

哈 农

钢琴 练 指 法

经典权威版

[法] 哈农 著

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前 言

《哈农钢琴练指法》涉及了钢琴常用的基本技术,包括了五指练习、音阶、琶音、双音、和弦、颤音、六度、八度等基本技巧的练习。它能够使五只手指独立、强化并且运动敏捷、均匀,还能使手腕放松平稳、自然柔顺,富有弹性。所以在钢琴教学中,是一本很有练习价值的技巧练习教材。

一般说来,学生在经过了一段时间的学习,掌握了一些基本的钢琴弹奏技术后,就可以每天有目的地加入《哈农钢琴练指法》的训练了。

在进行练习时,学习者需注意避免以下几种情况:

一、片面追求速度,这样容易造成追求速度而肌肉紧张的现象。不考虑方法的优劣而盲目地练习,也就失去了《哈农钢琴练指法》的练习价值。慢速练习在钢琴的学习过程中起着极大的作用,通过慢速练习,学习者可以对自己的弹奏动作、弹奏效果、不足之处做出最清晰的判断,从而有目的地采用相应的方法来改进自己的练习,以达到最佳的练习效果,并最终达到能够快速、均匀地弹奏。

学习者可采用以下的一些方法进行练习:

变化练习 包括连音、非连音、跳音的练习

左右手不同表现的练习 左手连音右手断奏或反之等等

变节奏练习 附点节奏、切分节奏、三连音等

二、手指独立性不够,声音不干净。具体的表现是关节打不开,掌关节立不起来,手掌缺少支撑,指尖粘连(尤其是三、四指之间),手指下键时速度不够快,快键的动作也不够迅速。要解决手指的问题,应该从手臂的自然起落、手腕的放松平稳方面下功夫,注意并协调好手臂、手腕与手指在弹奏时的相互配合,只有做到这些,再通过不懈的练习,手指的独立性才能得到加强,同时发出的声音饱满、干净而又富有表现力。

三、动作僵硬,手腕用力。在初步学习阶段,由于手指独立性不够,许多学琴者为了追求响亮的声音,往往会下意识地加上手腕和手臂的力量,从而导致前臂及手腕上下颠簸动作太多,有些甚至会一音一个上下动作,并进而带来手指动作笨拙,整体动作僵硬。其实这样奏出的声音虽然是响了,但这绝不是钢琴的正常音响效果,这样奏出的声音发硬、发直,犹如小提琴演奏者把琴弓过分用力地压向琴弦发出的嘶哑声一样。

四、有的学生以为自己弹会了一首,就可以不用再练习了,就掌握了这一首的技术要求了,即使在老师的强迫下也是勉强应付,随便弹两下就完了。殊不知钢琴学习犹如逆水行舟,不进则退,只有通过不间断的、反复的艰苦练习,学习者才有可能在钢琴技艺的提高上不断前进。“没有最好,只有更好”,在钢琴学习上是没有“练好”这一说的,即使通过一段时间的努力,达到了一定的技术高度,但如果离开了反复的、经常不断的练习,那以前所达到的技术水平是不可能保持的,中国的古话中有“拳不离手,曲不离口”一说,指的就是这个意思。

任何一个人无论他具有什么样的先天素质和条件,如不经过严格正规的训练就不可能得心应手地在钢琴上灵活跑动,而《哈农钢琴练指法》通过一系列循序渐进的练习,正是每个钢琴学习者达到以上目标的一个极好的途径。

第一部分

让手指灵活、独立、有力和用力平均的手指热身练习

练习 1

锻炼左手 5 指、4 指上行和右手 5 指、4 指下行的手指伸张练习。

这一部分的二十首练习，初练时速度不要快，可以把节拍器调到每分钟 60 拍，练熟后逐渐加快到每分钟 108 拍。第一首练习上方的速度记号适用于这二十首练习。

(1—2—3—4—5)* 每个音干净利落，高抬指练习。

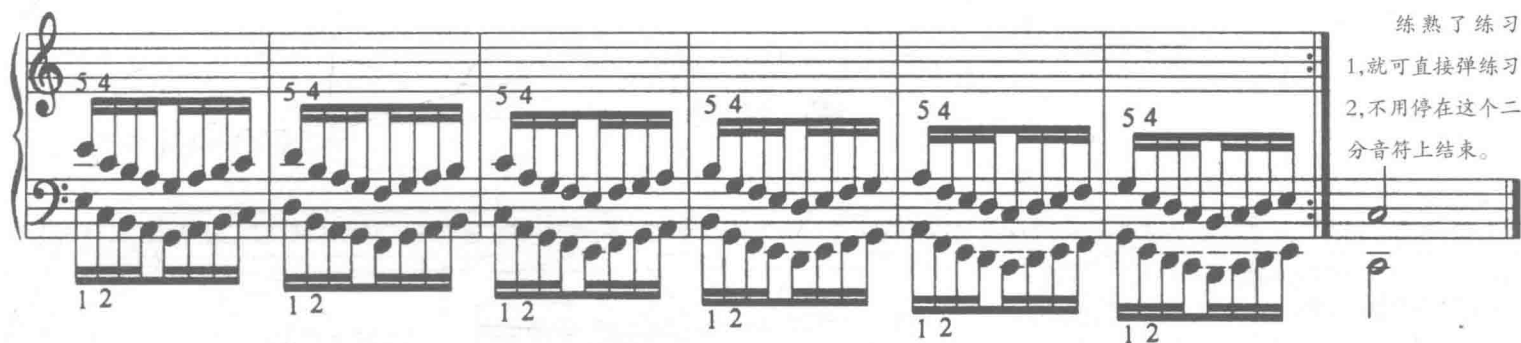
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1. *mf*

ascending

descending

* 为了方便学习者，我们在每首练习的开头，在括号内注明该练习需重点训练的手指，如练习 1 上标明(1—2—3—4—5)，练习 2 上标明(3—4)等。



练熟了练习
1, 就可直接弹练习
2, 不用停在这个二
分音符上结束。

练习 2*

(3—4) 练熟了这首后, 可重弹前一首, 然后两首连起来弹几遍, 后面的练习也可这样弹, 这样手指会得到充分的锻炼。

2.

* 由于 4、5 指天生较弱, 触键力度和灵活度不够, 因此从这首练习直到练习 31 的各练习, 都会使 4、5 指得到充分训练。

练习 3

(2—3—4)弹练习 3 之前,先把前两首练习弹熟。练熟练习 3 后,再弹练习 4 和练习 5,都弹熟后,连起来不间断地弹几遍,最后停在练习 5 的最后一个音。整本书建议都要这样练习。

3.

The musical score for Exercise 3 is presented in five systems. Each system consists of a right-hand staff (treble clef) and a left-hand staff (bass clef). The first system is labeled with a large '3.' and contains five measures. The remaining four systems each contain six measures. The piece concludes with a double bar line and repeat dots. Fingerings are indicated by numbers 1 through 5 placed above or below the notes. The right hand plays a series of eighth-note patterns, while the left hand provides a steady bass line with eighth-note accompaniment.

练习 4

(3—4—5)训练 3、4、5 指的练习。

4.

The musical score is written for piano in 2/4 time. It consists of five systems, each with a treble and bass staff. The first system is labeled '4.' and includes fingerings (1 2 1 2 5) for the right hand and (5 4 5 3 1) for the left hand. A tremolo exercise marked with an asterisk (*) is shown in the first system. The subsequent systems contain various ascending and descending scales and patterns for both hands, with specific fingerings indicated throughout. The score concludes with a double bar line and repeat signs.

*4 指和 5 指颤音的准备练习。

练习 5

(1—2—3—4—5)清晰、干净利落地弹出每个音。

5.

The exercise is written in 2/4 time and consists of five systems of musical notation. Each system contains a treble staff and a bass staff. The first system includes fingering numbers (1-5) above and below notes. The exercise involves ascending and descending scales and arpeggios. The notation includes various musical symbols such as notes, rests, and bar lines.

练习 6

(5) 训练左右手小指的练习, 练习时由慢渐快, 左右手 5 指的音都要听得清晰。

6.

The musical score for Exercise 6 is written for piano in 2/4 time. It consists of five systems, each with a right-hand (treble clef) and left-hand (bass clef) staff. The first system includes specific fingerings: the right hand starts with 1 5 4 5 3 5 2 5, and the left hand with 5 1 2 1 3 1 4 1. The exercise focuses on training the little finger (digit 5) through various patterns, including eighth-note runs, sixteenth-note passages, and trills. The tempo is indicated to be from slow to fast. The piece concludes with a double bar line and repeat signs.

练习 7

(3—4—5)对训练3、4、5指最有效的练习。

7.

The exercise consists of five systems of musical notation, each with a treble and bass staff. The notation includes various fingerings (1, 2, 3, 4, 5) and articulations (accents, slurs) to guide the performer. The exercise is designed to train the 3rd, 4th, and 5th fingers effectively.

System 1: Treble staff has a sequence of eighth notes with fingerings 1 3 2 4 3 5 4 3. Bass staff has a sequence of eighth notes with fingerings 5 3 4 2 3 1 3 4. Both staves have a final measure with a triplet of eighth notes (1 3 4) and a final note (5).

System 2: Treble staff has a sequence of eighth notes with fingerings 1 3 2 4 3 5 4 3. Bass staff has a sequence of eighth notes with fingerings 5 3 4 2 3 1 3 4. Both staves have a final measure with a triplet of eighth notes (1 3 4) and a final note (5).

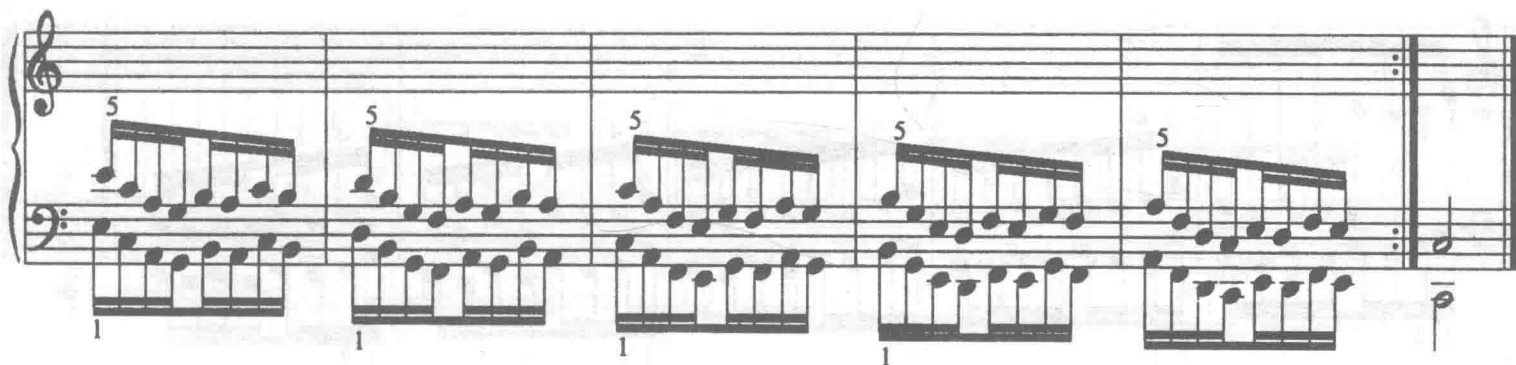
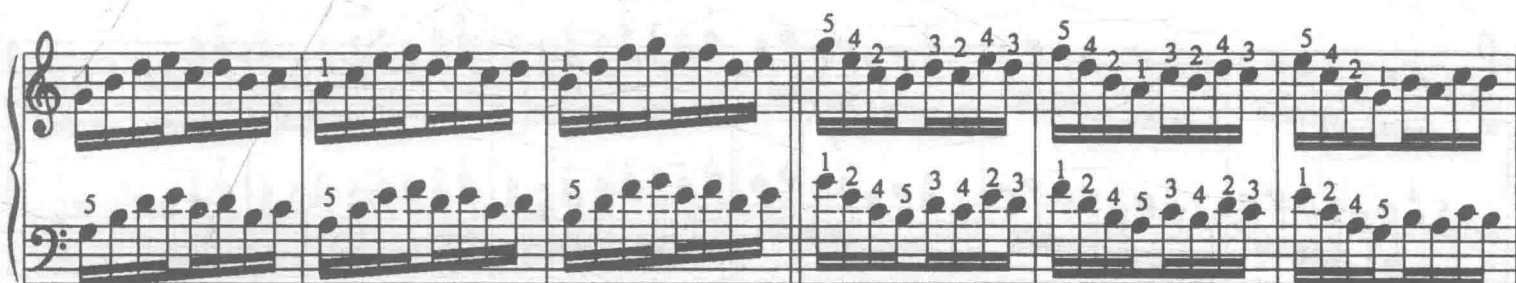
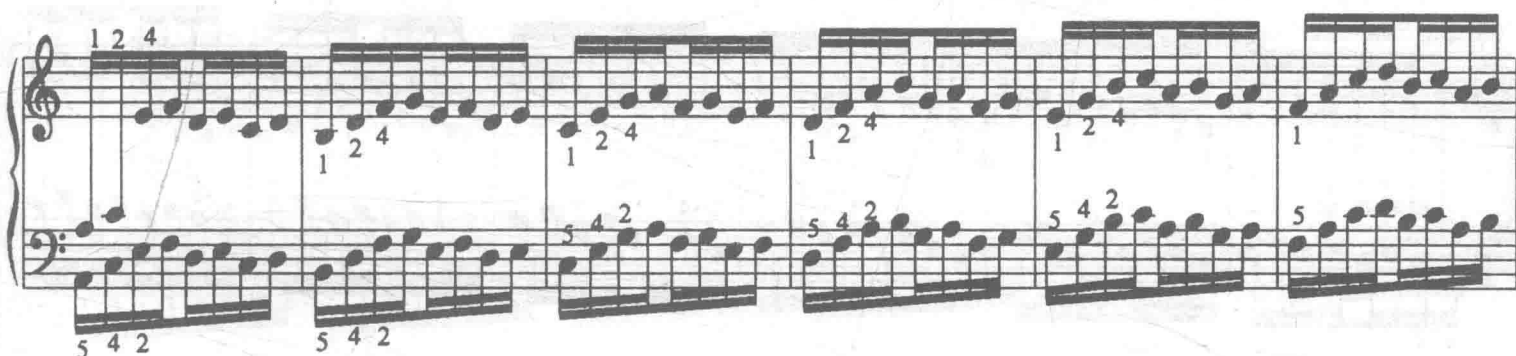
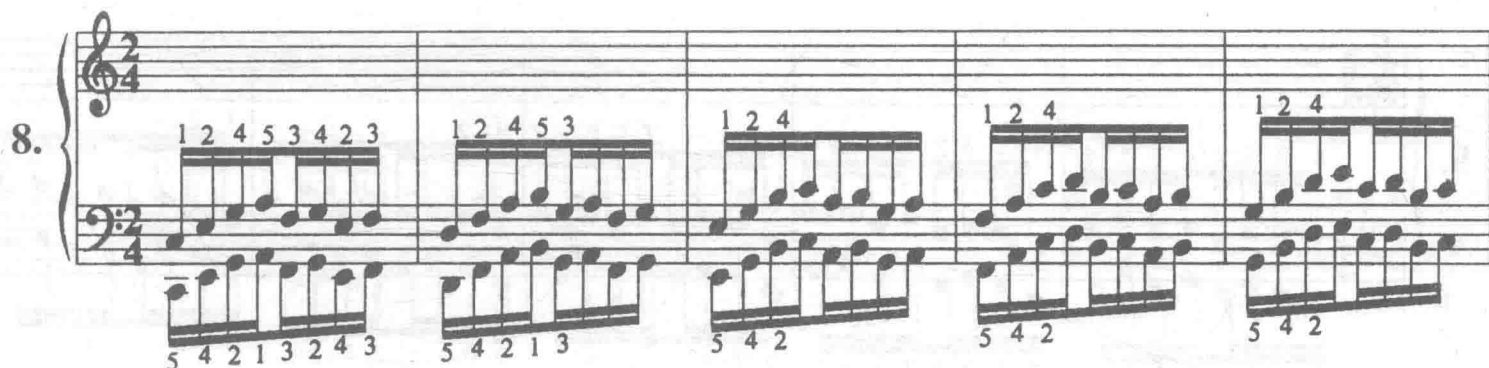
System 3: Treble staff has a sequence of eighth notes with fingerings 1 3 2 4 3 5 4 3. Bass staff has a sequence of eighth notes with fingerings 5 3 4 2 3 1 3 4. Both staves have a final measure with a triplet of eighth notes (1 3 4) and a final note (5).

System 4: Treble staff has a sequence of eighth notes with fingerings 1 3 2 4 3 5 4 3. Bass staff has a sequence of eighth notes with fingerings 5 3 4 2 3 1 3 4. Both staves have a final measure with a triplet of eighth notes (1 3 4) and a final note (5).

System 5: Treble staff has a sequence of eighth notes with fingerings 1 3 2 4 3 5 4 3. Bass staff has a sequence of eighth notes with fingerings 5 3 4 2 3 1 3 4. Both staves have a final measure with a triplet of eighth notes (1 3 4) and a final note (5).

练习 8

(1—2—3—4—5)



练习 9

(5—4)锻炼 4、5 指伸张练习。

9.

This piano exercise is written in 2/4 time and consists of five systems of music. Each system contains a grand staff with a treble and bass clef. The exercise focuses on the 4th and 5th fingers, as indicated by the title and the specific fingerings (1, 2, 3, 4, 5) shown throughout. The notation includes various slurs and fingerings to guide the performer through the exercise. The first system shows a sequence of eighth notes in the right hand and a corresponding bass line in the left hand. The second system continues this pattern with more complex slurs. The third system introduces a new pattern with a descending line in the right hand. The fourth system features a more intricate pattern with multiple slurs. The fifth system concludes the exercise with a final sequence of notes and a double bar line.

练习 10

(3—4)学习颤音前的准备练习:左手3、4指上行(a)和右手3、4指下行(b)。

10.

(a)

(b)

练习 11

(3—4—5)又一个颤音的准备练习。

11.

This piano exercise is written in 2/4 time and consists of five systems of music. The first system begins with a treble clef and a key signature of one sharp (F#). The exercise is divided into two main parts: the first four measures of each system are for the right hand, and the last two measures are for the left hand. The right hand part features a series of ascending and descending scales, with fingerings indicated by numbers 1 through 5. The left hand part features a series of ascending and descending scales, with fingerings indicated by numbers 1 through 5. The exercise concludes with a double bar line and a repeat sign.