

【中研院吉他社 – 2025入門班】

課程簡介及目標

- 本課程適合 從頭開始的初學者 以及 希望健全樂理知識 的朋友。
- 完整參與課程 + 在家自我練習，3個月共3500元即可達到 輕鬆視譜自彈自唱的目標。
- 共13堂 = 每週一次課程 x12堂 + 成果發表會及社團餐敘活動。

授課講師簡歷

程明 (Mountain)，程明 (Mountain)，全方位的吉他手，擅長搖滾、藍調、放克、爵士等曲風。三十年以上錄音室、演出與教學經歷。現為台灣大學音樂學研究所博士候選人。

十九歲時即以主唱及電吉他手之姿活躍於北部各大音樂餐廳，亮眼的表現獲得當時搖滾音樂前輩高凌風的青睞，受邀成為其演唱會吉他手。2004年應好友藤井俊充的邀請，連續參加了三年的 T-Funk All Star 大樂團，演奏國內少有的六編制放客音樂，蔚為音樂圈盛事。同時也成為爵心爵士樂團的一員，在 Blue Note Taipei 有固定的演出，此時渾然天成的 Blues 風格已成為他的招牌。他曾多次參與「啟彬與凱雅」的傑克計畫 (JAZZ roCK)，充分展現了爵士與搖滾樂風格的融合。近年主要擔任 Afternoon Tree 午後之樹跨界爵士樂團的吉他手，而由於對登山的熱愛，他以 Mountain 為暱稱。除固定在法藍瓷音樂餐廳演出外，分別於 2007 與 2008 年獨立製作兩張 EP，並且分別於 2010 與 2012 年發行兩張專輯「Clover 幸運草」與「Rosemary 迷迭香」。午後之樹樂團曾多次受邀於客委會桐花祭及客家藝術節，2010 至 2012 年更數度受邀前往日本東京與關西地區巡迴。2011 年起他加入金曲獎入圍歌手史茵茵的 Y.A.M. Project，兩年多來除了在全台各地密集演出，亦於 2012 年在香港 Hard Rock Cafe 與 Backstage 演出，深獲聽眾的喜愛。

各種藝術的跨界合作也是他所樂於嘗試的：例如與二胡演奏家陳家崑的合作、舞工廠舞團的「Tap Code」踢踏密碼、抑或是元和劇子劇團的新編歌仔戲等等，透過他的編曲及細膩的表現手法，讓吉他在各種不同的音樂風格中也能充分地展現，而絲毫不讓聽眾覺得突兀。

除了大量的演出以外，亦累積了豐富的教學經驗。十餘年來曾任教於功學社、酷派音樂等多所音樂中心，亦曾擔任台北大學、德明財經科技大學、惇敘商工等校內吉他社指導老師。現任中央研究院吉他社指導老師。2012 年進入國立台灣大學音樂學研究所，希望能將自己多年音樂工作的心得與學術研究接軌。

課程期間

2025 年 3 月 5 日 至 2025 年 5 月 28 日間(十二週 + 一週成果發表)，每週三晚間：

- 18:30 - 20:30：課程時間。
- 20:30 - 21:00：討論交流、以琴會友時間。

◎ 註：若遇老師因表演或其他事情而停課，將順延課程。

地點

中央研究院 跨領域大樓1樓 第1會議室 C101

台北市南港區研究院路二段70巷28號

【入門課程】教學進度參考表

堂次	預定課程內容	說明
1.	民謠吉他介紹； 正確彈奏姿勢、暖指練習 簡單樂理概念（音名與唱名、升降還原記號）	
2.	基礎彈撥奏法：五月天 - 擁抱 / Loving You 聲部配置問題：人耳的傾向與低音的線條	先來一首歌暖身！
3.	和弦刷奏；拍子、四分音符與八分音符	第 3 堂及第 4 堂會練習一首歌曲。
4.	音階的構成與調性的概念； 音階第一把位音階練習	
5.	基礎彈撥奏法之二；掌握較長的和弦進行； 民謠搖滾；連結線	第 5 堂至第 8 堂進入慢歌演奏。練習 1 至 2 首歌。
6.	音程：定義與操作；三和弦與分割和弦	

7.	彈撥奏法：類鋼琴(à la Piano) - 流行慢歌伴奏指法 順階三和弦、級數與卡農和弦進行	
8.	十六分音符節奏循環與律動； 節奏設計與視奏練習	主要難度集中在十六分音符 刷法的掌握。
9.	七和弦與和弦符號的大原則； 順階七和弦	第 9 堂至第 12 堂主打歌曲 前奏、間奏、或尾奏等，之 中常見的旋律奏法。
10.	封閉和弦；大調的 cliché	
11.	主、下屬、與屬和弦； 流行歌曲常見功能和聲	
12.	節奏型態構成之原則	
13.	成果發表會 & 社團餐敘	展現學習成果 & 社員開會

◎註一：以上進度內容非常可能視實際課堂教學情況進行調整

◎註二：以上日期安排若遇老師因表演或其他事情而停課，將順延課程。

我要報名！

- 報名費用：新台幣 3500 元。
- (不足10人將延後開班)(如真的無法開班將退費)
- (15人報名繳費後即額滿 不再接受報名)
- 繳費一期 可再 免費 重複聽課
- 報名截止：2025 / 2月底前 (額滿就停招) ，繳交報名費用，始報名成功。(開課後三週內
仍然可以插班報名 學費不變)
- 開班人數：約10 人，需自備民謠吉他(老師推薦入門款吉他型號 Yamaha F310 約四千多
台幣 可自行至樂器行購買)。
- 報名方式：Email報名
- 請註明「姓名、服務單位、行動電話、Line 名稱、Line ID」
- 聯絡人：湯森林 tangsl888@gmail.com
- 我們將與您聯絡

【Academia Sinica Guitar Club – 2024 Beginner Class】

Course Introduction and Goals:

- This course is suitable for absolute beginners and those who wish to strengthen their knowledge of music theory.
- With full participation in the course and self-practice at home, the goal of being able to sight-read and play while singing can be achieved in 3 months for a fee of NT\$3,500.
- A total of 13 sessions: 12 weekly lessons plus a final performance and a club gathering.

Instructor Profile:

- **Ming Cheng (Mountain):** A versatile guitarist proficient in rock, blues, funk, and jazz, with over 30 years of experience in recording, performing, and teaching. Currently a Ph.D. candidate at the Graduate Institute of Musicology, National Taiwan University.

Ming Cheng began his career at 19, performing as a lead vocalist and electric guitarist in major music restaurants in northern Taiwan. His talent caught the attention of rock music veteran Kao Ling-feng, who invited him to play guitar in his concerts. In 2004, he joined the T-Funk All-Star Big Band for three consecutive years, playing large-scale funk music, a rare event in Taiwan's music scene. Cheng also became a member of the jazz band Blue Note Taipei and was known for his signature blues style. He has participated in various crossover music projects and has worked with different artists, showing his ability to adapt his guitar skills to diverse music genres.

Apart from performing, Cheng has accumulated extensive teaching experience, having taught at several music centers and universities. He is currently the instructor of the Academia Sinica Guitar Club. In 2012, he joined the Graduate Institute of Musicology at National Taiwan University to combine his years of musical experience with academic research.

Course Duration:

- From **March 5, 2025, to May 28, 2025**, every Wednesday evening:
 - 18:30 - 20:30: Class time
 - 20:30 - 21:00: Discussion and networking time

Note: If the instructor needs to cancel a class due to performances or other reasons, the course schedule will be adjusted accordingly.

Location:

- Room C101, 1st Floor, Interdisciplinary Building, Academia Sinica No. 28, Lane 70, Section 2, Academia Road, Nangang District, Taipei

Beginner Course Progress Reference Table:

Session	Planned Content	Description
1	Introduction to folk guitar	correct playing posture, finger warm-up exercises, basic music theory (note names and accidentals)
2	Basic plucking techniques: Mayday - "Embrace" / "Loving You", voice arrangement issues	Warm-up with a song!
3	Strumming techniques, rhythm, quarter notes, and eighth notes	Practice a song in sessions 3 and 4.
4	Scale structure and the concept of key; first-position scale practice	Practice a song in sessions 3 and 4.
5	Basic plucking techniques part 2; mastering longer chord progressions; folk rock and connecting lines	Slow song practice from session 5 to 8, practicing 1 to 2 songs.
6	Intervals: definition and application; triads and split chords	
7	Plucking techniques: à la piano style - pop ballad accompaniment; diatonic triads, scale degrees, and canon chord progressions	
8	Sixteenth note rhythm patterns and groove; rhythm design and sight-	Focus on mastering sixteenth note strumming.

	reading practice	
9	Seventh chords and basic chord symbol principles; diatonic seventh chords	Focus on intro, interlude, or outro melodies of songs from session 9 to 12.
10	Barre chords; major key clichés	
11	Tonic, subdominant, and dominant chords; common functional harmony in pop songs	
12	Principles of rhythmic patterns	
13	Final performance and club gathering	Showcase learning achievements and hold a club meeting.

Note 1: The above progress may be adjusted based on actual teaching conditions. Note 2: The course schedule will be adjusted if the instructor needs to cancel a class due to performances or other reasons.

Registration:

- Fee: NT\$3,500
- (If fewer than 10 people register, the class will be postponed. If the class cannot open, refunds will be provided.)
- (The class will be full after 15 people register and pay; no further registrations will be accepted.)
- Repeating the course for free is allowed after full payment.
- Registration deadline: **February, 2025**. You must submit the registration fee to complete the registration. (You may still join the class within the first three weeks after it starts, but the tuition remains the same.)
- Class size: around 10 people. You need to bring your own folk guitar (The instructor recommends Yamaha F310, which costs around NT\$4,000, available at music stores).
- Registration method: Email registration
- Please provide your **name, workplace, mobile phone number, Line name, and**

Line ID.

- Contact: **Sen-Lin Tang** (tangsl888@gmail.com). They will contact you.