

初学者的

唐丽娟 编

哈农

钢琴练指法



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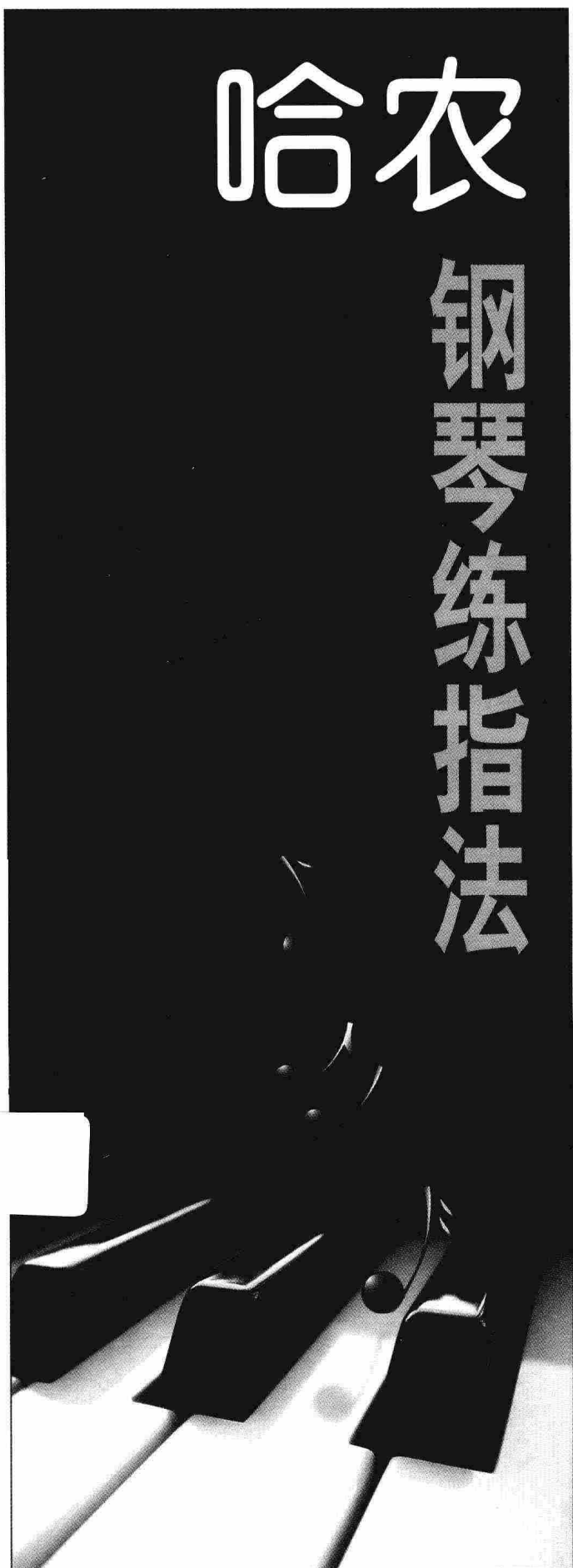
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前 言

查尔斯-路易斯·哈农 (Charles-Louis Hanon), 1819 年 7 月 2 日生于法国敦刻尔克附近的雷恩居尔, 1900 年 3 月 19 日卒于法国布伦。哈农是 19 世纪法国著名管风琴师、钢琴家及钢琴教育家。他从小接受音乐训练, 之后在教堂演奏管风琴, 教授钢琴、声乐并担任合唱指导, 积累了丰富的教学经验。哈农一生的作品不多, 最著名的是他的 60 首《钢琴练指法》。这是一部极具实用价值的练习曲, 至今依然被全世界的钢琴教师视为钢琴教学的必备教材。

本书作为哈农《钢琴练指法》的辅助教材, 编者在每首原型练习后都添加了改编的一至两首辅助练习。在这些辅助练习中, 编者将原型练习的演奏音域缩减至两个八度, 并通过连音、断奏、附点、三连音、切分音等多种变化形式, 对初学者在练习中可能遇到的实际困难进行重点强化, 旨在加强初学者手指技术及协调运动能力。通过本教材的学习, 既可以帮助初学者奠定良好的钢琴弹奏技术基础, 又可以为他们打开感知钢琴学习魅力与乐趣的大门。

唐丽娟

2009 年 12 月

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练习 1

原型练习 (4、5 指)

1.

The exercise is presented in six systems, each containing a treble and bass staff. The notation includes fingerings for the 4th and 5th fingers, as indicated by the title. The first system is marked with a '1.' and shows a sequence of notes with fingerings: Treble (1, 2, 3, 4, 5, 4, 3, 2, 1, 2, 5, 4) and Bass (5, 4, 3, 2, 1, 2, 3, 4, 5, 4, 1, 2). The subsequent systems continue this pattern with various ascending and descending scales and arpeggios, always indicating the specific finger used for each note.

辅助练习（跳音的练习）

1.

The exercise is a piano piece in 4/4 time, consisting of six systems of two staves each. The first system is marked with a '1.' and shows a descending scale in the right hand and an ascending scale in the left hand. The subsequent systems show more complex staccato patterns, including repeated notes and moving lines. The final system ends with a double bar line.

练习 2

原型练习 (3、4 指)

2.

The exercise is composed of six systems, each with a treble and bass staff. The time signature is 4/4. The notation includes various note values (quarter, eighth, and half notes) and rests. Fingerings are indicated by numbers 1 through 5 placed above or below the notes. The exercise is designed to improve the independence and control of the 3rd and 4th fingers.

辅助练习（落提的练习）

2.

The exercise is written in 4/4 time and consists of six systems, each with two staves (treble and bass clef). The notation includes various fingerings (1-5) and articulation marks (accents) to guide the performer through the 'dropping and lifting' technique. The piece ends with a final whole note chord in the right hand and a whole note bass line in the left hand.

练习 3

原型练习 (2、3、4 指)

3.

The exercise is a piano piece in 4/4 time, consisting of six systems of five measures each. The first system is marked with a '3.' and includes fingerings 1, 2, 5, 4, 3, 2, 3, 4, 1, 2, 3, 2 in the treble and 3, 1, 2, 3, 4, 3, 2, 5, 3, 3, 4 in the bass. The subsequent systems continue the exercise with various fingerings for the 2nd, 3rd, and 4th fingers. The final system ends with a double bar line.

辅助练习（落提 + 跳音的练习）

3.

The exercise is written in 4/4 time and consists of six systems of two staves each. The notation includes various fingerings (1-5) and articulation marks (accents) to indicate the '落提' (fall and lift) and '跳音' (staccato) techniques. The piece concludes with a double bar line in the final system.

练习 4

原型练习 (3、4、5 指)

4.

The exercise is written in 4/4 time and consists of six systems of musical notation, each with a treble and bass clef staff. The notes and fingerings are as follows:

- System 1:** Treble: 1 2 1 2 | 5 4 3 2 | 1 2 2 2 | 5 4. Bass: 5 4 5 3 | 1 2 3 4 | 5 4 3 3 | 1 2.
- System 2:** Treble: 1 2 2 2 | 5 4 2 2 | 1 2 2 2 | 1 2 2 2. Bass: 5 4 3 3 | 1 2 2 2 | 5 4 3 3 | 1 2 5 4 3.
- System 3:** Treble: 5 4 2 2 | 1 2 2 2 | 5 4 2 2 | 1 2 2 2 | 5 4 2 2. Bass: 1 2 2 3 | 5 4 3 3 | 1 2 2 3 | 5 4 3 3 | 1 2 2 3.
- System 4:** Treble: 5 4 5 2 | 1 2 3 4 | 5 4 2 2 | 1 2 2 2 | 5 4 2 2. Bass: 1 2 1 3 | 5 4 3 2 | 1 2 2 3 | 1 2 2 3 | 1 2 2 3.
- System 5:** Treble: 5 4 2 2 | 5 4 2 2 | 1 2 2 2 | 5 4 2 2 | 1 2 2 2. Bass: 5 4 2 2 | 1 2 2 3 | 5 4 2 2 | 1 2 2 3 | 5 4 2 2.
- System 6:** Treble: 5 4 2 2 | 1 2 2 2 | 5 4 2 2 | 1 2 2 2 | 5 4 2 2. Bass: 1 2 3 3 | 5 4 2 2 | 1 2 3 3 | 1 2 4 4 | 5 4 2 2.

辅助练习（落提 + 跳音的练习）

4.

The musical score is a six-system exercise for piano, labeled '4.' and '辅助练习（落提 + 跳音的练习）'. It is written in 4/4 time and consists of six systems of two staves each (treble and bass clef). The music features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. Fingerings are indicated by numbers 1-5 above or below notes. The piece concludes with a double bar line in the final system.

练习 5

原型练习 (1、2、3、4、5 指)

5.

The exercise is written in 4/4 time and consists of six systems of musical notation, each with a treble and bass staff. The notation includes various intervals and patterns, with fingerings indicated by numbers 1 through 5 above or below the notes. The exercise is designed to improve finger control and coordination.

System 1: Treble staff starts with a half note G4 (finger 1), followed by quarter notes F#4 (finger 5), E4 (finger 4), and D4 (finger 5). Bass staff starts with a half note C3 (finger 5), followed by quarter notes D3 (finger 1), E3 (finger 2), and F3 (finger 1).
 System 2: Treble staff starts with a half note E4 (finger 5), followed by quarter notes F#4 (finger 4), G4 (finger 5), and A4 (finger 3). Bass staff starts with a half note C3 (finger 3), followed by quarter notes D3 (finger 2), E3 (finger 4), and F3 (finger 3).
 System 3: Treble staff starts with a half note G4 (finger 3), followed by quarter notes F#4 (finger 4), E4 (finger 1), and D4 (finger 5). Bass staff starts with a half note C3 (finger 3), followed by quarter notes D3 (finger 2), E3 (finger 5), and F3 (finger 1).
 System 4: Treble staff starts with a half note E4 (finger 3), followed by quarter notes F#4 (finger 4), G4 (finger 1), and A4 (finger 5). Bass staff starts with a half note C3 (finger 3), followed by quarter notes D3 (finger 2), E3 (finger 5), and F3 (finger 1).
 System 5: Treble staff starts with a half note G4 (finger 2), followed by quarter notes F#4 (finger 4), E4 (finger 1), and D4 (finger 5). Bass staff starts with a half note C3 (finger 4), followed by quarter notes D3 (finger 2), E3 (finger 1), and F3 (finger 5).
 System 6: Treble staff starts with a half note E4 (finger 2), followed by quarter notes F#4 (finger 4), G4 (finger 1), and A4 (finger 5). Bass staff starts with a half note C3 (finger 4), followed by quarter notes D3 (finger 2), E3 (finger 1), and F3 (finger 5). The exercise concludes with a double bar line and repeat dots.

辅助练习（附点的练习）

