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钢琴练指法



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BAIHUA LITERATURE AND  
ART PUBLISHING HOUSE

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**图书在版编目 ( C I P ) 数据**

哈农钢琴练指法 / (法) 哈农作曲. — 天津: 百花文艺出版社, 2004

ISBN 7-5306-3877-7

I. 哈... II. 哈... III. 钢琴—指法  
IV. J624.16

中国版本图书馆CIP数据核字 (2004) 第027078号

百花文艺出版社出版发行

地址: 天津市和平区西康路 35 号

邮编: 300051

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<http://www.bhpubl.com.cn>

发行部电话: (022) 23332651 邮购部电话: (022) 27116746

全国新华书店经销

天津市房地产管理局印刷所印刷

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开本 635×927 毫米 1/8 印张 15

2004年8月第1版 2004年8月第1次印刷

印数: 1—8000册 定价: 18.00元

# 前 言

由于现今钢琴的学习是如此之普遍，优秀的钢琴家也越来越多，以至于平庸的钢琴演奏已成为不堪容忍的事。所以，即使是在非专业的听众面前演奏一首中等程度的曲子，也要经过八到十年的刻苦学习。然而，能花这么多年来学习钢琴的人真是太少了！所以，因缺乏充分的练习而弹得不细致、不准确；左手遇到困难就弹不下去；第4和第5指几乎不起作用——由于缺乏特别的训练，这两个手指往往比其他各指较为软弱；在遇到八度进行、震音或颤音的乐句时，就会感到勉强和疲倦；因此，演奏变得既不准确而又缺乏表情。

数年以来，我们试图把能使钢琴学生在较短时间内完成手指技术训练的专门练习编写概括成一集，藉以克服上述的弱点。

要达到这一目的，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平均发展，那么它们就能演奏一切为钢琴而写的作品，剩下的仅仅是指法上的问题，这是容易解决的。

我们可以从60首《钢琴练指法》中找到解决方案。在这本书里，有使手指灵活有力且能均衡发展并使手腕灵活的练习，这一切都是优秀的演奏技术所不可或缺的。此外，这些练习还可使左手获得与右手同样的灵活熟练。除了极个别的练习方法是引自其他教材外，所有的练习都是我们自编的。这些练习曲富有趣味性，不像大多数的五指练习那样使学生厌烦，那些枯燥的五指练习，只有真正的艺术家才有毅力和勇气去弹奏它。

这些练习以这样一种方式写成：只要看过几遍，就能以一定的速度弹奏出来，这样它们就成为一种不需要花费太多时间去研究的极好的手指练习。如果有兴趣的话，所有这些练习可由若干练习者在多架钢琴上同时弹奏，以激发学生的竞争热情，并使他们习惯于合奏。

本书包含了各种技术难点，书中的练习是按照这样的原则安排的：手指在前一练习中感到疲倦后，可以在下一练习中得到恢复和休息。这样安排的结果是使所有的技术难点能在不费力和不太疲劳的练习中得到克服；经过这样的训练，演奏时手指会体验到非常的流畅。

本书适用于所有的钢琴学生。在经过一年的学习后，就能有很大的成效。使他们不会再感到手指和手腕的僵硬；这样就使他们能够克服那些技术上最主要的困难。对于那些没有足够的时间练琴来维持演奏技术的钢琴家和教师，只需花几个小时弹奏本书的练习，就能完全恢复手指的灵活性。

只需一个小时的时间，就可以把本书完整地弹完，假如把它完全弹熟后，并且每天花一定的时间练习，困难就会奇迹般的消失得无影无踪，随之而来的是演奏的干净、灵活、清晰，这恰恰是演奏家成功的秘诀。总之，这本书是我们提供的解决一切钢琴技术困难的钥匙。因此，我们相信，向青年钢琴家、教师和学校领导者推荐这本书——《钢琴练指法》，乃是提供一种真正的服务。

# 第一部分

锻炼手指灵活、独立、有力和用力均匀的准备练习

## 练习一

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20条练习时，开始时先将节拍器调到每分钟60拍，然后逐渐把速度加快到每分钟108拍；这也就是在每条练习开始处的节拍器符号中两个数字的意思。

高高地并正确地抬起手指，每个音符都要弹得很清晰。

M. M. ♩ = 60-108

\* 为简明起见，以后每条练习中重点训练的手指均用数字表示。

弹熟了练习1,就可接着弹练习2,不必停在这个音符上。

## 练习二

(3-4)弹熟这一练习后,再弹前一练习,并把两者连续不断地连奏四遍,以后的练习也按此法练习,手指将有很大的提高。

\*第4指和第5指天生较弱,这一练习与下面直到练习31的各条练习,目的都是想把它们练习的与第2、3指一样的有力度和灵活。

## 练习三

(2-3-4)弹奏练习3之前,先将前两条练习连续不断地弹一至两遍。练习3弹熟后,接着弹练习4,再弹练习5,将这些练习弹熟后,再把它们合起来连续不断地弹四遍,只有在练习5的最后一个音符可停下来。本书全部练习都要这样练。在弹奏第一部分的各条练习时,只在第3、6、9、12、15、18和21页的最后一个音符上做停顿。

3

The musical score for Exercise 3 is presented in five systems, each with a treble and bass clef staff. The first system is marked with a large '3' on the left. 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 starts with a 2/4 time signature. Bass clef starts with a 4/4 time signature. Fingerings: 1 2 5 4 3 2 3 4, 1 2 5 4 3 2, 1 2 5, 1 2 5, 1 2 5.

System 2: Treble clef starts with a 2/4 time signature. Bass clef starts with a 4/4 time signature. Fingerings: 1 2 5, 1 2 5, 1 2 5, 1 2, 1 2, 1 2.

System 3: Treble clef starts with a 2/4 time signature. Bass clef starts with a 4/4 time signature. Fingerings: 5 3 1, 5 3 1, 5 3 1, 1 2 3 4 3 2, 1 2 3 4 3 2, 1 2 3 5.

System 4: Treble clef starts with a 2/4 time signature. Bass clef starts with a 4/4 time signature. Fingerings: 5 2 1, 5 2 1, 5 2 1, 5 2, 5 2, 5 2.

System 5: Treble clef starts with a 2/4 time signature. Bass clef starts with a 4/4 time signature. Fingerings: 1 3 5, 1 3 5, 1 3 5, 1 3, 1 3, 1 3.

# 练习四

(3-4-5)第3、第4及第5指的专门练习。

4

The first system of the exercise consists of five measures. The treble clef part features a sequence of eighth notes with fingerings 1 2 1 2 5, 1 2 2 5, 1 2, 1 2, and 1 2. The bass clef part features a sequence of eighth notes with fingerings 5 4 5 3 1, 5 4 5 3 1, 5 3, 5 3, and 5 3.

The second system consists of five measures. The treble clef part features a sequence of eighth notes with fingerings 1, 1, 1, 1, and 1. The bass clef part features a sequence of eighth notes with fingerings 5, 5, 5, 5, and 5.

The third system consists of five measures. The treble clef part features a sequence of eighth notes with fingerings 5 4 5 2 1, 5 4 5 2 1, and 5 2. The bass clef part features a sequence of eighth notes with fingerings 1 2 1 3 5, 1 2 1 3 5, and 1 3.

The fourth system consists of five measures. The treble clef part features a sequence of eighth notes with fingerings 5 2, 5 2, and 5. The bass clef part features a sequence of eighth notes with fingerings 1 3, 1 3, 1, 1, and 1.

The fifth system consists of five measures. The treble clef part features a sequence of eighth notes with fingerings 5, 5, 5, 5, and 5. The bass clef part features a sequence of eighth notes with fingerings 1, 1, 1, 1, and 1. The system concludes with a double bar line and a repeat sign.



## 练习五

(1-2-3-4-5)再重复一遍，手指必须高高地、正确地抬起，直到本条弹奏熟练为止。

5

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

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

1 1 1 1 1 1

5 5 5 5 5 5

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

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

1 1 1 1 1

5 5 5 5 5 5

1 1 1 1 1

5 5 5 5 5

\*左手第4及第5指弹奏颤音的预备练习。

# 练习六

(5) 为了使弹奏本书者获得我们所许诺的良好效果, 对已学习过的练习每天至少弹奏一遍。

The sheet music consists of five systems, each with a treble and bass staff. The exercises are as follows:

- System 1:** Treble staff has two measures with fingering  $1\ 5\ 4\ 5\ 3\ 5\ 2\ 5$  and  $1\ 5\ 4\ 5\ 3\ 5\ 2\ 5$ . Bass staff has two measures with fingering  $5\ 1\ 2\ 1\ 3\ 1\ 4\ 1$  and  $5\ 1\ 2\ 1\ 3\ 1\ 4\ 1$ . The next two measures have a treble staff starting with '1' and a bass staff starting with '5'. The final measure has a treble staff starting with '1' and a bass staff starting with '5'.
- System 2:** Treble staff starts with '1'. Bass staff starts with '5'.
- System 3:** Treble staff starts with '1'. Bass staff starts with '5'. The fourth measure has a treble staff with fingering  $5\ 1\ 2\ 1\ 3\ 1\ 4\ 1$  and a bass staff with fingering  $5\ 4\ 5\ 3\ 5\ 2\ 5$ . The fifth measure has a treble staff with fingering  $1\ 2\ 1\ 3\ 1\ 4\ 1$  and a bass staff with fingering  $1\ 5\ 4\ 5\ 3\ 5\ 2\ 5$ . The sixth measure has a treble staff starting with '1' and a bass staff starting with '5'.
- System 4:** Treble staff starts with '1'. Bass staff starts with '5'.
- System 5:** Treble staff starts with '1'. Bass staff starts with '5'. The system ends with a double bar line.

## 练习七

(3-4-5)对第3、第4及第5各指最为重要的练习。

7

The score consists of five systems of two staves each. The first system is marked with a large '7'. The music features various rhythmic patterns and fingerings, with numbers 1, 3, 4, and 5 indicating finger positions. The exercise focuses on the 3rd, 4th, and 5th fingers as indicated in the introductory text.

# 练习八

(1-2-3-4-5)对所有的五个手指都很重要的练习。

The exercise is written in 2/4 time and consists of six systems, each with a treble and bass staff. The first system is marked with a large '8' on the left. Fingerings are indicated by numbers 1-5 above or below notes. The patterns are as follows:

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

## 练习九

第4、第5指的伸张练习和五个手指的练习。

9

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

- System 1:** Treble clef has two measures of eighth-note patterns with fingerings 1 2 3 2 4 3 5 4 and 1 2 3 2 4 3 5 4. Bass clef has two measures of eighth-note patterns with fingerings 5 4 3 4 2 3 1 2 and 5 4 3 4 2 3 1 2.
- System 2:** Treble clef has six measures of eighth-note patterns with fingerings 1 2, 1, 1 2, 1 2, 1 2, and 1 2. Bass clef has six measures of eighth-note patterns with fingerings 5 4, 5 4, 5 4, 5 4, 5 4, and 5 4.
- System 3:** Treble clef has six measures of eighth-note patterns with fingerings 1 2, 1 2, 1 2, 5 4 3 4 2 3 1 2, 5 4 3 4 2 3 1 2, and 5 4. Bass clef has six measures of eighth-note patterns with fingerings 5 4, 5 4, 5 4, 1 2 3 2 4 3 5 4, 1 2 3 2 4 3 5 4, and 1 2.
- System 4:** Treble clef has six measures of eighth-note patterns with fingerings 5 4, 5 4, 5 4, 5 4, 5 4, and 5 4. Bass clef has six measures of eighth-note patterns with fingerings 1 2, 1 2, 1 2, 1 2, 1 2, and 1 2.
- System 5:** Treble clef has five measures of eighth-note patterns with fingerings 5 4, 5 4, 5 4, 5 4, and 5 4. Bass clef has five measures of eighth-note patterns with fingerings 1 2, 1 2, 1 2, 1 2, and 1 2.

## 练习十

(3-4)左手第3、4指上行(1)及右手第3、4指下行(2)时颤音弹法的预备练习。

10

(1)

(2)

# 练习十一

(3-4-5) 第3、4、5指颤音弹奏的另一个预备练习。

11

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

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

1 2    1 2    1 2    1 2    1 2    1 2

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

1 2    1 2    1 2    1 2    1 2    1 2

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

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    5 2

1 3    1 3    1 3    1 3    1 3    1 3

# 练习十二

第1指和第5指的伸张及第3、4、5各指的练习。

12

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

5 1 3 2 1  
1 5 3 4 5

5 1 3  
1 5 3

5 1 3  
1 5 3

5 1 3  
1 5 3

5 1  
1 5

5 1  
1 5

5 1  
1 5

5 1  
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5 1  
1 5

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1 5

5 1  
1 5

5 1  
1 5

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

5 1 3  
1 3

5 1 3  
1 3

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1 5  
5 1

1 5  
5 1



练习十三

(3-4-5)

13

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

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

3 1    3 1    3 1    3 1    3 1    3 1

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

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

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

1 3 4    1 3 4    1 3 4    1 3 4    1 3 4    1 3 4

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

1 3 4    1 3 4    1 3 4    1 3 4    1 3 4

5 3 2    5 3 2    5 3 2    5 3 2    5 3 2