

**ОФИЦИАЛЬНЫЙ САЙТ ИРИНЫ АНАТОЛЬЕВНЫ РУСЯЕВОЙ**

**И. РУСЯЕВА**

**РИТМИЧЕСКИЕ УПРАЖНЕНИЯ**

**НА УРОКАХ СОЛЬФЕДЖИО**

**Учебное пособие для специализированных музыкальных  
школ/колледжей**

**МОСКВА 2018 год**

## ОТ АВТОРА

Ритмические упражнения являются неотъемлемой частью такого предмета, как сольфеджио. Роль ритма в музыке (как и в обычной жизни) очень велика. Ритм позволяет организовать музыкальную ткань, без него это было бы невозможно. Врождённое чувство ритма есть у всех людей, но в музыкальном образовании оно нуждается в дополнительном воспитании. По мере прохождения различных размеров и ритмов, нужных музыканту, могут возникать проблемы, поэтому необходимы специальные упражнения, которые помогут ученику или студенту преодолевать определённые трудности. Для этого я и создала новое учебное пособие. Оно позволит воспитывать навыки, начиная с самых простых ритмов и заканчивая сложными, насыщенными разнообразными синкопами и триолями, а также пунктирным ритмом.

В сборник входит 12 разделов, в первой десятке рассматриваются ритмические примеры, которые необходимо прохлопать или простучать, считая при этом вслух (см. «Содержание»), добиваясь точности и чёткости. Материал последних двух разделов можно использовать параллельно с освоением того или иного раздела. Сочинять мелодию на заданный ритм можно и на начальном этапе обучения, приобщая ученика к творчеству и указывая на неизбежные при этом ошибки. Работа над двухголосием, безусловно, является следующим и более сложным этапом при работе над ритмом, но и оно не слишком трудно. Достаточно нескольких начальных упражнений, чтобы ученик смог выработать координацию правой и левой руки и считать при этом вслух, что необходимо в первую очередь пианистам, а также детям других специальностей при освоении общего фортепиано.

Все упражнения желательно проводить под руководством педагога, чтобы контролировать процесс и повторять трудные места, указывая на ошибки. Надеюсь, что моя новая работа принесёт пользу тем, у кого возникают трудности с ритмом.

И. РУСЯЕВА

МОСКВА, 2018

## СОДЕРЖАНИЕ

I. Простучать/прохлопать данные ритмы, считая вслух:	
1. Целые, половинные, четверти, восьмые – в размерах 2/4, 3/4, 4/4 .....	4
2. Ритмические группы с шестнадцатыми – в размерах 2/4, 3/4, 4/4 .....	6
3. Пунктирные ритмы – в размерах 2/4, 3/4, 4/4 .....	8
4. Триоли и синкопы – в размерах 2/4, 3/4, 4/4 .....	10
5. Залигованные ноты и паузы – в размерах 2/4, 3/4, 4/4 .....	12
6. Ритмические группы с тридцатьвторыми – в размерах 2/4, 3/4, 4/4 .....	14
7. Размеры 6/8, 9/8, 12/8 .....	16
8. Редко встречающиеся размеры .....	18
9. Особые виды ритмического деления: дуоль, квартоль, квинтоль, секстоль, септоль .....	20
10. Переменные размеры .....	22
II. Сочинить мелодию на данный ритм .....	25
III. Простучать двухголосные ритмы двумя руками .....	28

# I. Простучать/прохлопать данные примеры, считая вслух:

## 1. Целые, половинные, четверти, восьмые - в размерах 2/4, 3/4, 4/4



10  $\frac{2}{4}$

Musical notation for exercise 10 in 2/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

11  $\frac{3}{4}$

Musical notation for exercise 11 in 3/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

12  $\frac{4}{4}$

Musical notation for exercise 12 in 4/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

13  $\frac{2}{4}$

Musical notation for exercise 13 in 2/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

14  $\frac{3}{4}$

Musical notation for exercise 14 in 3/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

15  $\frac{4}{4}$

Musical notation for exercise 15 in 4/4 time. The first staff contains 10 measures of music, and the second staff contains 10 measures. The exercise consists of eighth and sixteenth note patterns.

2. Ритмические группы с шестнадцатыми в размерах - 2/4, 3/4, 4/4

1  
2/4

2  
3/4

3  
4/4

4  
2/4

5  
3/4

6  
4/4

7  
2/4

8  
3/4





9  $\frac{4}{4}$

Exercise 9 consists of two staves of music in 4/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

10  $\frac{2}{4}$

Exercise 10 consists of two staves of music in 2/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

11  $\frac{3}{4}$

Exercise 11 consists of two staves of music in 3/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

12  $\frac{4}{4}$

Exercise 12 consists of two staves of music in 4/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

13  $\frac{2}{4}$

Exercise 13 consists of two staves of music in 2/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

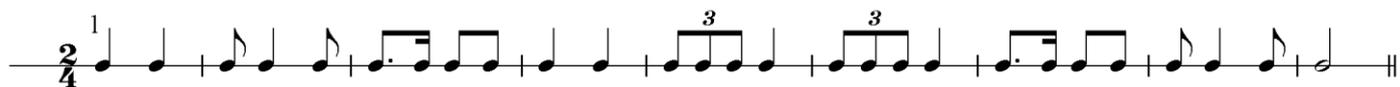
14  $\frac{3}{4}$

Exercise 14 consists of two staves of music in 3/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

15  $\frac{4}{4}$

Exercise 15 consists of two staves of music in 4/4 time. The first staff contains measures 1 and 2, featuring a sequence of eighth and quarter notes. The second staff continues the sequence with more eighth and quarter notes, ending with a double bar line.

#### 4. Триоли и синкопы в размерах - 2/4, 3/4, 4/4



10  $\frac{2}{4}$

11  $\frac{3}{4}$

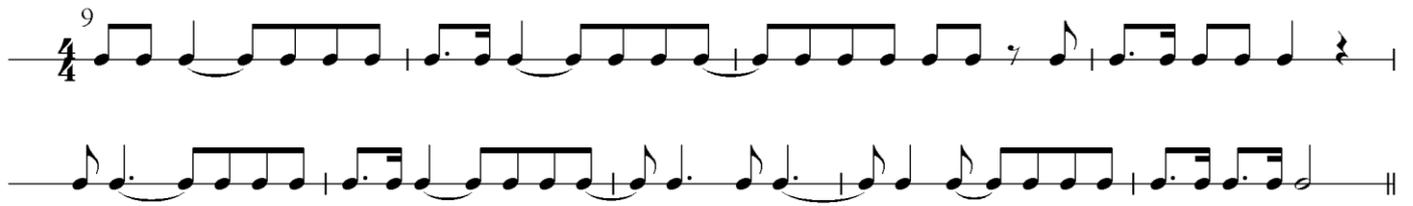
12  $\frac{4}{4}$

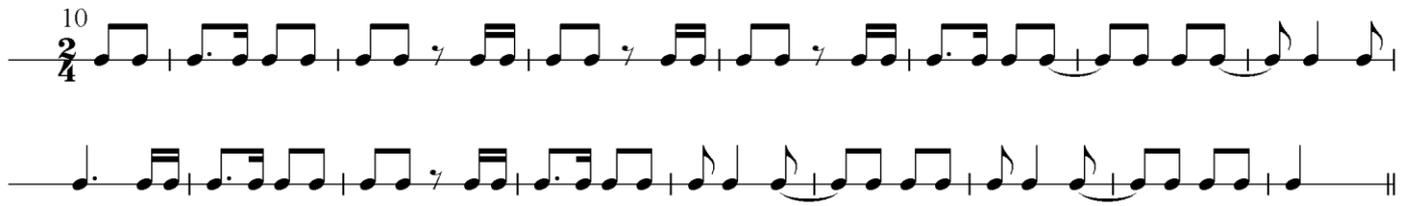
13  $\frac{2}{4}$

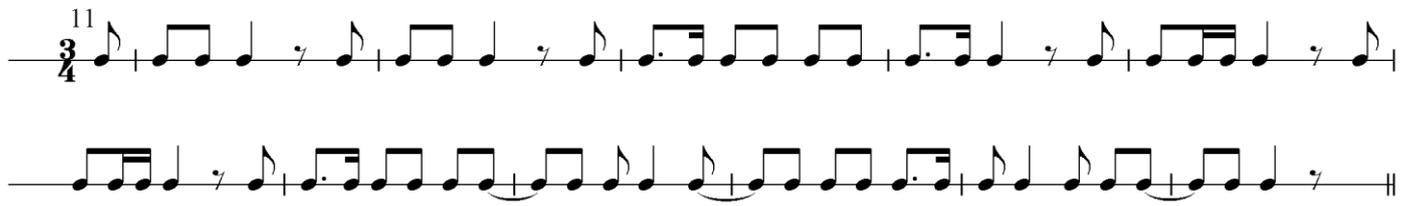
14  $\frac{3}{4}$

15  $\frac{4}{4}$

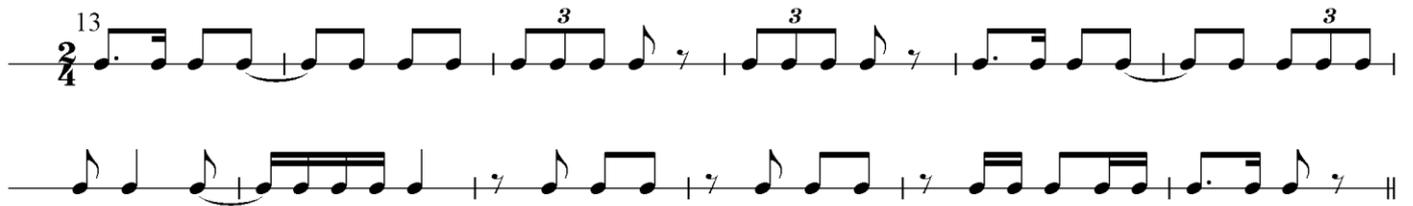


9  $\frac{4}{4}$  

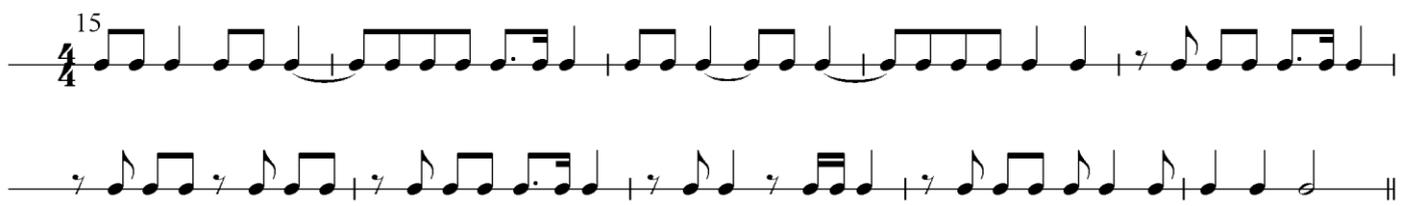
10  $\frac{2}{4}$  

11  $\frac{3}{4}$  

12  $\frac{4}{4}$  

13  $\frac{2}{4}$  

14  $\frac{3}{4}$  

15  $\frac{4}{4}$  

6. Ритмические фигуры с тридцатьвторыми в размерах - 2/4, 3/4, 4/4

The image displays eight numbered rhythmic exercises, each consisting of two staves of music. The exercises are as follows:

- Exercise 1:** 2/4 time signature. The first staff contains a sequence of eighth notes, followed by groups of 32nd notes. The second staff continues with eighth notes and 32nd notes.
- Exercise 2:** 3/4 time signature. The first staff features eighth notes and 32nd notes. The second staff includes eighth notes, 32nd notes, and a quarter rest.
- Exercise 3:** 2/4 time signature. The first staff shows eighth notes and 32nd notes. The second staff includes eighth notes, 32nd notes, and quarter rests.
- Exercise 4:** 4/4 time signature. The first staff contains eighth notes, 32nd notes, and quarter notes. The second staff includes eighth notes, 32nd notes, and quarter notes.
- Exercise 5:** 3/4 time signature. The first staff features eighth notes, 32nd notes, and quarter notes. The second staff includes eighth notes, 32nd notes, and quarter notes.
- Exercise 6:** 4/4 time signature. The first staff shows eighth notes, 32nd notes, and quarter notes. The second staff includes eighth notes, 32nd notes, quarter notes, and triplets of eighth notes.
- Exercise 7:** 2/4 time signature. The first staff contains eighth notes and 32nd notes. The second staff includes eighth notes and 32nd notes.
- Exercise 8:** 4/4 time signature. The first staff features eighth notes, 32nd notes, and quarter notes. The second staff includes eighth notes, 32nd notes, quarter notes, and a triplet of eighth notes.



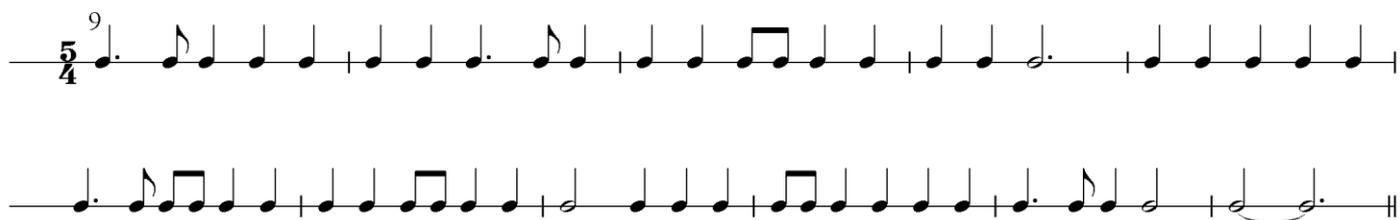
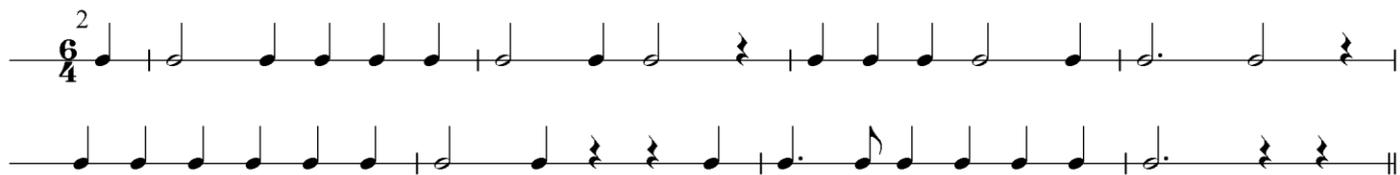
7. Размеры - 6/8, 9/8, 12/8

The image displays 11 numbered musical exercises, each consisting of two staves. The exercises are as follows:

- Exercise 1:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 2:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 3:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 4:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 5:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 6:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 7:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 8:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 9:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 10:** 6/8 time. Features eighth-note patterns with rests and slurs.
- Exercise 11:** 6/8 time. Features eighth-note patterns with rests and slurs.

Musical score for measures 12 through 20. The score is written on a grand staff with two staves per system. The time signature is 9/8 for measures 12-15, 12/8 for measures 16-17, and 12/8 for measures 18-20. The music features a variety of rhythmic patterns, including eighth and sixteenth notes, often beamed together, and rests. The notation includes stems, beams, and various note heads.

### 8. Редко встречающиеся размеры



10  $\frac{5}{8}$

Musical notation for measures 10 and 11 in 5/8 time. The first staff contains measures 10 and 11. The second staff continues the melody. The music features eighth and sixteenth notes with various rests and slurs.

11  $\frac{9}{4}$

Musical notation for measures 11 and 12 in 9/4 time. The first staff contains measures 11 and 12. The second staff continues the melody. The music features eighth and sixteenth notes with various rests and slurs.

12  $\frac{3}{16}$

Musical notation for measures 12 and 13 in 3/16 time. The first staff contains measures 12 and 13. The second staff continues the melody. The music features sixteenth notes with various rests and slurs.

13  $\frac{6}{4}$

Musical notation for measures 13 and 14 in 6/4 time. The first staff contains measures 13 and 14. The second staff continues the melody. The music features eighth and sixteenth notes with various rests and slurs.

14  $\frac{3}{2}$

Musical notation for measures 14 and 15 in 3/2 time. The first staff contains measures 14 and 15. The second staff continues the melody. The music features eighth and sixteenth notes with various rests and slurs.

15  $\frac{12}{16}$

Musical notation for measures 15 and 16 in 12/16 time. The first staff contains measures 15 and 16. The second staff continues the melody. The music features sixteenth notes with various rests and slurs.

9. Особые виды ритмического деления - дуоль, квартоль, квинтоль, септоль.

1. 6/8 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 2 notes are labeled '2'.

2. 6/8 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 4 notes are labeled '4'.

3. 4/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 5 notes are labeled '5'. A group of 3 notes is labeled '3'.

4. 4/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 6 notes are labeled '6'. A group of 3 notes is labeled '3'.

5. 4/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 7 notes are labeled '7'. A group of 5 notes is labeled '5'. A group of 3 notes is labeled '3'.

6. 3/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 5 notes are labeled '5'. A group of 3 notes is labeled '3'. A group of 5 notes is labeled '5'.

7. 2/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 6 notes are labeled '6'. A group of 3 notes is labeled '3'. A group of 5 notes is labeled '5'.

8. 3/4 time signature. Notes: quarter, quarter, quarter, quarter, quarter, quarter, quarter, quarter. Brackets above groups of 3 notes are labeled '3'. A group of 5 notes is labeled '5'.

9  $\frac{2}{4}$  5 5 3 3

5 5

10  $\frac{4}{4}$  7 3 5 5

4 4 4 4

11  $\frac{3}{4}$  4 4 4 4

12  $\frac{4}{4}$  5 7 7 5

13  $\frac{6}{8}$  4 4

4 4

14  $\frac{9}{8}$  2 2 4

4 4

15  $\frac{4}{4}$  5 7 6 3 3

### 10. Переменные размеры

1

2

2

3

3

4

4

5

5

6

6

7

7

8

8

9

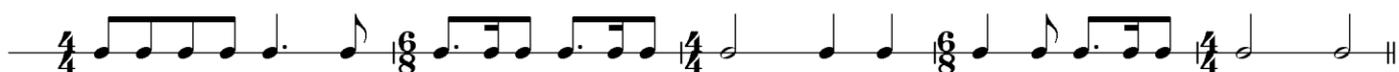
7  $\frac{2}{4}$   $\frac{3}{4}$

8  $\frac{4}{4}$   $\frac{6}{8}$   $\frac{4}{4}$

9  $\frac{6}{8}$   $\frac{3}{4}$   $\frac{6}{8}$   $\frac{3}{4}$

10  $\frac{2}{4}$   $\frac{6}{8}$   $\frac{2}{4}$

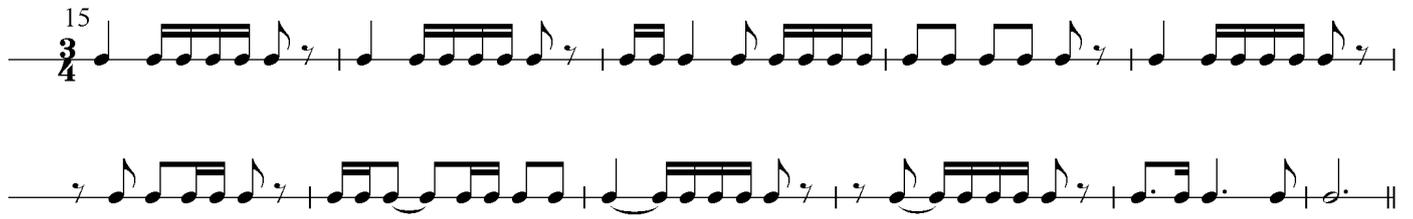
11  $\frac{3}{4}$   $\frac{6}{8}$   $\frac{3}{4}$   $\frac{6}{8}$   $\frac{3}{4}$   $\frac{6}{8}$   $\frac{3}{4}$   $\frac{6}{8}$   $\frac{3}{4}$

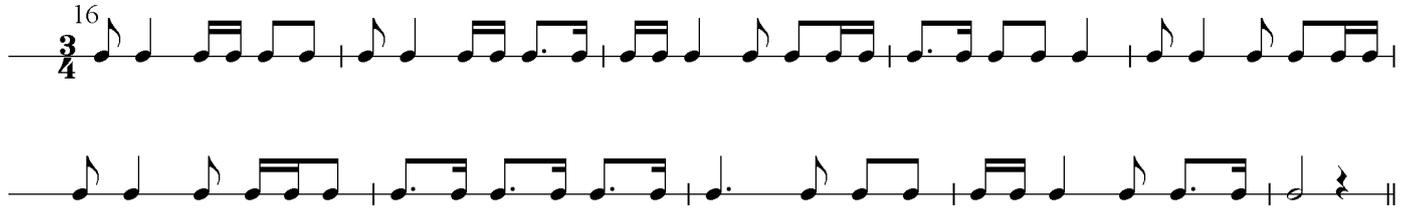


## II. Сочинить мелодию на данный ритм





15  $\frac{3}{4}$  

16  $\frac{3}{4}$  

17  $\frac{12}{8}$  

18  $\frac{6}{8}$  

19  $\frac{4}{4}$  

20  $\frac{6}{8}$  

III. Простучать двухголосные ритмы двумя руками  
(верхнюю строчку - правой рукой, нижнюю - левой), считая вслух

1  $\frac{2}{4}$

2  $\frac{6}{8}$

3  $\frac{4}{4}$

4  $\frac{4}{4}$

5  $\frac{3}{4}$

6  $\frac{4}{4}$

Musical notation system 6, consisting of two staves. The top staff contains a sequence of eighth and quarter notes. The bottom staff contains a sequence of quarter notes.

7

Musical notation system 7, consisting of two staves. The top staff is in 3/4 time and contains a sequence of eighth and quarter notes. The bottom staff is in 3/4 time and contains a sequence of quarter notes.

8

Musical notation system 8, consisting of two staves. The top staff is in 4/4 time and contains a sequence of eighth and quarter notes. The bottom staff is in 4/4 time and contains a sequence of quarter notes.

Musical notation system 9, consisting of two staves. The top staff contains a sequence of quarter and eighth notes. The bottom staff contains a sequence of quarter notes.

9

Musical notation system 10, consisting of two staves. The top staff is in 6/8 time and contains a sequence of eighth and quarter notes. The bottom staff is in 6/8 time and contains a sequence of quarter notes.

Musical notation system 11, consisting of two staves. The top staff contains a sequence of eighth and quarter notes. The bottom staff contains a sequence of quarter notes.

10

Musical notation system 12, consisting of two staves. The top staff is in 2/4 time and contains a sequence of eighth and quarter notes. The bottom staff is in 2/4 time and contains a sequence of quarter notes.

11

Musical notation for system 11, measures 1-4. The time signature is 4/4. The first staff has a whole rest in measure 1, followed by eighth and sixteenth notes. The second staff has eighth and sixteenth notes throughout.

Musical notation for system 11, measures 5-8. The time signature is 4/4. The first staff continues with eighth and sixteenth notes, including a slur. The second staff continues with eighth and sixteenth notes.

12

Musical notation for system 12, measures 1-4. The time signature is 6/8. The first staff has eighth and sixteenth notes. The second staff has eighth and sixteenth notes.

Musical notation for system 12, measures 5-8. The time signature is 6/8. The first staff has eighth and sixteenth notes. The second staff has eighth and sixteenth notes.

13

Musical notation for system 13, measures 1-4. The time signature is 4/4. The first staff has a whole rest in measure 1, followed by eighth and sixteenth notes. The second staff has eighth and sixteenth notes.

Musical notation for system 13, measures 5-8. The time signature is 4/4. The first staff has eighth and sixteenth notes. The second staff has eighth and sixteenth notes.

14

Musical notation for system 14, measures 1-4. The time signature is 3/4. The first staff has eighth and sixteenth notes. The second staff has eighth and sixteenth notes, including a slur.

Musical notation for system 14, measures 5-8. The time signature is 3/4. The first staff has eighth and sixteenth notes. The second staff has eighth and sixteenth notes.

15

Musical notation for system 15, measures 1-5. The system consists of two staves in 2/4 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

Musical notation for system 15, measures 6-10. The system consists of two staves in 2/4 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

16

Musical notation for system 16, measures 1-5. The system consists of two staves in 9/8 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

Musical notation for system 16, measures 6-10. The system consists of two staves in 9/8 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

17

Musical notation for system 17, measures 1-5. The system consists of two staves in 6/8 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

Musical notation for system 17, measures 6-10. The system consists of two staves in 6/8 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

18

Musical notation for system 18, measures 1-5. The system consists of two staves in 4/4 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

Musical notation for system 18, measures 6-10. The system consists of two staves in 4/4 time. The top staff contains eighth and sixteenth notes, while the bottom staff contains quarter and eighth notes.

19

3/4

20

3/4

21

4/4

22

3/4

23

Musical notation for measures 23-24. The top staff is in 6/8 time and the bottom staff is in 6/8 time. The music consists of eighth and sixteenth notes with various rests and ties.

Musical notation for measures 25-26. The top staff is in 6/8 time and the bottom staff is in 6/8 time. The music consists of eighth and sixteenth notes with various rests and ties.

24

Musical notation for measures 27-28. The top staff is in 4/4 time and the bottom staff is in 4/4 time. The music includes triplet markings (3) over groups of notes.

Musical notation for measures 29-30. The top staff is in 4/4 time and the bottom staff is in 4/4 time. The music includes triplet markings (3) over groups of notes.

25

Musical notation for measures 31-32. The top staff is in 2/4 time and the bottom staff is in 2/4 time. The music includes triplet markings (3) over groups of notes.

Musical notation for measures 33-34. The top staff is in 2/4 time and the bottom staff is in 2/4 time. The music includes triplet markings (3) over groups of notes.