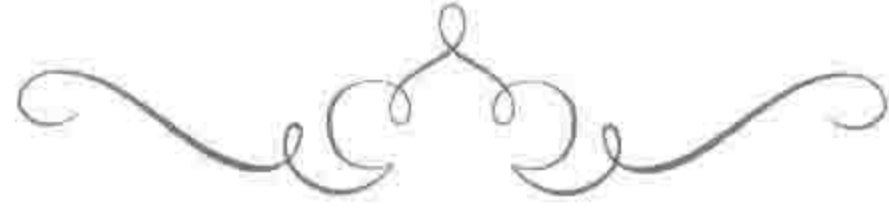


调性哈农

Tonal Hanon

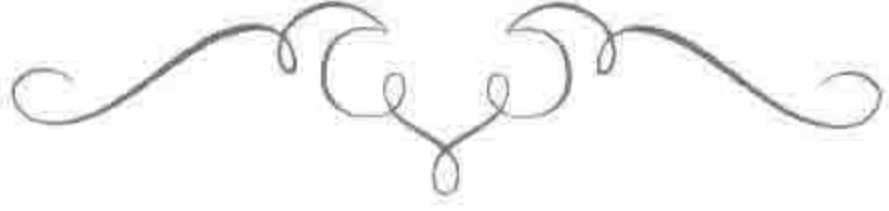
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前言

大约三年前,笔者编著的《节奏哈农——60首钢琴基础与拓展训练》一书由广西师范大学出版社出版。没想到,上市后这几年深得广大读者的青睐,并重版两次。实际上,在众多手指练习教程纷纷涌现的当下,再为“哈农”填砖加瓦,到底是“画蛇添足”,还是不无必要,其实众说纷纭,也众口难调。但是不得不承认的是,这套原名为 The Virtuoso Pianist in 60 Exercises 的手指练习,不论是业余初学者、大专师范院校学生,抑或是音乐学院的钢琴专业的学生,甚至诸多著名的钢琴家,都常将之作为练琴前或音乐会开场前的热身训练。

那么出版这本《节奏哈农》的姊妹篇《调性哈农》的原因,想必大家也能略知一二。其实在教学中,我们可能很少,或说并没有刻意强调过对于调性这方面的专题训练。当然,如果说有,在日常弹奏音阶琶音等基础的训练中,我们或多或少也接触了不同调性的音乐语汇。除此之外,考级和考学中也会有所涉及。那么说到底,笔者为何此次借此经典练习,让大家训练调性呢?从最直观的方面来说,在初学时让学习者的小拇指敢于“面对”黑键或许是笔者比较直接的想法。“哈农”的60首练习,绝大部分都是白键练习,而这对于一些畏惧弹黑键的,或者说想尝试练习在黑键上站立的学习者,则是不利和不足的。虽然,曲目没有升降号,的确在一定程度上降低了作品的难度。但是撇开难度这个角度,在学习较靠后的阶段才接触黑键,或许未必是一个有利和明智的选择。笔者以为,在适当的阶段,恰当的加入一些带有黑键的训练,不仅能对孩子识谱方面提出更高和必要的要求,同时也对他们在真正扎实训练固定调性的听觉上带来必不可少的益处。

此书第一阶段共28首,适合夯实基础的初学者(1—6级)练习。笔者把每首原作的十六分音符 $\frac{2}{4}$ 拍改成了八分音符 $\frac{4}{4}$ 拍,目的不言而喻,当然是希望研习者能够真正做到慢练;曲目上只选用原作的前20首;调性安排上,第1-4首保留了C大调原作,之后逐步从一升一降进阶到四升四降。第二阶段24首,属于提高阶段(7-10级),难度增加至五升五降和六升六降。由于七升七降的升F和降G大调属于等音音阶,故此处只涉猎了后者。音符方面整体恢复了原作的十六分音符 $\frac{2}{4}$ 拍,当然难度也明显递增。

此外,全书并没有涉猎小调,每位老师可以根据每位学生的不同情况给学生们作更多练习。此外,在日常练习时,教师给学生练习这样的训练可以采用两种不同的形式:一种是纯粹练习手指独立性、颗粒性和支撑力,需要用 f 的力度;另一种是培养练习者更高一个层次的,如柔和性、歌唱性和连贯性,可以用 p 的力度,并带有渐强、渐弱富有表情的处理。

需要特别提醒的是,如果阁下还在练习原作,其中要求速度在♩=60,即一秒钟弹四个♩音符,并在之后的练习中逐渐加快,对于初学者来说这样的速度是偏快的,并且很难达到训练手指的理想功效。笔者建议,对于不同的练习,教师可以让学生从慢至快分3种速度练习,比如♩=60、♩=60、♩=60。这样,既可以在慢练中扎实掌握该练习涉及的基本功,又可以在熟练后掌握用常速或快速弹奏,并在之后学习不同乐曲时遇到相同调性的情况下,做到一定程度

的感知。

建议使用者结合音阶与琶音一起训练,也可以与《节奏哈农》穿插学习。如果每周练习一首,建议每首至少反复练习 10 遍。与此同时,练习者也可以结合赫兹(Henri Herz)《钢琴音阶与练习教程》、昆兹(Konrad Max Kunz)《钢琴进阶短小二部卡农练习 200 首》(作品 14)、普莱蒂(Louis Plaidy)《钢琴技巧练习教程》、斯塔玛蒂(Camille-Marie Stamaty)《钢琴节奏训练教程》(作品 36)等一同练习。希望本书可以给初学者在训练手指基本功的问题上带来微薄的帮助。



2016 年 12 月于上海

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调 性 哈 农

第一阶段 从 C 大调到四升四降

练习一 C 大调

1. *mf*

The musical score is written for piano in C major, 4/4 time. It consists of five systems of piano accompaniment. The first system includes fingerings and a dynamic marking of *mf*. The subsequent systems show the progression of the exercise through various scales and arpeggios.

System 1: Treble and bass staves. Treble staff: 1. 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2. Bass staff: 5 4 3 2 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2.

System 2: Treble staff: 1. 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2. Bass staff: 5 4 3 2 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2.

System 3: Treble staff: 1. 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2. Bass staff: 5 4 3 2 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2.

System 4: Treble staff: 1. 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2. Bass staff: 5 4 3 2 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2.

System 5: Treble staff: 1. 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2. Bass staff: 5 4 3 2 1 2 3 4 5 4 3 2, 1 2 3 4 5 4 3 2.

15

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

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

18

21

24

27

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

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

练习二 C 大调

2. *mf*

1 2 5 4 3 4 3 2

5 3 1 2 3 2 3 4

3

6

9

12

Detailed description of the musical score: The exercise is written for piano in C major, 2/4 time. It consists of 12 measures. The first system (measures 1-3) includes fingering numbers above and below the notes. Measure 1: Treble clef has notes C4, D4, E4, F4; Bass clef has notes C3, D3, E3, F3. Measure 2: Treble clef has notes G4, A4, B4, A4; Bass clef has notes G3, A3, B3, A3. Measure 3: Treble clef has notes C5, B4, A4, G4; Bass clef has notes C4, B3, A3, G3. The second system (measures 4-6) continues the melodic and harmonic patterns. The third system (measures 7-9) introduces some chromatic movement. The fourth system (measures 10-12) concludes the exercise with a final cadence. The dynamic marking *mf* (mezzo-forte) is placed at the beginning of the first measure.

15

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

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

18

21

24

27

练习三 C 大调

3. *mf*

Measures 1-4 of exercise 3. The treble staff contains two measures of eighth-note pairs: (1, 2), (5, 4) and (3, 2), (3, 4). The bass staff contains two measures of eighth-note pairs: (5, 3), (1, 2) and (3, 4), (3, 2). Fingerings are indicated by numbers 1-5 above or below notes.

3

Measures 5-8 of exercise 3. The treble staff contains eighth-note patterns: (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2). The bass staff contains eighth-note patterns: (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4).

6

Measures 9-12 of exercise 3. The treble staff contains eighth-note patterns: (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2). The bass staff contains eighth-note patterns: (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4).

9

Measures 13-16 of exercise 3. The treble staff contains eighth-note patterns: (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2). The bass staff contains eighth-note patterns: (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4).

12

Measures 17-20 of exercise 3. The treble staff contains eighth-note patterns: (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2). The bass staff contains eighth-note patterns: (5, 4, 3, 2), (1, 2, 3, 4), (5, 4, 3, 2), (1, 2, 3, 4).

15

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

18

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

21

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

24

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

27

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

练习四 C 大调

4. *mf*

Measures 1-4 of exercise 4. The treble staff contains a descending eighth-note scale: C4-B3-A3-G3-F3-E3-D3. The bass staff contains an ascending eighth-note scale: C3-D3-E3-F3-G3-A3-B3. Fingerings are indicated: Treble (1, 2, 1, 2, 5, 4, 3, 2) and Bass (5, 4, 3, 2, 1, 2, 3, 4).

3

Measures 1-4 of exercise 3. Treble staff: C4-B3-A3-G3 (quarter), F3-E3-D3 (quarter), C4-B3-A3 (quarter), G3-F3-E3 (quarter). Bass staff: C3-D3-E3 (quarter), F3-G3-A3 (quarter), B3-C4 (quarter), B3-A3-G3 (quarter).

6

Measures 1-4 of exercise 6. Treble staff: C4-B3-A3 (quarter), G3-F3-E3 (quarter), D3-C3 (quarter), B3-A3 (quarter). Bass staff: C3-D3-E3 (quarter), F3-G3-A3 (quarter), B3-C4 (quarter), B3-A3-G3 (quarter).

9

Measures 1-4 of exercise 9. Treble staff: C4-B3-A3 (quarter), G3-F3-E3 (quarter), D3-C3 (quarter), B3-A3 (quarter). Bass staff: C3-D3-E3 (quarter), F3-G3-A3 (quarter), B3-C4 (quarter), B3-A3-G3 (quarter).

12

Measures 1-4 of exercise 12. Treble staff: C4-B3-A3 (quarter), G3-F3-E3 (quarter), D3-C3 (quarter), B3-A3 (quarter). Bass staff: C3-D3-E3 (quarter), F3-G3-A3 (quarter), B3-C4 (quarter), B3-A3-G3 (quarter).

15

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

18

21

24

27

练习五 G 大调

5. *mf*

The exercise is written for piano in G major (one sharp) and common time. It consists of five systems of music. The first system includes fingerings and a dynamic marking of *mf*. The subsequent systems show the continuation of the piece with various melodic and harmonic patterns.

System 1 (Measures 1-4):
 Treble clef: 1 5 4 5 3 4 2 3
 Bass clef: 5 1 2 1 3 2 4 3

System 2 (Measures 5-8):
 Treble clef: 1 5 4 5 3 4 2 3
 Bass clef: 5 1 2 1 3 2 4 3

System 3 (Measures 9-12):
 Treble clef: 1 5 4 5 3 4 2 3
 Bass clef: 5 1 2 1 3 2 4 3

System 4 (Measures 13-16):
 Treble clef: 1 5 4 5 3 4 2 3
 Bass clef: 5 1 2 1 3 2 4 3

System 5 (Measures 17-20):
 Treble clef: 1 5 4 5 3 4 2 3
 Bass clef: 5 1 2 1 3 2 4 3