

姜杰钢琴城文化艺术中心
推荐教材

哈农

钢琴练指法

(儿童版)

Hanon

高新颜 总审订
杨青 编著



中国工信出版集团



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 - 编 著 杨 青
 - 责任编辑 王 铁
 - 责任印制 程彦红
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责任编辑 王 铁
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第一部分 双手手指灵活、独立、用力均匀的基础练习

练习 1 左手上行第四指和第五指以及右手下行第四指和第五指的练习

The musical score is written for piano in 4/4 time. It consists of six systems, each with a treble and bass staff. The right hand (treble staff) plays a descending sequence of the 4th and 5th fingers, while the left hand (bass staff) plays an ascending sequence of the 4th and 5th fingers. The notes are quarter notes, and the exercise is designed to improve finger independence and control.

System 1: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

System 2: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

System 3: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

System 4: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

System 5: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

System 6: Treble staff: G4 (1), F#4 (2), E4 (3), D4 (4), C4 (5), B3 (4), A3 (3), G3 (2), F#3 (1), E3 (2). Bass staff: F#3 (5), E3 (4), D3 (3), C3 (2), B2 (1), A2 (2), G2 (3), F#2 (4), E2 (5), D2 (4).

辅助练习 1

This piano exercise, titled "辅助练习 1" (Auxiliary Exercise 1), is written in 4/4 time and consists of six systems, each with a treble and bass staff. The exercise is designed to improve finger dexterity and control through various slurred patterns.

System 1: Treble staff starts with a slur of notes 1-2-3-4, followed by 5-4-3-2, then 1-2, and ends with 5-4. Bass staff starts with 5-4, followed by 3-2, then 1-2, and ends with 5-4.

System 2: Treble staff starts with 1-2, followed by 5-4, then 1-2, and ends with 5-4. Bass staff starts with 5-4, followed by 1-2, then 5-4, and ends with 1-2.

System 3: Treble staff starts with 5-4, followed by 1-2, then 5-4, and ends with 1-2. Bass staff starts with 1-2, followed by 5-4, then 1-2, and ends with 5-4.

System 4: Treble staff starts with 5-4, followed by 1-2, then 5-4, and ends with 1-2. Bass staff starts with 1-2, followed by 5-4, then 1-2, and ends with 5-4.

System 5: Treble staff starts with 1-2, followed by 5-4, then 1-2, and ends with 5-4. Bass staff starts with 5-4, followed by 1-2, then 5-4, and ends with 1-2.

System 6: Treble staff starts with 5-4, followed by 1-2, then 5-4, and ends with 1-2. Bass staff starts with 1-2, followed by 5-4, then 1-2, and ends with 5-4.

练习2 左右手第三指和第四指的灵活性练习

The musical score is written for piano in 4/4 time. It consists of six systems, each with a treble and bass staff. The exercises are designed to improve the flexibility of the third and fourth fingers. Fingerings are indicated by numbers 1-5 above or below the notes. The score ends with a double bar line in the final measure of the sixth system.

辅助练习 1

This piano exercise is written in 4/4 time and consists of six systems, each with a treble and bass staff. The exercise is designed to improve finger dexterity and coordination through various slurred and articulated patterns.

System 1: Treble staff starts with a slur over notes 1-2, followed by 5-4, 3-4, 3-2, 1-2, and 3-4. Bass staff starts with a slur over notes 5-3, followed by 1-2, 3-2, 3-4, 5-3, and 3-2.

System 2: Treble staff continues with 1-2, 3-4, 1-2, 3-4, 1-2, and 3-4. Bass staff continues with 5-3, 3-2, 5-3, 3-2, 5-3, and 3-2.

System 3: Treble staff continues with 3-4, 1-2, 3-4, 1-2, 3-4, and 1-2. Bass staff continues with 2-1, 5-3, 5-3, 5-3, 5-3, and 5-3.

System 4: Treble staff continues with 5-2, 1-2, 3-2, 3-4, 5-2, 3-2, 5-2, 3-2, and 5-2. Bass staff continues with 1-3, 3-4, 3-4, 3-2, 1-3, 3-4, 3-4, 3-4, and 1-3.

System 5: Treble staff continues with 3-2, 5-2, 3-2, 5-2, 3-2, and 5-2. Bass staff continues with 3-4, 1-3, 3-4, 1-3, 3-4, and 1-3.

System 6: Treble staff continues with 5-2, 3-2, 5-2, 3-2, and ends with a whole note. Bass staff continues with 1-3, 3-4, 1-3, 3-4, and ends with a whole note.

This image displays a page of piano sheet music, likely for a technical exercise or a short piece, written in 4/4 time. The music is presented in six systems, each consisting of a grand staff (treble and bass clefs). The notation includes various note values (quarter, eighth, and sixteenth notes), rests, and dynamic markings. Fingerings are indicated by numbers 1-5 below the notes, and articulations (accents) are placed above certain notes. The piece concludes with a final measure in the sixth system, marked with a double bar line and a fermata. The overall style is clean and professional, typical of a published musical score.

练习3 双手的第二、第三和第四指的练习

The musical score is written in 4/4 time and consists of six systems, each with a treble and bass staff. The exercises are designed to improve finger independence and coordination for the second, third, and fourth fingers of both hands.

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

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

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

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

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

System 6: Treble staff: 5 2 | 3 4 | 5 2 | 3 4 | (rest). Bass staff: 1 3 | 3 2 | 1 3 | 3 2 | (rest).

辅助练习 1

This piano exercise, titled "辅助练习 1" (Auxiliary Exercise 1), is written in 4/4 time and consists of six systems of two staves each. The exercise focuses on finger dexterity and coordination through various slurred patterns and fingerings.

System 1: The right hand plays a sequence of eighth notes with slurs and fingerings (1-2, 5-4, 3-2, 3, 1-2, 3-2). The left hand plays a sequence of eighth notes with slurs and fingerings (3, 1-2, 3-4, 3-2, 5-3, 3-4).

System 2: The right hand continues with slurred eighth notes (1-2, 3-2, 1-2, 3-2, 1-2). The left hand plays slurred eighth notes (5-3, 3-4, 5-3, 3-4, 5-3).

System 3: The right hand features slurred eighth notes (3-2, 1-2, 3-2, 1-2, 3-2). The left hand plays slurred eighth notes (3-4, 5-3, 3-4, 5-3, 3-4).

System 4: The right hand plays slurred eighth notes (5-2, 1-2, 3-4, 3-2, 5-2). The left hand plays slurred eighth notes (1-3, 5-4, 3-2, 3-4, 1-3).

System 5: The right hand plays slurred eighth notes (3-4, 5-2, 3-4, 5-2, 3-4). The left hand plays slurred eighth notes (3-2, 1-3, 3-2, 1-3, 3-2).

System 6: The right hand plays slurred eighth notes (5-2, 3-4, 5-2, 3-4, ending with a whole note). The left hand plays slurred eighth notes (1-3, 3-2, 1-3, 3-2, ending with a whole note).

辅助练习 2

This piano exercise is written in 4/4 time and consists of six systems, each with a treble and bass staff. The exercise focuses on finger dexterity and articulation, with various fingerings and accents indicated throughout.

System 1: Treble staff starts with a dotted quarter note (finger 1), followed by eighth notes (2, 5, 4, 3, 2, 3, 1). Bass staff starts with a dotted quarter note (finger 5), followed by eighth notes (3, 1, 2, 3, 4, 3, 2).
System 2: Treble staff continues with eighth notes (1, 2, 3, 2, 1, 2, 3, 2, 1, 2). Bass staff continues with eighth notes (5, 3, 4, 5, 3, 4, 5, 3, 4, 5).
System 3: Treble staff features eighth notes (3, 2, 1, 2, 3, 2, 1, 2, 3, 2). Bass staff features eighth notes (3, 4, 5, 3, 4, 5, 3, 4, 5, 3).
System 4: Treble staff features eighth notes (5, 2, 1, 2, 3, 4, 3, 2, 1, 2). Bass staff features eighth notes (1, 3, 5, 4, 3, 2, 3, 4, 1, 3).
System 5: Treble staff features eighth notes (3, 4, 5, 2, 1, 2, 3, 4, 5, 2). Bass staff features eighth notes (3, 2, 1, 3, 4, 5, 3, 2, 1, 3).
System 6: Treble staff features eighth notes (5, 2, 1, 2, 3, 4, 5, 2, 1, 2). Bass staff features eighth notes (1, 3, 5, 4, 3, 2, 3, 4, 1, 3). The exercise concludes with a final whole note chord in both staves.

练习 4 双手的第三、第四和第五指的练习

The musical score is written for piano in 4/4 time. It consists of six systems, each with a treble and bass staff. The exercises focus on the third, fourth, and fifth fingers of both hands. The first system shows a sequence of notes with fingerings 1, 2, 1, 2 in the treble and 5, 4, 3, 2 in the bass. The second system continues with similar patterns, including a sequence of 5, 4, 3, 2 in the treble and 1, 2, 3, 4 in the bass. The third system introduces a new pattern with 5, 4, 3, 2 in the treble and 1, 2, 3, 4 in the bass. The fourth system shows a sequence of 5, 4, 3, 2 in the treble and 1, 2, 3, 4 in the bass. The fifth system continues with similar patterns, including a sequence of 5, 4, 3, 2 in the treble and 1, 2, 3, 4 in the bass. The sixth system concludes with a final sequence of notes and fingerings.