

# チェロのための左手の基礎トレーニング集

## Basic exercises of left fingers for cellist

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### 練習のためのガイド

はっきりと左指を押さえ、はっきりと離すこと。

テンポは♩=60-120で、できるだけ速く練習する。もしくは、最初はゆっくりでもよいが徐々にテンポアップする。

スラーができなければ切って練習してもよい。

音程にも気を付けること。チューナーを使ったり、隣の開放弦と一緒に弾いたりするとよい。

暗譜して左手の動きを見てチェックすることに専念できるようにするとよい。

#### 1-A. [基本形]

Exercise 1-A consists of two staves of music in bass clef. The first staff starts with a finger number '0' above the first note, followed by '1', '3', and '4' above the next three notes. The notes are G2, A2, B2, and C3, all with a sharp sign. The notes are grouped by slurs. The second staff starts with a finger number '0' above the first note, followed by '1', '2', and '4' above the next three notes. The notes are G2, F2, E2, and D2, all with a flat sign. The notes are grouped by slurs. Both staves end with a double bar line and repeat dots.

#### 1-D. [基本形]

Exercise 1-D consists of two staves of music in bass clef. The first staff starts with a finger number '0' above the first note, followed by '1', '3', and '4' above the next three notes. The notes are G2, A2, B2, and C3, all with a sharp sign. The notes are grouped by slurs. The second staff starts with a finger number '0' above the first note, followed by '1', '2', and '4' above the next three notes. The notes are G2, F2, E2, and D2, all with a flat sign. The notes are grouped by slurs. Both staves end with a double bar line and repeat dots.

#### 1-G. [基本形]

Exercise 1-G consists of two staves of music in bass clef. The first staff starts with a finger number '0' above the first note, followed by '1', '3', and '4' above the next three notes. The notes are G2, A2, B2, and C3, all with a sharp sign. The notes are grouped by slurs. The second staff starts with a finger number '0' above the first note, followed by '1', '2', and '4' above the next three notes. The notes are G2, F2, E2, and D2, all with a flat sign. The notes are grouped by slurs. Both staves end with a double bar line and repeat dots.

#### 1-C. [基本形]

Exercise 1-C consists of two staves of music in bass clef. The first staff starts with a finger number '0' above the first note, followed by '1', '3', and '4' above the next three notes. The notes are G2, A2, B2, and C3, all with a sharp sign. The notes are grouped by slurs. The second staff starts with a finger number '0' above the first note, followed by '1', '2', and '4' above the next three notes. The notes are G2, F2, E2, and D2, all with a flat sign. The notes are grouped by slurs. Both staves end with a double bar line and repeat dots.

[基本形と拡張形の交互の練習] 人差し指を閉じたり開いたり繰り返しの繰り返しをする。

∩: 拡張する音程

2-A. 第1ポジションの上方拡張

基本 拡張

2-D.

2-G.

2-C.

3-A. 第1ポジションの下方拡張 人差し指(1)だけを残し、2~4と親指をスライドさせて拡張する。  
2~4の指の形が変わらないようにすること。

C#が同じ場所、同じピッチになるようにするのがポイント

3-D.

3-G.

3-C.