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湯並本
湯日林

現代鋼琴教學和补充
教材

哈农练习曲

人民音乐出版社

《汤普森现代钢琴教程》补充教材

哈农练习曲

第一册

[美] 约翰·汤普森改编

释文译者：陈学东

人民音乐出版社

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for use with
John Thompson's Modern Course for the Piano
THE HANON STUDIES BOOK 1
By
John Thompson
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前　　言

《哈农练习曲》的这一版本以提高手指的灵活性、独立性、力量和完全平稳性为目的——与这部作品的本来目标相符。它还为了发展有表现力地弹奏钢琴所运用的各种基本的触键法。

编者一直认为，年轻的钢琴手们应该学会小规模地使用音乐会上艺术家们所用的钢琴弹法。这一点无需讨论，因为其价值多年来已被证明。

避免混淆多种变体

简单明了是编写这个版本时遵循的口号。不同的触键法都只出现其基本形式。

我们知道，每种触键法都有无数微小的变体。在弄懂并掌握基本法则之前，教这些变体是拙劣的，将不可避免地给学生造成混乱，还会导致出现僵硬、紧张的肌肉以及一种“技术意识”姿势。

从技术观点上说，钢琴弹奏可以视为一个完全自然的过程，类似行走、奔跑或跳跃。一旦掌握了基本法则，就可以放松自如地表现，触键法的大量变体就会很自然地随之而来。你会发现这些变体“因每双手而异”，对照一下伟大艺术家的演奏风格就可以证明这一点。因此，匆忙进行一个应该是自然的过程常会使许多善意的努力失效。一个教师把他或她自己独有的、而可能完全不适合学生的一些触键法强加给后者们，会导致一种揠苗助长的令人遗憾的后果。

因为这些无可争辩的理由，这个版本着意避免了在这一阶段发展微小而含混的触键法花样的所有做法，比如各种力量法则（悬力、压力等），什么也不教。也不教指触深度、深、浅等。**主旨是让年轻的钢琴手们研究基本触键法的用法，以便很容易地将之运用到第一和第二级的小曲中去。明确的音符效果在上述早期阶段对弹奏是一个促进。**

手臂和手腕先动作

注意先使用分句式奏法——两个音符、三个音符及四个音符分句。落下——滚动动作的应用是为了发展臂和腕部的自由和放松，使得双手以后弹手指连音时保持在静止状态，不僵硬。

完美的示范

毫无疑问，教各种触键法的最快、最容易的方式是示范和模仿。一个错误的范奏当然会被学生照搬，那么，教师的示范就应该尽可能地完美无缺。

速　　度

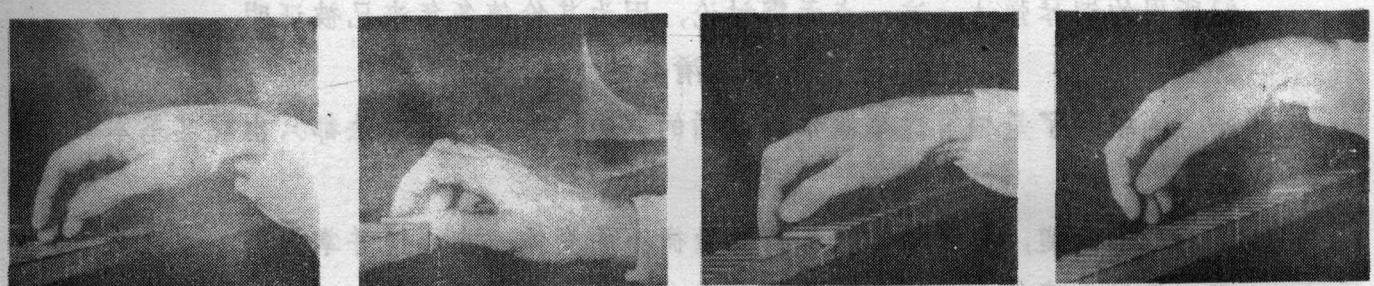
速度应根据每个学生的能力而定，以舒适和精确为原则。

约翰·汤普森

两个音分句

分句对于钢琴手来说，就象弓法对于小提琴手、呼吸对于歌手、发音对于演说者一样重要。一种简单的、正确奏出的两个音符乐句，不只是“换气”和与下一乐句分开，而且产生一种“音色的变化”，为音乐增加了美感。

两个音乐句的正确奏法很容易掌握，只要记住“落下——滚动”，效果会自然地出来。下例中，弹每个乐句的第一音时，轻轻地落下手臂。第二个音用臂和手向里、向上滚动的动作来弹，不要用手指动作，在向上滚时手指松开音符。



准备

落 ↓ 滚

跛 鸭

1

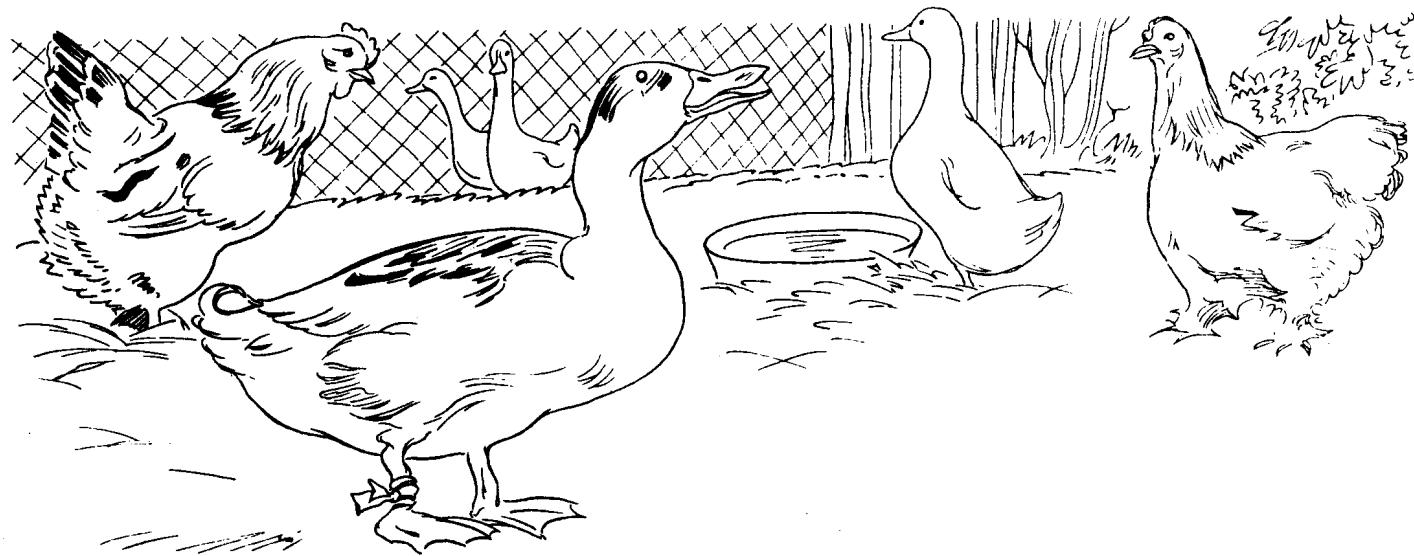
落 滚

Musical score for two staves (treble and bass). The treble staff consists of five measures. Measure 1: 5-4. Measure 2: 1-2. Measure 3: 5-4. Measure 4: 5-4, 3-2. Measure 5: 4-2, 3-4. Fingerings are indicated above the notes. The bass staff begins in measure 5: 1-2, 3-4. Measures 6-10 follow.

Continuation of the musical score. The treble staff continues from measure 5. The bass staff begins in measure 5: 1-2, 3-4. Measures 6-10 follow.

Continuation of the musical score. The treble staff continues from measure 5. The bass staff begins in measure 5: 1-2, 3-4. Measures 11-15 follow.

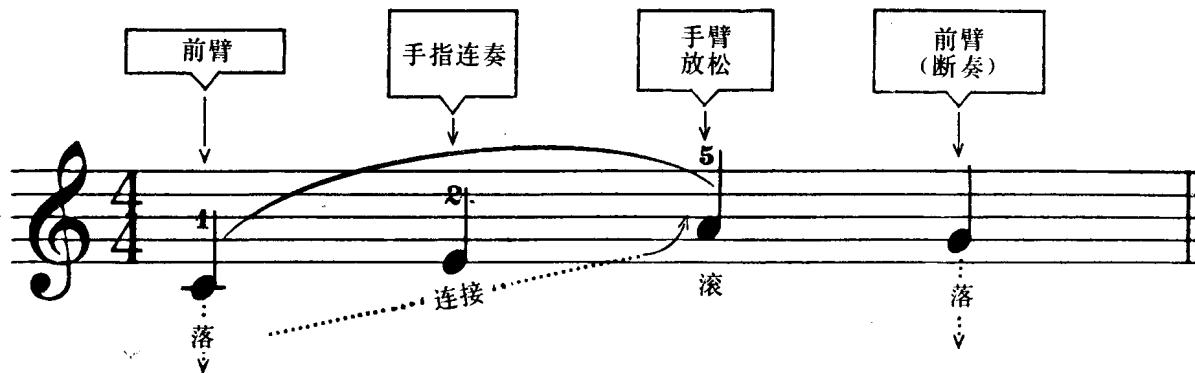
Continuation of the musical score. The treble staff continues from measure 5. The bass staff begins in measure 5: 1-2, 3-4. Measures 16-20 follow.



三个音分句

弹这一乐句时，在第一个音符上落下（如例1），连接第二个音符（手指连奏），滚至乐句最后一个音符（如例1）。

以前臂的断奏落指来弹断奏音符（第四拍）。



滑板车

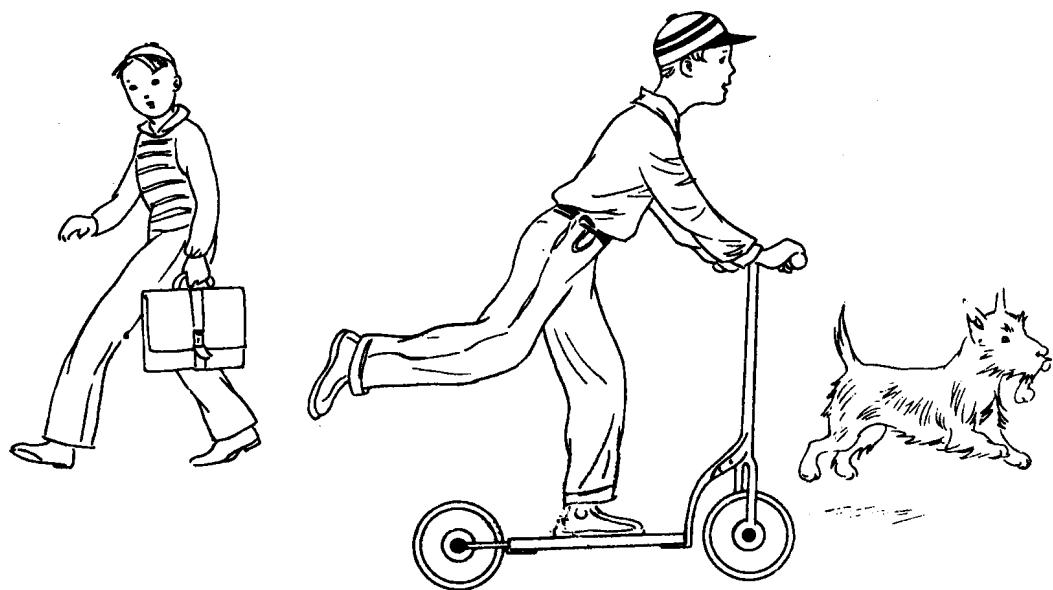
2

Musical score for two staves. The top staff uses a treble clef and the bottom staff uses a bass clef. The music consists of six measures. Measure 1: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 2: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 3: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 4: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 5: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 6: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats.

Musical score for two staves. The top staff uses a treble clef and the bottom staff uses a bass clef. The music consists of six measures. Measure 1: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 2: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 3: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 4: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 5: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 6: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats.

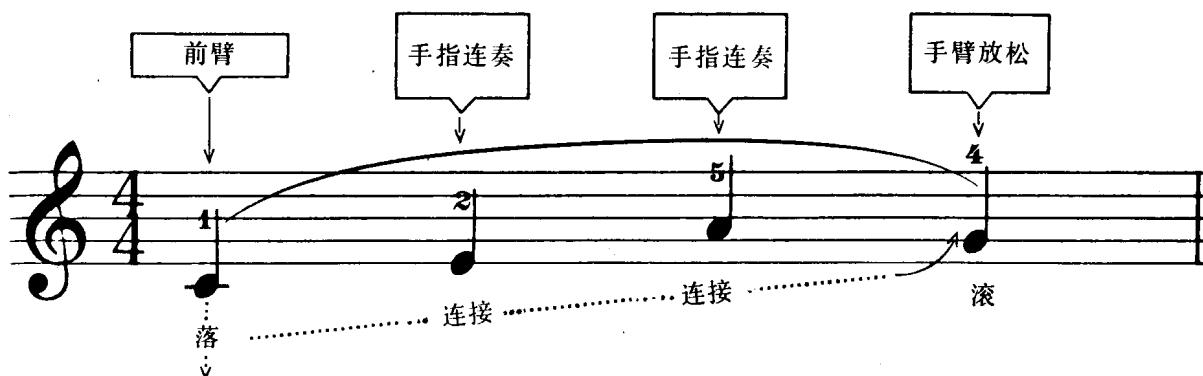
Musical score for two staves. The top staff uses a treble clef and the bottom staff uses a bass clef. The music consists of six measures. Measure 1: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 2: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 3: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 4: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 5: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 6: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats.

Musical score for two staves. The top staff uses a treble clef and the bottom staff uses a bass clef. The music consists of six measures. Measure 1: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 2: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 3: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 4: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 5: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats. Measure 6: Treble staff has eighth notes on the 1st, 3rd, and 5th beats. Bass staff has quarter notes on the 1st and 3rd beats.



四个音分句

本例中，手臂在每小节的第一个音符上落下（如例 1 和例 2），后面两个音符（第二、第三拍）用手指连奏相连接，乐句最后一个音符（第四拍）滚走同前。



溜冰

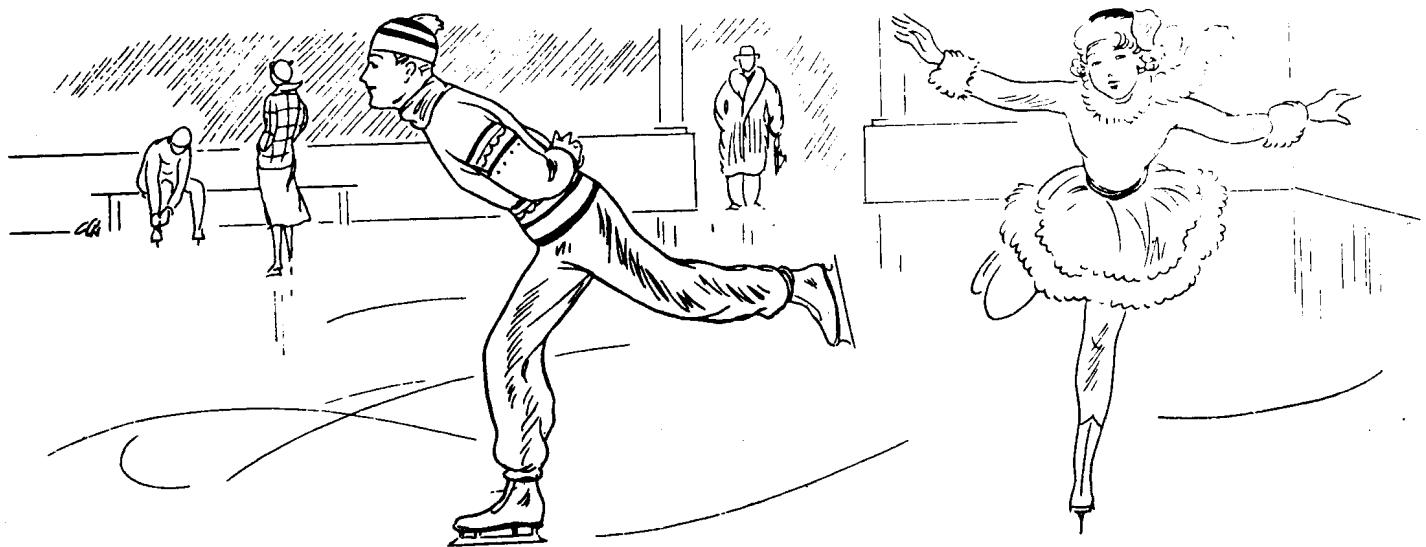
3

Musical score for two staves (Treble and Bass) in common time. The Treble staff has a key signature of one sharp. The Bass staff has a key signature of one flat. The music consists of four measures. Measure 1: Treble staff has notes 1, 2, 3; Bass staff has notes 1, 2, 3. Measure 2: Treble staff has notes 1, 2, 3; Bass staff has notes 1, 2, 3. Measure 3: Treble staff has notes 2, 1, 3, 2; Bass staff has notes 4, 3, 2, 1. Measure 4: Treble staff has notes 3, 4, 3, 2; Bass staff has notes 3, 2, 1, 4.

Musical score for two staves (Treble and Bass) in common time. The Treble staff has a key signature of one sharp. The Bass staff has a key signature of one flat. The music consists of four measures. Measure 1: Treble staff has notes 5, 2, 1, 2; Bass staff has notes 4, 3, 2, 1. Measure 2: Treble staff has notes 3, 4, 3, 2; Bass staff has notes 3, 2, 1, 4. Measure 3: Treble staff has notes 2, 1, 3, 2; Bass staff has notes 3, 2, 1, 4. Measure 4: Treble staff has notes 3, 2, 1, 4; Bass staff has notes 3, 2, 1, 4.

Musical score for two staves (Treble and Bass) in common time. The Treble staff has a key signature of one sharp. The Bass staff has a key signature of one flat. The music consists of four measures. Measures 1-3: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2. Measure 4: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2.

Musical score for two staves (Treble and Bass) in common time. The Treble staff has a key signature of one sharp. The Bass staff has a key signature of one flat. The music consists of four measures. Measures 1-3: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2. Measure 4: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2. Measures 5-6: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2. Measures 7-8: Treble staff has notes 1, 2, 3, 2; Bass staff has notes 1, 2, 3, 2.



高抬手指连奏

手 部 静 止

这种触键法手指抬得较高，手指一定要始终对准键盘上要弹的那一点。

这保证了手指的正常弯曲。

注意：决不能把手指抬得太高而引起
紧张或痉挛的感觉。

手指以军人般的精确性抬起和落下。手和臂部保持完全静止状态。

这种触键法发展手指的独立性和力量，产生干净、清晰的乐句弹奏效果。

本书的所有练习都应该用高抬手指连奏加以训练。

老 水 车

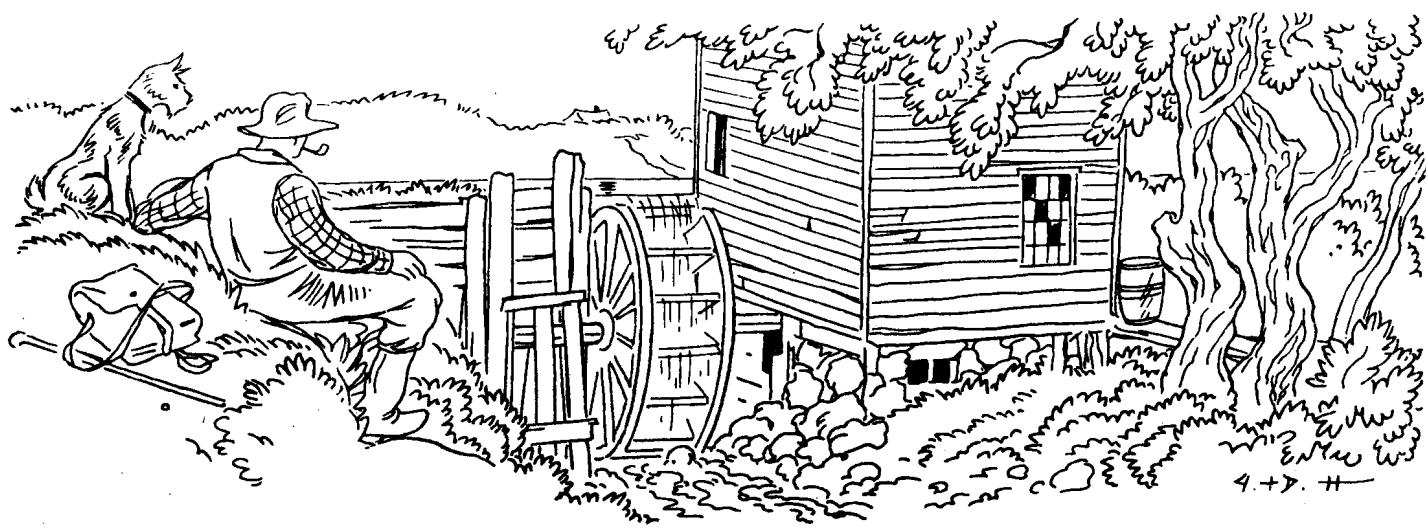
4

Musical score for two voices (treble and bass) in common time. The treble voice has a continuous eighth-note pattern. The bass voice has a eighth-note pattern with fingerings: 5, 4, 5, 2, 1, 2, 3, 4.

Musical score for two voices (treble and bass) in common time. The treble voice has a eighth-note pattern with fingerings: 5, 4, 5, 2, 1, 2, 3, 4. The bass voice has a eighth-note pattern with fingerings: 4, 2, 4, 3, 5, 4, 3, 2.

Musical score for two voices (treble and bass) in common time. The treble voice has a eighth-note pattern. The bass voice has a eighth-note pattern.

Musical score for two voices (treble and bass) in common time. The treble voice has a eighth-note pattern. The bass voice has a eighth-note pattern.



手腕断奏

这种弹法以手腕为枢纽，不靠手指带动，手上手弹跳。

力量一定要在向键盘的这个方向用，而不是用在向上抬的动作上。

手腕僵直通常是指得过高（向上动作）所致。

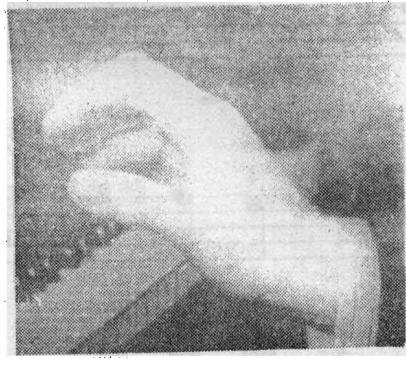
这种触键法产生于手指一触即去的噪音。



准备



起奏



放松



啄木鸟

乐谱示例：

《啄木鸟》是一首经典的钢琴曲目，展示了手腕断奏技术。乐谱包含三部分，每部分由两个八线谱组成，共六线谱。

第一部分（第1-4小节）：右手在高音区进行断奏，左手在低音区提供和声支持。右手手指序列为：5、5、3、4、2、3、5、4、5、3、4、2、3。

第二部分（第5-8小节）：右手在中音区进行断奏，左手在低音区提供和声支持。右手手指序列为：5、4、3、2、1、5、4、3、2、1、5、4、3、2、1。

第三部分（第9-12小节）：右手在高音区进行断奏，左手在低音区提供和声支持。右手手指序列为：5、4、3、2、1、5、4、3、2、1、5、4、3、2、1。

Musical score for two staves (treble and bass) in common time. The treble staff has a continuous eighth-note pattern. The bass staff has a continuous quarter-note pattern. Measure 1 ends with a repeat sign and a first ending. Measure 2 begins with a second ending.

Musical score for two staves (treble and bass) in common time. The treble staff has a continuous eighth-note pattern. The bass staff has a continuous quarter-note pattern. Measure 3 ends with a repeat sign and a first ending. Measure 4 begins with a second ending.

Musical score for two staves (treble and bass) in common time. The treble staff has a continuous eighth-note pattern. The bass staff has a continuous quarter-note pattern. Measure 5 ends with a repeat sign and a first ending. Measure 6 begins with a second ending.

Musical score for two staves (treble and bass) in common time. The treble staff has a continuous eighth-note pattern. The bass staff has a continuous quarter-note pattern. Measure 7 ends with a repeat sign and a first ending. Measure 8 begins with a second ending.



手 指 断 奏

本法与手腕和前臂断奏的不同之处在于它是“弹拨”而不是击键。

让手指略直，轻轻放在键的表面上开始弹奏。

然后，手指猛地向手掌方向弹回——就好象弹拨竖琴似的。

整个过程中不要让手或臂有动作。

这种触键法产生一个尖利的、敏捷的断音，音质与手腕或前臂断奏很不同，因为在撞击的瞬间，力量从键上移开了。

机 关 枪

6

The image contains three staves of musical notation for piano. The top staff is in treble clef and 4/4 time, showing a melodic line with various fingerings (5, 4, 3; 2, 3, 2; 1) and dynamic accents. The middle and bottom staves are in bass clef and 4/4 time, providing harmonic support. The page number '6' is located at the top left of the first staff.

