

從想法到行動，讓夢想照進現實

LETTERS TO A YOUNG LADY
ON THE ART OF PLAYING THE PIANOFORTE

致一位年輕女士 論鋼琴演奏藝術

徹爾尼書信集（中英對照）

給學生、家長
與老師的

實用指南

讓練琴更有方向，
讓進步看得見！



兩百年前的教學智慧 · 今日依然有效



中英對照

左翻英文原文

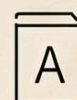
右翻中文翻譯



重點標注

練琴關鍵以綠色底色

清楚標示



單字與例句

B2程度重要單字

附中文字義與例句

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鋼琴演奏碩士 · 資深音樂講師

編者序

Joyce 謝佩勳 · 不只是鋼琴老師

一百多年前，徹爾尼提筆寫信給一位住在鄉間、跟他素未謀面的十二歲女孩。當時的他，並不知道這些信會流傳這麼久。

在一個偶然的機會裡，我讀到了這些書信。光是看到每封信的標題，我就覺得眼前浮現的，正是鋼琴老師們日常會遇到的困境：

該怎麼讓學生相信，枯燥的基礎訓練是通往美麗樂音的必經之路？

該怎麼讓家長理解，真正的進步不是只靠堆砌曲目，而是靠深入的學習態度？

該怎麼讓學生在沒有老師在身邊的時候，仍然能夠有明確的方法練琴？

貝多芬的得意門生——徹爾尼，用書信回答了這些問題，而且他的回答完全切中要害！他的語氣親切直率，既保有嚴師的要求，又有長輩的溫柔。他不說教，而是用舉例說明；他不命令，而是用實例說服。他寫的不只是演奏技巧，也是一種學習的態度——而這，才是本書真正的核心。

我選擇製作這個中英對照的版本，是為了以下幾種讀者：

給正在學鋼琴的學生

讓你知道，在兩百年前，有位偉大的老師，用同樣的話語，鼓勵著和你一樣面對枯燥練習、承受上台壓力的孩子。你的困惑，早就有了答案。

給陪孩子學琴的家長

讓你理解，為什麼鋼琴老師一直強調音階的重要性、手指練習的重要性、正確姿勢的重要性。這不是無謂固著的堅持，每一項都有重要的原因。

給和我一樣在教鋼琴的老師

讓我們一起重新檢視，我們每天在鋼琴前做的事，究竟有多少是真正的重點？徹爾尼的信，就是最好的詮釋。

這本書的設計是：**左欄英文原文**（徹爾尼最初的原文是德文），**右欄中文翻譯**，以橫排並列方式閱讀。每封信後附有 B2 程度英文單字，附中文字義與例句。與「如何練琴」直接相關的重點以 **綠色底色** 標注。

快兩百年了！徹爾尼先生，你寫的信，我們還在讀。

謹以此書，獻給每一位願意認真對待音樂的人。

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—— 預覽版 · 免費下載 ——

以下為完整版第一封信

完整版共十封信，含 B2 詞彙表、樂譜範例與中文說明
方格子購買 NT\$199

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Letter I

First Rudiments of the Piano

第一封信

鋼琴入門基礎

MY DEAR MISS CECILIA,

親愛的西西莉亞小姐，

When I, some years ago, had the pleasure of being personally acquainted with your family, I discovered in you so decided a talent for music, that I am exceedingly rejoiced to hear you are now really about to devote yourself to the delightful art of playing the pianoforte.

幾年前有緣認識令尊一家，我就注意到妳對音樂有著很特別的天分。現在聽說妳真的要認真學鋼琴了，真的非常替妳高興！

Your memory, at that time, easily retained any agreeable melody which you heard; you manifested a natural feeling for time and musical expression; and, added to this, your delicate fingers and hands possessed all the natural qualities so necessary for playing the pianoforte—flexibility, quickness of movement, and lightness without being either too weak or too stiff.

我還記得妳聽過的旋律很容易就記住了；妳對節奏和音樂表情有天生的感受力；而且妳的手指靈活輕盈，彈鋼琴所需要的條件——柔軟度、反應速度、輕盈感——妳全都有，不軟趴趴也不僵硬，剛剛好。

For no art is more noble, nor more surely indicative of general mental cultivation, than music; and pianoforte playing, though suitable to every one, is yet particularly one of the most charming and honorable accomplishments for young ladies.

沒有一門藝術比音樂更高尚，也沒有一門藝術更能展現一個人的整體氣質。鋼琴人人都能學，但對年輕女性來說，它更是一項特別有魅力、特別值得驕傲的才藝。

— Correct Sitting Position —

— 正確的坐姿 —

<p>Before anything else, I earnestly entreat you to acquire a graceful and appropriate position when sitting at the pianoforte. The seat must be just so high that the elbows, when hanging down freely, are a very little less elevated than the upper surface of the keys.</p>	<p>在開始學任何東西之前，有一件事我要先認真拜託妳：坐在鋼琴前的姿勢一定要正確、要自然好看。椅子的高度要調整到：手臂自然垂下時，手肘的位置略低於琴鍵表面就對了。</p>
<p>You must always seat yourself exactly facing the middle of the keyboard, and at such a distance from it that the tips of the elbows may be a little nearer to the keys than the shoulders.</p>	<p>坐的位置要正對琴鍵正中央，距離要抓好——手肘尖端要比肩膀稍微靠近琴鍵一點點。</p>
<p>It is not merely that an awkward position is disagreeable and ridiculous, but it also impedes, if not prevents, the development of a free and elegant style of playing.</p>	<p>姿勢不好，不只是看起來奇怪，更會直接影響妳的演奏——輕則讓進步變慢，重則根本彈不出那種自然流暢的感覺。</p>
<p>The fore-part of the arm, from the elbow to the fingers, should form a perfectly straight horizontal line; the hand must neither rise upwards like a ball, nor be bent so as to slope downwards.</p>	<p>從手肘到手指這段手臂，要維持一條完全水平的直線。手腕不能向上拱起像一顆球，也不能往下塌。</p>
<p>The fingers are to be so bent that the tips of them, together with that of the thumb, when extended outwards, form one right line; the keys must always be struck with the soft, fleshy tips of the fingers—never with the nails or the flat surface.</p>	<p>手指要彎曲成適當的弧度：把手指往前伸，各指指尖和拇指指尖連起來要是一條直線。觸鍵要用指尖肉肉的部分，不能用指甲，也不能用手指的平面。</p>

The percussion on the keys is effected solely by the fingers, which, without any actual blow, must press each key firmly down; and neither the hand nor the arm must be allowed to make any unnecessary movements.

按鍵完全靠手指的力量，不是用打的，而是穩穩地按下去。手腕和手臂不可以有多餘的動作。

The most important of the fingers is the thumb; it must never hang down below the key-board, but should always be held over the keys so that its tip is elevated a little higher than the upper surface of the black keys.

五根手指裡，拇指最重要。它絕對不能垂到琴鍵盤下面，要一直保持在琴鍵上方——指尖的高度要比黑鍵表面略高一點，從這個位置來觸鍵。

And in music, nothing is worse than playing wrong notes.

在音樂裡，沒有什麼比彈錯音更糟糕的了。

— Learning to Read Notes —

The knowledge of the notes is a mere affair of memory; and for every note, you must endeavor to find and strike the proper key on the instant, without the least hesitation. In music this constitutes what is called reading the notes.

— 怎麼學會認音符 —

認識音符這件事，說穿了就是靠記憶。每看到一個音符，要能立刻、毫不猶豫地找到對應的琴鍵按下去。這就是音樂裡說的「視譜」能力。

First. When you look at a note, name it aloud, then seek for and strike the key which belongs to it. Secondly. When you strike at hazard any white key, name it aloud and seek for the note. Thirdly. After striking a white key, describe aloud on what line or in what space the note must be written.

第一步：看到一個音符，大聲說出音名，然後找到它的琴鍵按下去。

第二步：隨機按一個白鍵，大聲說出音名，然後在樂譜上找到對應的音符。

第三步：隨機按一個白鍵，然後用嘴巴說出這個音要寫在第幾線或第幾間。

You must practise each piece, paying the strictest attention to the fingering indicated, till you are able to execute it without stopping or stumbling. Each day you should also read through fresh little pieces, to accustom the eye and the fingers to ever-new passages.

每首曲子都要練到能完整彈完、不停也不絆倒為止，過程中要嚴格按照指法。每天也要另外視奏幾首新的小曲子，讓眼睛和手指習慣各種不同的音型組合。

— Daily Practice — the Real Key —

— 每天練習，才是真正的關鍵 —

The best knowledge of the notes avails us very little if the fingers do not begin to develop the flexibility requisite for playing. I therefore most earnestly recommend you to practise daily, with untiring diligence, all the five-finger exercises in both hands, so that your fingers may speedily acquire that pliability, independence, and volubility which are absolutely necessary to playing.

光會認音符還不夠，手指的靈活度同樣要從一開始就一起訓練。所以我非常認真地建議妳：每天要不間斷地、用兩隻手認真練習五指練習。妳的手指需要靠這些練習，盡快養成柔韌性、獨立性和流暢度——這三樣都是彈琴的必要條件。

It is as impossible to play the pianoforte well with stiff and untractable fingers as to dance well with stiff and untractable feet. Volubility of finger is one of the chief requisites in pianoforte playing.

用僵硬的手指彈好鋼琴，就跟用僵硬的雙腳跳好舞一樣，根本不可能。手指的流暢靈活，是鋼琴演奏最重要的條件之一。

If, in addition to your hour's lesson each day, you dedicate another hour—or if possible, two hours—to practising by yourself, you will in a few months have conquered all that is difficult in the elementary branches of playing.

除了每天跟老師上課的一小時，如果妳能自己再加練一到兩個小時，不出幾個月，基礎技術上所有的難關都會被妳一一攻克。

And now, my dear Miss Cecilia, farewell; and rejoice soon with the intelligence of your progress.

好了，親愛的西西莉亞小姐，這封信就到這裡。很期待很快就能聽到妳進步的消息！

*Your most devoted, &c. **

妳最忠誠的——敬上

* &c. 為拉丁文 et cetera（等等）的十九世紀書信慣用縮寫，是省略繁複客套結語的習慣寫法，並非人名縮寫。此後各封信末尾的「&c.」皆同此用法，不再另行標注。

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— Vocabulary · B2 詞彙表 —

單字 · 音標 · 詞性 · 中文字義 · 英文定義 · 例句

rudiment /'ru:dɪmənt/ n. 基礎；入門知識

The most basic, fundamental elements of a subject or skill.

"The first rudiments of the piano are learning the keys and notes."

▶ 學鋼琴最初的基礎，是認識琴鍵和音符。

volubility /vɒljʊ'bilɪti/ n. 流暢性；靈活度

Speed and ease of movement, especially of the fingers when playing.

"Volubility of finger is one of the chief requisites in pianoforte playing."

▶ 手指的流暢性是鋼琴演奏最重要的條件之一。

pliability /'plaiə'bɪlɪti/ n. 柔韌性；可塑性

The quality of bending or adapting easily without breaking.

"Daily practice helps the fingers acquire great pliability."

▶ 每日練習幫助手指獲得極佳的柔韌性。

entreat /ɪn'tri:t/ v. 懇求；誠摯地請求

To ask someone earnestly and with sincere feeling.

"I earnestly entreat you to acquire a graceful position at the piano."

▶ 我誠摯地懇求妳在鋼琴前養成優雅的坐姿。

percussion /pə'kʌʃn/ n. 敲擊；按鍵的動作

The act of striking a surface to produce sound; here, pressing the piano keys.

"The percussion on the keys is effected solely by the fingers."

▶ 按鍵的動作完全靠手指來完成。

requisite /'rekwɪzɪt/ adj./n. 必要的；不可少的條件

Something that is necessary or essential for a particular purpose.

"Flexibility and lightness are requisites for good piano playing."

▶ 靈活性和輕盈感是良好鋼琴演奏的必要條件。

diligence /'dɪlɪdʒəns/ n. 勤奮；認真努力

Careful, persistent, and thorough work or effort over time.

"A reasonable degree of diligence will soon be rewarded with pleasing results."

▶ 適度的勤奮很快就會以令人滿意的成果作為回報。

execute /'eksɪkju:t/ v. 執行；完整演奏

To carry out or perform a task or piece of music completely.

"Practise each piece till you are able to execute it without stopping."

▶ 練習每首曲子，直到能夠不停頓地完整演奏出來。

flexibility /'fleksɪ'bɪlɪti/ n. 靈活性；柔軟度

The ability to bend easily or to adapt to new conditions.

"The fingers must begin to develop the flexibility requisite for playing."

▶ 手指必須開始培養彈琴所需要的靈活性。

hazard /'hæzəd/ n./adv. 隨機；碰運氣

At random; without deliberate choice (at hazard = randomly).

"When you strike at hazard any white key, name it aloud."

▶ 隨機按下任何一個白鍵，大聲說出音名。