

The Hanon Studies by John Thompson

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ORIGINAL EDITION
LICENSING

跟 汤普森 学 哈农



翻译/朱 晗



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淮陰師範學院
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前言

《跟汤普森学哈农》在保持原作的初衷,即促进手指的灵巧性、独立性、力度及均匀平衡的同时,还希望让学生掌握各种基本的触键手法,使演奏更富于表现力。

编者一直都坚持这样的观点,应该把钢琴大师的演奏技法裁缩简化以后教授给小琴手们。这一毋庸争辩的观点,其教学价值多年来已得到印证。

舍弃繁杂的技法变化

简单一词是本版编撰的座右铭,所收列的触键法也都是最基本的手法。我们知道,每一种触键手法之下都有无数种差别细微的变种,但在学生理解和掌握最基本的触键原则之前就企图教授他们这些变化手法是不可取的,难免会让学生感到无所适从,并导致手的僵硬、肌肉挛缩,以及“唯技巧”的错误观念。

从技术的角度看,钢琴弹奏可以成为像行走、奔跑和跳跃那样一个非常自然的过程。学生一旦掌握了钢琴技法的基本原则,并能轻松容易地展示这些技法,那么各种各样的触键也就自然而然地被掌握了。不同的手就会有不同的触键,比较名师的演奏风格便可证明这一点。可见,急于改变一个自然的过程常常会使得用心良苦的教学失去其本意,造成令人遗憾的后果。过早的技法要求会导致教师把自己的触键手法和风格强加给学生,而这些手法或许完全不适合他们。

出于这些理由,本版练习曲刻意规避在这一阶段对触键的各种繁杂琐碎的变化展开任何内容。例如,本版将不拟教授各种运用肢体重量——“悬重法”和“压重法”等技法,也不涉及触键的深浅等技法,其主旨是让小琴手们对基本触键方法的运用有所感知,以便从容地用这些手法来弹奏第一和第二级课程的乐曲。由此获得的明确的音色效果会让初级课程的讲解变得饶有兴味。

从手臂和腕部的动作训练开始

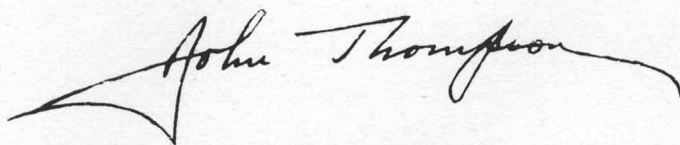
值得注意的是,需从弹奏乐句开始练习:两音符、三音符和四音符乐句等。采用落指—滚动这种运动模式来培养手臂和手腕的轻松与自由,这样以后弹连奏时手才能保持在平稳的位置而不僵硬。

正确无误的演示

教师演示然后学生模仿,这无疑是教授各种触键最为快捷容易的方法。演示的手法如果有错,就一定会被学生照搬,所以教师的演示应尽可能做到正确无误。

速度

速度的控制应该根据学生的能力因人而异,须以弹奏轻松与精确为准。



(约翰·汤普森)

目 录

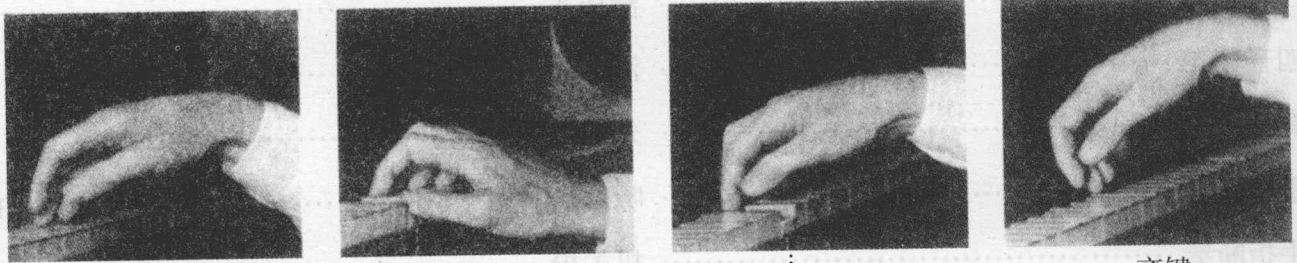
前 言

两音分句	跛脚鸭	2
三音分句	滑板车	4
四音分句	溜冰	6
高位手指连奏	老磨房的水轮	8
手腕断奏	啄木鸟	10
手指断奏	机关枪	12
前臂断奏	邮车专列	14
断连奏	汽船	16
低位手指连奏	滑水	18
滚转动作	喷泉	20
节奏练习		22
长句与短句的交替	游艇	24
短句与长句的交替	滑翔机	26
连奏与手腕断奏的交替	蜜蜂与蟋蟀	28
断奏与连奏的交替	杂耍艺人	30
多种触键混合练习	逛庙会	32
连音练习(展开)	气球飞行竞赛(起飞)	34
连音练习(收缩)	气球飞行竞赛(着陆)	36
教师指导下的多种触键练习		38
断奏与连奏的转换		40
滚转动作结合低位手指连奏	燕子	42
根据触键方法分类的教学曲目		44

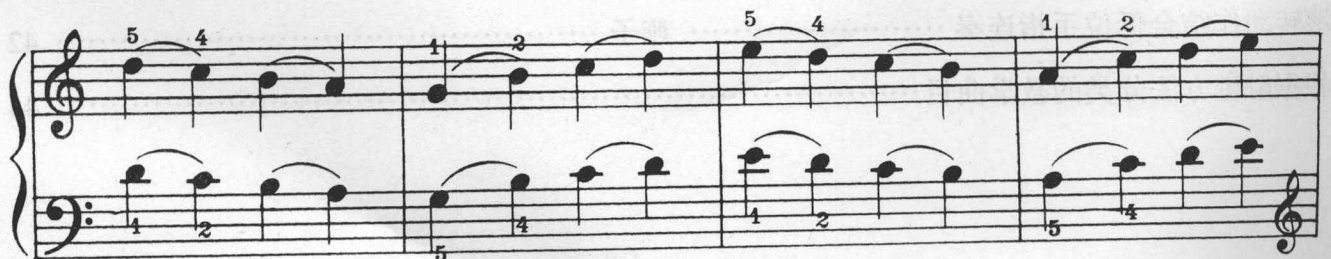
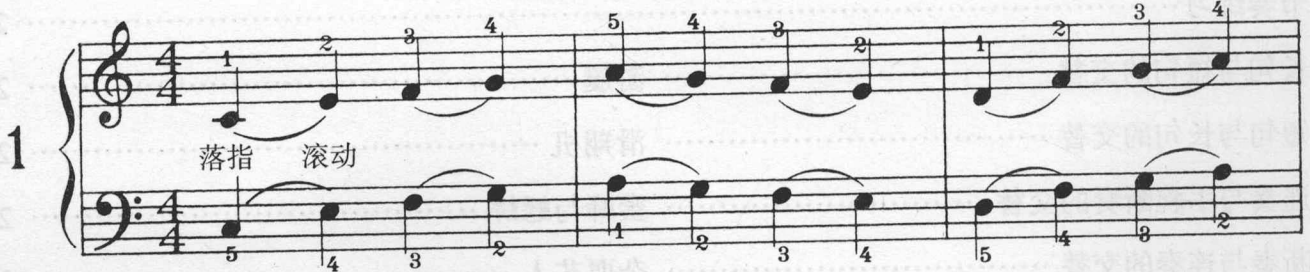
两音分句

乐曲分句对于钢琴演奏来说就好比小提琴的弓法、歌唱者的呼吸和演说者的发音吐字那样重要。

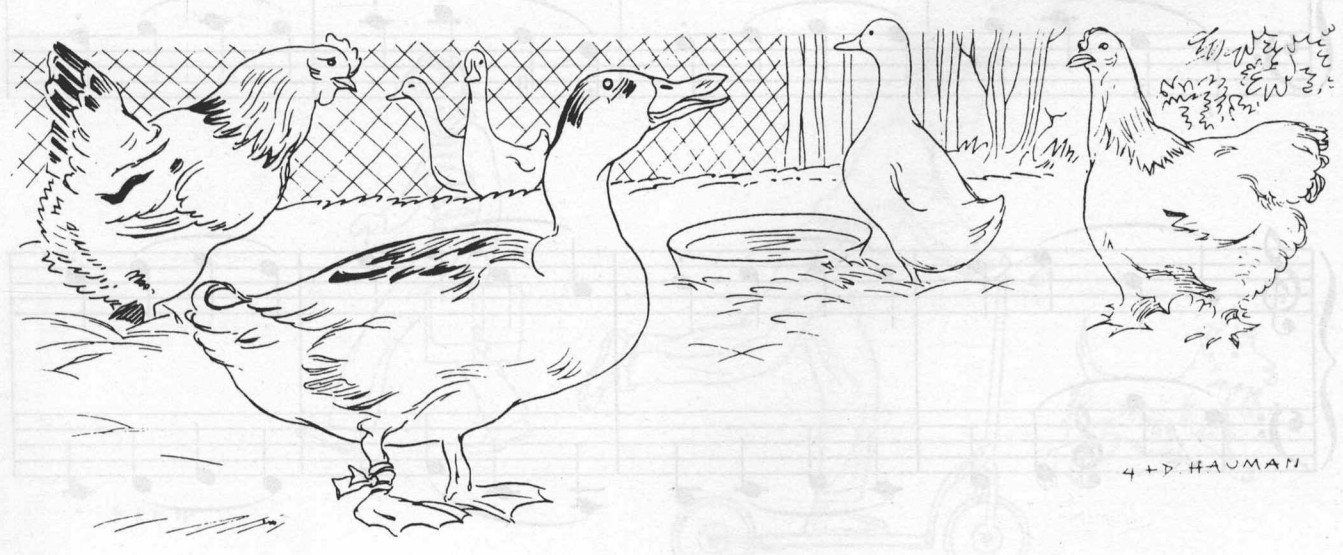
一个简单的两音分句如果弹得正确,不仅体现了乐曲的句读和每一句之间的分断,而且会给演奏带来音色的变化,对音乐本身的美和乐曲的演奏增添色彩。正确弹好两音分句并不难,只要记住:落指(Drop)——滚动(Roll),效果就自然出来了。弹奏第二个音时手臂和手要向内向上地滚动,手指不要动,转到上方时手指离键。



跛脚鸭



The musical score consists of five systems, each with a grand staff (treble and bass clefs). The music is written in a simple, rhythmic style with quarter and eighth notes. 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 system.



三音分句

这一句落指在第一个音(如练习1),连接到第二个音(手指连奏),滚动至乐句的最后一个音然后手离键(如练习1)。

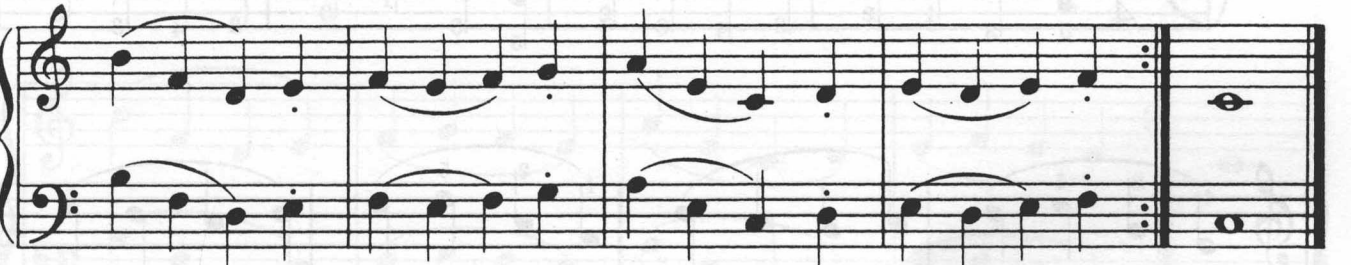
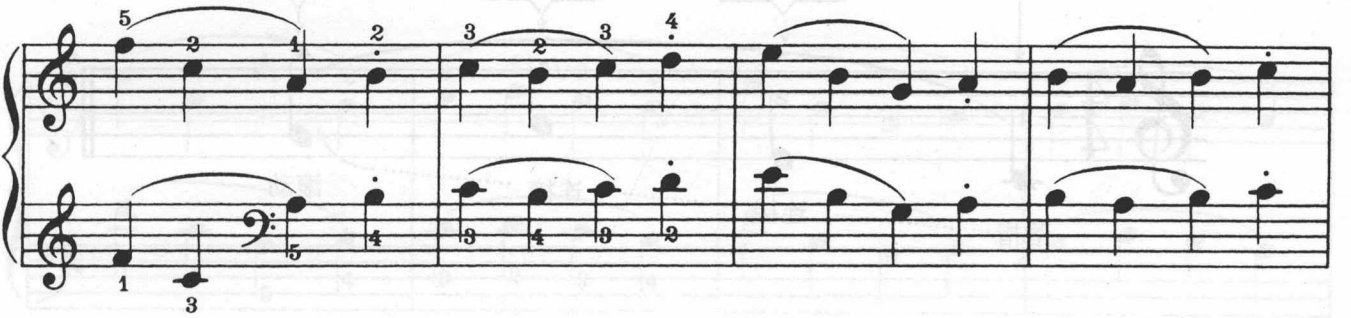
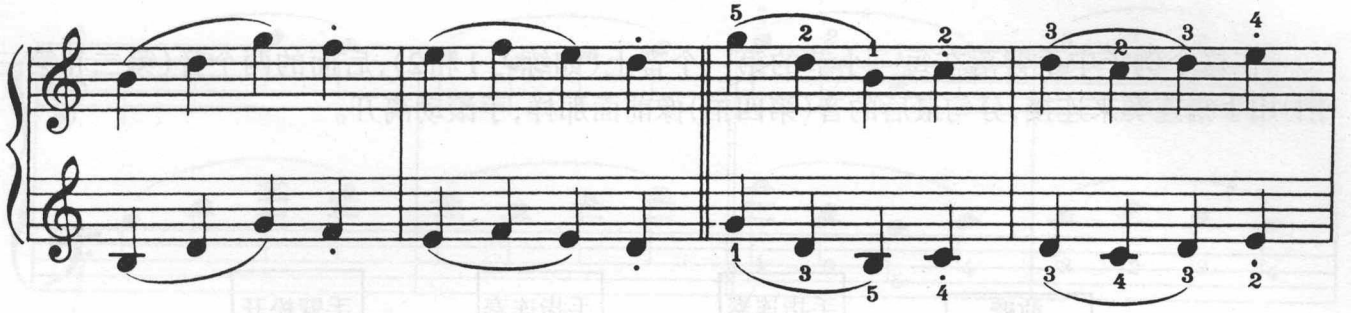
最后一个断奏的音符(第四拍)要用前臂下落的断奏法弹奏。

The diagram illustrates a four-measure phrase in 4/4 time on a treble clef staff. The notes are G4, A4, B4, and C5. The first measure has a down-bow stroke labeled '落指' (finger drop) with a box above it labeled '前臂' (forearm). The second measure has a slur over the notes labeled '手指连奏' (finger legato) with a box above it, and the word '连接' (connection) below. The third measure has a slur over the notes labeled '滚动' (roll) with a box above it, and the number '5' below the note. The fourth measure has a down-bow stroke labeled '落指' (finger drop) with a box above it labeled '前臂断奏' (forearm staccato). Dotted lines connect the '落指' labels to the notes.

滑板车

The score for '滑板车' is in 4/4 time and consists of three systems of two staves each. The first system is marked with a large '2' on the left. Fingerings are indicated by numbers 1-5 above or below notes. The music features a mix of eighth and quarter notes with slurs and accents. The second system continues the melodic and harmonic development. The third system concludes the piece with a final cadence.

四音分

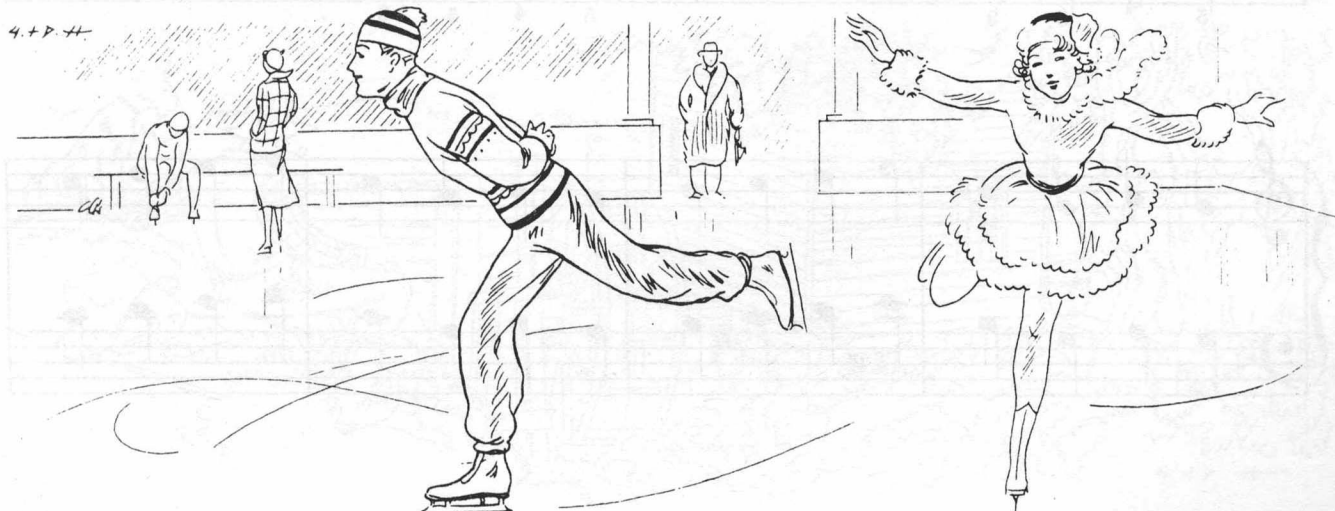
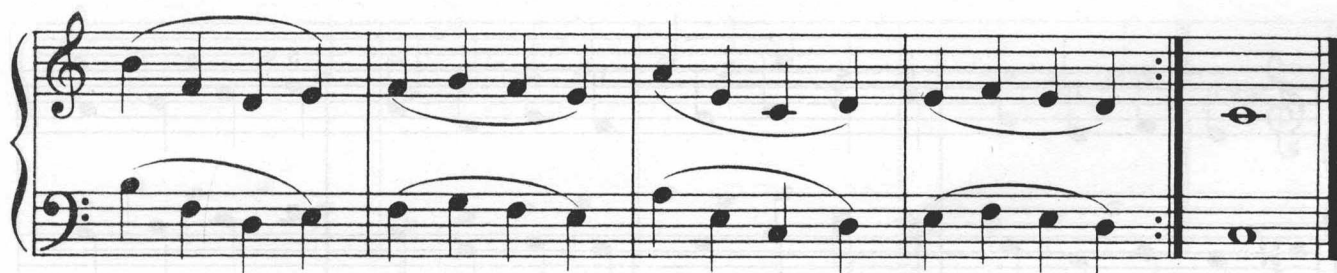
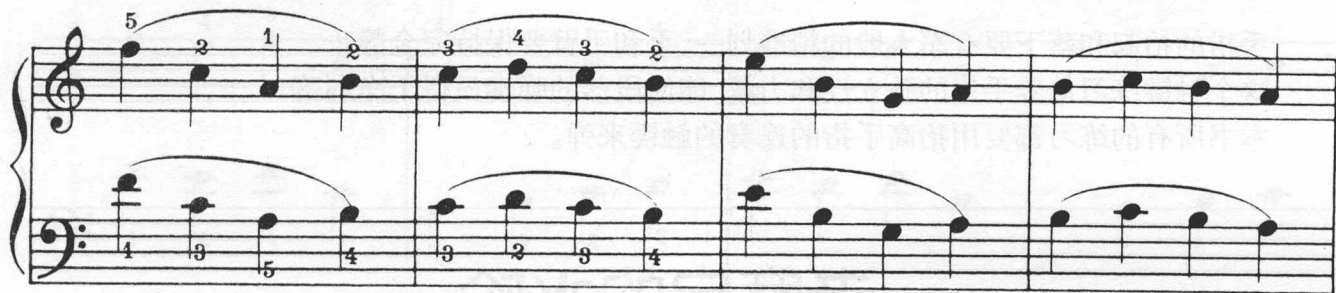


4. + D. H.

四音分句

在这个例子中手臂落在每一小节的第一个音上(如练习1和2),后面的两个音(第二和第三拍)用手指连奏来连接,分句最后的音(第四拍)像前面那样,手滚动离开。

溜冰



高位手指连奏

手静止

用这种触键弹奏时,手指相对抬得较高,指尖始终要对着琴键上被手指接触的那一点,这样就能保持正确的手型。

注意:手指的抬高决不能有伸牵紧张的感觉

手指的抬起和落下要有军人般的精准划一,手和手臂要保持完全静止。
这个触键练习培养手指的独立性和力量,能使段落的弹奏显得干净利落。
本书所有的练习都要用抬高手指的连奏的触键来弹。

老磨房的水轮

4 *legato sempre*

The musical score for "老磨房的水轮" is presented in three systems. Each system consists of a treble clef staff and a bass clef staff. The time signature is 4/4. The first system includes the instruction "legato sempre". Fingerings are indicated by numbers 1-5 above or below notes. The melody in the right hand is a steady, legato line, while the left hand provides a supporting bass line with similar rhythmic patterns.

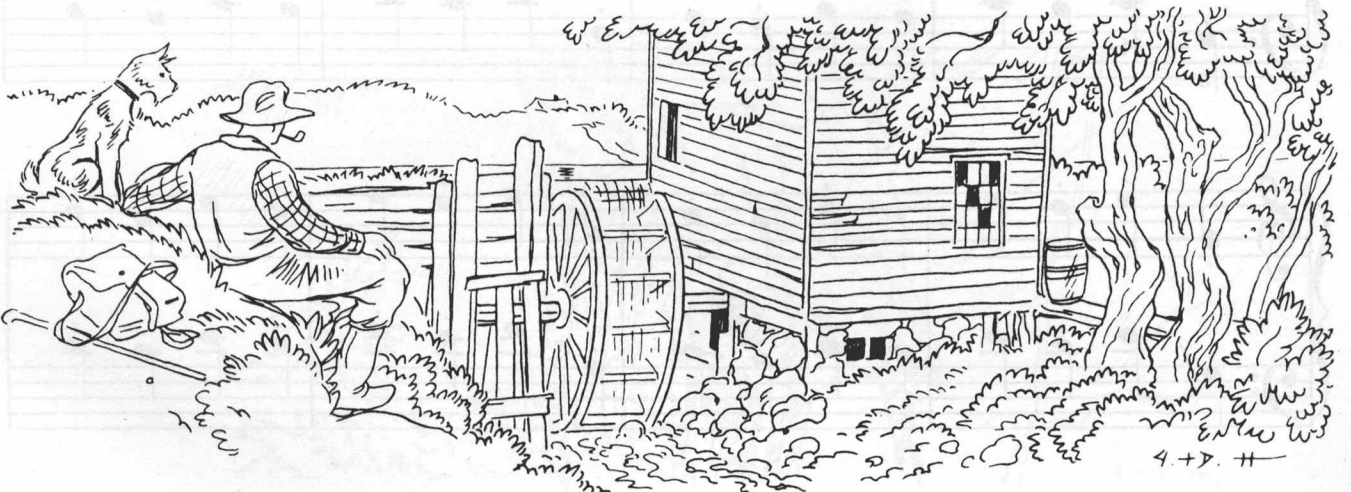
奏 曲 无 名

First system of musical notation. Treble clef on the top staff, bass clef on the bottom staff. Fingerings are indicated by numbers 1-5 above or below notes.

Second system of musical notation. Treble clef on the top staff, bass clef on the bottom staff. Fingerings are indicated by numbers 1-5 above or below notes.

Third system of musical notation. Treble clef on the top staff, bass clef on the bottom staff.

Fourth system of musical notation. Treble clef on the top staff, bass clef on the bottom staff. The system concludes with a double bar line and repeat dots.



手腕断奏

这种弹奏法把手腕当做铰链的支点,不用手指而用手腕的上下弹跳来弹奏。

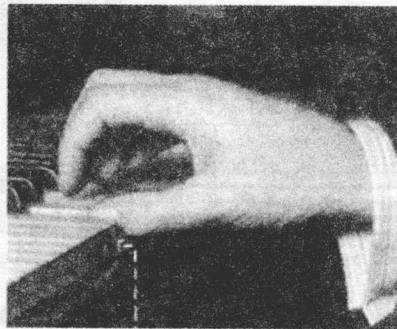
要把注意力放在击打键盘时的动作上,而不是向上抬手的动作上。

手腕僵硬通常是抬手时手抬得过高造成的。

这种触键产生清脆敲击的断奏效果。



准备



起奏



放松



啄木鸟

5

奏 瀾 戲 毛

The first system of musical notation consists of two staves. The upper staff is in treble clef and contains a sequence of notes with fingerings: 1, 2, 1, 3, 2, 4, 3, 5. The lower staff is in bass clef and contains corresponding notes with fingerings: 5, 4, 5, 3, 4, 2, 3, 1.

The second system of musical notation consists of two staves. The upper staff is in treble clef and contains a sequence of notes with fingerings: 1, 2, 1, 3, 2, 4, 3, 5. The lower staff is in bass clef and contains corresponding notes with fingerings: 5, 4, 5, 3, 4, 2, 3, 1.

The third system of musical notation consists of two staves. The upper staff is in treble clef and contains a sequence of notes. The lower staff is in bass clef and contains corresponding notes.

The fourth system of musical notation consists of two staves. The upper staff is in treble clef and contains a sequence of notes. The lower staff is in bass clef and contains corresponding notes. The system concludes with a double bar line and repeat dots.



4. + 7. +

手指断奏

这种触键与手腕断奏和前臂断奏有所不同,琴键不是被击打,而是被“拨奏”的。

开始弹奏前让手指微微伸直,轻轻地停放在键盘上。

然后急速地将手指拨向掌心,就好像拨竖琴的琴弦那样。

整个过程中,手臂和手都不要移动。

这种触键产生一种清脆、紧促的断奏效果,听上去与腕部断奏和手臂断奏非常不同,因为手指在撞击琴键时没有了重力作用。

机关枪

6

The musical score for '机关枪' is written in 4/4 time and consists of three systems of piano accompaniment. Each system has a grand staff with a treble and bass clef. The first system includes fingerings: 5, 4, 3, 2, 3, 2, 3, 1, 5, 4, 3, 2, 3, 2, 3. The second and third systems continue the rhythmic pattern of staccato chords. The score is marked with a '6' at the beginning of the first system.

奏曲音阶

First system of musical notation for piano. It consists of a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The music is written in a simple, stepwise fashion. Above the treble staff, there are fingerings: 5, 1, 2, 3, 4, 3, 4, 3. Below the bass staff, there are fingerings: 1, 5, 4, 3, 2, 3, 2, 3. Vertical arrows point to specific notes in both staves.

Second system of musical notation for piano. It consists of a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The music continues with stepwise motion. Above the treble staff, there are fingerings: 5, 1, 2, 3, 4, 3, 4, 3. Below the bass staff, there are fingerings: 1, 5, 4, 3, 2, 3, 2, 3. Vertical arrows point to specific notes in both staves.

Third system of musical notation for piano. It consists of a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The music continues with stepwise motion. Vertical arrows point to specific notes in both staves.

Fourth system of musical notation for piano. It consists of a grand staff with a treble clef on the upper staff and a bass clef on the lower staff. The music continues with stepwise motion. Vertical arrows point to specific notes in both staves. The system ends with a double bar line and repeat dots.

