

音乐之声曲谱系列

哈农

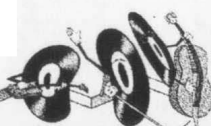
钢琴练指法

HANON
PIANO EXERCISES



汕头大学出版社





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前 言

夏尔·路易·哈农(1819—1900年),法国管风琴师和钢琴教师。

他一生创作的作品并不多,其中最著名的是《钢琴练指法》,该书曾荣获 1878 年世界博览会银奖,一百多年来,在世界各地相继出版,其普及面之广,影响之大,哈农在世时是难以预料的。但哈农《钢琴练指法》是为所有的钢琴演奏者而写的。程度浅的、程度深的钢琴教师、演奏家都需要这本练习价值很高的钢琴教材。

本书包括五指练习,音阶、琶音、双音、和弦等钢琴常用的基本技术,巧妙地运用五指位置的各种组合,使许多演奏技术难点在不知不觉的练习之中被克服。每天坚持练习,会收到事半功倍的理想效果。初学者常见的肌肉紧张和手腕上下抖动等毛病也会很快消失,随之带来的是触键的灵活、敏捷,音色的皎洁晶莹。它像一把金钥匙为所有钢琴演奏者打开技术困难之门。

第一部分

训练各指能够灵活、独立、有力和均衡地触键

上行时左手 4、5 指间，下行时右手 4、5 指间的扩指的扩指练习。

在学习第一部分这 20 个练习曲时，先把速度定为每分钟 60 拍，此后逐渐加速至每分钟 108 拍为止。

高抬各指，每个音都要弹得正确而清晰。

M.M. ♩ = 60 - 108

1

mf

上行

下行

完全练熟以后，可省略此音，接弹练习 2。

从练习 2 开始，曲谱上端标有 [3-4]，[2-3-4] 等等，以此强调要特加训练的手指。

在本书的所有练习曲中，左右手始终在进行同等难度的练习。如左手上行时的难点正好同右手下行时的难点相同，且用同一种指法，这样，这一新的练习方法就使两只手得到了完全均等的发展。

[3-4] 弹熟此曲后，可把前一首练习曲同本曲联起来反复不间断弹奏四遍。此后的练习亦可按此方法进行，其效果会很好。

The image shows a piano exercise score consisting of five systems of music. Each system contains two staves (treble and bass clef). The first system is marked with a large '2' and an asterisk (*). The music is written in 2/4 time and consists of continuous eighth-note patterns in both hands. Fingerings are indicated by numbers 1 through 5 above or below the notes. The exercise involves various fingering combinations, such as 1 2 5 4 3 4 3 2, 5 3 1 2 3 2 3 4, and 5 3 1. The piece concludes with a double bar line and a final whole note chord in the right hand.

*第4、5指天生较弱，此练习直至练习31中的各条练习均力求加强训练4、5指，使其同2、3指一样灵活有力。

3

Handwritten musical score for 'The Rose Tree'. The score is written on five systems of a grand staff (treble and bass clefs). The key signature is one flat (B-flat) and the time signature is 2/4. The melody is in the treble clef, and the bass line is in the bass clef. The melody consists of a series of eighth and sixteenth notes, with some rests. The bass line consists of a series of eighth and sixteenth notes, with some rests. The score is numbered 3 in the left margin. The melody is written in a style that is common in early 20th-century music, with a focus on simple, catchy tunes. The bass line provides a steady accompaniment to the melody. The score is written in a clear, legible hand, and the notation is accurate. The overall impression is of a simple, charming piece of music that is easy to play and remember.

A musical score for the song 'The Rose Tree'. It features a treble and bass clef staff. The melody is written in the treble clef, and the accompaniment is in the bass clef. The key signature has one flat (B-flat), and the time signature is 3/4. The score consists of six measures. The first measure has a treble clef and a bass clef. The second measure has a treble clef and a bass clef. The third measure has a treble clef and a bass clef. The fourth measure has a treble clef and a bass clef. The fifth measure has a treble clef and a bass clef. The sixth measure has a treble clef and a bass clef. The melody is written in the treble clef, and the accompaniment is in the bass clef. The key signature has one flat (B-flat), and the time signature is 3/4. The score consists of six measures. The first measure has a treble clef and a bass clef. The second measure has a treble clef and a bass clef. The third measure has a treble clef and a bass clef. The fourth measure has a treble clef and a bass clef. The fifth measure has a treble clef and a bass clef. The sixth measure has a treble clef and a bass clef.

A musical score for the song 'The Rose Tree'. It consists of two staves, a treble staff and a bass staff, with a brace on the left. The melody is written in the treble staff, and the accompaniment is in the bass staff. The key signature has one sharp (F#), and the time signature is 2/4. The score is divided into six measures. Fingerings are indicated by numbers 1-5 above or below notes. The melody starts on G4 and ends on G4. The bass line starts on E3 and ends on E3.

A musical score for the song 'The Rose Tree'. It features a treble and bass clef staff. The melody is written in the treble clef, and the accompaniment is in the bass clef. The key signature has one flat (B-flat), and the time signature is 2/4. The score consists of six measures. The first five measures show a continuous melody in the treble and a steady accompaniment in the bass. The sixth measure shows the melody ending with a final note, and the bass continuing with a final chord. The lyrics 'The Rose Tree' are written below the bass staff.

与下曲相接时，此音不弹。

[3-4-5] 训练第 3、4、5 指的特殊练习。

The musical score consists of five systems, each with a treble and bass staff. The first system is marked with a large '4' on the left. The notation includes various fingerings (1, 2, 3, 4, 5) and patterns such as ascending and descending scales, chords, and repeated notes. The final system concludes with a double bar line and the instruction: 不必在此音上停顿。

[1-2-3-4-5] 要正确地高抬各指。

The image shows a page of piano sheet music for the piece 'The Little Boat' (小渔舟). The music is written for piano and is in 2/4 time. The score is organized into five systems, each consisting of a treble staff and a bass staff. The left hand plays a continuous eighth-note accompaniment, while the right hand plays a melody. Fingerings are indicated by numbers 1-5. A repeat sign is present at the end of the fifth system.

[5] 若想获得练习的预期效果, 请将已学过的曲子每天至少复习一遍。

The image displays a piano exercise score in 2/4 time, organized into five systems, each consisting of a treble and bass staff. The music features a variety of rhythmic patterns, including eighth and sixteenth notes, and rests. Fingerings are indicated by numbers 1 through 5 placed above or below the notes. The first system is marked with a large '6' on the left. The score begins with a treble clef and a key signature of one sharp (F#). The exercise concludes with a double bar line and a repeat sign.

[3-4-5] 训练 3、4、5 指最重要的练习曲。

7

The exercise consists of five systems of two staves each. The first system includes a large number '7' in the left margin. The second system has a '4' above the first measure. The third system has a '5' above the first measure. The fourth system has a '5' above the first measure. The fifth system has a '5' above the first measure. The score ends with a double bar line and repeat dots.

[1-2-3-4-5] 训练全部手指最重要的练习曲。

8

The exercise is a finger training piece for the right hand, consisting of five systems of two staves each. The first system is marked with a large '8' and a brace. The notation includes various rhythmic patterns, slurs, and fingerings (1-5) to guide the student. The exercise progresses through different intervals and scales, ending with a final measure marked with a double bar line and a fermata.

4、5指间的扩指练习及全部手指的练习。

9

The score consists of five systems of two staves each. The first system is marked with a large '9' in the left margin. The exercises involve ascending and descending scales, often with specific fingerings indicated by numbers 1-5. The final system ends with a double bar line and a repeat sign.

[3-4] 上行时训练左手 3、4 指间 (*), 下行时训练右手 3、4 指间 (**) 的颤音练习。

10

The musical score consists of five systems of piano notation. Each system has a treble and bass staff. The first system is marked with a '10' in the left margin. The notation includes various fingerings (1, 2, 3, 4, 5) and trills. The first system includes a trill marked with an asterisk (*) on the left hand. The second system includes a trill marked with two asterisks (**) on the right hand. The third system includes a trill marked with two asterisks (**) on the right hand. The fourth system includes a trill marked with two asterisks (**) on the right hand. The fifth system includes a trill marked with two asterisks (**) on the right hand. The score ends with a double bar line and a fermata on the right hand.

[3-4-5] 4、5 指间的颤音练习。

11

The musical score is written for piano and consists of five systems, each with a treble and bass staff. The time signature is 2/4. The first system is marked with a large '11'. The music features various tremolos and fingerings for the 4th and 5th fingers. The first system includes fingerings 1 2 5 4 5 4 3 4 in the treble and 5 3 1 2 1 2 3 2 in the bass. The second system includes fingerings 1 2 5 in the treble and 5 3 1 in the bass. The third system includes fingerings 1 2 5 in the treble and 5 3 1 in the bass. The fourth system includes fingerings 1 2 5 in the treble and 5 3 1 in the bass. The fifth system includes fingerings 1 2 5 in the treble and 5 3 1 in the bass. The score concludes with a double bar line and a repeat sign.

1~5指间的扩指及3、4、5指的练习。

[illegible]

[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 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 5

3 1 3 1 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 5 3 5

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

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

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