

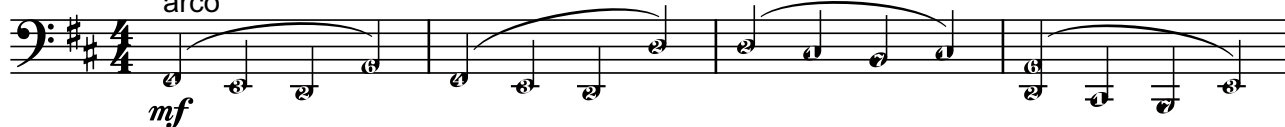
# 成人弦乐训练教程

## Adult String Training

### 1 空弦拨奏

Andantino ♩ = 92

arco



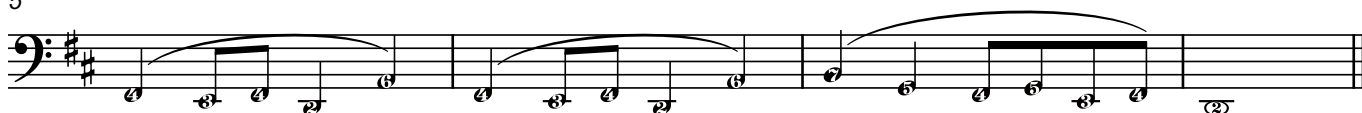
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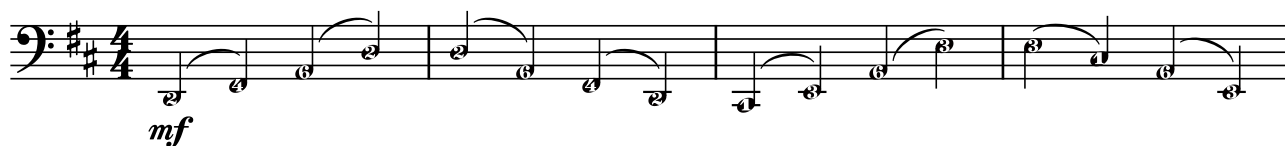
### 2 空弦上下弓



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### 3 空弦全弓



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### 4 四分音符 八分音符

*mp*

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### 6 空弦长短弓

*mf*

\*notes in brackets not to be played by the bass.

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### 35 跳音

*f*

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### 36 上半弓 下半弓 全弓

Exercise 36 is a four-measure phrase in 4/4 time, starting with a forte (*f*) dynamic. The notation includes various bowing techniques: LH (Left Hand) for the first measure, WB (Whole Bow) for the second, UH (Up-bow) for the third, and V (Vibrato) for the fourth. The exercise is repeated three times, with measure numbers 5 and 9 indicating the start of subsequent phrases.

### 37 分奏练习

Exercise 37 is a rhythmic exercise in 4/4 time, starting with a piano (*p*) dynamic. It consists of two phrases of four measures each. The notation features eighth and sixteenth notes with slurs, and a fermata at the end of the second phrase.

### 38 双音准备

Exercise 38 is a double-octave exercise in 4/4 time, starting with a forte (*f*) dynamic. It consists of three phrases of four measures each. The notation features slurs over double-octave intervals and a vibrato (*V*) marking at the end of the third phrase.