



نادية دندشي



تعلم العزف على البيانو

أفضل تمارين إحماء
الأصابع قبل العزف على
البيانو

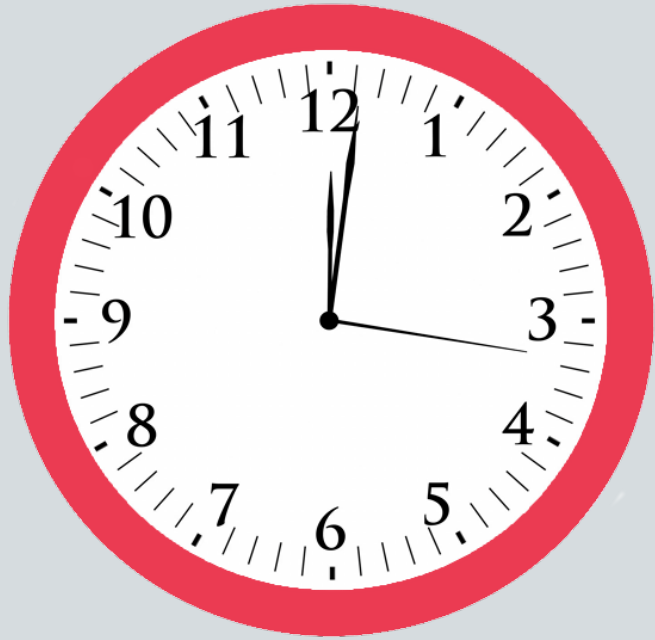


قبل كل جلسة تمرين على البيانو ، يجب عليك تمهيد الأصابع بالاحماء!

إن القيام ببعض التمارين لتمهيد يديك وأصابعك لجلسة تدريبية مهم جداً. في الواقع، تساعدك هذه التمارين على العزف والأداء بشكل أفضل بكثير، بينما تقلل أيضاً من حدوث أي إصابة، مثل ألم في المعصم أو التهاب وتر أو إجهاد عضلي.



لمدة ١٠ دقائق كل يوم



ما فائدة هذه التمارين؟

تقوم بعض تمارين الاحماء بتدريب عازف البيانو على السرعة والدقة وخفة الحركة وقوة جميع الأصابع ، وكذلك مرونة المعصمين.

ستلاحظ الفوائد على الفور، مثل: تحسين القدرة على التحمل، مما يعني أنه يمكنك العزف لفترات أطول من دون الشعور بالتعب، والتحكم المحسّن والتقنية، بالإضافة إلى وضع اليدين بشكل صحيح وأفضل على لوحة المفاتيح والجلوس بشكل جيد على البيانو!



تذكر أن بعض التمارين يجب أن تتبع بدقة. إذا كان التمرين الذي تقوم به يحتوي على موضع معين للإصبع، فتأكد من متابعته بدقة، بوضع الأصبع الصحيح على النوتة الصحيحة، حتى تتعلم أن تعزف بشكل أفضل وأسرع!



* كيف استطيع أن اتعلم العزف باليدين في نفس الوقت؟

إذا كنت مبتدء، تعلم قراءة نوتات اليد اليمنى أولاً واستمر في تدريب اليد اليمنى فقط حتى تستطيع أن تعزف التمارين كلها بدون أخطاء.

الآن يمكنك بدء قراءة نوتات اليد اليسار وتعلم العزف. مرن يدك اليسرى فقط إلى أن تعزف التمارين جيداً.

الآن ابدأ بالعزف باليدين... ببطء... شديد... جداً.
عيد التمرين، ببطء، واستمر في التدريب، حتى تستطيع أن تعزف باليدين بشكل جيد.





Major Scales

C Major

The C Major scale is presented in two staves. The treble clef staff shows the ascending and descending scales with fingering numbers: 1 2 3 1 2 3 4 1 3 1 5 1 3 1 4 1 3. The bass clef staff shows the ascending and descending scales with fingering numbers: 5 4 3 2 1 3 2 1 4 1 3 1 3 1 4 1 3 1.

G Major

The G Major scale is presented in two staves with a key signature of one sharp (F#). The treble clef staff shows the ascending and descending scales with fingering numbers: 1 2 3 1 2 3 4 1 3 1 5 1 3 1 4 1 3. The bass clef staff shows the ascending and descending scales with fingering numbers: 5 4 3 2 1 3 2 1 4 1 3 1 3 1 4 1 3 1.

D Major

Musical score for D Major, featuring a treble and bass clef. The key signature has two sharps (F# and C#). The piece consists of two staves with fingerings indicated by numbers 1-5 above or below the notes. The melody in the treble clef starts on D4 and moves up stepwise to A4, then descends. The bass clef accompaniment starts on D3 and moves up stepwise to A3, then descends. The piece concludes with a whole note D4 in the treble and D3 in the bass.

A Major

Musical score for A Major, featuring a treble and bass clef. The key signature has three sharps (F#, C#, and G#). The piece consists of two staves with fingerings indicated by numbers 1-5 above or below the notes. The melody in the treble clef starts on A4 and moves up stepwise to E5, then descends. The bass clef accompaniment starts on A3 and moves up stepwise to E4, then descends. The piece concludes with a whole note A4 in the treble and A3 in the bass.

E Major

Musical score for E Major, featuring a treble and bass clef. The key signature has four sharps (F#, C#, G#, and D#). The piece consists of two staves with fingerings indicated by numbers 1-5 above or below the notes. The melody in the treble clef starts on E5 and moves up stepwise to B5, then descends. The bass clef accompaniment starts on E4 and moves up stepwise to B4, then descends. The piece concludes with a whole note E5 in the treble and E4 in the bass.

B Major

Musical score for B Major, featuring a treble and bass clef staff. The key signature has four sharps (F#, C#, G#, D#). The piece consists of two staves of music with fingerings indicated by numbers 1-5 above or below notes. The melody in the treble clef starts on B4 and moves up stepwise to D#5, then descends. The bass clef part starts on B2 and moves up stepwise to D#3, then descends. The piece concludes with a whole note B4 in the treble and B2 in the bass.

F# Major

Musical score for F# Major, featuring a treble and bass clef staff. The key signature has four sharps (F#, C#, G#, D#). The piece consists of two staves of music with fingerings indicated by numbers 1-4 above or below notes. The melody in the treble clef starts on F#4 and moves up stepwise to D#5, then descends. The bass clef part starts on F#2 and moves up stepwise to D#3, then descends. The piece concludes with a whole note F#4 in the treble and F#2 in the bass.

Db Major

Musical score for Db Major, featuring a treble and bass clef staff. The key signature has five flats (Bb, Eb, Ab, Db, Gb). The piece consists of two staves of music with fingerings indicated by numbers 1-4 above or below notes. The melody in the treble clef starts on Db4 and moves up stepwise to Gb5, then descends. The bass clef part starts on Db2 and moves up stepwise to Gb3, then descends. The piece concludes with a whole note Db4 in the treble and Db2 in the bass.

Ab Major

Musical score for Ab Major, featuring a treble and bass clef with fingerings. The piece consists of two staves. The treble staff has a key signature of three flats (Ab, Bb, Cb) and a melody with fingerings: 2 3 1 2 3 1 2 3 4 1 3 1 3 1 4 1 3 1 3 2. The bass staff has a key signature of three flats and a melody with fingerings: 3 2 1 4 3 2 1 3 1 4 1 2 1 4 1 3 1 4 1.

Eb Major

Musical score for Eb Major, featuring a treble and bass clef with fingerings. The piece consists of two staves. The treble staff has a key signature of three flats (Eb, Fb, Gb) and a melody with fingerings: 2 1 2 3 4 1 2 3 1 4 1 3 1 4 1 3 1 4 1 2. The bass staff has a key signature of three flats and a melody with fingerings: 3 2 1 4 3 2 1 3 1 4 1 2 1 4 1 3 1 4 1.

Bb Major

Musical score for Bb Major, featuring a treble and bass clef with fingerings. The piece consists of two staves. The treble staff has a key signature of two flats (Bb, Cb) and a melody with fingerings: 2 1 2 3 1 2 3 4 1 3 1 4 1 3 1 4 1 3 1 2. The bass staff has a key signature of two flats and a melody with fingerings: 3 2 1 4 3 2 1 3 1 4 1 2 1 4 1 3 1 4 1.



F Major

قم بإعادة هذه التمارين حتى تحفظها.

اعزف هذه التمارين ببطء شديد في البداية. تذكر أن تجلس مستقيماً ومرتاحاً مع قدميك على الأرض. عندما تقرأ النوتات الموسيقية، ابحث عن علامات وضع الأصابع، لوضع الإصبع الصحيح على النوتة الصحيحة. قد يبدو غريباً أحياناً، ولكن تعلم الأسلوب الصحيح مهم لتعلم العزف بشكل أفضل!



Chords: I - IV - I - V - V7 - I

Starting from the root position of I-chord in 12 Major keys

Key of C Major

Musical notation for the I-IV-I-V-V7-I chord progression in the key of C Major, 2/4 time signature. The notation shows six measures, each containing a chord. The chords are: C major (I), F major (IV), C major (I), G major (V), G7 (V7), and C major (I). Fingerings are indicated by numbers 1-5.

Measure	Chord	Treble Clef (Fingering)	Bass Clef (Fingering)
1	C major (I)	5, 3, 1	1, 3, 5
2	F major (IV)	5, 3, 1	1, 2, 5
3	C major (I)	5, 3, 1	1, 3, 5
4	G major (V)	5, 2, 1	1, 3, 5
5	G7 (V7)	5, 4, 1	1, 2, 5
6	C major (I)	5, 3, 1	1, 3, 5

Key of G Major

Musical notation for the I-IV-I-V-V7-I chord progression in the key of G Major, 2/4 time signature. The notation shows six measures, each containing a chord. The chords are: G major (I), C# major (IV), G major (I), D major (V), D7 (V7), and G major (I). The key signature has one sharp (F#).

Measure	Chord	Treble Clef (Fingering)	Bass Clef (Fingering)
1	G major (I)	5, 3, 1	1, 3, 5
2	C# major (IV)	5, 3, 1	1, 2, 5
3	G major (I)	5, 3, 1	1, 3, 5
4	D major (V)	5, 2, 1	1, 3, 5
5	D7 (V7)	5, 4, 1	1, 2, 5
6	G major (I)	5, 3, 1	1, 3, 5



موضع الأصابع على المفاتيح هنا مشابه للنوتات في الصفحة السابقة

Key of D Major

Key of A Major



Key of E Major

Musical score for the Key of E Major, consisting of six measures. The key signature has three sharps (F#, C#, G#). The score is written in treble and bass clefs. The notes in each measure are as follows:

Measure	Treble Clef	Bass Clef
1	E4, G#4, B4	E3, G#3, B3
2	E4, G#4, B4	E3, G#3, B3
3	E4, G#4, B4	E3, G#3, B3
4	E4, G#4, B4, C#5	E3, G#3, B3, C#4
5	E4, G#4, B4, C#5	E3, G#3, B3, C#4
6	E4, G#4, B4	E3, G#3, B3

Key of B Major

Musical score for the Key of B Major, consisting of six measures. The key signature has two sharps (F#, C#). The score is written in treble and bass clefs. The notes in each measure are as follows:

Measure	Treble Clef	Bass Clef
1	B4, D#5, F#5	B3, D#4, F#4
2	B4, D#5, F#5	B3, D#4, F#4
3	B4, D#5, F#5	B3, D#4, F#4
4	B4, D#5, F#5, G#5	B3, D#4, F#4, G#4
5	B4, D#5, F#5, G#5	B3, D#4, F#4, G#4
6	B4, D#5, F#5	B3, D#4, F#4



Key of F Major

Musical notation for the key of F Major, showing a six-measure sequence of chords in both treble and bass staves. The key signature has one flat (Bb). The sequence of chords is: F major (F, A, C), Bb major (Bb, D, F), C major (C, E, G), F major (F, A, C), Bb major (Bb, D, F), and C major (C, E, G). The notation uses a grand staff with a treble clef on the top staff and a bass clef on the bottom staff. The chords are represented by vertical lines with wavy stems, and the bass staff includes a flat symbol for the Bb chord.



Major Scales in 5-Finger Positions

(also called "Major Penta Scales" or "Major 5-Finger Scales")

C major

Musical notation for the C major scale in 5-finger positions, presented in a grand staff (treble and bass clefs) with a 2/4 time signature. The scale is written in two directions: ascending and descending. Fingerings are indicated by numbers 1-5 above or below the notes. The ascending scale in the treble clef starts on middle C (C4) and ends on G4. The descending scale in the bass clef starts on G3 and ends on C4. The final measure of each line shows the notes of the scale in a chordal arrangement: C-E-G in the treble and C-E-G in the bass.

G major

Musical notation for the G major scale in 5-finger positions, presented in a grand staff (treble and bass clefs) with a 2/4 time signature. The scale is written in two directions: ascending and descending. Fingerings are indicated by numbers 1-5 above or below the notes. The ascending scale in the treble clef starts on G4 and ends on D5. The descending scale in the bass clef starts on D4 and ends on G3. The final measure of each line shows the notes of the scale in a chordal arrangement: G-B-D in the treble and G-B-D in the bass.



D major

Musical score for D major, 4/4 time signature. The piece consists of five measures. The first four measures feature a melody in the treble clef and a bass line in the bass clef. The fifth measure contains a whole note chord in both staves. The key signature is one sharp (F#).

A major

Musical score for A major, 4/4 time signature. The piece consists of five measures. The first four measures feature a melody in the treble clef and a bass line in the bass clef. The fifth measure contains a whole note chord in both staves. The key signature is two sharps (F# and C#).



E major

Musical score for E major, 4-measure phrase. The key signature has three sharps (F#, C#, G#). The melody in the treble clef consists of quarter notes: E4, F#4, G#4, A4, B4, A4, G#4, F#4, E4. The bass line in the bass clef consists of quarter notes: E3, F#3, G#3, A3, B3, A3, G#3, F#3, E3. The piece concludes with a double bar line and a fermata over the final chord.

B major

Musical score for B major, 4-measure phrase. The key signature has five sharps (F#, C#, G#, D#, A#). The melody in the treble clef consists of quarter notes: B4, C#5, D#5, E5, F#5, E5, D#5, C#5, B4. The bass line in the bass clef consists of quarter notes: B2, C#3, D#3, E3, F#3, E3, D#3, C#3, B2. The piece concludes with a double bar line and a fermata over the final chord.



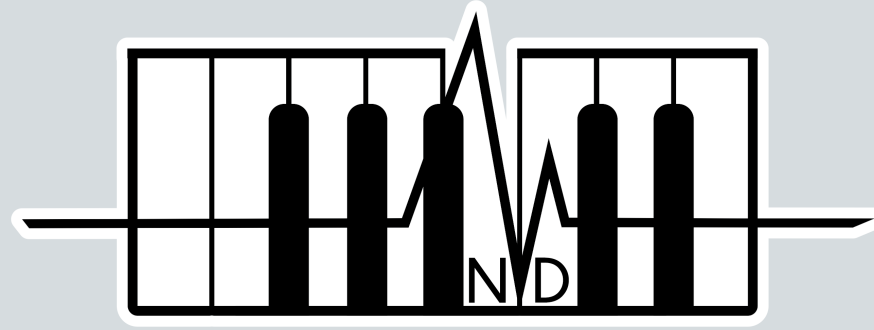
Bb major

Musical score for Bb major, consisting of two staves (treble and bass clef) with a key signature of two flats. The melody is written in eighth notes, and the bass line is in quarter notes. The piece concludes with a final chord in the right hand.

F major

Musical score for F major, consisting of two staves (treble and bass clef) with a key signature of one flat. The melody is written in eighth notes, and the bass line is in quarter notes. The piece concludes with a final chord in the right hand.

اتمنالكم تدریب جید!



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