios of the C major triad (C-E-G). The bass clef part shows similar arpeggios for the lower register. Fingering numbers (1-5) are provided for each note.

主和弦

Musical notation for C major chords in treble and bass clefs. The treble clef part shows various voicings of the C major triad. The bass clef part shows similar voicings for the lower register. Fingering numbers (1-5) are provided for each chord.

a 和声小调音阶

Musical notation for the a harmonic minor scale in treble and bass clefs. The treble clef part starts on A4 and goes up to A5, while the bass clef part goes down from A4 to A3. The scale includes a raised seventh degree (G#). Fingering numbers (1-5) are provided for each note.

主和弦短琶音

Musical notation for a harmonic minor triad arpeggios in treble and bass clefs. The treble clef part shows ascending and descending arpeggios of the a harmonic minor triad (A-C-G#). The bass clef part shows similar arpeggios for the lower register. Fingering numbers (1-5) are provided for each note.

主和弦

Musical notation for a harmonic minor chords in treble and bass clefs. The treble clef part shows various voicings of the a harmonic minor triad. The bass clef part shows similar voicings for the lower register. Fingering numbers (1-5) are provided for each chord.

G 大调音阶

First system of G major scale exercises. Treble clef: G4 (1), A4 (3), B4 (1), C5 (4), D5 (1), E5 (3), F#5 (1), G5 (4), A5 (5), B5 (4), C6 (1), B5 (3), A5 (1), G5 (4). Bass clef: G3 (5), F#3 (4), E3 (1), D3 (3), C3 (1), B2 (4), A2 (1), G2 (3), F#2 (1), E2 (4), D2 (3), C2 (1), B1 (4), A1 (5).

主和弦短琶音

First system of G major triad arpeggios. Treble clef: G4 (1), B4 (3), D5 (5), G4 (1), A4 (2), B4 (5), G4 (1), A4 (3), B4 (5), G4 (3), A4 (3), B4 (3), G4 (2), A4 (3), B4 (3). Bass clef: G3 (5), B2 (3), D3 (1), G3 (5), F#3 (3), E3 (1), G3 (5), F#3 (3), E3 (1), G3 (3), F#3 (2), E3 (3), G3 (3), F#3 (3), E3 (3).

主和弦

First system of G major triads. Treble clef: G4-B4-D5 (5 3 1), G4-A4-B4 (5 2 1), G4-A4-B4 (5 3 1), G4-A4-B4 (5 2 1), G4-A4-B4 (5 3 1), G4-A4-B4 (5 2 1), G4-A4-B4 (5 3 1), G4-A4-B4 (5 2 1). Bass clef: G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5), G3-F#3-E3 (1 3 5).

e 和声小调音阶

First system of e harmonic minor scale exercises. Treble clef: E4 (1), F#4 (3), G4 (1), A4 (4), B4 (1), C#5 (4), D5 (4), E5 (1), F#5 (3), G5 (1), A5 (4), B5 (1), E5 (4). Bass clef: E3 (5), D3 (4), C#3 (1), B2 (3), A2 (1), G2 (4), F#2 (3), E2 (1), D2 (4), C#2 (3), B1 (1), A1 (4), G1 (5).

主和弦短琶音

First system of e harmonic minor triad arpeggios. Treble clef: E4 (1), G#4 (3), B4 (5), E4 (1), F#4 (2), G#4 (5), E4 (1), F#4 (3), G#4 (5), E4 (3), F#4 (3), G#4 (3), E4 (2), F#4 (3), G#4 (3). Bass clef: E3 (5), G#2 (3), B2 (1), E3 (5), D#2 (3), C#2 (1), E3 (5), D#2 (3), C#2 (1), E3 (3), D#2 (2), C#2 (3), E3 (3), D#2 (3), C#2 (3).

主和弦

First system of e harmonic minor triads. Treble clef: E4-G#4-B4 (5 3 1), E4-F#4-G#4 (5 2 1), E4-F#4-G#4 (5 3 1), E4-F#4-G#4 (5 2 1), E4-F#4-G#4 (5 3 1), E4-F#4-G#4 (5 2 1), E4-F#4-G#4 (5 3 1), E4-F#4-G#4 (5 2 1). Bass clef: E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5), E3-D#2-C#2 (1 3 5).