

上海京剧院、上海戏剧学院与普林斯顿大学  
合办“京剧传习班”  
(课程大纲)

**Syllabus of the Peking Opera Training Class co-hosted  
by the Shanghai Jingju Opera Company, the Shanghai  
Theatre Academy and Princeton University**

**课程名称：**京剧传习班

**Course:** Peking Opera Training

**课程目的：**向拥有不同文化背景的年轻人介绍中国传统艺术——京剧，使之感受京剧之美，增进人文交流。

**Course Objectives:** Introducing Peking Opera, one of the traditional Chinese arts, to young people from different cultural backgrounds, to give them an appreciation of Peking Opera and facilitate cultural exchange.

**课程安排：**课程总计时间约三周，分“初识京剧”、“体验京剧”、“粉墨登台”等三部分，共计 100 课时。

**Schedule:** The course takes approximately three weeks and is made up of three parts, namely “Introduction to Peking Opera”, “A Taste of Peking Opera”, and “Going on Stage”, totaling 100 class hours.

**教学方式：**知识性讲座、现场体验式、京剧传统“口传心授”式学习、组织观摩等多种形式组合教学。

**Teaching Methods:** Knowledge-based lectures, hands-on experience on site, and traditional Peking Opera teaching methods such as observation and oral transmission for true understanding from within.

课程安排:

**Detailed schedule:**

上海京剧院、上海戏剧学院与普林斯顿大学合办“京剧传习班”课程设置					
第一周	上午	中午	下午	晚上	课时
一	开班仪式 地点：大会议室 《京剧通识》（一）（2 课时）	休息	京剧知识讲座（4 课时） 《京剧通识》（二） 地点：大会议室		6
二	观摩（4 课时） “参观京剧院大楼观看排练” 地点：天钥桥路京剧院大楼	休息	京剧知识讲座（4 课时） 《中国式审美》 地点：大会议室		8
三	京剧知识讲座（4 课时） 《京剧声腔音乐》 地点：大会议室	休息	京剧知识体验（4 课时） 《京剧服装、道具、化妆》 地点：天钥桥路大楼舞美仓库		8
四	第一阶段小结，第二阶段课程分组	休息	参观中华艺术宫		
五	京剧体验课程分组教学（4 课时）	休息	京剧体验课程分组教学（4 课时）		8
六				观摩	
日					
第二周	上午	中午	下午		
一	京剧体验课程分组教学（4 课时）	休息	京剧体验课程分组教学（4 课时）		8
二	京剧体验课程分组教学（4 课时）	休息	京剧体验课程分组教学（4 课时）		8
三	化妆体验（3 课时）	休息	化妆体验（3 课时）		6

四	京剧体验课程分组教学（4课时）	休息	京剧体验课程分组教学（4课时）		8
五	京剧体验课程分组教学（4课时）	休息	京剧体验课程分组教学（4课时）		8
六	参观上海市容		参观上海市容	观摩	
日					
第三周	上午	中午	下午		
一	京剧体验课程分组教学（4课时）	休息	京剧体验课程分组教学（4课时）		8
二	京剧体验课程分组教学（4课时）	休息	京剧体验课程分组教学（4课时）		8
三	化妆体验（3课时）	休息	化妆体验（3课时）		6
四	京剧体验课程分组教学（4课时）	休息	京剧体验课程分组教学（4课时）		8
五		休息	汇报演出（2课时）		2
六					
日					
				课时合计：100	

<b>Detailed schedule of the Peking Opera Training Class co-hosted by the Shanghai Jingju Opera Company, the Shanghai Theatre Academy and Princeton University</b>					
Week 1	Morning	Noon	Afternoon	Evening	Class hours
Mon.	Class opening ceremony Location: Large Conference Room General Knowledge of Peking Opera (I) (2 class hours)	Rest	Peking Opera Lecture (4 class hours) Theme: General Knowledge of Peking Opera (II) Location: Large Conference Room		6

Tue.	Opera Observation (4 class hours) Theme: Observing a Peking Opera rehearsal in the Shanghai Jingju Opera Company Location: Shanghai Jingju Opera Company in Tianyaoqiao Road	Rest	Peking Opera Lecture (4 class hours) Theme: Traditional Chinese-style aesthetic appreciation  Location: Large Conference Room		8
Wed.	Peking Opera Lecture (4 class hours) Theme: Common traditional tunes of Peking Opera  Location: Large Conference Room	Rest	On-site Peking Opera Class (4 class hours) Theme: Clothes, props and make-up of Peking Opera  Location: Opera property store at the Shanghai Jingju Opera Company in Tianyaoqiao Road		8
Thu.	Summary of the lessons taught and division into groups for the lessons to follow	Rest	Visit to the China Arts Museum		
Fri.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Sat.				Opera Observation	
Sun.					
Week 2	Morning	Noon	Afternoon		
Mon.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Tue.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Wed.	Make-up class (3 class hours)	Rest	Make-up class (3 class hours)		6
Thu.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Fri.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Sat.	Shanghai City Tour		Shanghai City Tour	Opera Observation	

				ratio	
Sun.					
Week 3	Morning	Noon	Afternoon		
Mon.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Tue.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Wed.	Make-up class (3 class hours)	Rest	Make-up class (3 class hours)		6
Thu.	Group-based Hands-on Peking Opera Class (4 class hours)	Rest	Group-based Hands-on Peking Opera Class (4 class hours)		8
Fri.		Rest	Class performance (2 class hours)		2
Sat.					
Sun.					
				Total: 100	

### 课程简介：

#### **Course introduction:**

讲座类课程“初识京剧”——

本课程包含中国传统艺术美学、京剧各种基础知识、京剧审美特征和表演法则。以讲座、现场参观讲解等教学形式为主。由上海京剧院和上海戏剧学院的资深艺术家和教授授课。

“Introduction to Peking Opera” lectures:

The lectures will cover the aesthetics of traditional Chinese arts, basic knowledge of Peking Opera, and its aesthetic features and acting methods. The teaching will consist of lectures, on-site observation, etc. The classes

will be taught by experienced artists and professors from the Shanghai Jingju Opera Company and the Shanghai Theatre Academy.

时间：22 课时。

Duration: 22 class hours

地点：上海京剧院·艺术沙龙

Location: Art Salon at the Shanghai Jingju Opera Company

体验类课程“体验京剧”——

“A Taste of Peking Opera” experience-based classes:

●以京剧的四功——“唱、念、做、打”为基础分四个小组，学员通过“初识京剧”课程学习后，根据自己兴趣自由选择四个小组中任意一个组别进入本阶段的学习。

●The students will be divided into four groups, to practice singing, reciting, posturing and acrobatic fighting, which are the four basic skills of opera performance. When the “Introduction to Peking Opera” course is complete, the students will choose to join one of the four groups for the next stage of the course, according to their own interests.

●“唱”功小组——

●Singing Group:

以学习京剧演唱技巧为主，练习京剧演唱片段，体验京剧声腔艺术的魅力；

The classes will focus on Peking Opera singing skills. The students will practice singing some traditional arias to experience the beautiful music of

Peking Opera;

教学目标：学会 2 段以上的京剧唱段，体验京剧声腔艺术的特点，达到初步演唱的程度。

Objectives: Know how to sing at least two Peking Opera arias and appreciate its beautiful sound; reach a level of basic singing performance by the end of the course.

● “念”功小组——

● Reciting Group:

以学习京剧对白技巧为主，练习京剧对白片段，体验“亦唱亦说”的独特对白；

Classes will focus on the skills of reciting and stage dialogue in Peking Opera. Students will practice some traditional dialogues to experience the unique Peking Opera style of “singing while reciting”.

教学目标：学会 2-3 段京剧的经典念白，体会京剧音韵特点和规律，达到运用京剧韵白吟诵的初步能力。

Objectives: Know how to perform two to three classical Peking Opera dialogues and appreciate their rhyme and pattern. Students should be capable of reciting basic Peking Opera dialogues by the end of the course.

● “做”功小组——

● Posturing Group:

以学习京剧身段表演技巧为主，练习京剧表演片段，体验京剧独有的“虚拟化”的表演特色；

Classes will focus on the posturing skills of Peking Opera. Students will practice some postures from Peking Opera to experience its “virtualization” performance technique.

教学目标：练习初步的身段程式，学会 2-3 表演片段，掌握初步的身段工架和形体表现能力。

Objectives: Know how to perform two to three scenes from Peking Opera by practicing basic posturing skills. The students should be capable of performing basic postures from Peking Opera by the end of the course.

● “打”功小组——

● Acrobatic fighting group

以学习京剧武打技巧为主，练习京剧程式化舞蹈及武打，体验京剧精彩的武打。

Classes will focus on the acrobatic fighting skills of Peking Opera. Students will practice standard dancing and acrobatic fighting skills from Peking Opera to experience the delight of Peking Opera acrobatics.

教学目标：掌握初步的手持兵器开打套路，初步了解武戏节奏，能比较熟练地完成 2 个以上的武戏片段。

Objectives: Know how to perform the play with props in hand and have a basic understanding of the fighting pace. The students should be comfortable performing at least 2 fight scenes from Peking Opera by the end of the course.

学有余力的学员，可同时参加其它小组的学习课程。



Students wishing to learn more than one skill can participate in more than one group.

授课师资安排：导师，为国家一级（教授级）演员；助教为国家三级（讲师级）以上的演员。

Teachers: The course teachers are first-grade actors (professor level); the assistant teachers are third-grade and above (lecturer level).

教学方式：中国传统的“口传心授”授业模式，强调“教与学”的心灵感知以及互动体验。

**Teaching Methods:** Classes will be taught using traditional Peking Opera teaching methods, such as oral transmission for true understanding from within, which emphasizes intuitive perception as well as interaction during the teaching and learning processes.

时间：计 64 课时/小组

Duration: 64 class hours/group

地点：上海京剧院排练厅、上海京剧院练乐室

Location: Rehearsal hall and vocal practice rooms of the Shanghai Jingju Opera Company

观摩类课程“粉墨登台”——

“Going on Stage” observation classes:

在上海京剧院排练厅以及周信芳艺术空间近距离观看职业京剧演员的练功和排练；安排学员近距离参观了解正式演出期间台前幕后的工作状况；安排学员化妆“粉墨登场”，进行相互观摩交流演出，以及剧

院专家点评，等等。

Students will observe the on-site rehearsal and practices of professional Peking Opera actors in the rehearsal hall of the Shanghai Jingju Opera Company and the Zhou Xinfang Art Space. Students will learn about the work carried out behind the scenes for official performances; they will also go on stage themselves to learn from each other and gain the experience of giving performances, then get feedback from opera experts.

时间：计 14 课时。

Duration: 14 class hours

地点：上海京剧院排练厅、周信芳戏剧空间。

Location: Rehearsal hall of the Shanghai Jingju Opera Company, Zhou Xinfang Art Space