

# 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 cello

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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。

### 1-1A. [基本形]

Exercise 1-1A consists of two staves of music in bass clef. The first staff has a key signature of one sharp (F#) and a common time signature. It features a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 3, and 4. The second staff has a key signature of one flat (Bb) and a common time signature, also featuring a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 2, and 4. Both staves end with a double bar line and repeat dots.

### 1-1D. [基本形]

Exercise 1-1D consists of two staves of music in bass clef. The first staff has a key signature of one sharp (F#) and a common time signature. It features a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 3, and 4. The second staff has a key signature of one flat (Bb) and a common time signature, also featuring a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 2, and 4. Both staves end with a double bar line and repeat dots.

### 1-1G. [基本形]

Exercise 1-1G consists of two staves of music in bass clef. The first staff has a key signature of one sharp (F#) and a common time signature. It features a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 3, and 4. The second staff has a key signature of one flat (Bb) and a common time signature, also featuring a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 2, and 4. Both staves end with a double bar line and repeat dots.

### 1-1C. [基本形]

Exercise 1-1C consists of two staves of music in bass clef. The first staff has a key signature of one sharp (F#) and a common time signature. It features a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 3, and 4. The second staff has a key signature of one flat (Bb) and a common time signature, also featuring a sequence of eighth notes with slurs, starting with a natural note (0) and followed by notes with fingerings 1, 2, and 4. Both staves end with a double bar line and repeat dots.

【機能的なトレーニング】

徐々にテンポをアップしてなるべく速く弾けるようにすること

【A線】

1-2A-1. 左指をはっきりと押さえ/離して発音を明瞭にすること

Three staves of musical notation in bass clef. The first staff shows a sequence of four notes (G2, A2, B2, C3) with a slur. The second staff shows a sequence of six notes (G2, A2, B2, C3, D3, E3) with a slur. The third staff shows a sequence of eight notes (G2, A2, B2, C3, D3, E3, F3, G3) with a slur.

以下、同様に一弓の音符数を8分音符, 16分音符にして練習する

1-2A-2.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-3.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-4.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-5.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-6.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-7.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

1-2A-8.

One staff of musical notation in bass clef, showing four measures of notes with slurs. The notes are G2, A2, B2, C3, D3, E3, F3, G3.

【D線】 ※実施方法はA線と同様  
1-2D-1.



1-2D-2.



1-2D-3.



1-2D-4.



1-2D-5.



1-2D-6.



1-2D-7.



1-2D-8.



【G線】

1-2G-1.



1-2G-2.



1-2G-3.



1-2G-4.





[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練習をする。

∩ : 拡張する音程

2-A. 第1ポジションの上方拡張

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.