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捐助機構



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The Hong Kong Jockey Club Charities Trust
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敲擊

中級教程
錢國偉編著

賽馬會中國音樂
教育及推廣計劃
2016-2018



前言

完成初級基礎練習課程，正式邁向中級鼓樂訓練課程。

中級課程內容主要包括傳統的基礎節奏訓練，鞏固初級課程的不同節奏變化的運用，引入更多不同的節奏型，配合左右手的敲擊方法，並加強視譜及對不同節奏轉變的靈敏性而編寫。雖然中級課程內容出現的節奏練習，不是經常會在傳統中國鼓上的樂曲中出現，但是每一個練習都着意包含一個新的節奏型，希望各位同學可以通過耐心的練習，把引進的節奏型與其他基本的節奏型配合，從中速 ($\text{♩}=80$) 開始進行視譜練習，慢慢熟練掌握之後，稍微加速至 ($\text{♩}=120$)，把不同的內容掌握，達至靈活運用在不同的樂曲及鼓號曲當中，亦能達到中級練習的主題目標。

希望各位同學繼續努力！保持每天練習的良好習慣，每天用心練習15-30分鐘，不但可以靈活手腕、手指及手臂的肌肉運動，亦能掌握及配合擊鼓的姿勢及平均性。

錢國偉

練習一

The image shows a drumming exercise sheet with 8 measures of music. Each measure is in 4/4 time with a key signature of one sharp. The exercises involve various stroke patterns: 1. R L R R, R L R R, R L R L R, R L R L R; 2. R L R R, R L R R, R L R L R, R L R L R; 3. R L R L R, R L R L R, R L R L R, R L R L R; 4. R L R R, R L R R, R L R L R, R L R L R; 5. R L R L R L R, R L R L R L R, R L R L R L R, R L R L R L R; 6. R L R R, R L R R, R L R L R, R L R L R; 7. R L R R L R L, R L R R L R L, R L R L R L R, R L R L R L R; 8. R L R L R L R L, R L R L R L R L, R L R L R L R L, R L R L R L R L.

獨立的附點練習，要注意準確性。附點節奏帶著跳躍性，與正常八分音符有所分別，連續三個附點要注意打擊的穩定性。

練習二

The image shows a series of eight measures of drumming notation, numbered 1 through 8. Each measure consists of a staff with a 4/4 time signature and a key signature of one sharp. The notation uses vertical stems to indicate stroke direction. Hand coordination is indicated by letters below the stems: R (Right) and L (Left). Measure 1: R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R. Measure 2: R-L-R, L-R, R-L-R, R-L-R, R-L-R, L-R, R-L-R, L-R. Measure 3: R-L-R, R-L-R, L-R, R-L-R, L-R, R-L-R, R-L-R, L-R. Measure 4: R-L-R, L-R, R-L-R, L-R, R-L-R, L-R, R-L-R, L-R. Measure 5: R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R, R-L-R. Measure 6: R-L-R, L-R, L-R, R-L-R, L-R, R-L-R, L-R, R-L-R. Measure 7: R-L-R, L-R, L-R, R-L-R, L-R, L-R, R-L-R, L-R. Measure 8: R-L-R, L-R, L-R, R-L-R, L-R, L-R, R-L-R, L-R.

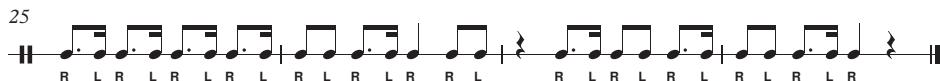
連續附點與八分音符的混合節奏：穩定與跳躍的結合。用節拍器穩定節奏並由中速開始練習，注意左右手的配合。

練習三



附點、四分音符及八分音符不同的組合，把不同的附點組合靈活運用在不同的節奏形之中，藉此熟練各種配搭。

綜合練習曲(一)

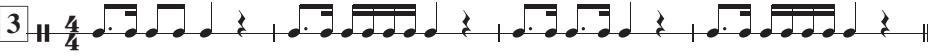


結合練習一至練習三的基本附點節奏，配合四分及八分音符的組合，連續把不同的節奏型顯現出來，注意以穩定及平均為目標練習。

練習四

1 
R L R R L R R L R R L R L R R L R L R L R

2 
R L R R L R R L R R L R L R R L R L R L R

3 
R L R R L R R L R R L R L R R L R L R L R

4 
R L R R L R R L R R L R L R R L R L R L R

5 
R L R R L R R L R R L R L R R L R L R L R

6 
R L R R L R R L R R L R L R R L R L R L R

7 
R L R R L R R L R R L R L R R L R L R L R

8 
R L R R L R R L R R L R L R R L R L R L R

附點音符與十六分音符息息相關，必須保持十六分音符與附點音符的穩定性，保持暢順的演奏方向，亦要注意左右手的配合。

練習五

1 

2 

3 

4 

5 

6 

7 

8 

把附點音符與十六分音符放在不同的節拍位置，練習不同的節奏音型，更穩定地掌握附點的特質！亦要注意聲量的控制。

練習六

1 4/4 time signature, two measures of sixteenth-note patterns. The first measure starts with a bass drum (R) followed by a snare drum (L), then a bass drum (R), a snare drum (L), a bass drum (R), and a snare drum (L). The second measure continues this pattern. Pedal markings (R, L) are placed under each measure.

2 4/4 time signature, two measures of sixteenth-note patterns. The patterns are similar to measure 1 but with slight variations in the bass drum (R) and snare drum (L) placement.

3 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

4 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

5 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

6 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

7 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

8 4/4 time signature, two measures of sixteenth-note patterns. The patterns continue with variations in the bass drum (R) and snare drum (L) placement.

連續的附點音符及十六分音符練習，着意控制節奏的穩定性，建議跟從節拍器從中速開始練習 ($\text{♩} = 100$)。

綜合練習曲(二)

The musical score consists of five horizontal staves, each representing a different hand or part of the body. The notation uses standard musical symbols like notes and rests, but with specific stroke patterns indicated by vertical lines and dots. The first four staves are in common time (indicated by a '4' in the top left corner), while the fifth staff is in 2/4 time (indicated by a '2' in the top left corner). The music includes a variety of rhythmic values such as sixteenth notes, eighth-note pairs, and sixteenth-note triplets, along with various rests and dynamic markings.

透過這篇練習曲中附點音符、四分音符、八分音符及休止符的不同組合訓練，可以熟練不同情況的左右手配合，亦訓練整體的集中能力。

練習七

1

R L R R R L R R L R L R L R L R L R L R L R L R L R L R

2

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

3

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

4

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

5

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

6

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

7

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

8

R L R L R R L R L R R L R R L R L R L R L R L R L R L R L R

附點音符與前十六分音符及後十六分音符的獨立性掌握，認識每個音型節奏效果及運作模式。

練習八

1 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

2 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

3 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

4 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

5 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

6 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

7 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

8 $\frac{4}{4}$ R L R L R R L R R L R L R L R R L R L R R L R L R L R

加強不同節奏的配合及連貫性，注意節奏不同的特質，並穩定地奏出不同的節拍。

練習九

1 

2 

3 

4 

5 

6 

7 

8 

前後十六分音符配上附點音符，在不同的位置上產生不同的色彩，在穩定的4/4拍子中展現不同節奏的可能性。

綜合練習曲(三)

1

5

9

13

17

21

25

29

不同的十六分音符節奏與附點節奏組合，形成一篇富有動感跳躍的樂曲。練習時多注意附點音符的準確性，掌握不同節奏的配合。

練習十

The page contains eight drumming exercises, each numbered and featuring a 4/4 time signature and a common key signature of two sharps. Each exercise consists of a series of vertical strokes on a staff, with each stroke divided into three segments by vertical lines. Above each segment is a '3' indicating a triplet. Below each stroke is a sequence of letters representing hand movements: R (right), L (left), and R/L (right-left). The exercises increase in complexity from 1 to 8.

- Exercise 1:** R L R L | R L R L | R L R L R | R L R L R L R |
- Exercise 2:** R L R L | R L R L | R L R L | R L R L | R L R L R | R L R L R L R |
- Exercise 3:** R L R L R L R | R L R L R L R | R L R L R L R | R L R L R L R |
- Exercise 4:** R L R L | R L R L | R L R L R L R | R L R L R L R | R L R L R L R |
- Exercise 5:** R L R L R L R L R | R L R L R L R L R | R L R L R L R L R | R L R L R L R L R |
- Exercise 6:** R L R L | R L R L | R L R L R L R | R L R L R L R | R L R L R L R |
- Exercise 7:** R L R L | R L R L R L | R L R L | R L R L R L R L | R L R L R L R L R | R L R L R L R L R |
- Exercise 8:** R L R L R L R L R L | R L R L R L R L R L | R L R L R L R L R L R | R L R L R L R L R L |

學習新的節奏：三連音。三連音較少在傳統節奏出現，所以更需要練習此音型，控制節奏的穩定性。

練習十一

1

2

3

4

5

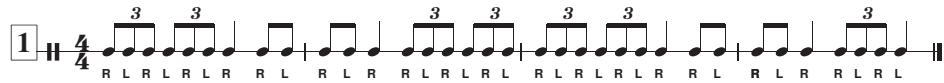
6

7

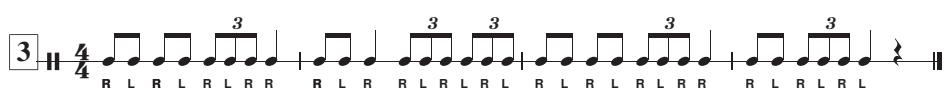
8

三連音練習最重要掌握是左右手的協調性，因為每拍的主拍位置都不在同的左右手，所以必需在練習時注意平均及穩定。

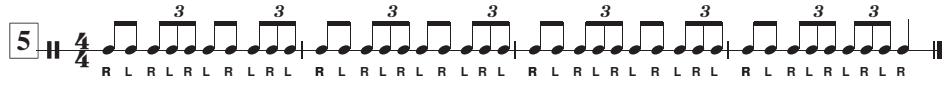
練習十二

1 

2 

3 

4 

5 

6 

7 

8 

三連音與八分音符的練習：不但要控制左右手的力度平均，而且更重要的是必須控制左右手的節拍速度，避免節拍浮動，形成不穩定的狀態。

綜合練習曲(四)

1

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three triplets, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R L, R L R L, R L, L R, R L R L, R L R L, R L R L, R L R L R L R.

5

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three triplets, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R L R L R, R L, R L R L R L R, R L, R L R L R L R L R L, R L R L R L R L.

9

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R, R L R L, R L R L R L R L, R L R L R L R L, R L R L R L R L R L, R R L R L R L R L.

13

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three triplets, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R L R L R L R L R L, R L R L R L R L R L R L, R L R L R L R L R L R L, R L R L R L R L R L.

17

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L, R L R L, R L R L R L R, L R L, R L R L R L R L R L, R L R L R L R L R L, R L R L R L R L R L.

21

4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three triplets, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R L R L R L L R, L L R L R L R L R L R L, R L R L R L R L R L R L, L R L R L R L R L.

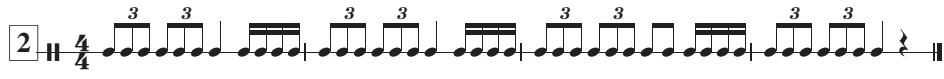
25

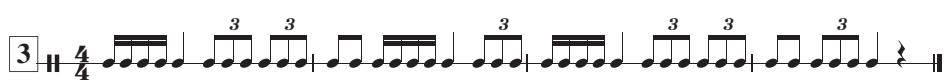
4/4 time signature, two measures. The first measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. The second measure consists of six eighth notes grouped into three pairs, each labeled with a '3'. Below the notes are the corresponding hand movements: R L R L R L R, R L R L R L R, R L R L R L R L, R L R L R L R L.

三連音與八分音符配合的練習曲。練習時以節拍器為參考，將一些未穩定的音型熟練，再慢慢引入其他複雜節奏。

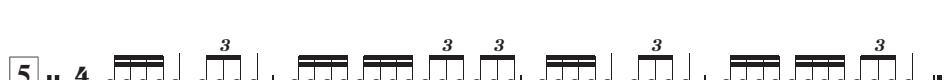
練習十三

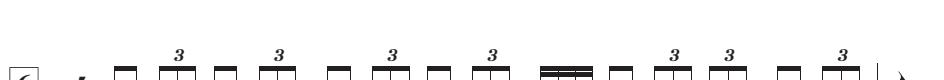
[1] 

[2] 

[3] 

[4] 

[5] 

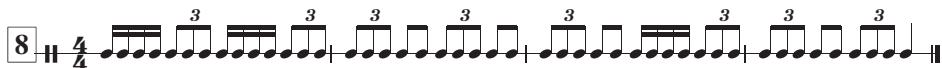
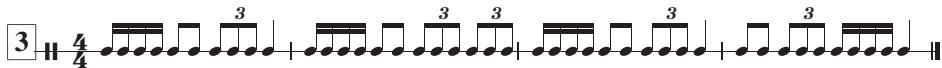
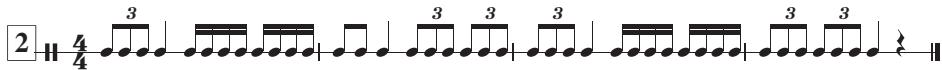
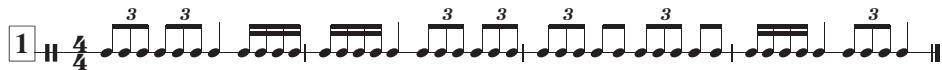
[6] 

[7] 

[8] 

引入三連音與十六分音符練習配合：這必需在八分音符的技術基礎打穩後，再慢慢練習。這兩種音型的配合一開始較難掌握，所以必需從慢速開始。

練習十四



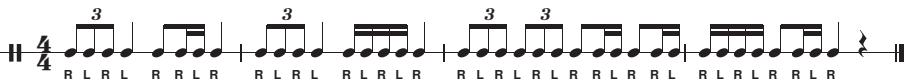
連續十六分音符與三連音的練習，注意左右手的運用及音色的變化。

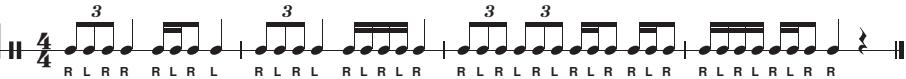
綜合練習曲(五)

The score consists of six lines of musical notation, each starting with a common time signature (4/4) and a key signature of one sharp (F#). The notation uses vertical stems and horizontal dashes to represent different drum strokes. Measures are separated by vertical bar lines. Measure numbers 1 through 25 are placed at the beginning of each line. Measure 1 starts with a single note followed by a sixteenth-note pattern. Measure 2 begins with a sixteenth-note pattern. Measures 3-4 show a sixteenth-note pattern followed by a single note. Measures 5-6 show a sixteenth-note pattern followed by a single note. Measures 7-8 show a sixteenth-note pattern followed by a single note. Measures 9-10 show a sixteenth-note pattern followed by a single note. Measures 11-12 show a sixteenth-note pattern followed by a single note. Measures 13-14 show a sixteenth-note pattern followed by a single note. Measures 15-16 show a sixteenth-note pattern followed by a single note. Measures 17-18 show a sixteenth-note pattern followed by a single note. Measures 19-20 show a sixteenth-note pattern followed by a single note. Measures 21-22 show a sixteenth-note pattern followed by a single note. Measures 23-24 show a sixteenth-note pattern followed by a single note. Measures 25-26 show a sixteenth-note pattern followed by a single note.

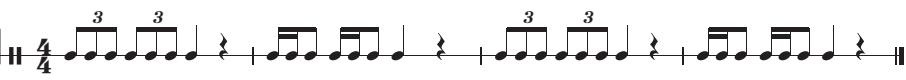
樂曲練習講求連貫及穩定性。首先慢慢將每一行的節奏型熟練，之後再連貫地把整首樂曲演奏出來。建議用節拍器穩定速度，由 ($\text{♩} = 80$) 開始練習，熟練後加速至 ($\text{♩} = 120 - 144$) 左右。

練習十五

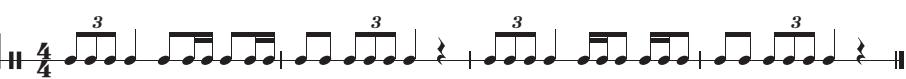
1 
RLRL RRLR RLRL RLRLRL RLRLRLR RLRLRR RLRLRRRLR

2 
RLRR RLRL RLRL RLRLRL RLRLRLRL RLRLRLRR RLRLRLRLRR

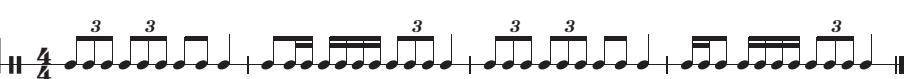
3 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

4 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

5 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

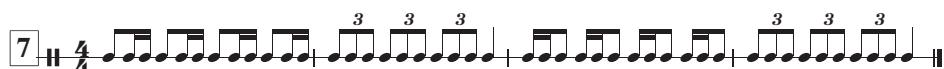
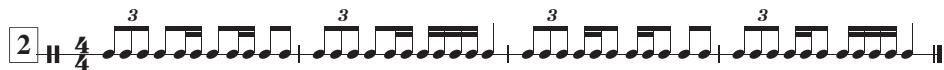
6 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

7 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

8 
RLRL RLRL RLRL RLRLRL RLRLRLR RLRLRLRR RLRLRLRLRR

加入前十六分音符與後十六分音符的配合，與三連音構成節奏練習，鞏固基礎音型的節奏感。

練習十六



前後十六分音符與三連音混合演奏，掌握穩定性後再加快速度練習。

練習十七



變化的節奏型組合，留意每一拍的音色及準確性。

綜合練習曲(六)

1 2 3 4

5 6 7 8

9 10 11 12

13 14 15 16

17 18 19 20

21 22 23 24

25

在連貫不斷的練習中，把之前所掌握學習的節拍加以鞏固，把基礎打好。好讓日後遇上不同的節奏時更能得心應手，在不同變化下都能掌控好基本拍子的穩定性。

拍子記號

在不同音樂的練習中，經常有機會隨著樂曲的需要，在拍子記號(Time Signature)上有不同的轉變，再加上基本節奏改變，形成不同風格、不同效果的鼓樂曲目及練習。拍子上的轉變會形成重拍移位的聲音效果，所以在練習不同拍子記號的時候，除了把基本節奏的穩定性及準確性掌握好之外，更加要注意重拍的打法，才能達至音樂上的效果。

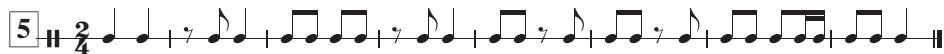
常見的拍子記號 (Time Signature)

常見的拍子記號有 4/4、3/4、2/4 等*，亦有一些複拍子記號包括 6/8、9/8、12/8 等等，也有一些不常見也經常在樂曲出現的 5/8、3/16、2/8、1/4 等等，都是在同一樂曲中改變節拍重音的方法，達到有不同的節奏配上不同的重音輕重位置，在節奏練習上就更加精彩，演奏出來的效果也更上一層樓，這個是一個非常嚴謹的練習模式。

以下介紹 2/4 及 3/4 的基本練習，讓同學可以從節奏訓練中，認識不同拍子記號的重音感覺，配合基礎節奏的變化及掌握，練習到更多采多姿的鼓樂節奏！

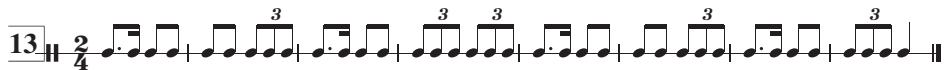
* 常見拍子記號的重輕拍：
4/4 重-輕-輕-輕
3/4 重-輕-輕
2/4 重-輕

2/4拍子記號練習



2/4拍子的基本重音節拍是「重輕、重輕」，跟4/4拍子差不多，是比較穩定的節拍，但必須注意小節與小節中音符的連貫性。

敲擊 中級教程



3/4拍子記號練習



3/4拍子的基本重音節拍是「重輕輕、重輕輕」，舞蹈跳躍的感覺，重音節拍跟4/4及2/4都很不一樣，帶出另一種類似圓舞曲的感覺。

敲擊 中級教程



鼓號曲

這三首鼓號曲，是總結初級及中級鼓樂訓練的三首曲目。運用之前曾經學習過的不同節奏型、不同節奏感覺及不同拍子記號，連貫性地把鼓樂精彩的節奏，用樂譜譜寫出來。

每首鼓號曲的譜都各有特色，當中包括有傳統的鼓點，亦有現代的節拍，兩者融合一起，共冶一爐！透過不同的簡單以至複雜節奏，用上最基本的手法，由慢速 ($\text{♩}=80$) 開始練習，首先熟悉每個小節上不同的音符節拍，通過不同的組合，產生一些比較有難度的音型，帶出不同的色彩，亦透過鼓心、鼓邊、鼓框及棍擊等不同的層面，奏出多彩多姿的樂章。

希望各位同學對於初級及中級的鼓樂訓練產生濃厚的興趣，繼而努力每天花約三十分鐘左右專心練習，學習更多更有趣的節奏組合，加強左右手的協調性及速度感，慢慢熟悉箇中的變化，透過不同作品的創作，用不同的鼓奏出更激昂澎湃的鼓樂。

建議初練視譜用 ($\text{♩}=80$)，開始熟練之後可以加速至 ($\text{♩}=100$)，最後希望能夠達至 ($\text{♩}=120$) 甚至 ($\text{♩}=144$)

鼓號曲(一)

$\text{♩} = 80$
 $\text{♩} = 100$
 $\text{♩} = 120$

A

Score for section A. It starts with a tempo marking of $\text{♩} = 80$. The first measure has a dynamic of f . The second measure has a dynamic of mf . The third measure has a dynamic of mp . The fourth measure has a dynamic of ff . The score consists of six measures of 4/4 time, followed by a repeat sign and two measures of 3/4 time.

B

Score for section B. It consists of five measures of 4/4 time. The first measure has a dynamic of mp . The subsequent measures have dynamics of f , ff , f , and ff respectively. Measures 4 and 5 contain triplets indicated by a '3' above the notes.

C

Score for section C. It consists of four measures of 3/4 time, followed by a repeat sign and three measures of 2/4 time. The first measure of 3/4 has a dynamic of f . The first measure of 2/4 has a dynamic of mf .

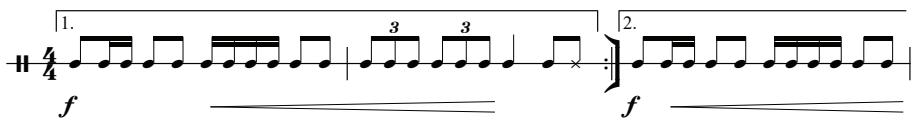
敲擊 中級教程



D



E



鼓號曲(二)

$\text{♩} = 80$
 $\text{♩} = 100$
 $\text{♩} = 120$

A

ff p mf

$\frac{4}{4}$

$\frac{3}{4}$

B

f

$\frac{3}{4}$

mf

$\frac{2}{4}$

$\frac{3}{4}$

C

mp

$\frac{4}{4}$

敲擊 中級教程

Drumming exercises A, B, C, D, and E.

A: 3 measures of 2/4 time. Measures 1 and 2 have eighth-note patterns: (A B C) (D E F). Measure 3 has sixteenth-note patterns: (G H I J K L) (M N O P Q R).

B: 3 measures of 2/4 time. Measures 1 and 2 have eighth-note patterns: (A B C) (D E F). Measure 3 has sixteenth-note patterns: (G H I J K L) (M N O P Q R).

C: 3 measures of 3/4 time. Measures 1 and 2 have eighth-note patterns: (A B C) (D E F). Measure 3 has sixteenth-note patterns: (G H I J K L) (M N O P Q R).

D: 3 measures of 3/4 time. Dynamics: *f*. Measures 1 and 2 have eighth-note patterns: (A B C) (D E F). Measure 3 has sixteenth-note patterns: (G H I J K L) (M N O P Q R).

E: 3 measures of 4/4 time. Dynamics: *f*. Measures 1 and 2 have eighth-note patterns: (A B C) (D E F). Measure 3 has sixteenth-note patterns: (G H I J K L) (M N O P Q R).

鼓號曲(三)

♩ = 80
♩ = 100
♩ = 120

A

B

敲擊 中級教程

C

f

mf

f

f

ff

