



# 哈 农

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# 第一 部 分

第一部分包括20条练习曲。练习时,可以先将节拍机调整为每分钟60次,然后将速度逐渐加快到每分钟108次。弹奏每支练习曲时,手指都应张开,高高抬起,将每个音都弹得很清楚。

(M.M. ♩ = 60 - 108.)

1 *mf*

1 2 3 4 5   1 2 3 4 5   1 2   1 2   1 2

5 4 3 2 1   5 4 3 2 1   5 4   5 4   5 4

1 2   1 2   1   1 2   1 2   1 2

5 4   5 4   5 4   5 4   5 4   5 4

5 4   5 4   5 4   5 4   5 4   5 4

1 2   1 2   1 2   1 2   1 2   1 2

5 4   5 4   5 4   5 4   5 4   5 4

5 4   5 4   5 4   5 4   5 4   5 4

1 2   1 2   1 2   1 2   1 2   1 2

(1)

2

1 2 5 4 3 4 3 2    1 2 5    1 2 5    1 2    1 2

5 3 1 2 3 2 3 4    5 3 1    5 3 1    5 3 1    5 3

1 2    1 2    1 2    1 2    1 2

5 3    5 3    5 3    5 3    5 3

1 2    1 2    1 2    (1) 5 2 1 2 3 2 3 4    5 2    5 2 1

5 3    5 3    5 3    1 3 5 4 3 4 3 2    1 3    1 3 5

5 2    5 2    5 2    5 2    5 2

1 3    1 3    1 3    1 3    1 3

1 3 5    1 3 5    1 3 5    1 3 5    1 3 5

注：4指和5指是弱指。这条练习曲至31条练习曲都是为了练习4、5指的力量，让4、5指和2、3指的力度平衡。



3

1 2 5 4 3 2 3 4    1 2 5 4 3 2    1 2 5    1 2 5    1 2 5

5 3 1 2 3 4 3 2    5 3 1 2 3 4    5 3 1    5 3 1    5 3 1

1 2 5    1 2 5    1 2 5    1 2 5    1 2 5

5 3 1    5 3 1    5 3 1    5 3 1    5 3 1

1 2 5    1 2 5    1 2 5    5 2 1 2 3 4 3 2    5 2    5

5 3 1    5 3 1    5 3 1    1 3 5 4 3 2 3 4    1 3 5    1 3 5

5 2 1    5 2 1    5 2 1    5 2 1    5 2 1    5 2 1

1 3 5    1 3 5    1 3 5    1 3 5    1 3 5    1 3 5

5 2    5 2    5 2    5 2    5 2

1 3    1 3    1 3    1 3    1 3

注： 在第3条练习之前，应将第1条和第2条作连贯练习。

4

(1)

(1)

(1)

(1)

(1)

注：为4、5指所作的特别练习。

5

1 5 4 5 3 4 2 3  
1 5 4 5 3 4 2 3  
5 1 2 1 3 2 4 3  
5 1 2 1 3 2 4 3

注：注意右手的4、5指的运动。



6

1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1    1    1

5 1 2 1 3 1 4 1    5 1 2 1 3 1 4 1    5    5    5

1    1    1    1    1    1

5    5    5    5    5    5

5    1 2 3 4    5    5    5    5    5

1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5    1 5 4 5 3 5 2 5

1    1    1    1    1    1

5    5    5    5    5    5

1    1    1    1    1    1

5    5    5    5    5    5

5    5    5    5    5    5

注：在每天练习之前，应将前面的内容作总复习。

7

1 3 2 4 3 5 4 3    1 3 2 4 3 5 4 3    1    4    1    1

5 3 4 2 3 1 3 4    5 3 4 2 3 1 3 4    5    3    5    3    5    3

1    1    1    1    1

5    3    5    3    5    3    5    3    5    3    5    3

1    1    1    1    1

5    3    5    3    5    3    5    3    5    3    5    3

1    1    1    1    1

5    3    5    3    5    3    5    3    5    3    5    3

1    1    1    1    1

5    3    5    3    5    3    5    3    5    3    5    3

1    1    1    1    1

5    3    5    3    5    3    5    3    5    3    5    3

1    1    1    1    1

注：这条练习曲对练习3、4、5指特别重要。

8

1 2 4 5 3 4 2 3    1 2 4 5 3    1 2 4    1 2 4    1 2 4

5 4 2 1 3 2 4 3    5 4 2 1 3    5 4 2    5 4 2    5 4 2

1 2 4    1 2 4    1    1    1    1

5 4 2    5 4 2    5 4 2    5 4 2    5 4 2    5

1 2 4 5 3 4 2 3    5 4 2 1 3 2 4 3    5 4 2 1 3 2 4 3    5 4 2 1

5 4 2 1    5    5    5    5    5

1 2 4 5    1    1    1    1    1

5    5    5    5    5

1    1    1    1    1

注：练习所有手指的运动。

9

This page contains five systems of piano exercises in 2/4 time. Each system consists of two staves (treble and bass clef). The exercises are characterized by rapid sixteenth-note passages and include various fingerings and articulations:

- System 1:** Treble clef starts with a sequence of notes with fingerings 1 2 3 2 4 3 5 4. Bass clef has a sequence with fingerings 5 4 3 4 2 3 1 2. Subsequent measures show similar patterns with fingerings 1 2 and 5 4.
- System 2:** Treble clef starts with a sequence with fingerings 1 2. Bass clef has a sequence with fingerings 5 4. Subsequent measures show similar patterns with fingerings 1 2 and 5 4.
- System 3:** Treble clef starts with a sequence with fingerings 1 2. Bass clef has a sequence with fingerings 5 4. Subsequent measures show similar patterns with fingerings 1 2 and 5 4.
- System 4:** Treble clef starts with a sequence with fingerings 5 4. Bass clef has a sequence with fingerings 1 2. Subsequent measures show similar patterns with fingerings 5 4 and 1 2.
- System 5:** Treble clef starts with a sequence with fingerings 5 4. Bass clef has a sequence with fingerings 1 2. Subsequent measures show similar patterns with fingerings 5 4 and 1 2.

10

5 1 2 3 4 3 4 3

5 1 2 3 4 3 2 3

1 5

1 5

1 5

5 1

5 1

5 1

1 5

1 5

1

1

1

1

1

5 1

5 1

5

5

5

5

5

5

5

1

1

1

1

1

1

1

1

1

1

5 4

1 5

1 5

1 5

1 5

1 5

1 5

1 5

1 5

1 5

注：左手的3、4指在(1)上弹出的效果是颤音。右手的3、4指在(2)上的弹出的效果同样如此。

11

The musical score consists of five systems, each with a treble and bass staff. The time signature is 2/4. The first system includes fingerings such as 1 2 5 4 5 4 3 4 in the treble and 5 3 1 2 1 2 3 2 in the bass. The second system has 1 2 in the treble and 5 3 in the bass. The third system features 1 2 in the treble and 5 3 in the bass. The fourth system has 5 2 in the treble and 1 3 in the bass. The fifth system has 5 2 in the treble and 1 3 in the bass. The score concludes with a double bar line and a fermata.

注：右手3、4、5指作颤音演奏。



12

Exercise 12, first system. Treble clef, 2/4 time. Bass clef, 4/4 time. Fingerings: 5 1 3 2 1 2 3 1, 5 1 3 2 1, 5 1 3, 5 1 3, 5 1 3. Bass clef fingerings: 1 5 3 4 5 4 3 5, 1 5 3 4 5, 1 5 3, 1 5 3, 1 5 3.

Exercise 12, second system. Treble clef, 2/4 time. Bass clef, 4/4 time. Fingerings: 5 1, 1, 1, 1, 1, 1. Bass clef fingerings: 1 5, 1 5, 1 5, 1 5, 1 5, 1 5.

Exercise 12, third system. Treble clef, 2/4 time. Bass clef, 4/4 time. Fingerings: 5, 5, 5, 5 3 4 5 4 3 5, 5 3, 5 3. Bass clef fingerings: 1, 1, 1, 1 3 2 1 2 3 1, 1 3, 1 3.

Exercise 12, fourth system. Treble clef, 2/4 time. Bass clef, 4/4 time. Fingerings: 1, 1, 1, 1, 1, 1. Bass clef fingerings: 1 3, 1 3, 1, 1 3, 1, 1.

Exercise 12, fifth system. Treble clef, 2/4 time. Bass clef, 4/4 time. Fingerings: 1 5, 1 5, 1 5, 1 5, 1 5. Bass clef fingerings: 5 1, 5 1, 5 1, 5 1, 5 1, 5 1.

13

Musical notation for the first system of exercise 13, measures 1-5. The system consists of two staves (treble and bass clef) in 2/4 time. The treble staff contains a sequence of eighth-note triplets. The bass staff contains a sequence of eighth-note triplets. Fingerings are indicated by numbers 1-5 above or below notes.

Measure 1: Treble (3 1 4 2 5 3 4 5), Bass (3 5 2 4 1 3 2 1)  
Measure 2: Treble (3 1 4 2 5 3 4 5), Bass (3 5 2 4 1 3 2 1)  
Measure 3: Treble (3 1 4 2 5), Bass (3 5 2 4 1)  
Measure 4: Treble (3 1), Bass (3 5)  
Measure 5: Treble (3 1), Bass (3 5)

Musical notation for the second system of exercise 13, measures 6-11. The system consists of two staves (treble and bass clef) in 2/4 time. The treble staff contains a sequence of eighth-note triplets. The bass staff contains a sequence of eighth-note triplets. Fingerings are indicated by numbers 1-5 above or below notes.

Measure 6: Treble (3 1), Bass (3 5)  
Measure 7: Treble (3 1), Bass (3 5)  
Measure 8: Treble (3 1), Bass (3 5)  
Measure 9: Treble (3 1), Bass (3 5)  
Measure 10: Treble (3 1), Bass (3 5)  
Measure 11: Treble (3 1), Bass (3 5)

Musical notation for the third system of exercise 13, measures 12-17. The system consists of two staves (treble and bass clef) in 2/4 time. The treble staff contains a sequence of eighth-note triplets. The bass staff contains a sequence of eighth-note triplets. Fingerings are indicated by numbers 1-5 above or below notes.

Measure 12: Treble (3 1), Bass (3 5)  
Measure 13: Treble (3 1), Bass (3 5)  
Measure 14: Treble (3 1), Bass (3 5)  
Measure 15: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 16: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 17: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)

Musical notation for the fourth system of exercise 13, measures 18-23. The system consists of two staves (treble and bass clef) in 2/4 time. The treble staff contains a sequence of eighth-note triplets. The bass staff contains a sequence of eighth-note triplets. Fingerings are indicated by numbers 1-5 above or below notes.

Measure 18: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 19: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 20: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 21: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 22: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)  
Measure 23: Treble (3 5 4 3 2 1 3 4), Bass (3 1 4 2 3 5 3 2)

Musical notation for the fifth system of exercise 13, measures 24-29. The system consists of two staves (treble and bass clef) in 2/4 time. The treble staff contains a sequence of eighth-note triplets. The bass staff contains a sequence of eighth-note triplets. Fingerings are indicated by numbers 1-5 above or below notes.

Measure 24: Treble (1 3 4), Bass (5 3 2)  
Measure 25: Treble (1 3 4), Bass (5 3 2)  
Measure 26: Treble (1 3 4), Bass (5 3 2)  
Measure 27: Treble (1 3 4), Bass (5 3 2)  
Measure 28: Treble (1 3 4), Bass (5 3 2)  
Measure 29: Treble (1 3 4), Bass (5 3 2)

14

The exercise is written in 2/4 time and consists of five systems of two staves each. The notation includes various rhythmic patterns and fingerings, with specific notes and intervals marked with numbers 1-5. The exercise is designed for technical practice, focusing on finger independence and control.

注：3、4指作颤音练习。