

# 哈农

钢琴练指法

长江文艺出版社



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# 序

如今，学习钢琴是如此普遍，好的钢琴家越来越多，以致人们对平庸的钢琴演奏已难以接受。所以，在哪怕是业余演奏会上弹一段一般难度的曲子，也要学上十年八年才行。然而，能够投入这么多年功夫来学这件乐器的人并不多。因此，由于功底不够，人们弹钢琴是经常动作不合规范活方法错误。凡在弹奏有点难度的经过音群是，总是左手生涩，第4指和第5指几乎不起作用，由于缺乏特别的练习，它们总比其他手指弱。在遇到八度进行、震音或颤音时往往十分勉强、疲劳，这样的演奏就不合章法，毫无表现力。

我们花费了许多年进行工作，力图消除上述现象，我们力争把专门的练习概括成一集。它可以大大减少钢琴所需的练习时间。

为达到这一目的，只要找到以下问题的解决办法就可以了。

“如果我们每只手的五个手指能完全相等的发挥作用，那么它们就具备了弹奏所有钢琴曲谱的能力，剩下要面对的就仅仅是容易解决的指法问题了。”

我们可以通过60首《钢琴练指法》等作品解决这个问题。在这本书里，有手指灵活、独立、力度和最大限度均衡以及手腕韧性的练习，所有这些都是要达到优美演奏不可或缺的因素。另外，这些练习已考虑到使左手能与右手同样灵巧。除极个别的练习曲是引自其他教材外，所以练习曲都是自编的。这些练习曲富有趣味性，不像大多数五指练习那样令学生厌烦，那些枯燥的练习简直非要具备艺术大师的耐性才敢去弹奏。

我们编写的这些练习旨在让大家不用多看就能相当快的弹奏，使它们立刻就成为卓越的手指练习，这样就不必为琢磨它们而耽误时间。

人们还可以在多架钢琴上同时弹奏所有这些练习，使学生乐于进取，并适应合奏。

本书中可以碰到全部类型的难点，我们将它们加以编排为在前一段练累了的手指在这一段能得到休息。通过这种组合，人们就可以不费气力，轻松的克服技巧难点。练习之后，演奏时手指会体验到非常的流畅。

本书的对象是所有学钢琴的人。学习大约一年后，就能有很大成效。对那些程度较高的人来说，弹奏本书的练习后用不了多久，他们会觉得手指和手腕不再僵硬，对最困难的技巧也能应付自如。

对那些没有足够时间练琴来维持演奏能力的钢琴家和教师，只需弹奏几个小时本书的练习曲，手指的灵活性便能得到恢复。

这本练习曲可用一小时弹完，加入完全掌握了它，每天花一定的时间重复弹奏，困难就会神奇的消失得无影无踪，将能达到演奏干净、自如、均匀清晰得完美境界，这便是艺术大师得秘诀。总之，这本书是我们提供作解决所有技巧困难得利器。因此，我们相信，给予年轻钢琴家、教师和校长们得真正帮助就是向他们得学生推荐使用这本书——《钢琴练指法》。

# 第一部分

使手指灵活、独立、有力和用力均匀的预备练习

练习1 —— 左手第5指和第4指上行及右手第5指和第4指下行时的手指伸张练习。

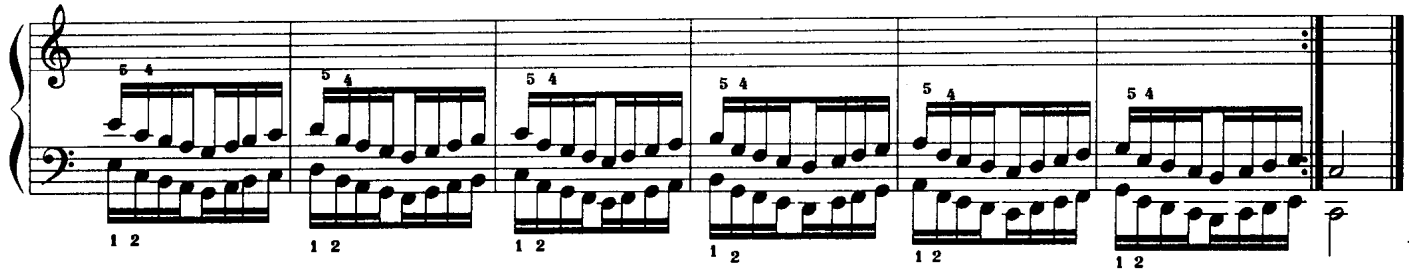
做第一部分的二十个练习时，开始将节拍器调到每分钟60拍，然后逐步加快到每分钟108拍。在练习开始处的节拍器双重速度指示对所有二十个练习都有效。  
逐渐加快，手指动作利落，使每个音符都能清晰分辨。

$\text{♩} = 60 - 10$   
8

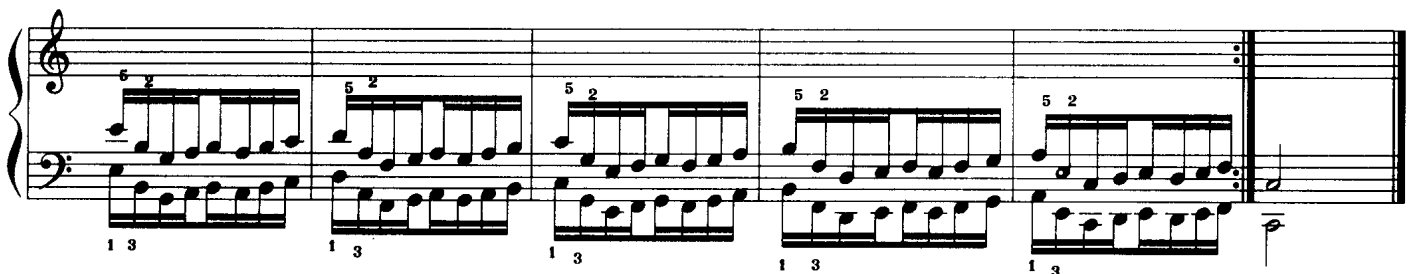
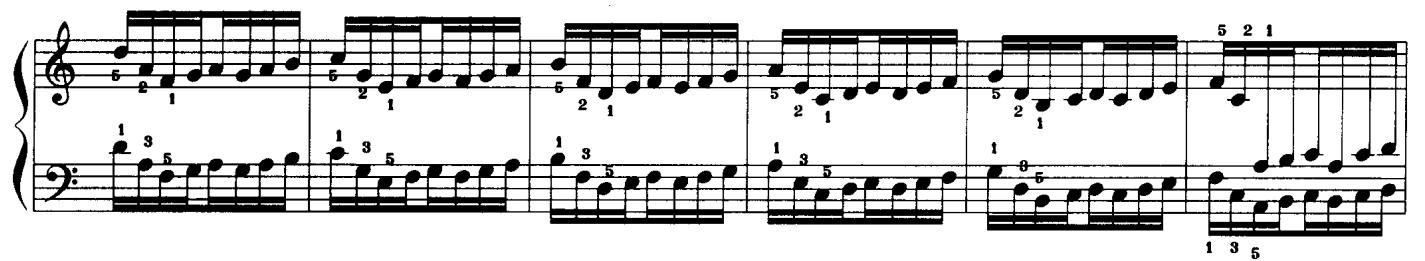
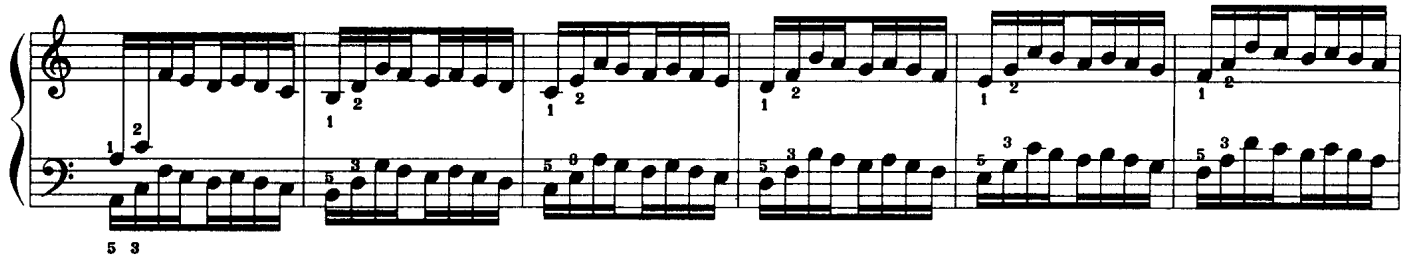
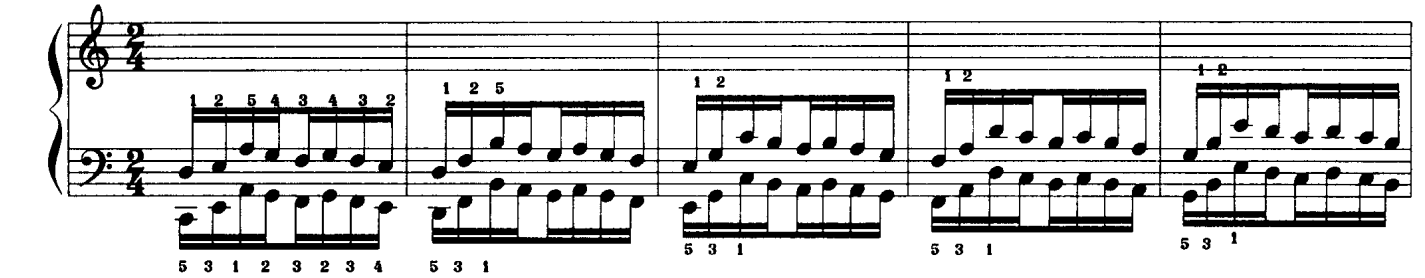
在以后的练习中，凡要着重练习的手指均简用数字表示，例如，练习2着重练习第3和第4指，标记为（3-4）；练习3着重练习第2和第4指，标记为（2-3-4）。

人们将注意到，在本书中，双手练习的难度总是相同的，这样左手就能和右手同样灵巧。此外，左手弹奏上行时遇到的困难会在右手弹奏下行时在相应的手指上同样出现这种新的练习方法能使双手达到完全的均衡。

当练习1弹熟了之后，没必要停在二分音符上，可直接弹练习2。



**练习2** —— (3-4) 当这个练习弹熟了之后，就要将上一练习和这一练习不停顿地接起来弹四遍。用这种方法弹奏这些和以后的练习可使手指极为强壮。



因为第4指和第5指天生比较弱，大家会发现这个练习直到练习31的目的都是使它们能与第2指和第3指达到同样的力度和灵巧度。

**练习3** —— (2-3-4) 在开始弹奏练习3之前, 应不间断地弹一两遍前两个练习。练习3弹熟了之后, 再练练习4和练习5都练熟了以后, 就要不间断地弹这三个练习至少四遍, 只在第8页的最后一个音可停下来。整本书都要这样练。比如第一部分只有第3、6、9、12、15、18和21的最后一个音符可作为段落的终止。

The page contains five systems of piano exercises, each consisting of two staves (treble and bass clef) in 2/4 time. The exercises are numbered 1 through 5. Each system contains two staves of music with various rhythmic patterns and fingerings indicated by numbers 1-5. The exercises are:

- Exercise 1:** Treble clef: 1 2 5 4 3 2 3 4; Bass clef: 5 3 1 2 3 4 3 2.
- Exercise 2:** Treble clef: 1 2 5; Bass clef: 5 3 1.
- Exercise 3:** Treble clef: 1 2 5; Bass clef: 5 3 1.
- Exercise 4:** Treble clef: 1 2 5; Bass clef: 5 3 1.
- Exercise 5:** Treble clef: 1 2 5; Bass clef: 5 3 1.

练习4 —— (3-4-5) 第3、4、5指的专门练习。

The exercise is written in 2/4 time and consists of five systems of two staves each. The first system includes a bass clef line with a star and fingerings 5 4 5 3 1. The second system has a bass clef line with a '5' at the start. The third system has a treble clef line with a star and fingerings 5 4 5 2 1, and a bass clef line with fingerings 1 2 1 3 5. The fourth system has a treble clef line with fingerings 5 2 and a bass clef line with fingerings 1 3. The fifth system has a treble clef line with a '5' and a bass clef line with a '1'. The piece ends with a double bar line and a fermata.

\* 第4、5指颤音的预备练习



练习5 —— (1-2-3-4-5)我们认为应重申手指要永远清晰地弹奏，直到完全掌握这本书。

The musical score is divided into five systems, each with a treble and bass staff. The first system includes fingerings: 1 5 4 5 3 4 2 3 in the treble and 5 1 2 1 3 2 4 3 in the bass. The second system has a '1' above the first treble staff measure and a '5' below the first bass staff measure. The third system has '1 2 3 2 4 3 5' above the fourth treble staff measure and '5 4 5 3 4 2 3 1' above the fourth bass staff measure. The fourth system has '1' above the first treble staff measure and '5' below the first bass staff measure. The fifth system has '1' above the first treble staff measure and '5' below the first bass staff measure. The piece concludes with a double bar line and a final note in the bass staff.

练习6 —— (5) 为取得我们向本书联系者所许诺的良好效果，对已经学过的练习，每天应至少弹奏一遍。

The page contains five systems of piano exercises, each consisting of a treble and bass staff. The exercises are as follows:

- System 1:** Treble clef, 2/4 time. Bass clef accompaniment. Fingerings: 1 5 4 5 3 5 2 5 (first two measures), 5 1 2 1 3 1 4 1 (first two measures).
- System 2:** Treble clef, 2/4 time. Bass clef accompaniment. Fingerings: 1 (first measure), 5 (first measure).
- System 3:** Treble clef, 2/4 time. Bass clef accompaniment. Fingerings: 5 (first measure), 1 2 3 4 (first measure), 5 4 3 2 5 (first measure), 1 5 4 5 3 2 5 (first measure).
- System 4:** Treble clef, 2/4 time. Bass clef accompaniment. Fingerings: 1 (first measure), 5 (first measure).
- System 5:** Treble clef, 2/4 time. Bass clef accompaniment. Fingerings: 1 (first measure), 5 (first measure).

练习7 —— (3-4-5) 对第3、4、5指最重要的练习。

The exercise sheet consists of five systems of musical notation, each with a grand staff (treble and bass clefs). The exercises are as follows:

- System 1:** Treble clef: 1 3 2 4 3 5 4 3; Bass clef: 5 3 4 2 3 1 3 4. Fingerings: 1 3, 1 3 2 4 3 5 4 3, 1 3, 1 3, 1 3.
- System 2:** Treble clef: 1 4 3 2 1 4 3 2 1; Bass clef: 5 3 4 2 3 1 3 4. Fingerings: 1, 1 4, 1, 1, 1.
- System 3:** Treble clef: 5 4 3 2 1 3 4 5; Bass clef: 5 3 4 2 3 1 3 4. Fingerings: 5, 5, 5, 1 3 2 4 3 5 4 3, 1, 1.
- System 4:** Treble clef: 5 4 3 2 1 3 4 5; Bass clef: 5 3 4 2 3 1 3 4. Fingerings: 5, 5, 5, 5, 5.
- System 5:** Treble clef: 5 4 3 2 1 3 4 5; Bass clef: 5 3 4 2 3 1 3 4. Fingerings: 5, 5, 5, 5, 5.

练习8 —— (1-2-3-4-5) 对五个手指都很重要的练习。

The musical score for Exercise 8 is presented in five systems, each with a treble and bass clef staff. The time signature is 2/4. The exercise focuses on finger independence and control for all five fingers.

- System 1:** Treble clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns. Bass clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns.
- System 2:** Treble clef: Ascending (1-2-3-4) and descending (4-3-2-1) eighth-note patterns. Bass clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns.
- System 3:** Treble clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns. Bass clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns.
- System 4:** Treble clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns. Bass clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns.
- System 5:** Treble clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns. Bass clef: Ascending (1-2-3-4-5) and descending (5-4-3-2-1) eighth-note patterns.



## 练习9 —— 第4、5指伸张练习和五个手指的练习。

This musical score is for Exercise 9, a piano exercise in 2/4 time. It consists of five systems of two staves each (treble and bass clef). The exercise is divided into two main parts: the first part focuses on finger extension for the 4th and 5th fingers, and the second part focuses on exercises for all five fingers. The notation includes various rhythmic patterns, such as 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 and a fermata over the final note.

System 1:  
Treble clef: 1 2 3 2 4 3 5 4 | 1 2 3 2 4 3 5 4 | 1 2 | 1 2 | 1 2  
Bass clef: 5 4 3 4 2 3 1 2 | 5 4 3 4 2 3 1 2 | 5 4 | 5 4 | 5 4

System 2:  
Treble clef: 1 2 | 1 2 | 1 2 | 1 2 | 1 2 | 1  
Bass clef: 5 4 | 5 4 | 5 4 | 5 4 | 5 4 | 5 4

System 3:  
Treble clef: 1 2 | 1 2 | 1 2 | 5 4 3 4 2 3 1 2 | 5 4 3 4 2 3 1 2 | 5 4  
Bass clef: 5 4 | 5 4 | 5 4 | 1 2 3 2 4 3 5 4 | 1 2 3 2 4 3 5 4 | 1 2

System 4:  
Treble clef: 5 4 | 5 4 | 5 4 | 5 4 | 5 4 | 5 4  
Bass clef: 1 2 | 1 2 | 1 2 | 1 2 | 1 2 | 1 2

System 5:  
Treble clef: 5 4 | 5 4 | 5 4 | 5 4 | 5 4 |  
Bass clef: 1 2 | 1 2 | 1 2 | 1 2 | 1 2 |

练习10 ——(3-4) 颤音的预备练习：左手的第3、4指上行①及右手的第3、4指的下行②。

The musical score consists of five systems of piano notation. Each system is written on a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The time signature is 2/4. The first system includes fingering numbers (1-5) above the notes and circled numbers 1 and 2 below the bass staff. The second system includes circled number 1 below the bass staff. The third system includes circled number 2 below the bass staff. The fourth and fifth systems include circled number 1 below the bass staff. The score is in 2/4 time and features tremolos in the right hand and sixteenth-note patterns in the left hand.

练习11 —— (3-4-5) 第3、4、5指的另一个颤音预备练习。

练习12 —— 第1指和第5指的张开及第3、4、5指的练习。

The exercise is written in 2/4 time and consists of six systems of music, each with a treble and bass clef staff. The exercise focuses on finger independence and strength for the thumb and pinky, as well as the middle, ring, and little fingers. Fingerings are indicated by numbers 1-5 above or below notes.

**System 1:** Treble clef: 5 1 3 2 1 2 3 1; Bass clef: 1 5 3 4 5 4 3 5. Fingerings: 1 5 3, 1 5 3, 1 5 3, 1 5 3, 1 5 3.

**System 2:** Treble clef: 5 1; Bass clef: 1 5. Fingerings: 1, 1, 1, 1, 1.

**System 3:** Treble clef: 5; Bass clef: 1 5. Fingerings: 1, 1, 1, 1 3 2 1 2 3 1, 1 3, 1 3.

**System 4:** Treble clef: 1 5; Bass clef: 5 1. Fingerings: 1, 1, 1, 1, 1, 1.

**System 5:** Treble clef: 1 5; Bass clef: 5 1. Fingerings: 5 1, 5 1, 5 1, 5 1, 5 1, 5 1.



## 练习13 —— (3-4-5)

The exercise is written in 2/4 time and consists of six systems of music. Each system contains a treble and bass clef staff. The first system includes fingerings: 3 1 4 2 5 3 4 5 in the treble and 3 5 2 4 1 3 2 1 in the bass. The second system has 3 1 in the treble and 3 5 in the bass. The third system has 3 5 2 4 3 1 3 4 in the treble and 3 1 4 2 3 5 3 2 in the bass. The fourth system has 3 5 2 4 3 1 3 4 in the treble and 3 1 4 2 3 5 3 2 in the bass. The fifth system has 3 5 2 4 3 1 3 4 in the treble and 3 1 4 2 3 5 3 2 in the bass. The sixth system has 1 3 4 in the treble and 5 3 2 in the bass. The piece concludes with a double bar line and a fermata.