

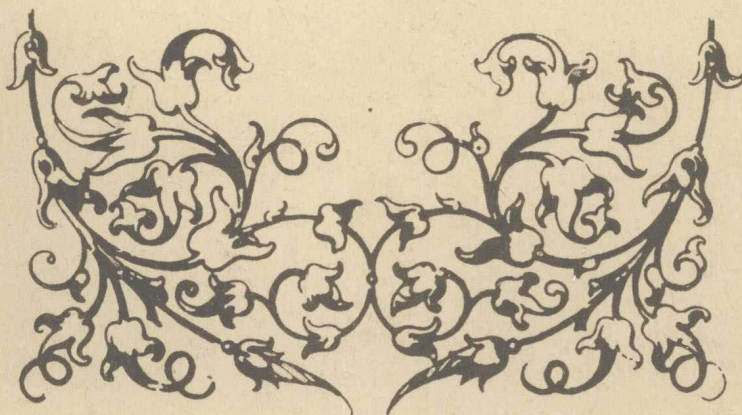
哈农

钢琴练指法

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安徽文艺出版社



图书在版编目(CIP)数据

哈农钢琴练指法 / (法)哈农著. - 合肥:安徽文艺出版社,2001.12

ISBN 7-5396-2081-1

I.哈... II.哈... III.钢琴-指法 IV.J624.16

中国版本图书馆CIP数据核字(2001)第081358号

哈农钢琴练指法

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责任编辑:段晓静

出版:安徽文艺出版社(合肥市金寨路381号)

邮政编码:230063

发行:安徽文艺出版社发行科

网址:WWW.awpub.com

印刷:安徽新华印刷股份有限公司图书印装分公司

开本:880×1230 1/16

印张:8

字数:180,000

印数:3000

版次:2001年12月第1版 2006年3月第3次印刷

标准书号:ISBN 7-5396-2081-1/J·121

定价:16.50元

如发现印装质量问题,请与印刷厂联系调换。

哈 农
钢 琴 练 指 法

第一部分

第一部分包括20条练习曲。练习时,可以先将节拍机调整为每分钟60次,然后将速度逐渐加快到每分钟108次。弹奏每支练习曲时,手指都应张开,高高抬起,将每个音都弹得很清楚。

(M.M. ♩ = 60 - 108.)

1

mf

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

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

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

5 4 5 4 5 4 5 4 5 4 5 4

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

5 4 5 4 5 4 5 4 5 4 5 4

5 4 5 4 5 4 5 4 5 4 5 4

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

5 4 5 4 5 4 5 4 5 4 5 4

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

(1)

2

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

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

1 2 1 1 2 1 2 1 2 1 2

5 3 5 3 5 3 5 3 5 3

(1) 5 2 1 2 3 2 3 4 5 2 5

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

5 2 1 5 2 1 5 2 1 5 2 1 5 2 1

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

1 3 1 3 1 3 1 3 1 3

注：4指和5指是弱指。这条练习曲至31条练习曲都是为了练习4、5指的力量，让4、5指和2、3指的力度平衡。

3

The musical score for exercise 3 consists of five systems, each with two staves (treble and bass clef) and a 2/4 time signature. The score is marked with a large '3' at the beginning. Fingerings are indicated by numbers 1-5 above or below notes. The exercise is divided into five measures per system.

- System 1:** Treble clef starts with a whole note chord (F4, C5, G4). Bass clef has a descending eighth-note pattern: F4, E4, D4, C4. Fingerings: Treble (1 2 5 4 3 2 3 4), Bass (5 3 1 2 3 4 3 2).
- System 2:** Treble clef has a descending eighth-note pattern: F4, E4, D4, C4. Bass clef has an ascending eighth-note pattern: C4, D4, E4, F4. Fingerings: Treble (1 2 5 4 3 2), Bass (5 3 1 2 3 4).
- System 3:** Treble clef has a descending eighth-note pattern: F4, E4, D4, C4. Bass clef has an ascending eighth-note pattern: C4, D4, E4, F4. Fingerings: Treble (1 2 5), Bass (5 3 1).
- System 4:** Treble clef has a descending eighth-note pattern: F4, E4, D4, C4. Bass clef has an ascending eighth-note pattern: C4, D4, E4, F4. Fingerings: Treble (1 2 5), Bass (5 3 1).
- System 5:** Treble clef has a descending eighth-note pattern: F4, E4, D4, C4. Bass clef has an ascending eighth-note pattern: C4, D4, E4, F4. Fingerings: Treble (1 2 5), Bass (5 3 1).

注： 在第3条练习之前，应将第1条和第2条作连贯练习。

4

(1)

(1)

(1)

(1)

(1)

注：为4、5指所作的特别练习。

5

(1) 1 5 4 5 3 4 2 3 5 1 2 1 3 2 4 3

1 5 4 5 3 4 2 3 5

1 5 4 5 3 4 2 3 5

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

1 5 4 5 3 4 2 3 5

1 5 4 5 3 4 2 3 5

1 5 4 5 3 4 2 3 5

注：注意右手的4、5指的运动。

6

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

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

5 5 5 5 5

1 1 1 1 1 1

5 5 5 5 5 5

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

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

1 1 1 1 1 1

5 5 5 5 5 5

5 5 5 5 5 5

5 5 5 5 5 5

注：在每天练习之前，应将前面的内容作总复习。

7

注：这条练习曲对练习3、4、5指特别重要。

8

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

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

1 2 4 1 2 4 1 2 4 1 2 4 1 2 4 1

5 4 2 5 4 2 5 4 2 5 4 2 5 4 2 5

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

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

5 4 2 1 5 5 5 5 5

1 2 4 5 1 1 1 1 1

5 5 5 5 5

1 1 1 1 1

注：练习所有手指的运动。

9

The first system of exercise 9 consists of five measures. The time signature is 2/4. The right hand (treble clef) plays a sequence of eighth notes: 1 2 3 2 4 3 5 4. The left hand (bass clef) plays a sequence of eighth notes: 5 4 3 4 2 3 1 2. Fingerings are indicated by numbers 1-5 above or below the notes.

The second system of exercise 9 consists of six measures. The right hand (treble clef) plays a sequence of eighth notes: 1 2. The left hand (bass clef) plays a sequence of eighth notes: 5 4. Fingerings are indicated by numbers 1-5 above or below the notes.

The third system of exercise 9 consists of six measures. The right hand (treble clef) plays a sequence of eighth notes: 1 2. The left hand (bass clef) plays a sequence of eighth notes: 5 4. Fingerings are indicated by numbers 1-5 above or below the notes.

The fourth system of exercise 9 consists of six measures. The right hand (treble clef) plays a sequence of eighth notes: 5 4. The left hand (bass clef) plays a sequence of eighth notes: 1 2. Fingerings are indicated by numbers 1-5 above or below the notes.

The fifth system of exercise 9 consists of six measures. The right hand (treble clef) plays a sequence of eighth notes: 5 4. The left hand (bass clef) plays a sequence of eighth notes: 1 2. Fingerings are indicated by numbers 1-5 above or below the notes.

10

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

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

1 5 1 5 1 1 1 1

5 1 5 1 5 5 (2) 5 5

1 1 1 1 1 1

5 1 5 1 5 1 5 1 5 1 5 4

1 5 1 5 1 5 1 5 1 5

注：左手的3、4指在(1)上弹出的效果是颤音。右手的3、4指在(2)上的弹出的效果同样如此。

11

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

5 3 1 2 1 2 3 2 5 3 1 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

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

1 3 5 1 3 5 1 3 5 1 3 5 1 3 5 1 3 5

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

5 2 5 2 5 2 5 2 5 2

1 3 1 3 1 3 1 3 1 3

注：右手3、4、5指作颤音演奏。

12

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

5 1
1 5
1 5
1 5
1 5
1 5

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

1 5
1 5
1 5
1 5
1 5
1 5

1 5
1 5
1 5
1 5
1 5
1 5
5 1
5 1
5 1
5 1
5 1
5 1

13

Musical notation for the first system of exercise 13, measures 1-5. The system is in 2/4 time. The right hand (treble clef) and left hand (bass clef) both play eighth-note patterns. Fingerings are indicated by numbers 1-5. Measure 1: RH (3 1 4 2 5 3 4 5), LH (3 5 2 4 1 3 2 1). Measure 2: RH (3 1 4 2 5 3 4 5), LH (3 5 2 4 1 3 2 1). Measure 3: RH (3 1 4 2 5), LH (3 5 2 4 1). Measure 4: RH (3 1), LH (3 5). Measure 5: RH (3 1), LH (3 5).

Musical notation for the second system of exercise 13, measures 6-11. The right hand (treble clef) and left hand (bass clef) both play eighth-note patterns. Fingerings are indicated by numbers 1-5. Measure 6: RH (3 1), LH (3 5). Measure 7: RH (3 1), LH (3 5). Measure 8: RH (3 1), LH (3 5). Measure 9: RH (3 1), LH (3 5). Measure 10: RH (3 1), LH (3 5). Measure 11: RH (3 1), LH (3 5).

Musical notation for the third system of exercise 13, measures 12-17. The right hand (treble clef) and left hand (bass clef) both play eighth-note patterns. Fingerings are indicated by numbers 1-5. Measure 12: RH (3 1), LH (3 5). Measure 13: RH (3 1), LH (3 5). Measure 14: RH (3 1), LH (3 5). Measure 15: RH (3 5 4 3 2 3 4), LH (3 1 4 2 3 5 3 2). Measure 16: RH (3 5 4 3 2 3 4), LH (3 1 4 2 3 5 3 2). Measure 17: RH (3 5), LH (3 1 5 3 2).

Musical notation for the fourth system of exercise 13, measures 18-23. The right hand (treble clef) and left hand (bass clef) both play eighth-note patterns. Fingerings are indicated by numbers 1-5. Measure 18: RH (3 5 1 3 4), LH (3 1 5 3 2). Measure 19: RH (3 5 1 3 4), LH (3 1 5 3 2). Measure 20: RH (3 5 1 3 4), LH (3 1 5 3 2). Measure 21: RH (3 5 1 3 4), LH (3 1 5 3 2). Measure 22: RH (3 5 1 3 4), LH (3 1 5 3 2). Measure 23: RH (3 5 1 3 4), LH (3 1 5 3 2).

Musical notation for the fifth system of exercise 13, measures 24-29. The right hand (treble clef) and left hand (bass clef) both play eighth-note patterns. Fingerings are indicated by numbers 1-5. Measure 24: RH (1 3 4), LH (5 3 2). Measure 25: RH (1 3 4), LH (5 3 2). Measure 26: RH (1 3 4), LH (5 3 2). Measure 27: RH (1 3 4), LH (5 3 2). Measure 28: RH (1 3 4), LH (5 3 2). Measure 29: RH (1 3 4), LH (5 3 2).

14

注：3、4指作颤音练习。