

We talk to world-renowned violinist and teacher, Takako Nishizaki, about the way music can improve the bond between a parent and their child...

我們與世界知名的小提琴家和導師西崎崇子女士進行訪談，了解音樂如何能夠增進父母與子女間的關係。

# Music maker

Japanese violinist Takako Nishizaki first discovered her talent as a child. She was the first student to complete the Suzuki Method course at the tender age of nine. In 1964 she was awarded Juilliard's Fritz Kreisler Scholarship and three years later won first prize in the Juilliard Concerto Competition while performing Mozart's Sinfonia Concertante. Nishizaki and her husband Naxos record label owner Klaus Heymann now live in Hong Kong, where she teaches violin to the next generation of aspiring musicians.

日本小提琴家西崎崇子在她還是孩子的時候第一次發現自己的才華。她是首位完成鈴木教學法課程的學生，而當年她僅九歲。在1964年，她獲頒授弗里茨·克萊斯勒獎學金（Fritz Kreisler Scholarship），並在三年後的茱莉亞協奏曲比賽（Juilliard Concerto Competition）中以演奏莫扎特交響協奏曲贏得第一名。西崎與她身為拿索斯唱片公司老闆的丈夫克勞斯·海曼（Klaus Heymann）現定居香港，從事教授小提琴的工作，致力培育下一代的傑出音樂家..... →



**Tell us about your method of teaching the violin and why you believe it improves parent-child communication.**

We believe that the parent should play an active role in the child's education. Therefore, we always teach the parent and child the violin together in the same lesson. I personally interview every child and parent coming into my school to establish the level of commitment they have towards learning music. We aim to produce the best students so we take children and parents that will work hard to follow our method.

**請分享您的小提琴教學方法，並解釋為什麼您認為這個方法能改善親子間的溝通。**

我們認為家長應積極投入子女的學習之中，因此我們總會鼓勵家長和子女在同一個課堂上一起學習小提琴。基本上，我會跟每位來到學校上堂的小朋友和及家長進行面談，以訂立出他們對學習音樂的承諾。我們以培育最優秀的學生為教學目標，因此只收取願意按照我們方法去努力學習的小朋友和家長。

**Do you think children find it easier to learn with their parents present or does it create more hurdles?**

It is a different learning environment and it really depends on the parent-child dynamic. Some children are very mature and good-natured and have good communication with their parents, so they're willing to listen to what they say. With other children, they have perhaps received too much attention from their parents in the past, so they may cry or play up to get attention from their parents in class. Either way, we try to help the parents overcome any hurdles - but they have to be willing to work with us and put in the time and effort at home to help their child learn.

**您認為家長同場上課是會促進孩子們的學習，還是會造成更多阻礙？**

兩者是不同的學習環境，這完全取決於父母與子女本身平日的交流模式。有些孩子很成熟、敦厚，與父母的溝通亦非常良好，他們往往會願意聽取父母的意見。而有些孩子，他們過去因為從父母身上獲得過多的關愛與照顧，在課堂上可能會因此故意叫喊喧鬧，以引起父母的注意。但無論如何，只要家長願意與我們合作，在家中投放一點時間和精力去幫助孩子學習，我們都會盡力協助家長克服所有障礙。

**Do you find this method helps improve overall communication between children and their parents?**

Definitely. Parents who listen to what we say and do our exercises at home get so much more out of it than learning to play music. They learn how to teach their child effectively, how to communicate with them in the best possible way, how to motivate and also challenge them - it's a great platform to try out different methods of parenting and see what works for you and your child.



**您認為這種方法能有助提高孩子和家長之間的整體溝通嗎？**

當然。那些聽從我們建議及實踐練習的家長，他們所得到的收穫往往較單純學習音樂為多，原因正在於他們能夠從中學會如何有效地教導子女，發掘與子女最佳的溝通方式，以及如何能在激勵孩子的同時並為他們帶來挑戰等。因此，這個方法是一個十分卓越的平台，讓家長嘗試透過不同的教育方式，了解與子女最佳的互動選擇。

**Do you find music is a good way to encourage shy children to come out of their shell?**

Music can really help children who are shy and introverted. Not only will the whole process give them confidence - from their first lesson to their first performance - but our method also makes them feel they are loved and encouraged by their parents. One mother had a very shy child and she would spend at least 15 minutes with the girl every morning just opening the violin case before practice. She took the time to make opening the case an act of discovery that the child enjoyed. She understood that she had to proceed gently and show her child lots of encouragement each step of the way so that she felt confident to pick up the violin and practice.

您認為音樂是否一件用來鼓勵一些較為害羞的孩子，勇於開放自己的好工具？

音樂絕對能夠幫助害羞和內向的孩子開放自己。他們除了能夠從第一堂課至首場表演之間的整個過程中慢慢建立信心外，我們的方法更能讓孩子們感受到家長對他們的愛和鼓勵。曾經有一個孩子非常害羞，她媽媽每天早上至少花15分鐘與孩子在練習前打開他的小提琴盒，並把這行為營造成一個發現的過程，使孩子樂在其中。她明白到她需以一步一步的方式，慢慢地繼續進行，給予孩子更多的鼓勵，好讓他能夠有足夠的信心拿起小提琴和練習。

**Do you think it is better to make learning music all about play or should parents keep the focus on concentration and practice?**

I learnt the violin with the Suzuki method [Nishizaki was the first student to complete the Suzuki course, at age nine], which focuses on learning music through play, but I believe the most effective method is a combination of play and hard work. A child is never going to get all the benefits of playing a musical instrument if it sounds bad! The point of learning music is so that one day you can make music and entertain others.

The child has to work hard and show real dedication to ensure they are working towards the goal of playing well.

您認為家長應把學習音樂的著眼點放在玩樂方面，還是在專注及練習方面呢？

我是以鈴木教學法學習小提琴的（西崎是第一完成鈴木課程的學生，當年僅9歲），當時我把學習音樂的重點放在玩樂，但我相信最有效的方法還是結合玩樂與努力，因為我相信小朋友絕不可能在演奏出非常難聽的音樂下，仍可以同時從學習樂器中獲得所有好處。學習音樂的關鍵在於有朝一天能夠創造音樂及娛樂他人，因此小朋友必須透過努力練習和專注才能達到這最終目標。

**Do you think learning a musical instrument together as a parent and child can help improve parental discipline?**

I think learning the violin in general helps both the parent and the child learn discipline. My father used to say, 'If you can learn to play the violin, you can do just about anything.' What he meant by that is that if you really want to see an improvement and truly master this skill, you have to have learn the discipline to find the hours in the day to practice. You have to practice two or three times a day and it has to become an integral part of your daily routine. That level of

dedication really teaches discipline in all areas of life, both for the parent, the child and the family unit as a whole.

您認為以家長和子女的角色一起學習樂器能否幫助提高家教？

我認為學習小提琴一般來說都可以幫助家長和孩子學會自律。我父親以前常說：「如果你能夠學會拉小提琴，你便有能力做好任何事情。」他的實際含意是，如果您真的希望看到自己的進步及真正掌握一種技能，您必須學會自律。每天均須花數小時來練習，持之以恆，每天練習兩、三次，視練習成為您生活的一部分，而最後您所付出的努力將會應用在生活的各個層面上，包括為父母、子女，以及家庭整體上作出貢獻。

**Do you ever have any children that simply cannot play and don't react well to your teaching method?**

I don't usually ever have a problem with the child; it's actually the parents that can cause more problems. At a young age children are so impressionable - I get so many children who have picked up really bad habits from unqualified teachers. In my experience, if a parent has done too much for a child, they come to expect it and they can't stand on their own two feet. You can correct this, but parents have to be open to taking feedback.

"MY FATHER USED TO SAY 'IF YOU CAN LEARN TO PLAY THE VIOLIN, YOU CAN DO JUST ABOUT ANYTHING'"

您的學生有否試過根本無法學會樂器，甚至抗拒您的教學方法呢？

孩子通常不會有什麼問題，事實上，我發現很多問題其實源於家長。兒童在年幼時非常容易受別人影響。我曾接觸過很多孩子，他們在年幼時曾經從一些不合格的老師身上養成非常差的習慣。根據我的經驗，父母如果經常為孩子付出太多，子女慢慢便會視這種行為為理所當然，逐漸便會失去自願能力。這個問題其實並非無計可施，但家長必須持開放的態度，寄予孩子足夠的支持和鼓勵。

Bel-Air is proud to have world-renowned violinist Takako Nishizaki to teach violin courses to children in the residence. For enquiries, visit the school website at <http://tviolinstudio.com> or call Angela Wong on 2993 5601.

貝士灣非常榮幸邀請到世界知名的小提琴家西崎崇子女士在區內開辦兒童小提琴課程。如有查詢，請參閱學校網站 <http://tviolinstudio.com> 或致電 29935601 與 Angela Wong 小姐聯絡。