



第一课 基础知识及如何戴指甲

Lesson 1 Basic Knowledge

一、概述

古筝又名汉筝、秦筝、瑶筝、鸾筝，是中华民族的传统乐器，属于弹拨乐器。它是中国独特的、重要的民族乐器之一。它的音色优美，音域宽广、演奏技巧丰富，具有相当强的表现力。

1. Introduction

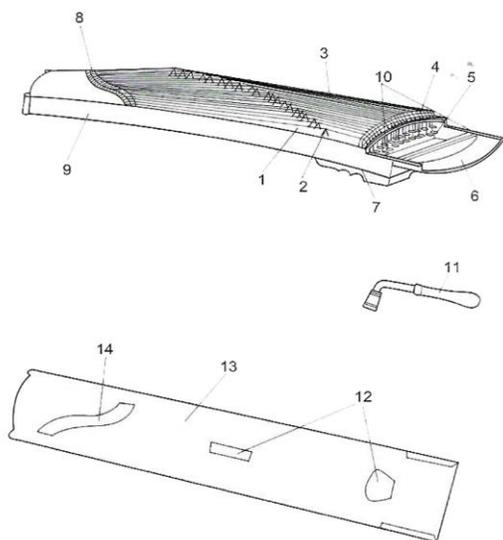
The Guzheng, also known as Chinese Zither, is one of the most popular Chinese musical instruments. The Guzheng has a beautiful sound. It is a Chinese plucked string instrument with a more than 2,500-year history.

二、古筝的构造

古筝的弦数大多在21-26弦之间。最常用古筝的统一规格为：1.63米，21弦。古筝主要由面板、底板、边板、筝头、筝尾、岳山、码子、琴钉、出音孔和筝弦等部位组成。

2. The Guzheng Structure

The modern Guzheng commonly has 21, 25 or 26 strings, is 64 inches (163 cm) long, while the oldest specimen yet discovered held 13 strings.



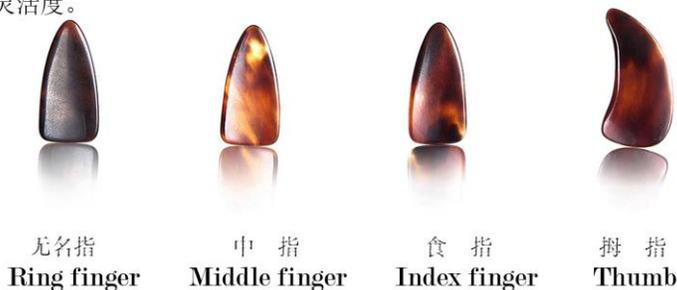
1. 面板 Face board
2. 琴码 Bridge
3. 琴弦 Strings
4. 前岳山 Front string bracket
5. 弦轴 String axes
6. 调音盒 Tuning box
7. 琴足 Feet
8. 后岳山 Rear string bracket
9. 侧边 Side
10. 磁铁 Magnet
11. 调弦扳手 Spanner for string modulation
12. 音孔 Sound holes
13. 底板 Base board
14. 穿弦孔 Holes for string holding



三、古筝指甲的佩戴

古筝指甲是弹奏古筝的必需品，是古筝优美音色的保证。

1. 假指甲有多种，如果两面均是平面的，就无所谓正反。
2. 如有一面是弧形，那么需要将平面贴着指肚戴，用弧形的一面来演奏。
3. 选择指甲不宜太大，它的大小，长短最好与手指第一关节相近。
- 4 装戴时胶布应粘在手指第一关节的中部，贴紧指肚，胶布缠两圈左右为宜，避免胶布粘在第一关节活动处，影响手指灵活度。



3. Guzheng Picks

There are four picks in a set. A curving one is for the thumb, and the rest three straight ones are for index, middle and ring fingers. The right size picks is the one that is equal in length or 1-2mm longer than your first finger joint.

First, you cut 4 strips of the adhesive tape enough to wrap the tape around your finger two times (approximately five to six inches), and tape on the picks to the adhesive tape.

Second, tape the thumb pick on to the thumb. The curve of the pick should face out at a 45-60 degree angle. The purpose of taping the thumb pick in this manner is that when you put your hand naturally above the string, the curve is facing downward perpendicularly to pluck the string, so you don't have to twist your arm and wrist in order to pluck.

四、古筝定弦和弦序

古筝是5声音阶12356，D调音阶音名是D、E、#F、A、B、，所以要先知道古筝每根弦的音名。先从21弦开始，依次向上调弦D、E、#F、A、B、D、E、#F、A、.....，当调准后应用左手反复按压琴弦，使琴弦张力最大，然后再调准。新琴要反复多调几次，否则在很短的时间内琴弦就会跑掉，所以要想保持时间长些就要多定几次。

4. Guzheng Scale

Guzheng is tuned in a major pentatonic scale

D major is D,E,#F,A,B





在D调古筝的定弦中。绿色琴弦的音高为A（“5”-Sol），D调定弦的顺序，由低到高，简谱的音阶排列如下：

简谱音阶及弦序 Numbered Music Notation

$\underset{\cdot}{1}$ $\underset{\cdot}{2}$ $\underset{\cdot}{3}$ $\underset{\cdot}{5}$ $\underset{\cdot}{6}$ $\underset{\cdot}{1}$ $\underset{\cdot}{2}$ $\underset{\cdot}{3}$ $\underset{\cdot}{5}$ $\underset{\cdot}{6}$ 1 2 3 5 6 $\overset{\cdot}{1}$ $\overset{\cdot}{2}$ $\overset{\cdot}{3}$ $\overset{\cdot}{5}$ $\overset{\cdot}{6}$ $\overset{\cdot}{1}$
 Strings #: 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

五线谱音阶及排序 Staff

Strings #: 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

五、古筝转调

1, D调转G调: 在D调基础上, 将4, 9, 14, 19号弦(D调的倍低音、低音、中音和高音区的3(mi)升到高半个音程, 变成4音, 这也等于G调的1(do)音。

2, 想转C调的时候, 我们需要在D调的基础上, 将D调的mi和la同时升高半个音。

3, 转F调: 在C调的基础上可将箏码的5, 10, 15, 20号弦(C调的倍低音、低音、中音和高音区的3(mi)音)向右移动小二度为4(fa)音, 同样也可以调紧琴弦。调好后, 这个音变为F调的1(do)音。

4, 降B: 同样在F调基础上, 将F调的3(mi)音升高半个音成为4(fa)音后, 或者调紧琴弦后, 这个4(fa)音就相当于降B调中的1(do)。

5, A调: 在D调基础上, 将1、6、11、16降低半音(也就是将D调的倍低音、低音、中音和高音区的1(do)音)降低为7(si)音, 或者调松琴弦, 调好后这个7(si)音就变成A调的3(mi)音。

5. Tuning of the Guzheng

Guzheng is generally tuned in the pentatonic major scale. The pentatonic major scale is a scale where an octave has only 5 notes, do re mi sol la, or C D E G A when it's in the key of C. With 21 strings, this instrument covers 4 octaves.

The music score is written in jianpu, or numbered musical notation, where the numbers 1-7 represent the music notes. They are read as 1 - do, 2 - re, 3 - mi, 4 - fa, 5 - sol, 6 - la, and 7 - ti. In the key of C, 1 2 3 4 5 6 7 will be C D E F G A B. An octave higher is noted by adding one dot above the number, two octaves higher is noted by adding two dots above. An octave lower is noted by adding one dot below the number, and two octaves lower is noted by adding two dots below.



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