

# 哈农

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# 钢琴练指法

人民音乐出版社

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钱仁康译序及说明词

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钱仁康译序及说明词

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# 序

现在钢琴的学习是这么普遍,优秀的钢琴家是这么多,因此平庸地演奏钢琴已成为不堪容忍的事;结果是,即使要想在非专业的听众之前演奏一首中等程度的曲子,也得先下八年或十年的苦功。

能化这么长的时间来从事学习钢琴的人是太少了!以下的情况是常有的:因缺乏充分的练习而演奏得粗糙而又错误;左手遇到较难的所在就弹不下去;第四和第五指几乎没有什么用处,由于缺乏专门的练习,这两个手指常较其他各指为软弱;学习者遇到含有八度进行、震音或颤音的乐句时就会感到困难和疲倦;结果是演奏得既不正确,又缺乏表情。

数年以来,编者试图把足使钢琴学生在较短的时期内完成技术训练的专门练习编成一集,藉以消除上述的现象。

要达到这个目的,必须解决如下的问题:如果每只手的五个手指平均发展,它们就能演奏一切为钢琴而写的作品,余下来的仅仅是指法上的困难,这是容易克服的。

这一问题的解决方案,可从60首《钢琴练指法》中找到。

本书提供了使手指灵活有力、独立不倚和平均发展,以及使手腕松动自如所必需的练习;上述的对于手指和手腕的要求,是优秀的演奏技术所必不可少的;这些练习的另一目的,是使左手获得和右手同样的能力。这些练习是富于趣味,而不会使学生感到厌倦的,它们不象大多数的五指练习那样,单调得只有大艺术家才有耐性和勇气去弹奏。

这些练习是以这样的方式写成的:只要看过几遍,就能以很快的速度弹奏出来,这样,它们就成为不必费研究功夫的卓越的手指练习。

如果高兴的话,所有这些练习可由若干演奏者在许多钢琴上同时弹奏,藉以引起竞争性,并使他们习惯于合奏。

本书中包含各种的技术困难,这些困难是根据这样的原则而安排的:手指在前一练习中运用得疲倦以后,在下一练习中可以得到休息的机会。这样安排的结果,使一切技术困难不必特别费力或大感疲乏就能克服;经过这种练习以后,就会进步很快。

本书是供一切钢琴学生用的。每一学生经过一年的学习,就能顺利地弹完本书。进步较快的学生可以在很短的时间内熟习本书,那时他们不再感到手指和手腕的僵硬;这样就使他们能够克服技术上的最大困难。

没有充分时间练琴的钢琴家和教师,为了维持他们的演奏技术,只要把这些练习弹奏数小时,就能恢复手指的灵活性。花一小时的时间,可以把本书弹一遍,如能弹熟本书,并在若干时间内每天练习,困难就会象着了魔似的消失得无影无踪,随之而来的是指触的爽利、轻松、灵敏,这就是大演奏家成功的秘诀。

总之,编者向学习者提供本书,作为解决一切技术困难的钥匙。

因此,编者相信,向青年钢琴家、教师和学校领导者推荐本书——《钢琴练指法》,乃是真正地为他们服务。

哈 农

# 第一部分

使手指灵活、无拘束、坚强有力、动作平稳、用力均匀的准备练习

## 练习 1

左手第五、第四指上行及右手第五、第四指下行时，两指间张开的练习<sup>(1)</sup>。

学习第一部分的二十个练习时，最初把拍节机调整为每分钟打60次，逐渐把速度增加到每分钟108次；这就是每一练习开头的拍节机符号中两个数字的意思。

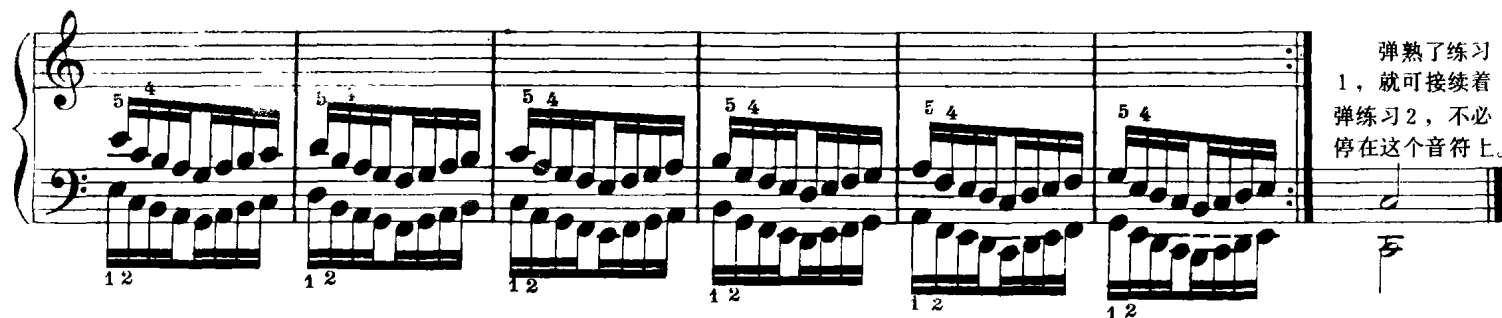
高高地并正确地抬起手指、每个音要弹得很清楚

M. M. ♩ = 60—108

1

(1) 为简明起见，以后仅于每一练习的开头注明各该练习重点训练的手指数字，如练习2注明(3—4)，练习3注明(2—3—4)。

注意：在本书所有的练习中，左、右两手所弹奏的困难的手指进行是相同的；这样，左手就可以达到和右手同样的精炼程度。而且，左手所弹奏的困难的上行进行，原封不动地搬到右手下行中去；这种新的练习方法使两手完全平均发展。



弹熟了练习  
1, 就可接续着  
弹练习 2, 不必  
停在这个音符上。

## 练习 2

(3-4) 弹熟这一练习后, 再弹前一练习, 并把两者继续不断地合弹四次; 以后的练习也照这样弹法, 这对于手指大有裨益。

8/11 (1)

2

(1) 第四及第五指是生来比较软弱的, 注意这一练习与下面直到练习31为止的各练习, 是想把它们练习到与第二、第三指一样地坚强和灵活。

## 练习 3

(2—3—4)弹奏练习3以前,先把以前两个练习继续不断地弹一次或二次。练习3弹熟后,接弹练习4,再弹练习5,这些练习都弹熟后,至少要把它们连续不断地弹四次,停在第6页最后的音符中间不要断。本书所有的练习都要照这样弹法,当弹奏第一部分的各练习时,只要在第5,8,11,14,17,20,及23页的最后的音符上作停顿。

The musical score for Exercise 3 is presented in five systems, each containing two staves (treble and bass clef) and a key signature of one sharp (F#). The exercises are numbered 3, 4, 5, 6, and 7.

- Exercise 3:** The first system. The treble staff features a sequence of eighth-note patterns with fingerings 1 2 5 4 3 2 3 4, 1 2 5 4 3 2, 1 2 5, 1 2 5, and 1 2 5. The bass staff features a sequence of eighth-note patterns with fingerings 5 3 1 2 3 4 3 2, 5 3 1 2 3 4, 5 3 1, 5 3 1, and 5 3 1.
- Exercise 4:** The second system. The treble staff features a sequence of eighth-note patterns with fingerings 1 2 5, 1 2 5, 1 2 5, 1 2, 1 2, and 1 2. The bass staff features a sequence of eighth-note patterns with fingerings 5 3 1, 5 3 1, 5 3 1, 5 3 1, 5 3 1, and 5 3 1.
- Exercise 5:** The third system. The treble staff features a sequence of eighth-note patterns with fingerings 1 2 5, 1 2 5, 1 2 5, 5 2 1 2 3 4 3 2, 5 2 1 2 3 4 3 2, and 5 2 1 2 3 4 3 2. The bass staff features a sequence of eighth-note patterns with fingerings 5 3 1, 5 3 1, 5 3 1, 1 3 5 4 3 2 3 4, 1 3 5 4 3 2 3 4, and 1 3 5 4 3 2 3 4.
- Exercise 6:** The fourth system. The treble staff features a sequence of eighth-note patterns with fingerings 5 2 1, 5 2 1, 5 2 1, 5 2 1, 5 2 1, and 5 2 1. The bass staff features a sequence of eighth-note patterns with fingerings 1 3 5, 1 3 5, 1 3 5, 1 3 5, 1 3 5, and 1 3 5.
- Exercise 7:** The fifth system. The treble staff features a sequence of eighth-note patterns with fingerings 5 2 1, 5 2 1, 5 2 1, 5 2 1, and 5 2 1. The bass staff features a sequence of eighth-note patterns with fingerings 1 3 5, 1 3 5, 1 3 5, 1 3 5, and 1 3 5.

(3-4-5) 第三、第四及第五各指的特殊练习。

4

(1)

(i)



### 练习 5

(1—2—3—4—5) 在这里再重复地说一遍：手指必须高高地并正确地抬起，直到本书弹奏熟练为止。

[illegible]

(1) 右手第四及第五指弹奏颤音的预备练习。

## 练习 6

(5) 为了使弹奏本书者获得所期望的良好效果起见, 已练过的练习每天至少要复习一次。

6

The exercise is a piano piece in 2/4 time, consisting of five systems of two staves each. The first system is marked with a large '6' on the left. The music features a variety of fingerings and articulations, including slurs, accents, and dynamic markings like 'f' and 'p'. The exercise concludes with a double bar line and a repeat sign.

## 练习 7

(3—4—5) 对第三、第四及第五各指最重要的练习。

7

The musical score for Exercise 7 is written for piano in 2/4 time. It consists of five systems of two staves each. The first system is marked with a large '7' on the left. The music features various fingerings (1-5) and articulations (accents, slurs) for the third, fourth, and fifth fingers. The key signature has one sharp (F#). The piece concludes with a double bar line and repeat dots.

(1—2—3—4—5) 对所有的五指都很重要的练习。

The exercise is a piano piece in 2/4 time, consisting of five systems of music. Each system is written for a grand staff (treble and bass clef). The first system is marked with a large '8' on the left. The exercise involves ascending and descending scales and arpeggios for both hands, with various fingering numbers (1-5) indicated above or below the notes. The final system ends with a double bar line and a repeat sign.

System 1 (marked with a large '8'):

- Hand 1 (Treble): 1 2 4 5 3 4 2 3, 1 2 4 5 3, 1 2 4, 1 2 4, 1 2 4
- Hand 2 (Bass): 5 4 2 1 3 2 4 3, 5 4 2 1 3, 5 4 2, 5 4 2, 5 4 2

System 2:

- Hand 1: 1 2 4, 1 2 4, 1 2 4, 1 2 4, 1 2 4, 1
- Hand 2: 5 4 2, 5 4 2, 5 4 2, 5 4 2, 5 4 2, 5

System 3:

- Hand 1: 1 2 4, 1 2 4, 1 2 4, 5 4 2 3 2 4 3, 5 4 2 3 2 4 3, 5 4 2
- Hand 2: 5 4 2 1 3 2 4 3, 5 4 2 1 3 2 4 3, 5 4 2 1 3 2 4 3, 1 2 4 5 3 4 2 3, 1 2 4 5 3 4 2 3, 1 2 4 5

System 4:

- Hand 1: 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4
- Hand 2: 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2

System 5:

- Hand 1: 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4 2 1, 5 4 2 1
- Hand 2: 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2 4 5, 1 2

## 练习 9

第四、第五指的伸张及一般手指练习。

9

The exercise is written for piano in 2/4 time. It consists of five systems of music, each with two staves (treble and bass clef). The first system is marked with a large '9' on the left. The exercise features various fingerings and patterns, including ascending and descending scales, chords, and specific finger exercises. Fingerings are indicated by numbers 1-5 above or below notes. The exercise concludes with a double bar line and a final chord in the fifth system.



(3-4) 左手上行进行(1)及右手下行进行(2)中第三、第四指颤音弹法的预备练习

10

The exercise is written in 2/4 time and consists of five systems of musical notation. The first system is marked with a large '10' on the left. The notation includes fingerings (1-5) and trill markings (1 5) for both hands. The exercise focuses on trill techniques for the third and fourth fingers in both hands, with the left hand generally moving upwards and the right hand moving downwards. The score concludes with a double bar line and a final chord in the fifth system.

## 练习 11

(3--5) 第四、第五指颤音弹法的另一预备练习。

11

This piano score for 'The Rose Tree' is written in 2/4 time and consists of 11 measures. The notation is arranged in five systems, each with a grand staff (treble and bass clefs). The melody is primarily in the treble clef, while the bass clef provides a harmonic accompaniment. Fingerings are indicated by numbers 1-5 above or below notes. The piece concludes with a double bar line and repeat dots in the final measure.

1—5 两指的伸张及 3—4—5 各指的练习。

12

13