

# 武术双语教程

Bilingual Teaching Course for *Wushu*

王俊法 编著

中国海洋大学出版社

• 青岛 •

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## 序

当中国的都市中流行着跆拳道、空手道、街舞的时候，一批洋学生却迷恋于中国功夫的“过招”。这便是当今的国际文化态势，不同的民族文化既在交融，也在竞争。

文化若水，柔却有力，沁透人心。文化是民族的灵魂，综合国力的竞争中经济实力、文化实力都不可或缺。中国是一个文化资源大国，却不是文化传输的大国。看一看好莱坞的大片、电视剧的“韩流”，我们也能感到差距。

由此，如何利用好我们丰富的文化资源，如何令世界上人们喜爱、向往和追寻的中国文化既为人类造福，也向世界传播，便是我们每一个民族文化工作者所探索的一个课题。

武术俨然是优秀的民族文化之一。它是在用身体运动讲述中国文化，用它的精美招法和奇妙功力诠释中国文化。

艾斐先生在《文化的责任》一文中说：“要把优秀的文化推向全球，其方式、方法、手段和机制都应是崭新的，具有说服力、感召力和渗透力的。”人们是否想到了武术运动也是推介中国文化的一种特殊形式。

武术这一身体运动形式，一旦有语言作桥梁，便如虎添翼，不啻为具有感召力、渗透力的崭新传输形式。

中国人不会外语，外国人不学中文，将会使武术的传输，尤其对文化内蕴的领悟和交融大打折扣。由此，我们太需要懂武术的外语人，也更需要懂外语的武术人。

王俊法便是我们期待的后者。记得 23 年以前在上海体育学

院就读本科的他,是一名出色的武术运动员,他把武术功力和技艺融为一炉,颇为美妙,时常令人激情漾起,为当今不少年轻运动员所不及,然而当时他的外语水平却极为平平。他告诉我他曾用了7年的时间苦攻外语,又到亚、非、欧七个国家“摸爬滚打”,终于实现了他的人生目标,在境外教学既能教,也能说,既能练,也能讲,很受欢迎。

今天欣读他的《武术双语教程》书稿,由衷地为他感到高兴。书中凝聚着这位来自孔子故乡——曲阜师范大学的武术教师多年的心血。本书将在青岛的中国海洋大学出版社出版。青岛是2008 奥运的水上竞赛圣地,本书可以说是献给来自世界各国的友人们的一份礼物,相信本书在中外国际文化交流中会起到一定的推动作用。

青岛也是哺育我的故乡,师生之谊,故乡情怀,不禁欣然命笔。

国务院学位委员会体育学科专家组成员  
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2005 年国庆于上海



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# 第一章 武术概念

## Chapter 1 Concept of *Wushu*

武术是以技击动作为主要内容,以套路和格斗为运动形式,注重内外兼修的中国传统体育项目。

*Wushu*, the well-known Chinese art, with fighting movements as its main contents and routine exercise plus free combat as its forms, is a traditional Chinese sport training and promoting both external and internal human beings.

### 第一节 中国武术简介

#### Section 1 A Brief Introduction to Chinese *Wushu*

##### 一、武术是中国传统的体育项目

作为一种传统的体育项目,武术具有竞技比赛、防身健体、娱乐表演和修身养性等功能,是一项具有广泛社会价值的体育运动。

武术竞技比赛的内容包括拳术、器械等套路比赛及散手、推手等搏击形式比赛两大类,都有完整的比赛规则。

中国自古就把武术作为重要的健身防身和选拔兵勇的手段。早在七世纪的唐代即设有武举制,通过考试和比武选拔人才。宋代则设了打擂台比武的内容和标准。明代在军队中通过比赛促进武艺的发展。清代民间仍盛行“打擂台”的武术竞赛活动。

20 世纪 20 年代,曾设立中央国术馆,并在部分省、市设立了分馆,1932 年举办了“全国武术运动会”,以后几乎每年都举办国术、国考,即全国武术竞赛。自 1933 年起,武术被列为全国运动大会的正式竞赛项目。1935 年在上海举行的第六届全国运动大会上,菲律宾、马来西亚、爪哇等地也派代表参加了武术竞赛,1936 年中国曾派武术队赴柏林,参加第十一届奥林匹克运动会,武术作为表演项目受到了与会者的热烈欢迎。

中华人民共和国成立后,武术被列为国家体育竞赛项目。1958 年制定了中华人民共和国体育运动委员会第一部武术竞赛规则。

1985 年国家体委为鼓励运动员迅速提高运动技术水平,根据武术项目特点,制定了《武术运动员技术等级试行标准》,分为武英级、一级武士、二级武士、三级武士、武童等五个等级。

为进一步促进武术运动的科学化,国家体委于 1986 年成立了武术研究院,它是开展武术学术研究的高级机构。为适应武术发展的需要,各高等体育院校和师范学校都设立了武术系、科,开办武术专业,培养武术人才。

## 1. Wushu Is a Traditional Chinese Sport

As a traditional sport, *wushu* can be used for competition as well as for entertainment, self-defense, health keeping and mental disciplining, and has tremendous social value.

Competitive *wushu* may be divided into two major categories: contests in the performance of routine exercises, either bare-handed or with apparatus, and matches in the forms of *san-shou* (free-sparring) and *tuishou* (push-hands), with integrated rules for competition in both categories.

In ancient China, *wushu* was not only an important means of

fitness building and self-defense, but also a major subject for examination in the selection of soldiers. As early as Tang Dynasty in the 7<sup>th</sup> century a system of military examination was adopted for recruiting servicemen. In the Song Dynasty (960—1276) there appeared *wushu* contests in the form of *leitai*, literally meaning “fighting on a stage”. *Wushu* competitions were promoted in the armed forces in the Ming Dynasty (1368—1644), boosting the development of martial arts. Up until the Qing Dynasty (1644—1911), *leitai* contests remained very popular among the folks.

During the 1920s a central *wushu* institute was established, with branches set up in some provinces and cities. Beginning from 1932, a “National *Wushu* Meet” was held practically every year. In 1933 *wushu* was officially listed as a competitive event at the national games. At the Sixth National Games held in Shanghai in 1935, *wushu* contests attracted foreign entries from the Philippines, Malaysia and Java. In 1936, at the 11<sup>th</sup> Olympic Games in Berlin, demonstrations given by a group of Chinese *wushu* athletes were warmly received.

*Wushu* was included in the national sports programme after the founding of the People’s Republic of China. In 1958, the first set of regulations for *wushu* competition was drawn up by the State Physical Culture and Sports Commission.

To encourage *wushu* athletes to raise their level of performance more quickly, the State Physical Culture and Sport Commission, taking into account the characteristics of the sport of *wushu*, promulgated in 1985 a set of tentative standards for determining the technical grades of *wushu* athletes. The grades

were divided as follows: martial heroes, martial artists of first grade, martial artists of second grade, martial artists of third grade, martial artists of third grade, and junior artists.

To further develop *wushu* scientifically, the *Wushu* Research Institute was set up by the State Physical Culture and Sports Commission in 1986 as a body for conducting *wushu* academic researches at a high level. To meet the needs of *wushu* development, departments or special courses have been delivered at physical education colleges and normal institutes for the training of *wushu* cadres.

## 二、武术在中国具有广泛的群众基础

由于中国武术内容丰富,形式多样,而且不受年龄、性别、季节、场地和器材的限制,较其他运动项目具有更广泛的适应性,因此,有深厚的群众基础。1958 年建立了全国性的武术团体——中国武术协会。广大城乡建立了各种武术社、馆、辅导站、研究会、业余武术学校和各种形式的武术培训班,形成了广泛的武术活动网。

## 2. *Wushu* Enjoys Widespread Popularity in China

Rich in content and diversified in form, *wushu* suits almost everyone and can be practiced any time and anywhere, with or without apparatus. That is why it has great popularity. A national organization — the Chinese *Wushu* Association was set up in 1958. Thereafter, *wushu* bodies of various forms, including societies over the country, form a vast network for the advancement of the sport.



### 三、武术竞赛的内容大体分为五类

- (1)拳术:包括长拳、太极拳、南拳。
- (2)器械:包括刀、剑等短器械和枪、棍等长器械。
- (3)对练:包括两人或两人以上的徒手对练、器械对练和徒手与器械对练等。
- (4)集体项目:指多人集体表演的武术。
- (5)对抗性竞赛:包括太极推手、散手、短兵、长兵等。

### 3. Contents of Wushu Competition Fall into Five Main Categories

(1) Handed exercises — including *changquan* (long-range boxing), *taijiquan* and *nanquan* (southern-style boxing).

(2) Exercise with apparatus — including exercises with short weapons like broadswords and swords, and exercises with long weapons like spears and cudgels.

(3) Sparring exercise — including bare-handed exercises or exercises with weapons performed by two or more contestants, or exercises in which one or more bare-handed fighters spar with one or more partners using weapons.

(4) Group performances.

(5) Combats — including *taiji tuishou* (push-hands), *san-shou* (free sparring), and combats with long or short weapons.

## 第二节 武术的内容和分类

### Section 2 The Content and Classification of Wushu

武术按其运动形式可分为两大类,即套路和对抗竞赛。套路包括拳术、器械、对练和集体练习。

*Wushu* is classified into two categories, routine exercises and free combat, according to its forms of execution. Routine exercises including fist play, weapon, sparring and group exercises.

#### 一、拳术

##### 1. Fist Play

包括所有徒手类型的长拳,如查拳和华拳,以及太极拳、南拳、形意拳、八卦拳、八极拳、通背拳、翻子拳、劈挂拳、戳脚拳、少林拳、地躺拳、象形拳等。

To this category belong all the barehanded combat arts, including *changquan*(*chaquan* and *huaquan*), *taijiquan*, *nanquan*, *xingyiquan*, *baguazhang*, *bajiquan*, *tongbeiquan*, *fanziquan*, *piguquan*, *chuojiaoquan*, *shaolinqun*, *ditangquan*, *xiangxingquan*, etc.

(1)长拳 包括查拳和华拳,以拳、掌、勾三种手型,弓步、马步、仆步、虚步和歇步为基本内容,是一种姿势舒展、动作灵活、快速有力、节奏鲜明,并有穿、蹦、跳、跃、闪、展、腾、挪,起伏转折和跌扑滚翻等动作与技术的主要拳种,而查拳、华拳等各个拳种又有各自不同的技术特点和运动风格。

(1)*Changquan*, including *chaquan* and *huaquan*, is a major

school of *wushu*, which uses the three hand forms of *quan*, *zhang* and *gou*, and the five stances of *gongbu*, *mabu*, *pubu*, *xubu* and *xiebu*. It is characterized by relaxed and unfolding postures, agile, quick and powerful movements, and clear rhythm. It employs the techniques of leaps, jumps, rollings and tumblings. *Chaquan*, *huaquan* and other forms of *changquan* have their respective own unique styles and characteristic features.

(2)太极拳 是一种柔和、缓慢、轻灵的拳术。动作圆活，处处带有弧形，动作连绵不断，前后贯穿；而各式太极拳也有各自不同的特点。

(2)*Taijiquan* is a soft, light and slow exercise, which features continuous, circular and fluent movements. Different styles of *taijiquan* stress different aspects.

(3)南拳 是流行于南方各省地方拳种的总称。且拳种、流派繁多。例如：广东的南拳分为洪、刘、蔡、李、莫等五大家。福建的南拳分为咏春和五祖等两大派，各门各家都有自己的风格特点。而总的来说，南拳的一般特点是：拳势刚烈、步伐稳固、动作紧凑、腿法较少，身居中央，八面进退，常鼓劲而使肌肉隆起，以发声吐气来助长发力，它特别能发展人体各主要肌群的力量。

(3)*Nanquan* includes all the schools of *wushu* popular in South China. There have been a variety of schools and styles, such as the Hong, Liu, Cai, Li and Mo families in Guangdong Province, and the *Yongchun* and *Wuzu* schools in Fujian Province. Each of these has its own features, yet with many things in common: powerful exertion of force, firm and steady footwork, clear-cut movements, and good positioning of the body to be ready to react to attack from any direction. *Nanquan* performers often shout and have their muscles bulged when applying force.

(4)形意拳 是一种三体式为基本姿势,以劈、崩、钻、炮、横五拳为基本拳法,并吸取了龙、虎、猴、马、龟、鸡、鹞、燕、蛇、鸵、鹰、熊等 12 种动物的动作与形象而组成的拳术。其特点是:动作简练、发力沉着、朴实明快、踊跃直吞、手攥足踏、气势兼雄。

(4)*Xingyiquan* always starts from a stance with the body weight mainly resting on the back leg (*santishi*). It employs the palm cut, the straight blow, the corkscrew, the oblique thrust and the swing as its basic fist techniques. This style of *wushu* features the imitation of the characteristic movements of certain animals, such as the dragon, tiger, monkey, horse, turtle, cock, snipe, swallow, snake, eagle, and bear. *Xingyiquan* is characterized by simple and steady movements, straightforward and compact routines.

(5)八卦掌 是一种以摆、扣、步、走、转为主,包括推、托、带、领、穿、搬、截、拦等掌法变换的拳术。其特点是:沿圈走转、势势相连、身灵步活、随走随变。

(5)*Baguazhang* features special footwork and the turning of the body. It uses changing the palm techniques of pushing, holding, carrying, leading, thrusting, cutting, blocking, etc. The performer walks crisscross in all the directions. It features swift the body movement, flexible footwork, and constant changes of directions.

(6)八极拳 是一种以挨、傍、挤、靠等贴身进攻动作为主要内容的短打类型的拳术。套路结构短小精悍、发力刚脆,步法以震脚闯步为主,出手如飞箭离弦,闯步如穿石入洞。具有节短势险、刚猛暴烈、猛起硬落、逼身紧攻的特点。

(6)*Bajiquan* is an infighting school of boxing, featuring short, sharp thrusts, powerful approaching, shoulder-striking,

pressing and leaning techniques. The routines are usually short and well-knit, executed with violent force. Heavy stamping and bold approaches are often used to aid the application of force.

(7)通背拳 是以摔、拍、穿、劈、攢等五种基本掌法为主要内容,通过圈、揽、勾、截、削、摩、拨、扇等八法的运用而生化出许多动作的拳术。其特点是:出手为掌,点手成拳,回来仍是掌;动作大开大合,甩膀抖腕,放长击远;发力冷弹脆快。

(7) *Tongbeiquan* features the five basic techniques of the backhand blowing, slapping, thrusting, palm hacking and cork-screw blowing — all closely interwoven with each other, and supplemented by another eight techniques: circling, grasping, hooking, rubbing, cutting, scraping, poking and flapping. One special feature is that the hand strikes out in the form of the palm, and blows in the form of fist. Shoulder swinging and wrist flipping are employed to make striking arms hit far with sudden, quick and explosive force.

(8)翻子拳 是一种以短小精悍、严密紧凑、拳法密集、出手脆快为内容的拳术。它的特点是:拳不空发、一法多用、多法合用、往返连环;步急手密、连珠炮动。

(8) *Fanziqian* boasts short, swift, vigorous movements, compact and well-knit routines and swift force-application. It is characterized by quick succession of hand and foot movements, and usually several techniques are applied at the same time in a furious manner.

(9)劈挂拳 是一种放长击远的拳术。它的特点是:以长击为主,兼容短打;伸则大开大合,击长冷抽,加劈带挂;收则节短势险,揽靠劈重,似有若无;猛劈硬挂,速攻快打,练习时拧腰切胯,溜臂合腕,双臂交壁,力贯膀臂。

(9) *Piguaquan* is mainly a long-range striking combat art, characterized by far-reaching, powerful attacks that are coupled with infighting techniques. Violent extension and contraction, and hacking plus parrying mark its performance. The application of techniques requires that waist be twisted and hips drawn in, the arms relaxed and crossed, and the force be focused on the shoulders and arms.

(10) 戳脚拳 是以腿法为主要内容的拳术。其基本腿法有丁、端、拐、点、撇、错、蹬、辗等。练习时一步一腿，一步一脚，连环踢打，左右互换，手脚并用，灵活善变，以腿法见长的特点非常突出。

(10) *Chuojiaoquan* is characterized by leg-attacking techniques. The basic leg techniques include stamping, heelkicking, entangling, pointing, juggling, treading and grinding. In training, each step is followed by a foot kick, with alternating hand and foot movements. This is a style that shines in leg techniques.

(11) 少林拳 是一个庞大的拳术体系，在河南嵩山少林寺所传授的各种拳术，包括大洪拳、小洪拳、炮拳、梅花拳、七星拳、罗汉拳等。一般的特点是：朴实无华、刚健有力；出拳屈而不屈，直而不直，虚实相兼，利于发劲。

(11) *Shaolinquan* is a great system that embraces a great variety of different styles, including *dahongquan*, *xiaohongquan*, *paoquan*, *meihuaquan*, *qixingquan* and *luohanquan*. It as is taught at Shaolin Monastery in Songshan, Henan Province, features straightforward, small, compact and very forceful postures and movements. One peculiarity is that the fist strikes out with the arm neither bent nor totally stretched out. The conclusion of a movement is often accompanied by snorting.

(12)地躺拳 是以跌、扑、滚、翻等地躺摔法为主要内容的拳术。在套路里经常出现许多技巧性较强的动作,其拳术的难度较高。

(12)*Ditangquan* is a style that features tumbling, falling, rolling and looping. Since it involves a lot of acrobatic stunts, its techniques have a higher degree of difficulty.

(13)象形拳 是模拟各种动物的特长和形态,以及表现古代人物搏斗的形象和生活形象的拳术。如鹰爪拳、螳螂拳、猴拳、蛇拳、鸭形拳,以及八仙醉酒、鲁智深醉跌、武松脱铐等都属于象形拳。相形拳分:象形、取艺两种。前者是模仿动物和人的形态为主,缺少或很少有技击的动作;后者则是以取艺动物的技击特长为主,以动物的技击特长来充实技击动作的内容。

(13)*Xiangxingquan* is the imitation of animals plus fighting art, which blends combat techniques with imitation of certain animals or birds or appearances of certain persons. It consists of a great number of styles, such as eagle claw, preying mantis, monkey style, snake style and drunken style, and emphasizes the imitation of the spirit of certain animals or persons. When practising, one should not only imitate the appearance of the object, but also fully display *wushu* characteristics of attack and defence.

## 二、器械

### 2. Weapons

(1)短器械 包括刀、剑和匕首。

(1)Short weapons, including broadsword, sword and dagger.

(2)长器械 包括枪、棍、大刀等。

(2)Long weapons, including spear, cudgel, falchion and long-handle broadsword.

(3)双器械 包括双刀、双剑、双钩、双枪等。

(3) Double weapons, including double broadswords, double swords, double hooks, double halberds and double twin-head spears.

(4) 软器械 包括九节鞭、三节棍、绳镖、流星锤等软器械。

(4) Soft weapons, including nine-section whip, double whips, single broadsword plus whip, three-section cudgel, meteoric hammer and rope-dart.

① 刀术:其主要技术以劈、砍、撩、挂等刀法组成的套路练习。练习时要求不持刀的左手必须与右手刀法动作密切配合,协调一致。刀术的特点是勇猛、快速、气势剽悍。

① The main techniques of sabre play include chopping, hacking, cutting, pricking, When you have sabre practice, the co-operation between the sabre and the hands is very important and both hands must closely coordinate with each other, so as to maintain balance. Sabre play calls for rigorous training and constant practice. Generally speaking, exercise with the broadsword are characterized by vigour and swiftness.

② 剑术:以击、刺、点、崩等剑法动作所组成的套路练习。剑术的特点是轻快、矫捷、富有韵律感。端庄势整,飘逸自然,既灵活多变、动静分明,又注重刚中有柔、柔中寓刚、刚柔相济,因此剑有“飞凤”之说。

② The main techniques include hitting, piercing, pointing, lifting, and cutting. Sword play is brisk, agile, elegant, easy, graceful and natural in action. The movements are flexible, as well as variable. Attention is paid to both motion and stillness. Hardness and suppleness supplement each other. So sword play is likened to the “flying phoenix”.

③ 枪术:以拦、拿、扎为主要技术,有兵器之王和长兵之帅的美



誉,它的特点是身法活变,步法轻灵敏捷,翻腾快速稳健,动作干净利落、简洁实用。

③The basic techniques of spear play include pricking, blocking, and thrusting. The spear is called the king of all weapons, and is regarded as the “commander” of long weapons. The main characteristics of spear play are flexibility in the body movements, lightness and agility in footwork, quickness and steadiness in turns and somersaults. The movements are clear and the tricks are practical.

④棍术被称为“兵器之父”,其意为所有其他兵器都来自于棍。制作容易且使用方便,是非常流行的兵器。棍术十分重视扫的动作,所以俗语有“棍打一大片”之说。它的特点是:棍使两端,横打一片,气势猛烈。有很多练习棍术的方法,常用的有抡、劈、戳、撩、点等基本动作,不同流派的棍术皆有其自己的风格。

④The cudgel is called the “father of all weapons” meaning all other weapons were developed from it. As the cudgel is easy to make and use, it has become a very popular weapon. Cudgel play lays stress on a sweeping action so the saying goes “with a cudgel you sweep all around”. The main characteristics of cudgel play are used to play with both end of it and swept all around. There are many methods of playing the cudgel. Among the most commonly used are chopping, swinging, jabbing, hanging, pointing, blocking, and piercing. The different schools of cudgel play have different emphases.

### 三、对练

#### 3. Set Sparring

(1)徒手对练 如两人空手或擒拿对练。

(1) Bare-hand sparring, such as fist sparring and grappling with a sparring partner.

(2) 器械对练 如对劈刀、对刺剑、对扎枪、对打棍、单刀进枪、双刀战枪、三节棍战枪。

(2) Armed sparring, such as broadswords combat, swords combat, spears combat, cudgels combat, single broadsword against spear, double broadswords against spear, long-handle broadsword against spear, three-section cudgel against spear.

(3) 徒手与器械对练 如空手夺刀、空手夺枪等。

(3) Bare-hand against weapons like broadsword, spear or double spears.

## 四、集体操练

### 4. Group Exercises

是 6 人以上的徒手或器械的集体表演。可以编排成图案,可以用音乐伴奏,队形整齐,动作划一。

This category includes all the exercises practised by six or more persons, with or without weapons, forming patterns, in synchronized movements. These exercises are sometimes performed to music accompaniment.

## 五、对抗性竞赛

### 5. The Category

对抗性竞赛包括太极推手、散手(也称散打)、短兵、长兵等。

This Category Includes *Sanshou*, Push-hand, Short, Long Weapon Duels, etc.

### 第三节 武术的特点和作用

## Section 3 The Characteristics and Effects of *Wushu*

#### 一、武术的特点

##### 1. The Characteristics of *Wushu*

##### (一) 攻防合一

##### (1) The Combination of Offence and Defense

武术作为体育项目,攻防结合是其核心,如攻防的技术与实用技击术基本是一致的。在武术练习中体现了武术攻防格斗的特点,即使在无对手的情况下也可以利用假想敌创造一种攻防氛围。武术大师们系统总结了攻防矛盾,并在此基础上建立了一整套格斗理论技术。通过长期坚持练拳习,不仅可以学习攻防格斗技术,掌握防身自卫的方法和知识,还可以为国防、公安服务。

The combination of offence and defense is the essence of *wushu* as competitive event. Implications of offence and defense permeate the complete gamut of *wushu* exercise. They are fully demonstrated in both practice and real combat. Even a solo practice implies the atmosphere of offence and defense against an imaginary opponent in time and space. *Wushu* masters have systematically summed up the contradictions of offence and defense and established a set of theories and techniques on combat. *Wushu* practitioners can master various offence and defense techniques of armed or unarmed combat for self-defense through a great number of training exercises. Many of the *wushu* techniques can also be utilized in military and police training pro-

grams.

## (二) 内外合一, 形神兼备

### (2) Coordination of Internal and External Activities

内部活动是指人的精神、意识和气息的运行; 外部活动指人体手眼身步的活动, 要求把内在的精气神与外部的形体动作紧密结合, 内外上下对应, 如手与足合、肘与膝合、肩与胯合, 这就是所谓的“外三合”。“内三合”即心与意合、意与气合、气与力合。手、眼、身、步应协调一致, 做到一动无有不动, 一静无有不静。

Internal activities refer to functions of the mind, external activities refer to bodily movements of the eye, the hand, the foot, the trunk, etc. One requirement concerns correspondence of upper and lower the body parts: the hands should coincide with the feet, the elbows with the knees, and the shoulders with the hips. These correspondences are called the “Three External Coordinations”. In addition, one’s awareness should be coordinated with one’s intention, one’s intention with one’s *qi*, or intrinsic energy, and one’s *qi* with one’s active use of energy. These correspondences are called the “Three External Coordinations”. There should be coordination among the hand, the eye, the torso, the foot, etc; when one of them moves, all of the others move; when one of them is at rest, all the others tend to rest.

## (三) 内容丰富, 形式多样

### (3) Rich in Content and Diversified in Form

武术的内容和练习形式丰富多样, 而且不受年龄、性别、季节、场地和器材的限制, 较其他运动项目具有更广泛的适应性, 因此, 有深厚的群众基础。1958 年建立了全国性的武术团体——中国武术协会。广大城乡建立了各种武术社、馆、辅导站、研究会、业余

武术学校和各种形式的武术培训班,形成了广泛的武术活动网。

Rich in content and diversified in form, *wushu* suits almost everyone and all ages, and can be practiced any time and anywhere, with or without apparatus. That is why it has a mass following. A national organization — the Chinese *Wushu* Association was set up in 1958. Thereafter, *wushu* bodies of various forms, including societies all over the country, form a vast network for the advancement of the sport.

## 二、武术的作用

### 2. The Functions and Effects of Wushu

#### (一) 壮内强外的健身作用

##### (1) *Wushu* in Building up Our Bodies

丰富多变的动作组成了武术套路,例如包括屈伸、回环、跳跃、平衡、翻腾、跌扑等动作,几乎人体的各个器官都参与了活动。和其他体育运动项目相比较,武术需要有更好的肌肉协调性。坚持系统训练能提高人体肌肉力量和伸展性,提高关节运动的幅度,有效地发展柔韧性。太极拳练习注重调息行气和意念活动,长期练习对治疗多种慢性疾病和调节神经系统的平衡均有良好的医疗保健作用。习武实践和近年进行的科学研究表明,长年从事武术训练可以极大地改善心血管系统功能,增强有氧和无氧代谢能力,也有助于发展力量、灵敏和柔韧等身体素质。

*Wushu* routines consist of very rich and diversified movements, including extension and contraction, windmilling, balancing, jumping and somersault, thus involving nearly all the parts of the body. Compared with other sports, *wushu* requires better coordination among the muscle group moving centers, therefore, systematic training with *wushu* can greatly improve the coordina-

tion between them. *Taijiquan* is a particularly helpful treatment for the chronic diseases because it stresses that physical movements be guided by mental activities, thus helping enhance the process of inhibition and improve balance in the nervous system.

Research shows that regular exercise with *wushu* can improve the function of the cardiovascular system, enhance the aerobic and anaerobic metabolism, and stimulate respiration. It also has good effects in developing such physical qualities as strength, agility and flexibility.

## (二)防身自卫手段

### (2)*Wushu* as a Means of Self-defence

如上所述,武术是由套路和散打组成,以技击动作为主要内容,通过练拳习武,不仅可以增强体质,而且可以学习一定的攻防格斗技术,掌握防身自卫的知识和方法。

As is mentioned above, *wushu* takes the forms of either routine exercises or free combat, and both forms are made up of fighting techniques. A *wushu* practitioner benefits from his *wushu* training not only in terms of health-building, but also in terms of gaining mastery of a system of attacking and defending techniques, which can be employed effectively for self-defence.

## (三)培养道德情操的教育作用

### (3)*Wushu's* Ethical and Spiritual Functions

武术在长期的发展中,历来十分重视武德教育,“习武以德为先”,一直是武术界择徒授艺所遵循的传统,武术的练习,特别是追求技艺提高的过程中有助于更好地磨炼性格,培养坚忍不拔、自强不息的意志品质。

Through the millenniums of *wushu's* history, decorum and ethics have all along been emphasized. “Learning decorum and

ethics before learning *wushu* skills,” it has been a Chinese *wushu* tradition to give first priority to ethics in *wushu* learning and instruction. Thus a *wushu* practitioner is required to follow certain moral rules while he is learning to master the combat techniques in order to do good to the society and the mankind. *Wushu* helps cultivate one’s moral character and through practicing *wushu* one’s temperament is better moulded.

#### (四) 娱乐观赏, 丰富文化生活

(4) *Wushu* as a Means of Entertainment and Enrichment of Cultural Life

通过武术表演, 优美的身体运动和攻防技术巧妙地结合体现出典型东方艺术美, 不仅能增强体质, 调节人体各种功能, 还有助于智力开发。

The graceful movement of the body, especially the typical oriental charm revealed during exercises and practice of *wushu*, has an impressive artistic effect and provides visual delight. People can benefit mentally as well as physically from the display of the *wushu* offence and defense skills and the exertion of forces through the display. While stressing the development of physical prowess, *wushu* also emphasizes the exercise of thinking. By adjusting various human functions, *wushu* also helps improve the nervous system and is therefore good for intellectual development.

## 第二章 武术基本功和基本动作

### Chapter 2 Essential Exercises of Wushu

#### 第一节 肩臂练习

#### Section 1 Exercises of Shoulders and Arms

##### 一、压肩

预备姿势:面对肋木(或一定高度的物体)站立,距离一大步,两脚左右分开,与肩同宽或稍宽于肩。

动作说明:两手抓握肋木,上体前倾(挺胸、塌腰、收髋)并做下振压肩动作(图 2-1)。

利用肋木压肩时,也可由另一人骑坐在练习者背上,随着练习者的下振动作,有节奏地给以助力。也可以两人对面站立,互相扶按肩部,做体前屈的振动压肩动作(图 2-2)。



图 2-1

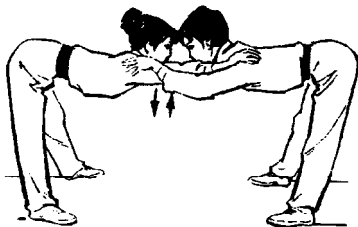


图 2-2



**要点与要求:**两臂、两腿要伸直,振幅应逐步加大,压点集中于肩部。增加助力时应由大到小。

### 1. Press Shoulders

**Starting Position:** Stand a big step away from stall bars (or a similar object for support) with feet shoulder-width apart.

**Movements:** Grab a bar with both hands and bend forward with chest thrown out, waist dropped down and hips drawn in. Press shoulders downward with rhythmic jerks (Fig. 2-1). To enhance the effect you may do this with a person sitting on your back and jolting in unison with your jerks. Or, instead of using the bar, you may do the exercise with your partner, bending forward face to face and holding and pressing each other's shoulders (Fig. 2-2).

**Points to Remember:** Keep arms and legs straight. Increase the range of your jerks progressively. The load on your back should be increased by degrees.

### 二、单臂绕环

**预备姿势:**成左弓步站立,左手按于左膝上(也可两脚开立,左手叉腰),右臂垂于体侧。

**动作说明:**右臂由上向后、向下、向前绕环(图 2-3-1~3)。右臂由上向前、向下、向后绕环。练习时,左右臂交替进行。做左臂绕环时,换右弓步站立。

**要求与要点:**臂伸直,肩放松,划立圆,逐渐加速。

**注:**环绕的方向以动作开始时的位置为准,如开始时臂向后运动即为向后绕环,开始时臂向前运动即为向前绕环。



图 2-3-1



图 2-3-2

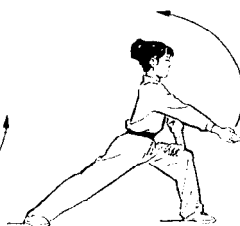


图 2-3-3

## 2. Circle Single Arm

**Starting Position:** Take a left “bow step” with the left leg bent at knee and the right leg stretched behind and place the left hand on the left knee (or stand upright with feet apart and the left hand on hip) while the right arm hangs at the side.

**Movements:** Move the right arm forward, upward and backward in a complete circle (Figs. 2-3-1~3). Then reverse the direction. Repeat these movements with the left arm, but on the right bow step.

**Points to Remember:** Keep arms straight and shoulders relaxed. Describe the circles on vertical planes and at a gradually increasing speed.

Note: Location of the beginning is the direction of circling e. g if one of your arms move backward, it can be called back circling, and vice visa.

## 三、双臂绕环

预备姿势: 两脚开立, 与肩同宽, 两臂垂于体侧。

动作说明:

(1) 前后绕环: 左右两臂依次做绕环。左臂由下向前、向上、向

后做向前绕环；右臂由上向后、向下、由前向后绕环。然后再做反方向的绕环(图 2-4-1~3)。

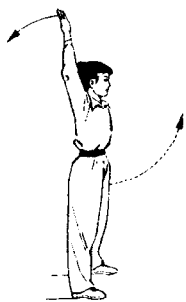


图 2-4-1



图 2-4-2



图 2-4-3

(2)左右绕环:左右两臂同时向右、向上、向左、向下,划立圆绕环(图 2-5-1,2-5-2),然后再做反方向划立圆绕环。

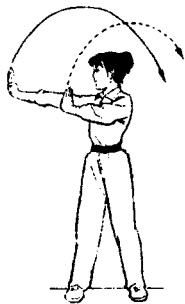


图 2-5-1

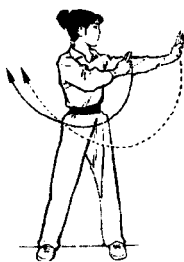


图 2-5-2

(3)交叉绕环:两臂直臂上举,左臂向前、向下、向后,右臂向后、向下、向前,同时于身侧划立圆绕环(图 2-6-1~3)。练习时左右交替进行。

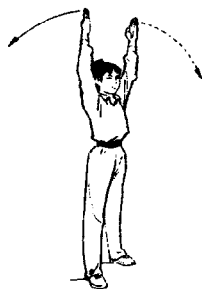


图 2-6-1

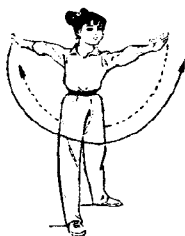


图 2-6-2



图 2-6-3

### 3. Circle Both Arms

**Starting Position:** Stand upright with feet shoulder-width apart and both arms hanging at the sides.

#### **Movements:**

(1) **Sagittal Circles:** Move the left arm forward, upward and backward in a complete circle. Start moving the right arm in the same direction when the left arm reaches overhead position (Figs. 2-4-1 ~3). Then do the circles in the reverse direction.

(2) **Frontal Circles:** Move both arms rightward, upward, leftward and downward in a vertical circle (Figs. 2-5-1, 2-5-2). Then do the circle in the reverse direction.

(3) **Sagittal Circles in Opposite Directions:** Raise both arms overhead and bring them down in opposite directions for vertical circular movements on either side — the left arm moving forward, downward and backward (Figs. 2-6-1~3) do the circles by reversing the directions.

### 四、仆步抡拍

**预备姿势:** 两脚开立, 略宽于肩, 两臂垂于体侧。

动作说明:左脚向左跨出一步成左弓步,上体随之左转。同时右臂向左前方伸出,左掌手心向里,掌心向下,插于右臂肘关节处(图 2-7-1)。上动不停,上体右转成右弓步,同时右臂直臂由左、向上、向右抡臂划弧至右上方,左掌下落至左下方(图 2-7-2)。上动不停,上体右后转,同时右臂直臂向下,向后抡臂划弧至后下方,左臂直臂向上、向前抡臂划弧至前上方(图 2-7-3)。上动不停,上体左转成右仆步,同时右臂直臂向上、向右、向下抡臂划弧至右腿内侧拍地;左臂向下、向左抡臂划弧停于左上方(图 2-7-4)。练习时,左右交替进行。

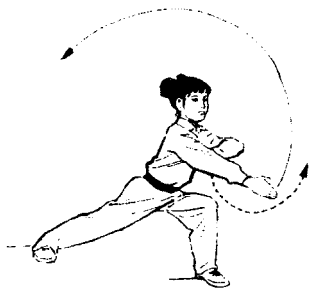


图 2-7-1

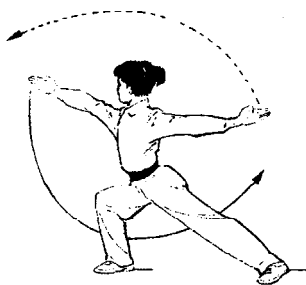


图 2-7-2

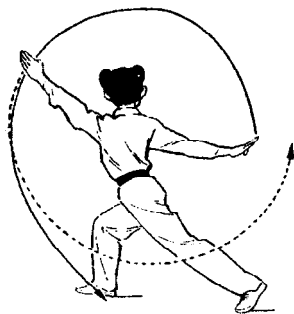


图 2-7-3

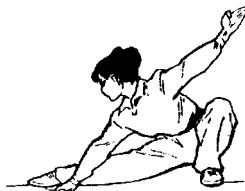


图 2-7-4

右仆步抡臂动作,称右仆步抡拍;左仆步抡臂动作称左仆步抡拍。

要求与要点:向上抡臂时要贴近耳;向下抡臂时要贴近眼。右仆步抡拍时,眼跟右手;左仆步抡拍时,眼跟左手。

#### 4. Swing Arms, Crouch Down and Pat Floor

**Starting Position:** Stand upright with feet slightly wider apart than shoulders and both arms hanging at the sides.

**Movements:** Take a step forward with the left foot to form a leftbow step while turning trunk leftward. Meanwhile, stretch out the right arm obliquely downward and place the left hand near the right elbow joint, the palm facing inward and fingers pointing downward (Fig. 2-7-1). Turn trunk to the right to form a right bow step while the outstretched the right arm swings upward in an arch to the right and the left palm moves downward to the left (Fig. 2-7-2). Turn trunk further right while the right arm swings downward in an arch (Fig. 2-7-3). Turn trunk leftward to form a right “crouch step” with the body resting on the left heel and the right leg stretched sideward. At the same time, move the right arm upward in an arch and then downward, using the palm to pat the floor on the inner side of the right leg, while the left arm moves downward in an arch and then upward to a bit above the head level (Fig. 2-7-4). Repeat by reversing “right” and “left”.

**Points to Remember:** The movements should be continuous. When you crouch down and pat the floor, see that the arm swinging upward brushes past your ear and the one swinging downward brushes past your leg. Look at your hand when it is brought down on the floor.

## 第二节 腿部练习

### Section 2 Exercises of Legs

#### 一、压腿

##### 1. Press Legs

###### (1) 正压腿

动作说明:面对肋木或一定高度的物体,并步站立。左腿提起,脚跟放在肋木上,脚尖勾起,踝关节屈紧,两手扶按膝上。两腿伸直,立腰、收髋,上体前屈,并向前、向下做压振动作(图 2-8-1)。练习时,左右交替进行。

要求与要点:

①直体向前、向下压振。

②逐渐加大振幅,逐步提高腿的柔韧性。

③先以前额、鼻尖触及脚尖,然后过渡到下颏角触及脚尖(图 2-8-2)。

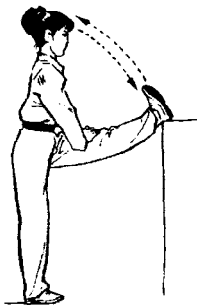


图 2-8-1

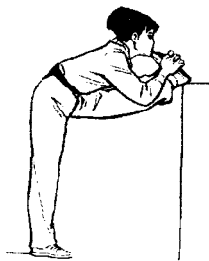


图 2-8-2

### 练习步骤:

①集体压腿时,可在统一口令下有节拍地进行。压至有疼痛感觉时可停住不动,进行耗腿练习。压腿与耗腿可交替进行。

②压腿前应先做下肢屈伸、摆动等动作,把肌肉和关节活动开。压腿后可把被压的腿屈膝抱在胸前,然后松开做“控腿”练习,以提高腿部控制能力。

③压腿后可作踢腿、摆腿动作。压腿、搬腿、控腿、踢腿及摆腿可交替进行。如“摆——压——踢”或“压——搬——控——踢”。

### 易犯错误和纠正方法:

①两腿不直。

纠正方法:首先使初学者明确压腿的意义和作用,认识腿痛是压腿的必经过程。在做压腿动作前,先察看身体姿势是否符合要求。抓住收胯、正髌两个环节。也可用手下压膝部。

②上体不正(即收不住髌)。

纠正方法:先做低压腿,被压腿异侧的肩、胸部前俯,双手抱住脚掌。

### (1) Press Leg in Front

**Movements:** Stand upright with feet together in front of stall bar, toes upturned and ankle joint dorsiflexed. Place both hands on the left knee. Keep both legs straight, waist erect and hips backward. Then bend trunk forward and press chest towards the left leg with rhythmic jerks (Fig. 2-8-1). Repeat by reversing “right” and “left”.

### Points to Remember:

①Keep your shoulders square to the bar when you do the pressing movements.

②Increase the range of your jerks and raise your left to higher levels progressively.



③Try to reach the toes with your forehead and nose, and then with your chin (Fig. 2-8-2). Stop pressing for a while when you feel sore in the leg.

### Steps of Training:

①Group exercises may be conducted to the beats controlled by an instructor.

②Before doing the exercises, limber up a bit by stretching, bending and swinging your lower limbs. After the pressing movements, lift the knee of the pressed leg to your chest with both hands. Then release the clasp. Straighten the leg and raise it high to improve your ability to control your legs.

③This exercise may be alternated with other leg exercises, such as kicking and swinging.

### Common Errors and Corrective Methods:

①Legs Bent: You must understand that soreness caused by pressing the leg is quite normal. Make sure that you start learning with a correct position. If you find your raised leg not straight enough, press the knee with your hands or with the help of a partner.

②Shoulders Turned One Side Forward; this may be corrected by placing your left leg (supposing you stand on the right) at a lower level and striving to bend the right side of your trunk forward while clasping the raised sole with both hands.

### (2)侧压腿

动作说明:侧对肋木或一定高度的物体,右腿支撑,脚尖稍外撇。左腿举起,脚跟搁在肋木上,脚尖勾起,踝关节紧屈。右臂屈肘上举,左掌附于右胸前。两腿伸直,立腰、开髋,上体向左侧压振(图 2-9-1)。练习时,左右交替进行。

### 要求与要点:

①同正压腿的第①、②点。

②逐步过渡到上体侧卧在被压腿上(图 2-9-2)。



图 2-9-1



图 2-9-2

练习步骤:均与正压腿同。

易犯错误和纠正方法:

①两腿不直。

纠正方法与正压腿同。

②上体前侧屈(即处于正、侧压腿之间)。

纠正方法:支撑腿脚尖外展,被压腿尽量向前送髋;向里掖肩,右臂上举并向头后伸展。

### (2) Press Leg at Side

**Movements:** Stand upright with stall bars (or a similar object for support) on your left, the right foot turned slightly outward. Raise the left leg sideways and put the heel on a bar, toes upturned and the ankle joint dorsiflexed. Raise the right arm overhead, elbow bent, and place the left palm in front of the right side of chest. Keep both legs straight and trunk erect. Then bend trunk to the left side with rhythmic jerks (Fig. 2-9-1). Re-

peat by reversing “right” and “left”.

### Points to Remember:

① Same as the first two points for pressing leg in front.

② Don't thrust your right shoulder forward (supposing you stand on the right leg) during the pressing movements. Increase the range of your jerks and raise your leg to higher level progressively until your head touches the toes of your raised leg (Fig. 2-9-2).

### Steps of Training:

Same as those for pressing the leg in front.

### Common Errors and Corrective Methods:

① Legs bent: Same as in pressing the leg in front.

② Right shoulder thrust forward (supposing you stand on the right leg): This may be corrected by turning the right foot outward, pushing the left hip forward as much as possible, pressing the left shoulder down the inner side of the raised leg and jerking the upraised arm backward.

### (3) 后压腿

动作说明: 背对肋木或一定高度的物体; 并步站立, 两手叉腰或扶一定高度的物体。右腿支撑, 左腿举起, 脚背搁在肋木上, 脚面绷直, 上体后屈并做压振动作(图 2-10)。练习时左右交替进行。

要求与要点: 两腿挺膝, 支撑腿全脚着地, 脚趾抓地, 挺胸、展髋、腰后屈。

练习步骤: 与正压腿同。

易犯错误和纠正方法:

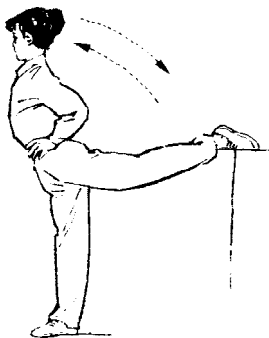


图 2-10

两腿不直。

纠正方法:同伴用手顶其被压腿膝部,另一手压腰、髋,帮其把腿挺直。

### (3) Press Leg Behind

**Movements:** Stand upright with back to a stall bar (or a similar object for support), feet together and arms akimbo. Raise the left leg backward and put instep on a bar with ankle joint in plantar flexion. Bend trunk backward with rhythmic jerks (Fig. 2-10). Repeat by reversing “right” and “left”.

**Points to Remember:** Keep your chest thrust out, hips relaxed and both legs stretched, sole of the supporting foot flat on floor and toes purchasing the ground.

**Steps of Training:** Same as those for pressing leg in front.

**Common Errors and Corrective Methods:** A partner propping up the knee of your raised leg with one hand and pressing your waist and hips with the other.

### (4) 仆步压腿

动作说明:两脚左右开立,右腿屈膝全蹲,全脚着地,左腿挺膝伸直,脚尖里扣。然后两手分别抓握两脚外侧,成左仆步(图 2-11-1)。练习时,左右(图 2-11-2)仆步可交替进行。

要求与要点:挺胸、塌腰,左右移动不要过快。沉髋,使臀部尽量贴近地面移动。



图 2-11-1



图 2-11-2

#### (4) Press Leg in Crouch

**Movements:** Stand upright with feet apart. Drop to a full squat to form a left crouch step, with the right leg bent at knee, sole flat on floor, and the left leg stretched out, toes turned inward, and hands holding insteps (Fig. 2-11-1). Then rise up a little and shift weight onto the left leg, with the right leg stretched out and the left leg bent at knee to form a right crouch step (Fig. 2-11-2). Repeat the exercise.

**Points to Remember:** Thrust out your chest and hold down your waist. Lower your buttocks as close to the floor as possible. The shift of weight should not be too abrupt.

### 二、搬腿

#### 2. Move Up Leg with Hands

##### (1) 正搬腿

**动作说明:**左腿屈膝提起,右手握住左脚,左手抱膝(图 2-12-1, 2-12-2)。可在同伴的帮助下练习(图 2-12-3)。练习时,左右交替进行。

**要求与要点:**挺胸、塌腰、收髋。

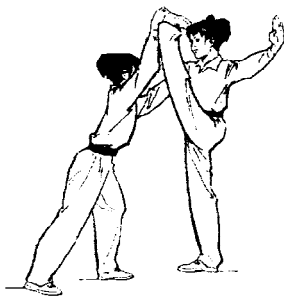
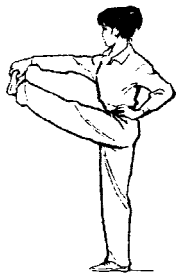


图 2-12-1

图 2-12-2

图 2-12-3

练习步骤、易犯错误和纠正方法与正压腿同。

### (1) Move Up Leg in Front

**Movements:** Lift the left knee and hold it with the left hand and grasp the left foot with the right hand (Fig. 2-12-1). Straighten the left leg and move it up in front (Fig. 2-12-2). You may do this with the help of a partner (Fig. 2-12-3). Repeat by reversing “right” and “left”.

**Points to Remember:** Thrust out chest, hold down waist and keep hips backward.

**Steps of Training, Common Errors and Corrective Methods** are the same as those for pressing leg in front.

### (2) 侧搬腿

动作说明:右腿屈膝提起,右手经小腿内侧向下托住脚跟。然后将右腿向右上方搬起,左臂上举亮掌(图 2-13-1, 2-13-2)。

要求与要点、练习步骤、易犯错误和纠正方法均与侧压腿同。



图 2-13-1

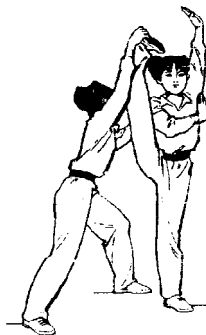


图 2-13-2

### (2) Move Up Leg at Side

**Movements:** Lift the right knee and hold the heel with the

right hand from behind calf. Move up the right leg on right side and raise the left arm overhead. The palm turned up and fingers pointing to the right (Fig. 2-13-1). Leg may be moved up with the help of a partner (Fig. 2-13-2). Repeat by reversing “right” and “left”.

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for pressing leg at side.

### (3) 后搬腿

动作说明:手扶肋木或一定高度物体,并步站立。左腿支撑,由同伴托起右腿从身后上举,挺膝,脚尖绷直,上体略前俯。当同伴向后上方搬腿时,上体后仰(图 2-14)。也可由同伴用肩扛大腿做后搬动作。练习时,左右交替进行。

要求与要点、练习步骤、易犯错误和纠正方法均与后压腿同。



图 2-14

### (3) Move Up Leg Behind

**Movements:** Stand with

feet together and hands supported on a bar (or a similar object). Ask a partner to raise your right leg with his hand or shoulder. While bending forward, keep head thrown back and chest thrust forward and the right leg stretched and toes pointed (Fig. 2-14). Repeat by reversing “right” and “left”.

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for pressing leg behind.

### 三、劈腿

#### 3. Split Legs

##### (1) 竖叉

动作说明:两手左右扶地或两臂侧平举,两腿前后分开成直线。左腿后侧着地,脚尖勾起;右腿的内侧或前侧着地(图 2-15)。

要求与要点:劈叉前应先做压腿、摆腿和踢腿等练习。如柔韧性较差,可多做前后分腿的压振动作,或用手扶肋木做逐步



图 2-15

向下劈腿的动作。柔韧性较好的,可做手不扶地的向下劈腿动作,也可在劈叉时,上体做前俯或后仰的动作。

##### (1) Regular Split

**Movements:** Place both hands on floor or extend arms sideways before sitting in a regular split position, with the left leg stretching forward with its back side placed on floor and toes upturned, and the right leg stretching backward with its inner or front side placed on floor (Fig. 2-15). Repeat by reversing “right” and “left”.

**Points to Remember:** Before doing the split, practice leg pressing, swinging, kicking, etc. If your legs are not flexible enough, you may start with leg stretching exercises in a front straddle position or supporting yourself on a stall bar, trying to place your legs wider and wider apart. When your legs are flexible enough, you may do the split without first placing hands on



floor, and also bend your trunk forward and backward in split position.

### (2) 横叉

动作说明: 两手在体前扶地, 两腿左右分开成直线, 脚内侧着地(图 2-16)。

要求与要点、练习步骤与竖叉同。

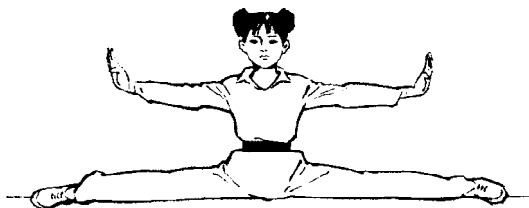


图 2-16

### (2) Straddle Split

**Movements:** Put both hands on floor before sitting in a straddle split position, with legs stretched in opposite directions in a straight line and their inner side flat on floor (Fig. 2-16).

**Points to Remember, Steps of Training** are the same as those for regular split.

## 四、踢腿

### 4. Kick Legs

#### (1) 直性摆腿法:

##### 1) 正踢腿

预备姿势: 两脚并立, 两手立掌或握拳, 两臂侧平举(图 2-17-1)。

动作说明: 左脚向前上半步, 左腿支撑, 右脚脚尖勾起向前额处猛踢。两眼向前平视(图 2-17-2)练习时左右交替进行。

要求与要点:挺胸、直腰,踢腿时脚尖勾起绷落或勾起勾落。  
收髋猛收腹,踢腿过腰后加速,要有寸劲。

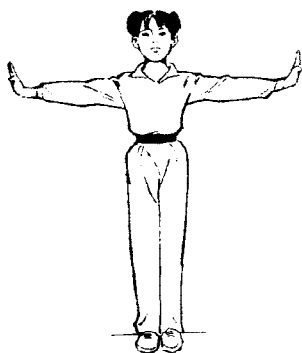


图 2-17-1



图 2-17-2

练习步骤:

①先练压腿和摆腿,然后再练踢腿。

②可先踢低腿,适当放慢速度,然后过渡到按照规格要求完成练习。

③可手扶器械,原地踢一条腿,然后再踢另一条腿。

④左右交替地行进间踢腿。

易犯错误和纠正方法:

①俯身弯腿。

纠正方法:收下颚、头上顶,强调直腰,两臂外撑以固定胸廓。  
另外可先踢低腿,并适当放慢速度。

②拔跟或送髋。

纠正方法:上步可小一些,上踢时支撑腿挺膝,脚趾抓地。也可先踢低腿。

③踢腿速度缓慢无力。

纠正方法:可用手扶器械,一腿连续按口令的速度踢,然后左

右交替做。

### (1) Kick with Stretched Leg

#### 1) Frontal Kick

**Starting Position:** Stand upright with feet together and arms extended sideways at shoulder level, fingers up turned or clenched into fists (Fig. 2-17-1).

**Movements:** The left foot takes half a step forward. Kick with the right leg towards the forehead, ankle joint dorsiflexed. Look straight ahead (Fig. 2-17-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Keep chest thrust out and waist erect. Keep ankle joint in dorsiflexion when you kick up, and in plantar or dorsiflexion when you lower the leg. Draw in your belly forcibly and pull in your buttocks when executing the kick, which should be speeded up with explosive force when your leg reaches the waist level.

#### Steps of Training:

① This exercise should come after that of leg pressing and swinging.

② If you find it difficult to balance, you may do the exercise by holding on to some apparatus for support.

③ Start with low and slow kicks and increase the height and speed of your kicks progressively.

④ Kick up your legs alternately, moving one step forward with each kick.

#### Common Errors and Corrective Methods:

① Trunk and leg bent: This may be corrected by keeping your chin tucked, trunk erect and arms outstretched so as to fix

the position of your chest, and by starting with low and slow kicks.

②Heel raised and hips pushed forward: This may be corrected by mincing the forward step before the kicking and by keeping the knee of the supporting leg straight and maintaining a firm purchase on the ground with its toes when the other leg is kicking up. Start with low kicks.

③Lack of speed and force in kicking: This may be overcome by first kicking with the same leg repeatedly and then with two legs alternately to beats regulated by an instructor. While doing this, you may hold on to an apparatus for support.

## 2)斜踢腿

**预备姿势:**与正踢腿同。

**动作说明:**右脚向前半步,右腿支撑,左脚勾紧脚尖向异侧耳际猛踢。两眼向前平视(图 2-18)。练习时左右腿交替进行。

**要求与要点、练习步骤、易犯错误和纠正方法**均与正踢腿同。

## 2)Oblique Kick

**Starting Position:** The same as that for frontal kick.

**Movements:** The right foot takes half a step forward. Kick with the left leg towards the right ear, ankle joint dorsiflexed. Look straight ahead (Fig. 2-18). Repeat by reversing “right” and “left”.

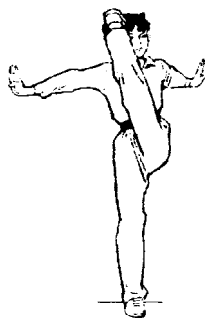


图 2-18

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for frontal kick.

## 3) 侧踢腿

预备姿势:与正踢腿同。

动作说明:右腿向前上半步,脚尖外展,左脚脚跟稍提起,身体略右转,左臂前伸,右臂后举(图 2-19-1)。随即,左脚脚尖勾紧向左耳侧踢起,同时右臂屈肘上举亮掌,左臂屈肘立掌于右肩前或垂于裆前。眼向前平视(图 2-19-2)。踢左腿为左侧踢;踢右腿为右侧踢。

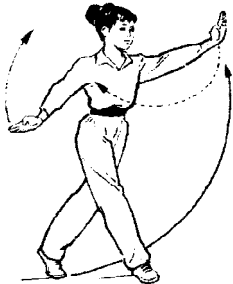


图 2-19-1



图 2-19-2

要求与要点:挺胸、直腰、侧身、猛收腹。

练习步骤:与正踢腿同。

易犯错误和纠正方法:

①参看正踢腿第①、③点。

②侧身不够。

纠正方法:支撑腿外展,上体正直,强调摆动腿向耳侧踢。

## 3) Side Kick

**Starting Position:** Same as that for frontal kick.

**Movements:** The right foot takes half a step forward, toes pointing outward. Raise the left heel a bit and turn trunk slightly

to the left while stretching the left arm forward and the right arm backward (Fig. 2-19-1). Kick the left foot sideways and upward towards the left ear, ankle joint dorsiflexed. At the same time, raise the right arm above the head, with the elbow slightly bent, the palm turned up and fingers pointing inward, while the left forearm is placed across chest with fingers upturned or hung in front of the trunk. Look straight ahead (Fig. 2-19-2).

**Points to Remember:** Keep chest thrust out and waist erect. Turn your trunk a bit to the side of the supporting leg and draw in your belly vigorously while kicking.

**Steps of Training:** The same as those for frontal kick.

**Common Errors and Corrective Methods:**

① The same as ② and ③ under frontal kick.

② Trunk not sufficiently turned to the side of the supporting leg: This may be corrected by turning the toes of the supporting foot outward, holding the trunk upright and making a conscious effort to direct the kick towards the ear.

#### 4) 外摆腿

**预备姿势:**与正踢腿同。

**动作说明:**右脚踢向前方上半部,左脚尖勾紧,向右侧上方踢起,经面前向左侧上方摆动,直腿落在右腿旁。眼向前平视。左掌可在左侧上方击响,也可不做击响(图 2-20-1, 2-20-2),练习时左右交替进行。

**要求与要点:**挺胸、塌腰、松髋。外摆幅度要大,成扇形。

**练习步骤:**

①先压腿、踢腿、然后再做外摆腿。

②原地连续摆一条腿,可按口令要求的速度摆,然后换腿练习。

③行进间摆腿,左右交替。



图 2-20-1



图 2-20-2

易犯错误和纠正方法:

①同正踢腿的第②、③点。

②外摆幅度不够。

纠正方法:可做抱膝外展髋等练习,以提高髋关节的灵活性,也可先踢低腿。强调加大外摆的幅度。

#### 4) Swing Leg Outward

**Starting Position:** The same as that for frontal kick.

**Movements:** The right foot takes half a step forward to the right. Kick the left foot — leg stretched and ankle joint dorsiflexed — upward to the right side and then bring it across the face and downward to the left side until back to the starting position. Look straight ahead. You may slap the left sole with the left palm when the left foot passes over your left shoulder (Figs. 2-20-1, 2-20-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Keep chest thrust out. Swing your leg in such a way as to describe a circle as big as possible.

**Steps of Training:**

① This exercise should come after those of leg pressing and kicking.

② Swing the same leg repeatedly and then change to the other leg. The practice may be done to beats regulated by an instructor.

③ Swing your legs alternately, moving one step forward with each swing.

#### **Common Errors and Corrective Methods:**

① The same as ② and ③ under frontal kick.

② Amplitude of swing not big enough: This may be corrected by doing hip extension exercises in a tucked position (with bent knee held in hands) so as to improve the flexibility of hip joints, or by starting with low kick. Try your best to enlarge the amplitude of swing.

#### **5) 里合腿**

**预备姿势:**同正踢腿。

**动作说明:**右脚向右前方上半步,左脚脚尖勾起里扣并向左上方踢起,经面前向右侧上方直腿摆动,落于右脚外侧。右手掌可在右侧上方迎击左脚掌(击响),也可不做击响动作。眼向前平视(图2-21-1,21-2)。练习时,左右腿交替进行。

**要求与要点:**挺胸、直腰、松髋、合髋。里合幅度要大并成扇形。

**练习步骤:**与外摆腿同。

**易犯错误和纠正方法:**同正踢腿的第②、③点。

**纠正方法:**可先踢低腿,强调加大幅度;也可使用里合腿越过适当高度的障碍物(如椅子),体会先踢起后里合的动作要领。





图 2-21-1



图 2-21-2

### 5) Swing Leg Inward

**Starting Position:** The same as that for frontal kick.

**Movements:** The right foot takes half a step forward to the right. Kick the left foot — leg stretched and ankle joint dorsiflexed upward to the left side and then bring it across the face and downward to the right side until back to the starting position. Look straight ahead. You may slap the left sole with the right palm when it passes over the right shoulder (Figs. 2-21-1, 2-21-2). Repeat by reversing “right” and “left”.

**Points to Remember and Steps of Training** are same as those for swinging leg outward.

**Common Errors and Corrective Methods:** The same as ② and ③ for frontal kick. These may be corrected by starting with low kicks and increasing the amplitude of swings progressively. You may swing your leg over an object of proper height, e. g., a chair, to get the feel of the movements.

(2) 屈伸性腿法:

### 1) 弹腿

预备姿势:两腿并立,两手叉腰。

动作说明:右腿屈膝提起,大腿与腰平,右脚绷直(图 2-22-1)。提膝接近水平,要迅速猛力挺膝,向前平踢(弹击),力达脚尖。大腿与小腿成一直线,高与腰平,左腿伸直或微屈支撑。两眼平视(图 2-22-2)。

要求与要点:挺胸、直腰、脚面绷直,收髋。弹击要有寸劲(即爆发力)。

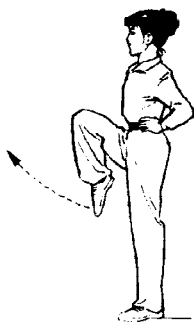


图 2-22-1

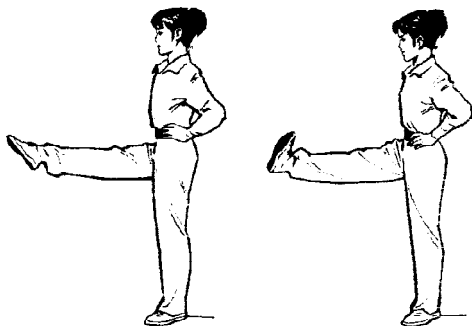


图 2-22-2

练习步骤:

- ①可先弹低腿,即弹击对方小腿胫骨部位,然后增加高度。
- ②结合手法练习,如弹腿冲拳、推掌等。左右交替练习。
- ③做行进间的弹腿冲拳或弹腿推掌动作。

易犯错误和纠正方法:

- ①屈伸不明显。类似踢摆动作。

纠正方法:强调收髋,屈膝后再弹出。

- ②力点不明显。

纠正方法:强调猛挺膝,绷脚尖。

### 1) Kick Lower Leg with Toes Pointing Forward

**Starting Position:** Stand upright with feet together and arms akimbo.

**Movements:** Bend the right knee and raise it to waist level with toes pointed (Fig. 2-22-1). Kick the lower part of the right leg forward quickly concentrating force on toes. Now the right leg is straight and horizontal while the left leg may be straight or slightly bent. Look straight ahead (Fig. 2-22-2).

**Points to Remember:** Keep chest thrusting out, with waist erect, hips backward and toes pointed. Kick the lower leg with explosive force.

#### Steps of Training:

① Start with low kicks and raise the knee to higher levels progressively.

② Combine this exercise with hand movements, e. g, the left fist or the palm while kicking the lower part of the right leg. Repeat by reversing “right” and “left”.

③ Do the movements in ②, moving one step forward with each kick.

#### Common Errors and Corrective Methods:

① Bending and stretching movements of the leg not distinctly different from kicking or swinging movements; this may be corrected by drawing hips backward and bending the knee to the required degree before kicking.

② Kicking force not focused on toes; this may be corrected by stretching the knee vigorously and keeping the toes pointed.

### 2) 蹬腿

**预备姿势:**与弹腿同。

动作说明:与弹腿同,惟脚尖勾起,力点达于脚跟(图 2-23)。

要求与要点、练习步骤、易犯错误和纠正方法均与弹腿同。惟强调勾脚尖。

## 2) Kick Lower Leg with Toes Pointing Up

**Starting Position:** The same as that for 1).

**Movements:** The same as those for 1), except that toes are pointed upward and the kicking force is focused on heel (Fig. 2-23).

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for 1) except that toes are pointed upward.



图 2-23

## 3) 侧踹腿

预备姿势:两脚并立,两手叉腰。

动作说明:两腿左右交叉,右腿在前,稍屈膝(图 2-24-1)。随即,右腿伸直支撑,左腿屈膝提起,左脚里扣,脚跟用力向左侧上方踹出,高与肩平,上体向右侧倒,眼视左侧方(图 2-24-2)。练习时,左右可交替进行。



图 2-24-1

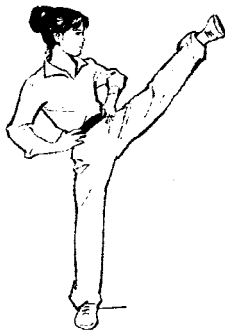


图 2-24-2

要求与要点:挺胸、开髋、猛踹、脚外侧朝上,力达脚跟。

练习步骤:

①先做侧压腿、侧摆腿等练习,然后再做侧踹腿;也可先踹低腿。

②手扶一定高度地物体(如树),做侧踹练习,以体会上体侧倒动作的要领。

③行进间左右交替做侧踹腿。

易犯错误和纠正方法:

①脚尖朝上,成侧蹬腿。

纠正方法:强调侧踹腿内旋后再踹出。

②高度不够或收髋。

纠正方法:多做仆步压腿、侧压腿和横叉等练习;还可用手扶一定高度的物体来练习上体侧倒时,借以使腿踹得高些。

### 3) Thrust Lower Leg Sideways

**Starting Position:** Stand upright with feet together and arms akimbo.

**Movements:** Place the right leg, slightly bent at knee, in front of the left leg (Fig. 2-24-1). Straighten the right leg and raise the left knee with toes pointing inward. Thrust out the left heel forcibly sideways to shoulder level, with trunk inclining to the right. Look to the left side (Fig. 2-24-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Focus kicking force on heel. At the end of the movement, both legs should be straightened and the outside of instep of the kicking foot should face upward.

**Steps of Training:**

①This exercise should come after those of leg pressing and swinging sideways. Start with low thrusts.

②You may start by supporting yourself with one hand on an

object of proper height, such as a tree, to get the feel of your trunk inclining to one side.

③ Thrust your legs alternately. Moving one step forward with each thrust.

### Common Errors and Corrective Methods:

① Toes pointing upward; this may be corrected by making a conscious effort to turn the foot inward before thrusting out.

② Thrusts not high enough; this may be corrected by doing split, and by practicing trunk bending sideways while supporting yourself with one hand on an object of proper height.

## 五、扫腿

### 5. Sweep Leg

#### (1) 前扫腿

预备姿势: 两脚并立, 两臂垂于体侧。

动作说明: 左脚向右腿后插步, 同时两手由下向左、向上、向心弧形摆掌, 右臂伸直, 高于肩平, 成侧立掌; 左掌附于右上臂内侧, 掌指向上。头部右转, 目视右方(图 2-25-1)。

上体左后转 180 度, 左臂随体转向左后方平搂体左侧, 稍高于肩; 右臂随体转自然平移至体右侧, 掌心向前, 掌指朝右下方(图 2-25-2)。上体继续左转, 左脚尖外撇。右掌从后向上、向前屈肘降落; 同时, 左臂屈肘, 掌指朝上从右臂内侧向上穿出, 变横掌架于头部左上方, 拇指一侧向下。随即右掌下降并摆向身后变勾手, 勾尖朝上。在左脚尖外撇的同时, 左腿屈膝, 左脚屈膝, 左脚跟抬起, 以左脚前掌碾地, 右腿平铺, 脚尖内扣, 脚掌着地, 直腿向前扫转一周(图 2-25-3)。

要求与要点: 头部上顶, 眼睛随体转平视前方, 上体正直, 在扫转时, 始终保持右仆步的姿势, 保持身体重心平衡, 右膝不要弯屈。

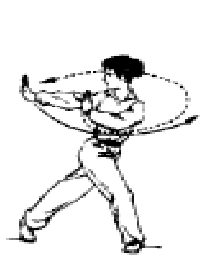


图 2-25-1

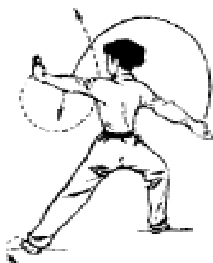


图 2-25-2

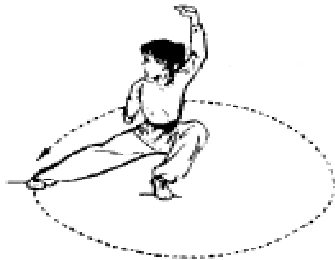


图 2-25-3

### 练习步骤:

①可先做站立扫转动作(上肢动作按动作说明进行),左膝稍屈,右脚掌贴地转一周,以体会旋转时保持身体平衡的动作要领。

②初步掌握旋转要领后,再做仆腿前扫的动作。可先用双手扶地增加支撑,借以维持身体平衡。待仆腿扫转的要领掌握后,再过渡到不扶地的扫地练习。

### 易犯错误和纠正方法:

①左腿屈膝角度不够,扫腿时重心太高。

纠正方法:在扫转起动的同时,强调左腿迅速全蹲。

②身体重心不稳,左右倾倒。

纠正方法:头部上顶,眼睛向前上方平视,上体正直,左掌尽量上撑,用以提高旋转时身体的稳定性。

③扫转时,拧腰与扫腿配合得不协调或用力不当,造成上体前后倾倒和扫转动作中断。如拧腰速度过慢,或上体前倾、凹胸,往往会使右腿在扫转过程中与左腿之间形成的角度过小(夹髋),造成身体后倒、动作中断;如拧腰过早或速度过快,使右腿拖在身后,与左腿之间形成的角度太大(敞髋),造成身体前倾、旋转中断。

纠正方法:上体要正直,旋转起动时以拧腰带动扫腿;左大腿后侧要贴近左脚跟,两腿间形成的右仆步姿势的角度始终不变。

④扫转腿的脚型不正确,使动作不能充分发挥惯性作用,速度慢,扫转不够一周。

纠正方法:仆步后强调右脚尖内扣,向左拧腰,转头与扫腿动作要衔接连贯、协调。

### (1) Sweep Leg Forward

**Starting Position:** Stand upright with feet together and arms hanging at sides.

**Movements:** Move the left foot behind the right foot as both arms move leftward, upward and rightward in an arch until the right arm is extended sideways at shoulder level and the left hand is placed inside the right upper arm, with fingers of both hands pointing upward. Look to the right (Fig. 2-25-1).

Turn about to the left as the left arm stretches out to the left side of the body until the left hand is slightly higher than shoulders, and the right arm moves horizontally in the direction of the body turn, with the palm facing forward and fingers pointing obliquely downward (Fig. 2-25-2).

Continue to turn trunk leftward, with toes of the left foot pointing outward. At the same time the right arm moves upward, bends and moves downward, while the left arm—elbow bent and fingers pointing upward — moves upward past the inside of the right upper arm until the left palm is placed above head, facing forward. Then put the right palm down to form a “hook hand” behind back, with fingers bunched together and pointing upward. While turning toes of the left foot outward, bend the left knee and raise the left heel. Drop to a crouch and stretch out the right leg. Using the ball of the left foot as pivot, sweep the right leg forward in a full circle with toes pointing in-



ward and sole flat on the floor (Fig. 2-25-3). Repeat by reversing “right” and “left”.

**Points to Remember:** Hold head erect and truck straight. Keep looking straight ahead as the body turns. While sweeping the leg in a “crouch step”, keep your balance and do not bend the outstretched leg.

### **Steps of Training:**

① You may start with the leg sweeping in a standing position, moving the upper limbs as described above and keeping the left knee slightly bent and the right sole flat on floor when sweeping the right leg, so as to get the feel of maintaining the body balance in the turning movement.

② Proceed to leg sweeping in a crouch step, with both hands on floor to keep the body balance.

### **Common Errors and Corrective Methods:**

① The left leg not adequately bent in the sweeping movement; this may be corrected by dropping to a full crouch before the leg starts sweeping.

② Loss of the body balance; this may be corrected by keeping head and trunk erect, looking straight ahead and holding up the left palm above head as much as possible.

③ Poor coordination between waist twisting and leg sweeping movement; a delayed or unduly slow twist of the waist or a forward lean of the trunk will result in an overly small angle and unduly early or hurried twist of the waist will result in an overly big angle between the legs and a forward drop of the trunk. In either case, the leg sweeping movement will be interrupted. This error may be corrected by keeping the trunk erect, using the

waist twist as a driving force for the leg sweeping movement, dropping the left thigh on to the left heel and maintaining the same angle between the two legs throughout the circle.

④ The sweeping foot in a wrong form: this will slow down the sweeping movement and reduce its momentum to such a degree as will render the description of a complete circle impossible. The error may be corrected by keeping the toes of the sweeping foot inward and coordinating the movements of the waist, the head and the sweeping leg.

## (2) 后扫腿

预备姿势: 两腿并立, 两臂垂于体侧。

动作说明: 左脚向前开步, 左腿屈膝半蹲, 右腿挺膝伸直, 成左弓步; 同时两掌从两腰侧向前平直推出, 掌指向上, 小指一侧朝前: 眼看两掌尖(图 2-26-1)。

左脚尖内扣, 左腿屈膝全蹲, 成右仆步姿势, 同时上体右转并前俯。两掌随体右转在右腿内侧扶地, 右手在前, 随时两手撑地, 上体向右后拧转的惯性力量, 以左脚前掌为轴, 右脚贴地向后扫转一周(图 2-26-2, 2-26-3)。

要求与要点: 转体、转身, 撑地用力, 要连贯紧凑、一气呵成。上下肢动作不要脱节。

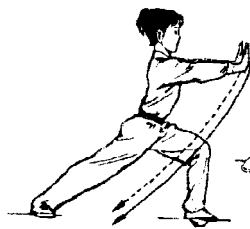


图 2-26-1

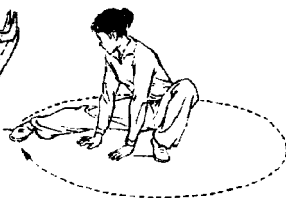


图 2-26-2

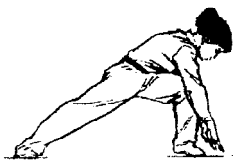


图 2-26-3

练习步骤:可先体会拧腰带动扫腿的旋转要领,充分发挥转体、拧腰所形成的惯性力量,然后再逐渐增加后扫腿的速度和力量。

易犯错误和纠正方法:

①向右转体拧腰速度过慢,以致旋转无力和腰腿动作脱节。

纠正方法:身体直立,左腿支撑,多做高姿势的快速甩头、拧腰、扫腿动作的练习,体会拧腰、扫腿的用力方法和如何使动作快速、连贯的要领。

②手扶地的位置不对,右手没有插于右膝下方。

纠正方法:强调上体右转,两手掌指向右同时扶地。

## (2) Sweep Leg Backward

**Starting Position:** Stand upright with feet together and arms hanging at sides.

**Movements:** The left foot takes a step forward to form a left bow step, with the left leg bent at knee and the right leg stretched. Meanwhile, thrust both palms forward at shoulder level, fingers pointing upward. Look at fingertips (Fig. 2-26-1).

Turn toes of the left foot inward and drop the body to a full squat to form a right crouch step, with the left leg bent at knee and the right leg stretched. At the same time, turn trunk to the right and bend forward, placing both palms on floor inside the right knee. Using the ball of the left foot as pivot, turn trunk rightward and sweep the right foot in the same direction in a full circle with sole flat on floor (Figs. 2-26-2, 2-26-3).

Repeat by reversing “right” and “left”.

**Points to Remember:** The body turns forward bending and placing of hands on floor should be done at a stretch, and the movements of upper and lower limbs should be well coordinated.

**Steps of Training:** First try to get the feel of using your rotating trunk and waist as a driving force for your leg sweeping movement progressively.

**Common Errors and Corrective Methods:**

①The body turns too slow and not coordinated with waist and leg movements; This may be corrected by doing more practices in quick waist twisting and leg sweeping movements in a standing or half crouching position.

②Hands in a wrong position on floor; This may be corrected by putting your right hand below the right knee and pointing fingers of both hands in the direction of the sweeping movement.

### 第三节 腰部练习

## Section 3 Exercises of Waist

#### 一、前俯腰

**预备姿势:**并步站立,两手指交叉。

**动作说明:**直臂上举,手心向上,上体前俯,两手尽量贴地(图 2-27-1)。然后两手松开,抱住两脚跟腱逐渐使胸部贴近腿部。持续一定的时间再起立(图 2-27-2)。还可以向左或向右侧转体,两手在脚外侧贴触地面(图 2-27-3)。

**要求与要点:**两腿挺膝伸直,挺胸、塌腰、收髋,并向前折体。

#### 1. Bend Forward

**Starting Position:** Stand upright with feet together.

**Movements:** Clasp hands and raise arms overhead, with palms facing upward. Bend trunk forward and try to touch floor

with palms (Fig. 2-27-1). Unclasp hands to hold ankles and press chest towards legs with jerks. Keep chest in contact with legs for a while (Fig. 2-27-2) and then straighten up. While bending forward, you may also turn trunk to the left or the right and try to touch floor outside either foot with clasped hands (Fig. 2-27-3).



图 2-27-1



图 2-27-2

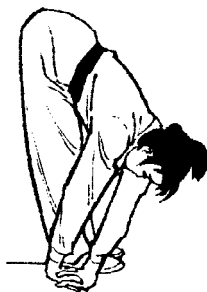


图 2-27-3

**Points to Remember:** While bending forward, keep legs straightened, with chest thrust out, waist held down and buttocks pulled in.

## 二、甩腰

**预备姿势:** 开步站立, 两臂上举。

**动作说明:** 然后以腰、髋关节为轴, 上体做前后屈和甩腰动作, 两臂也跟着甩动, 两腿伸直(图 2-28-1, 2-28-2)。

**要求与要点:** 前后甩腰要快速, 动作紧凑而有弹性。

## 2. Bend Forward and Backward

**Starting Position:** Stand upright with feet shoulder-width apart.

**Movements:** Raise arms overhead and bend the body forward and backward from the waist, swinging arms back and forth in keeping with trunk movements. Keep legs straightened (Figs. 2-28-1, 2-28-2).

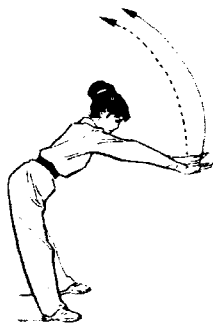


图 2-28-1



图 2-28-2

**Points to Remember:** The movements should be rapid and springy.

### 三、涮腰

预备姿势: 两脚开立, 略宽于肩, 两臂自然下垂。

动作说明: 以髋关节为轴, 上体前俯, 两臂随之向左前方伸出。然后向前、向右、向后、向左翻转绕环(图 2-29-1, 2-29-2)。

要求与要点: 尽量增大绕环幅度。

练习步骤:

① 上体先做向前、向后、向左、向右的侧屈的动作, 然后再做涮腰的动作。

② 速度要由慢到快, 次数逐渐增多。左右方向交替进行。在涮腰后可广蹲、弓腰休息片刻, 以防头晕。



图 2-29-1

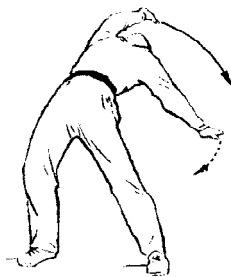


图 2-29-2

### 3. Circle Trunk

**Starting Position:** Stand upright with feet slightly wider apart than shoulders and arms hanging easily at sides.

**Movements:** Bend trunk forward from waist and stretch arms obliquely downward to the left. Then circle trunk clockwise (Figs. 2-29-1, 2-29-2).

Repeat by reversing “left” to “right” and “clockwise” to “counter-clockwise”.

**Points to Remember:** Make the circles as big as possible.

#### Steps of Training:

① This exercise should come after those of trunk bending to the four directions (i. e. forward, backward, leftward and rightward).

② Increase the speed and the number of reps progressively. After the exercise, you may squat down and arch your back for a little while so as to avoid dizziness.

### 四、下腰

**预备姿势:** 两脚并立, 与肩同宽, 两臂伸直上举。

动作说明:腰向后弯,抬头、挺腰,两手撑地成桥形(图 2-30-1)。

要求与要点:挺膝、挺髌、腰向上顶。桥弓要大,脚跟不得离地。

练习步骤:

①先做腰绕环及上体前、后、侧屈等动作,然后再下腰。

②下腰时,可由同伴托腰保护,下腰后,同伴可缓缓后推其膝部,以增加下腰效果(图 2-30-2)。



图 2-30-1

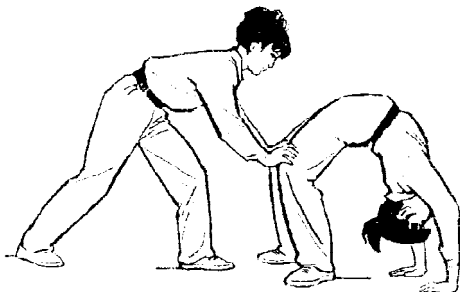


图 2-30-2

#### 4. Bend Backward into a Bridge

**Starting Position:** Stand upright with feet shoulder-width apart.

**Movements:** Raise arms overhead. Bend trunk backward, with head thrown back and waist thrust out, until both palms are placed on floor (Fig. 2-30-1).

**Points to Remember:** Don't bend your knees too much. Keep your hips thrust out and waist pushed up so as to make the arch of the bridge as high as possible. Keep your heels on floor.

**Steps of Training:**

① This exercise should come after those of trunk bending and circling.



② You may start with the help of a companion who will support your waist when you bend backward and push your knees gently to produce a higher arch (Fig. 2-30-2).

## 第四节 手型手法练习

### Section 4 Exercises of Hand Forms and Strokes

#### 一、手型

(1) 拳: 四指并拢卷握, 拇指紧扣食指和中指的第二指节(图 2-31)。

要求与要点: 拳握紧, 拳面平, 直腕。

(2) 掌: 四指并拢伸直, 拇指弯屈紧扣于虎口处(图 2-32)。

(3) 勾: 五指第一指节捏拢在一起, 屈腕(图 2-33)。



图 2-31



图 2-32



图 2-33

#### 1. Hand Forms

(1) **Fist**: Close fingers into a fist with thumb over forefinger and middle finger (Fig. 2-31).

**Points to Remember**: Keep the wrist unbent and hold the fist

tight, with the first phalanges forming a plane.

(2) **Palm**: Stretch the four fingers and draw them close together while bending thumb and placing its second phalange over the palm (Fig. 2-32).

(3) **Hook Hand**: Bunch the five fingertips and bend the wrist (Fig. 2-33).

## 二、手法

(1) **冲拳**: 分平拳与立拳两种。平拳拳心向下; 立拳拳眼向上。

**预备姿势**: 两脚左右开立, 与肩同宽, 两拳抱于腰间, 肘尖向后, 拳心向上(图 2-34-1)。

**动作说明**: 挺胸、收腹、直腰, 右拳从腰间向前猛力冲出, 转腰、顺肩, 在肘节过腰后, 右前臂内旋。力达拳面, 臂要伸直, 高与肩平。同时左肘向后牵拉(图 2-34-2)。练习时, 左右可交替进行。



图 2-34-1

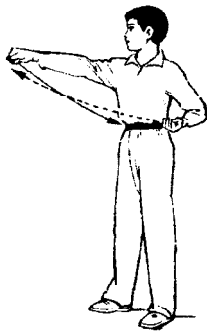


图 2-34-2

**要求与要点**: 出拳要快速有力, 要有寸劲, 做好拧腰、顺肩、急旋前臂的动作。

**练习步骤**:

①先慢做,不要用全力,注意动作的准确性。然后再逐步过渡到快速有力。

②结合各种步型,步法和腿法做冲拳练习。

易犯错误和纠正方法:

①冲拳时肘外展,使拳从肩前冲出。

纠正方法:强调肘贴肋运行,使拳内旋冲出。

②冲拳无力。

纠正方法:强调紧握拳和肩下沉。冲拳时,前臂要内旋,动作要快速。

③冲拳过高或过低。

纠正方法:可在练习人前面设一与肩同高的目标(如手掌),让他向目标冲击。

## 2. Strokes

### (1) Thrust Fist (with knuckles facing upward or sideward)

**Starting Position:** Stand upright with feet should-width apart, fists on hips, elbows pointing backward and knuckles facing sideward (Fig. 2-34-1).

**Movements:** With chest thrown out, belly pulled in and waist erect, thrust right fist forward forcibly, extending the right shoulder, twisting waist with a jerk and turning the right forearm inward when the right elbow moves past hip. Direct force to the foremost part of fist and straighten the arm at shoulder level. Meanwhile, pull the left elbow backward (Fig. 2-34-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Thrust the fist with an explosive force.

**Steps of Training:**

①Pay attention to accuracy of the movement and increase

the speed and force of the thrust progressively.

② Do this exercise in combination with different steps, foot-work and leg exercises.

### Common Errors and Corrective Methods:

① Elbow turned outward so that fist is thrust out from the shoulder level; this may be corrected by carrying the elbow close to the ribs and turning the fist inward when it is thrust out.

② Thrust not forceful enough; to correct this, clench your fist tight and hold down your shoulder; turn the forearm inward and do the movements swiftly.

③ Thrust too high or too low; to correct this, set a target (e. g. , the palm of your companion) in front of you at shoulder level, and aim your blows at it.

### (2) 架拳

预备姿势:与冲拳同。

动作说明:右拳向下、向左、向上经头前向右上前方划弧架起,拳眼向下,眼看左方(图 2-35-1, 2-35-2)。练习时,左右可交替进行。

要求与要点:松肩,肘微屈,前臂内旋。



图 2-35-1



图 2-35-2

练习步骤:

①先慢做,不要用全力,着重体会动作路线。然后再逐步加力。

②结合步型、步法和手法练习(如做马步架打)。

易犯错误:经体侧亮拳,动作路线不对。

纠正方法:同伴对其头部冲拳(给以目标),让其体会上架动作要领。

## (2) Uphold Fist

**Starting Position:** The same as that in “Thrust Fist”.

**Movements:** Move the right fist downward, leftward, upward in an arch until it comes overhead in front, with the radial side of hand facing downward. Look to the left (Figs. 2-35-1, 2-35-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Relax shoulders. Bend the elbow slightly and turn the forearm inward (probation).

### Steps of Training:

①Start doing the exercise slowly without full exertion of force in order to get the feel of the movements. Then increase the force gradually.

②Do the exercise in combination with different steps and hand strokes.

**Common Errors and Corrective Methods:** The fist is raised straight up from the side of the body instead of going along an arch. As a remedy, you can get the feel of the correct movement by parrying off a fist directed at your face by your partner.

## (3) 推掌

预备姿势:与冲拳同。

动作说明:右拳变掌,前臂内旋,并以掌根为力点向前猛力推

击。推击时要转腰,顺肩,臂要伸直,高与肩平。同时左肘向后牵拉(图 2-36)。练习时,左右可交替进行。

**要求与要点:**挺胸、收腹、直腰。出掌要快速有力,有寸劲;同时还要做好拧腰、顺肩、沉腕、翘掌等动作。

**练习步骤、易犯错误和纠正方法**均与冲拳同。

### (3) Push Palm

**Starting Position:** The same as that in “Thrust Fist”.

**Movements:** Open the right fist and thrust palm vigorously forward at shoulder level, turning forearm inward (probation) and concentrating force on the base of the palm. Meanwhile, turn the waist with a jerk and pull the left elbow backward (Fig. 2-36). Repeat by reversing “right” and “left”.

**Points to Remember:** Keep chest thrust out, belly drawn in and waist erect. The palm thrust should be done with an explosive force and well coordinated with movements of the waist, shoulder and wrist. Fingers should point upward.

**Steps of Training, Common Errors and Corrective Methods** are the same as those for “Thrust Fist”.

### (4) 亮掌

**预备姿势:**与冲拳同。

**动作说明:**右拳变掌,经体侧向右、向上划弧,至头部右前上方时,抖腕亮掌,臂成弧形。掌心向前,虎口朝下,眼随右手动作转动,亮掌时,注视左方(图 2-37-1, 2-37-2)。练习时,左右手可交替进行。

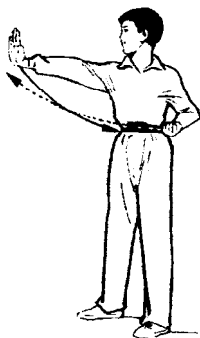


图 2-36

**要求与要点:**抖腕、亮掌与转头要同时完成。

**练习步骤:**

①开始练习时,可用信号或语言提示,使抖腕、亮掌与转头保持一致。

②结合手法与步型进行练习(如“仆步亮掌”等)。

**易犯错误和纠正方法:**

①抖腕动作不明显,形成以臂部动作为主。

**纠正方法:**单做抖腕练习,并经常做转腕练习,借以提高腕部的灵活性。

②抖腕、亮掌与转头不一致。

**纠正方法:**做亮掌时,用信号(如击掌)或语言提示,使其配合一致。



图 2-37-1



图 2-37-2

#### (4) Flash Palm

**Starting Position:** the same as that in “Thrust Fist”.

**Movements:** Open the right fist and move the palm sideways to the right and then upward in a curve until it comes overhead in front. Snap the wrist vigorously inward, so that the palm faces

forward and the right arm is rounded. Meanwhile, turn head to the left. Keep looking in that direction when the palm stays overhead (Figs. 2-37-1, 2-37-2). Repeat by reversing “right” and “left”.

**Points to Remember:** Movements of the wrist and the head should be completed simultaneously.

**Steps of Training:**

① At the initial stage, you may do the exercise with signals or calls given by your panner partner so as to coordinate your wrist and head movements.

② Do this exercise in combination with different hand strokes and steps.

**Common Errors and Corrective Methods:**

① Wrist action not distinct enough: By separate drills of the wrist aimed at improving its flexibility.

② Wrist action not coordinated with head turn: This may be corrected with the help of signals or calls.

## 第五节 步型步法练习

### Section 5 Exercises of Steps and Footwork

#### 一、步型

##### 1. Step Forms

##### (1) 弓步

动作说明: 左脚向前一大步(约为本人脚长的四五倍), 脚尖微内扣, 左腿屈膝半蹲(大腿接近小平), 膝与脚尖垂直。右腿挺膝伸直, 脚尖内扣(斜向前方), 两脚全脚着地。上体正对前方, 眼向前



平视,两手握拳于腰间(图 2-38)。  
弓右腿成右弓步;弓左腿成左弓步。

要求与要点:前腿弓,后腿绷;  
挺胸,塌腰,沉髋;前脚同后脚成一  
直线。

练习步骤:

①逐步延长练习时间。左右弓  
步可交替练习。

②原地保持弓步姿势不动,加  
做左右冲拳或推掌练习。左右弓步  
可交替练习。

③行进间练习。左弓步冲右拳再上步接做右弓步冲左拳。这  
样连续进行。

易犯错误和纠正方法:

①后脚拔跟、掀掌。

纠正方法:提高膝和踝关节的柔韧性,并强调脚跟蹬地。

②后腿屈膝。

纠正方法:强调后腿挺膝和用力后蹬。

③弯腰和上体前俯。

纠正方法:强调头部上顶,并注意沉髋。

### (1) Bow Step

**Movements:** Form a left bow step, and take a big step (a-  
bout 4 or 5 times the length of your foot) forward with the left  
foot, with toes pointing slightly inward. Bend the left leg at  
knee and drop to a half squat so that thigh is almost level and  
knee and tips of toes in a vertical line. Straighten the right leg,  
with toes pointing inward. Soles of both feet are placed flat on  
floor. Trunk is square to the front, with eyes looking ahead and

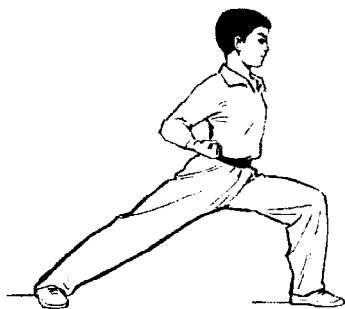


图 2-38

hands clenched into fists and placed on hips (Fig. 2-38). Form a right bow step by reversing “right” and “left” in the above movements.

**Points to Remember:** Keep rear leg straight, chest thrust out, waist held down and hips lowered. The line between the big toe of the front foot and the heel of the rear foot should be vertical to the lateral axis of the body.

### Steps of Training:

① Increase the number of reps progressively, alternating the left and the right bow steps.

② Thrust fists or push palms in a bow step stance, using the two arms alternately.

③ Do the exercise in locomotion, thrusting the right fist while taking a left bow step and thrusting the left fist while taking a right bow step.

### Common Errors and Corrective Methods:

① Heel of the rear foot lifted from floor: This may be corrected by making conscious efforts to keep the sole flat on floor and, in the long run, by improving the flexibility of knee and ankle joints.

② Rear leg bent: This may be corrected by a powerful drive of the leg.

③ Trunk leaning forward: This may be corrected by holding head erect and keeping hips lowered.

### (2) 马步

动作说明: 两脚平行开立(约为本人脚长的三倍), 脚尖正对前方, 屈膝半蹲, 膝部不超过脚尖, 大腿接近水平, 全脚着地, 身体重心落于两腿之间, 两手抱拳于腰间(图 2-39)。

要求与要点:挺胸、塌腰、脚跟外蹬。

练习步骤:

①逐渐延长练习时间。

②原地做马步蹲起练习,即蹲马步和站立交替进行。还可做马步左右冲拳或推掌练习。

③行进间练习:连续上步做马步架打练习。

易犯错误和纠正方法:

①脚尖外撇。

纠正方法:经常站立做里扣脚尖  
的练习;或做马步练习,强调两脚跟外蹬。

②两脚距离过大或过小。

纠正方法:量出三脚距离后再下蹲做马步。

③弯腰跪膝。

纠正方法:强调挺胸、塌腰之后再下蹲,膝不得超过脚尖  
的垂直线;或手扶一定高度的物体做动作。

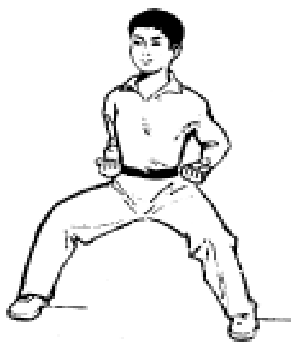


图 2-39

## (2) Horse-ride Step

**Movements:** Stand upright with feet about three times the length of your foot apart, and toes pointing straight forward. Drop to a half squat until thighs are almost level, knees protruding no further than toes, soles flat on floor, and hands clenched and placed on hips. Weight is equally distributed on both legs (Fig. 2-39).

**Points to Remember:** Keep chest thrust out, waist held down, hips relaxed, knees turned inward and heels outward.

**Steps of Training:**

①Lengthen the exercise progressively.

② Keeping both feet in the horse-ride position, stand up and squat down alternately. Or, while half squatting in the horse-ride position, do the fist thrusting or the palm pushing exercises, using the two arms alternately.

③ Do the fist thrusting or the palm-pushing exercises in locomotion, taking one step forward each time you have thrust the fist.

### Common Errors and Corrective Methods:

① Toes pointing outward: This may be corrected by forcing both heels outward or by repeatedly turning toes inward in a standing position.

② Feet too near each other or too far apart: To remedy this mark out the correct distance before taking the horse-ride step.

③ Trunk leaning forward and knees going too far down: This may be corrected by thrusting out chest and holding down waist before squatting down, or by holding an object for support while doing the exercise.

### (3) 虚步

动作说明: 两脚前后开立, 右脚外展45度, 屈膝半蹲, 左脚脚跟离地, 脚面绷平, 脚尖稍内扣, 虚点地面, 膝微屈, 重心落于后腿上。两手叉腰, 眼向前平视(图2-40)。左脚在前为左虚步, 右脚在前为右虚步。

要求与要点: 挺胸、塌腰、虚实分明。

练习步骤:

① 可先手扶一定高度的物体进行练习, 或先把姿势放高一些, 然后逐渐按规

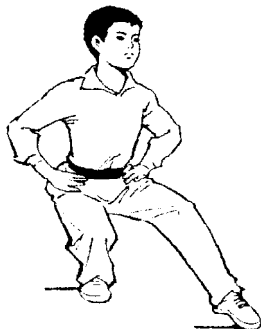


图 2-40

格要求做正确的动作。

②逐渐延长练习时间。

③可结合手型、手法练习。如做“左虚步勾手挑掌”跳转成“右虚步勾手挑掌”。可向左右跳换做。

易犯错误和纠正方法：

①虚实不清。

纠正方法：前脚先不着地，等支撑腿下蹲后再以脚尖虚点地面成虚步。

②后腿蹲不下去。

纠正方法：可做单腿蹲或双腿负重屈蹲等练习，以发展下肢力量。

### (3) Empty Step

**Movements:** To form a left empty step, stand upright with hands akimbo and the left foot in front of the right. Turn the right foot 45 degrees outward and bend the right knee for a half squat while raising the left heel with toes turning slightly inward and the left leg slightly bent at knee. Your body weight is now in the rear leg. Look straight ahead (Fig. 2-40).

Form a right empty step by reversing “right” and “left” in the above movements.

**Points to Remember:** Keep chest thrust out and waist held down. To form a perfect empty step, your whole weight should rest on the rear foot.

#### **Steps of Training:**

①Start the practice by holding an object of considerable height for support or from a higher body position.

②Lengthen the exercise progressively.

③Do the exercise in combination with different hand forms

and strokes.

### Common Errors and Corrective Methods:

①Step not distinctly “empty”: To correct this you may keep the front until you have half squatted on the rear leg.

②Failure to bend the rear leg to the required degree: To remedy this, try to develop your leg strength by doing separate exercises of squatting on one leg or both legs under load.

#### (4) 仆步

动作说明: 两脚左右开立, 右腿屈膝全蹲, 大腿和小腿靠紧, 臀部接近小腿, 右脚全脚着地, 脚尖和膝关节外展, 左腿挺直平仆, 脚尖里扣, 全脚着地。两手抱拳于腰间。眼向左方平视(图 2-41)。

仆左腿为左仆步; 仆右腿为右仆步。

要求与要点: 挺胸、塌腰、沉髋。

练习步骤:

①参看虚步的第①、②点。

②加手型、手法, 如做“仆步勾手亮掌”。

③行进间连续做“仆步穿掌”。

易犯错误和纠正方法:

①平仆腿不直, 脚外侧掀起, 脚尖上翘外展。

纠正方法: 使平仆腿的脚外侧低住固定物体(如墙壁), 不让脚外侧掀起。

②全蹲腿没蹲到底, 脚跟提起。

纠正方法: 多做仆步压腿练习, 同时强调平仆腿一侧用力沉

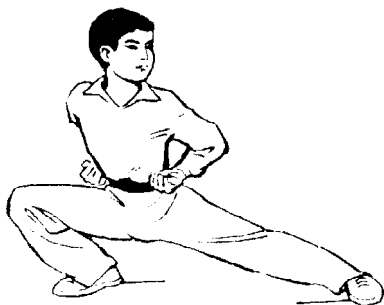


图 2-41

髋、拧腰。

③上体前倾。

纠正方法：挺胸、塌腰后再下蹲成仆步。

#### (4) Crouch Step

**Movements:** Stand upright with feet apart. To form a left crouch step drop to full squat, with the right thigh resting on calf and the right foot and knee turned outward while the left leg is stretched sideways, toes pointing inward. Both soles are placed flat on floor and both hands are clenched into fists and placed on hips. Look straight to the left (Fig. 2-41).

Form a right crouch step by reversing “right” and “left” in the above movements.

**Points to Remember:** Keep chest thrust out and waist held down.

#### Steps of Training:

① See points ① and ② under “Empty Step”.

② Do the exercise in combination with different hand forms and strokes.

③ Perform the left and the right crouch steps alternately, thrusting the palms in the process and moving forward with the completion of each step.

#### Common Errors and Corrective Methods:

① The stretched leg not straight enough, with the outside of the sole off the floor and the toes raised and turned outward; This may be corrected by thrusting the outside of the sole against a wall or any other firm object so that the whole foot is flat on floor.

② The heel of the bent leg not on the floor; This may be

corrected by doing the “Press Leg in Crouch” exercise and vigorously holding down the hip of the stretched leg.

③Trunk leaning forward: This may be corrected by thrusting out the chest and holding down the waist before dropping to a crouch step.

#### (5)歇步

动作说明:两腿交叉靠拢全蹲,左脚全脚着地,脚尖外展,右脚前脚掌着地,膝部贴近左腿外侧,臀部坐于右腿接近脚跟处。两手抱于腰间。眼向左前方平视(图 2-42)。左脚在前为左歇步;右脚在前为右歇步。

要求与要点:挺胸、塌腰、两腿并拢贴紧。

练习步骤:

①参看虚步的第①、②点。

②交替做左右歇步,并增加手法。如左右穿手亮掌。

易犯错误和纠正方法:

①动作不稳健。

纠正方法:前脚脚尖充分外展,两腿贴紧。

②两腿贴不紧。

纠正方法:强调后腿贴紧前腿外侧,并加强膝与踝关节柔韧性的练习。



图 2-42

#### (5)Seated Step

**Movements:** To form a left seated step, cross legs and drop to full squat with the left thigh resting on the right thigh and the right buttock on raised the right heel, while the left sole is placed flat on the floor, with toes turned leftward. Hands are clenched and placed on hips. Look ahead to the left (Fig. 2-42).



Form a right seated step by reversing “right” and “left” in the above movements.

**Points to Remember:** Keep chest thrust out, waist held down and legs crossed tight.

**Steps of Training:**

① See points ① and ② under “Empty Step”.

② Do right and left seated steps alternately and in combination with different hand strokes.

**Common Errors and Corrective Methods:**

① Unsteady performance: This may be improved by turning the toes of the front foot outward to the maximum degree and pressing the legs close together.

② Failure to press the legs close together: This may be corrected by doing more exercise to improve the flexibility of the knee and ankle joints.

**(6) 坐盘**

**动作说明:**两腿交叉,右腿屈膝,大小腿均着地,脚跟接近臀部,左腿在身前横跨于右腿上方。左大腿贴近胸部。两手抱拳于腰间。眼向左前方平视(图2-43)。左腿在前为左坐盘;右腿在前为右坐盘。

**要求与要点、练习步骤、易犯错误和纠正方法均与歇步同。**

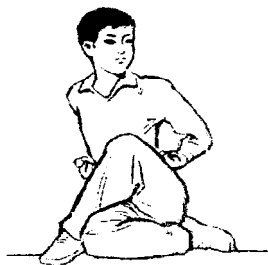


图 2-43

**(6) Cross-legged Sitting**

**Movements:** To do a left cross-legged sitting, cross your legs and sit clown on the right leg which is bent at knee and placed on the floor from thigh to small toe, with heel close to the

left buttock, while the left leg is bent in front of the body, with the left foot placed at the right side of the right thigh and the left knee kept close to chest. Hands are clenched and placed on hips. Look forward to the left (Fig. 2-43).

Do a right cross-legged sitting by reversing “right” and “left” in the above movements.

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for “Seated Step”.

#### (7) 丁步

动作说明:并步站立,两腿屈膝半蹲,右脚全脚着地,左脚脚跟掀起,脚尖里扣并虚点地面,脚面绷直,贴于右脚脚弓处,重心落于右腿上,两手叉腰,眼向前平视(图 2-44)。左脚脚尖点地为左丁步;右脚尖点地为右丁步。

要求与要点、练习步骤、易犯错误和纠正方法均与虚步同。

#### (7) “T” Step

**Movements:** Stand upright with feet together. To form a left “T” step, drop to half squat with the right foot flat on floor, the left heel raised and the pointed toes of the left foot close to the arch of the right foot. The body weight is now on the right leg. Hands are clenched and placed on hips. Look straight ahead (Fig. 2-44).

Form a right “T” step by reversing “right” and “left” in the above movements.

**Points to Remember, Steps of Training, Common Errors and Corrective Methods** are the same as those for “Empty Step”.

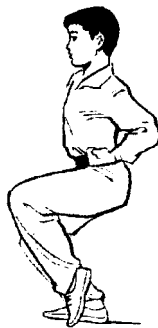


图 2-44

## 二、步法

## 2. Footwork

## (1) 击步

**预备姿势:** 两脚前后开立, 同肩宽。两手叉腰(图 2-45-1)。

**动作说明:** 上体前倾, 后脚离地提起, 前脚随即蹬地前纵。在空中时, 后脚向前碰击前脚(图 2-45-2)落地时, 后脚先落, 前脚后落。眼向前平视(图 2-45-3)。

**要求与要点:** 跳起空中时, 要保持上体正直并侧对方。

**练习步骤:** 可结合挑掌手法进行练习。



图 2-45-1



图 2-45-2

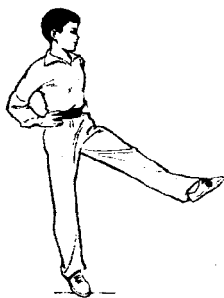


图 2-45-3

## (1) Beat Step

**Starting Position:** Stand upright with arms akimbo and with the left foot in front and shoulder-width away from the right foot (Fig. 2-45-1).

**Movements:** Lean forward, lift the rear foot from the floor and make a leap forward immediately with a drive of the front leg. While in flight, beat the front foot with the rear foot (Fig. 2-45-2). Land on the rear foot first. Look straight ahead (Fig. 2-45-3).

2-45-3).

Repeat the movements by reversing “right” and “left”.

**Points to Remember:** Keep trunk upright and one shoulder forward in flight.

**Steps of Training:** You may combine this exercise with different hand strokes.

## (2) 垫步

预备姿势:与击步同。

动作说明:后脚离地提起,脚掌向前脚处落步,前脚立即以脚掌蹬地向前上跳起,将位置让于后脚,然后再屈膝提腿向前落步。眼向前平视(图 2-46-1,2-46-2)。

要求与要点、练习步骤均于击步同。

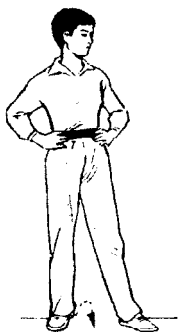


图 2-46-1



图 2-46-2

## (2) Skip Step

**Starting Position:** The same as that for “Beat Step”.

**Movements:** Lift the rear foot and move it towards the front foot. Skip on the ball of front foot to give way to the rear foot, which should land on the ball. Bend the front leg and bring foot down in front of the rear foot. Look straight ahead (Figs.

2-46-1, 2-46-2).

**Points to Remember, Steps of Training** are the same as those for “Beat Step”.

### (3) 弧形步

**预备姿势:**与击步同。

**动作说明:**两腿略屈, 两脚迅速连续向侧前方行步。每步大小略比肩宽, 走弧形路线。眼向前平视(图 2-47-1, 2-47-2)。

**要求与要点:**挺胸、塌腰, 保持半蹲姿势, 身体重心要平稳, 不要有起伏现象。落地时, 由脚跟迅速过渡到全脚掌, 并注意转腰。

**练习步骤:**

①可结合“勾手推掌”进行。

②路线也可改为“S”形。



图 2-47-1



图 2-47-2

### (3) Curved Step

**Starting Position:** The same as that for “Beat Step”.

**Movements:** Drop to half squat. Stride forward in quick steps with landing foot curving round the supporting foot, each step a bit longer than shoulder-width. Look straight ahead (Figs. 2-47-1, 2-47-2).

**Points to Remember:** Keep chest thrust out and waist held down. Maintain a well-balanced half-squat position without moving the center of gravity up and down. In landing, put heel down first and then quickly place the whole sole flat on floor. Rotate waist with every step.

**Steps of Training:**

① Do the exercise in combination with hooked hand and palm pushing movements.

② Try moving in a path of eight.

## 第六节 跳跃练习

### Section 6 Jumping Exercises

#### 一、腾空飞脚

**预备姿势:**并步站立。

**动作说明:**右脚下步,左腿向前、向上摆踢,右脚蹬地跃起,身体腾空,两臂由下向前、向头上摆起,右手背迎击左手掌(图 2-48-1, 2-48-2)。在空中,右腿向前上方弹踢,脚面绷直,右手迎击右脚面;同时左腿屈膝,左脚收控于右腿侧,脚面绷直,脚尖向下,左手在击响的同时摆至左侧方变勾手,勾尖向下,略高于肩。上体微前倾,两眼平视前方(图 2-48-3)。

**要求与要点:**

① 右腿在空中踢摆时,脚高必须过腰,左腿在击响的一瞬间,屈膝收控于右腿侧。

② 在腾空的最高点完成击响动作。拍击动作必须连续、准确、响亮。

③ 在空中,上体正直、微向前倾,不要坐臀。

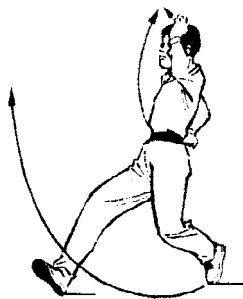


图 2-48-1

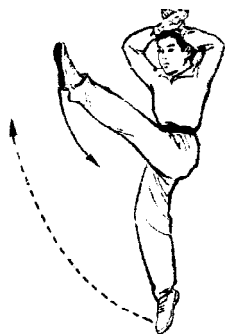


图 2-48-2



图 2-48-3

练习步骤:

①拍脚练习。练习方法可以原地进行,也可以行进间击拍。

②原地的或行进间的右脚蹬——左腿摆——踢摆右腿的二起脚练习。

③右腿蹬地起跳,左腿屈膝摆起,同时两臂上摆并在头上击响的踏跳练习。

④上一步或加三步助跑的完整动作练习。

易犯错误和纠正方法:

①右腿蹬伸与左腿踢摆脱节,动作不协调。

纠正方法:可多作练习步骤③所示的练习方法。

②起跳后,上体过于前俯、坐臀、致使重心下坠。

纠正方法:可多做行进间的单拍脚练习。在练习中强调上体正直。在此基础上降低腾空高度,掌握正确动作。待正确动作形成后,逐渐加大腾空高度,完成空中造型。

## 1. Flying Kicks

**Starting Position:** Stand upright with feet together.

**Movements:** The right foot takes a step forward. Kick the

left leg forward and upward and leap into the air with a drive of the right foot while swinging up both arms and striking the left palm with the back of the right hand overhead (Figs. 2-48-1, 2-48-2). While in flight kick, the right foot upward. Toes pointed, and slap its instep with the right hand. At the same time, bend the left leg at knee and draw the left foot to the side of the right, with toes pointing downward, while the left hand moves to the left side and turns into a hook slightly above shoulder level, with fingers pointing downward. Trunk leans a bit forward. Look straight ahead (Fig. 2-48-3).

**Points to Remember:**

①The right foot must go above the waist level in the upward kick.

②Slap the right foot when it reaches the highest point. The sound must be loud and clear.

③Keep your chest thrust out when leaning your trunk forward during the flight.

**Steps of Training:**

①Practice kicks with the left foot, either in place or in locomotion.

②Practice the right leg drive — lift leg upswing — right leg kick, either in place or in locomotion.

③Practice leaping on the right foot and bending the left knee before kicking the left foot while clapping hands overhead.

④Practice the whole exercise with a run-up of one or three steps.

**Common Errors and Corrective Methods:**

①The take-off on the right foot out of harmony with the left



leg kick: This may be corrected by doing the exercise as described in ③ under methods of training.

② Trunk leaning too much forward or buttocks dropped in flight: These may be corrected by doing the exercise of slapping the kicking foot in locomotion. Pay particular attention to thrusting out your chest. And increase the height of leaps gradually as you get the right postures.

## 二、旋风脚

预备姿势:开步站立(图 2-49-1)。

动作说明:

### (1)高虚步亮掌

右臂向前上方弧形摆掌,同时在臂屈肘,左掌收于左腰间,上体微左转,目随右掌(图 2-49-2)。右掌经体前向左、向右、向头上抖腕亮掌,掌心向前,掌指朝左;同时左掌从右臂内穿出,经胸前向上,向左摆至左侧,掌指朝上,高与肩平。右脚在右臂抖腕亮掌的同时收于体前,脚尖虚点地面,成高虚步。头部左转,两眼随右掌抖腕亮掌转视左侧(图 2-49-3)。

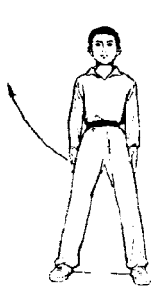


图 2-49-1

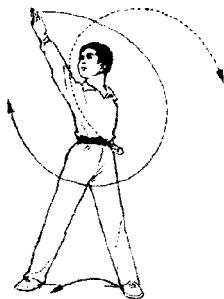


图 2-49-2

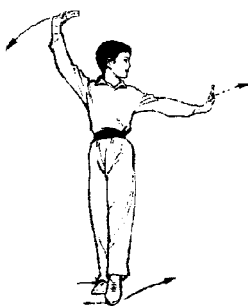


图 2-49-3

## (2) 旋风脚

左脚向左上步,同时左手向前、向上摆起,右臂伸直向后、向下摆动(图 2-50-1)。右腿随即上步,脚尖内扣,准备蹬地踏跳。左臂向下摆动并屈肘收至右胸前,同时左臂向上,向前抡摆,上体向左旋转前俯(图 2-50-2)。重心右移,右腿屈膝蹬地跳起,左腿提起向左上方摆动,上体向左上方翻转,同时两臂向下、向左上方抡摆。身体旋转一周,右腿作里合腿,左手在面前迎击右脚掌,左腿自然下垂(图 2-50-3,2-50-4)。

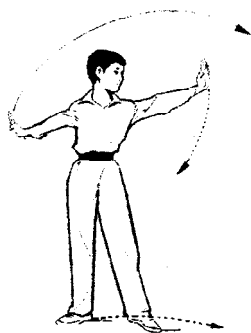


图 2-50-1

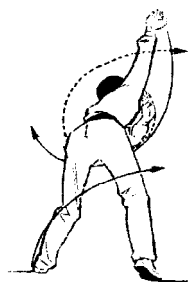


图 2-50-2

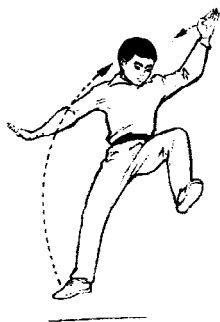


图 2-50-3



图 2-50-4

要求与要点:

①右腿作里合腿时,要贴近身体;摆动时,膝挺直,由外向里成扇形。

②击响点要靠近面前。左腿外摆要舒展,并在击响一刹那间离地腾空。初学时,左腿可自然下垂。当能够较熟练地完成腾空动作时,左腿逐步高摆,屈膝或直腿收于身体的左侧。

③抡臂、踏跳、转体、里合右腿等到环节要协调一致。身体的旋转不少于 270 度。

练习步骤:

①原地的或行进间的“里合腿加转体 90 度”的练习。

②原地的或行进间“左腿外摆——右腿里合”的转体击响练习。

③不加腿法的抡臂旋体跳转的“翻身跳”练习。

④跳起转体 90 度练习。逐步增加转体的练习。

易犯错误和纠正方法:

①上下脱节,转体角度不够,动作不协调。

纠正方法:多做转体 360 度的“翻身跳”练习。在不加腿法的“翻身跳”练习中,要求上下肢要协调,提高身体的旋转能力。

②跳起后,两腿摆动时屈膝、坐腕。

纠正方法:可多做“转身左外摆右摆右里合”的腿法练习。在练习中强调伸膝的正确姿态。

③跳起后上体后仰。

纠正方法:在“提左膝、右腿单脚跳转 360 度”的练习中,加强锻炼上体直立、头部上顶的能力。

## 2. Whirlwind Steps

**Starting Position:** Stand upright with feet apart palms on thighs (Fig. 2-49-1).

## **Movements:**

### **(1) Flash Palm in High Empty Step**

Swing the right arm obliquely upward to the right and bend the left arm at the left side. Turn trunk slightly first to the right and then to the left, eyes following the right palm (Fig. 2-49-2). Move the right palm leftward, downward and upward in a curve until it comes overhead, where it “flashes” with a sharp dorsiflexion of wrist, so that it turns upward and fingers point leftward. At the same time, circle the left palm past the inside of the right upper arm, then overhead and to the left until the left arm extends sideways, fingers of “palm flash”, place the left foot in front of the right foot to form a high empty step, toes on floor. Turn the head and eyes to the left at the same time (Fig. 2-49-3).

### **(2) Whirlwind Step**

The left foot takes a step leftward. At the same time, swing the left hand forward and upward and the right arm backward and downward (Fig. 2-50-1). The right foot takes a step forward, toes turned inward, ready to take off for a jump. Swing the left arm downward and bend it across the chest, while swinging the right arm upward and forward. Simultaneously with arm movements, turn trunk to the left and bend forward (Fig. 2-50-2). As weight is shifted on to the right leg, bend the right knee and leap on the right foot. Raise the left leg and swing it obliquely upward to the left, while trunk turns to the same direction. At the same time, swing both arms downward and then obliquely upward to the left. When you have completed a body turn of 360°, swing the right leg upward and to the left and slap the right sole with the left palm in front of your face (Figs.

2-50-3, 2-50-4).

**Points to Remember:**

① While swinging the right leg upward, keep it straight and close to the chest. The swinging movement should be in a curve.

② While swinging obliquely upward, the left leg should be easily extended. The left foot should take off the instant you slap the right sole. Let it hang naturally when you first do the exercise. As you become more proficient, try to raise it higher and higher and place it either straight or bent under the right thigh.

③ Coordinate the arm swing, take-off, kick of the right foot and the body turn, which should be no less than  $270^{\circ}$ .

**Steps of Training:**

① Practice kicking of the right foot upward and to the left with a body turn of  $90^{\circ}$  either in locomotion.

② Practice swinging the left leg outward while kicking the right foot upward and to the left, coupled with the body turn and a slap on the right sole, either in place or in locomotion.

③ Practice jumps with full the body turns, swinging the arms but not the legs.

④ Practice slapping the right sole on jumps with the body turns  $90^{\circ}$ ,  $180^{\circ}$  and  $270^{\circ}$ .

**Common Errors and Corrective Methods:**

① Lack of coordination and incomplete the body turn; These may be corrected by doing jumps with full the body turns without leg swings, paying particular attention to achieving harmony between the movements of the upper and lower limbs and to improving the body turns.

② Knees bent, back arched and hips lowered in flight;

These may be corrected by practicing proper swings of the legs with the body turn while paying particular attention to getting the correct posture, with chest thrust out, waist erect and knees unbent.

③ Trunk leaning backward in flight: This may be corrected by practicing jumps on the right foot with full turn, paying particular attention to acquiring an erect the body position.

### 三、腾空摆莲

预备姿势:并步站立(图 2-51-1)。

动作说明:

#### (1)高虚步挑掌

右脚后撤一大步,同时右臂向前、向上挑掌,左臂后摆至体后(图 2-51-2)。重心后移,左脚回收至身前虚点地面,成高虚步。同时右臂向上、向下、向前绕环一周于身前挑掌,高于肩平,掌指向上;左臂向前、向上、向前绕环抡摆至身后与肩齐的部位,掌指上挑。两肩随两臂转动,上体挺胸、直腰、顺肩,两眼随右掌转视前方(图 2-51-3,2-51-4)。

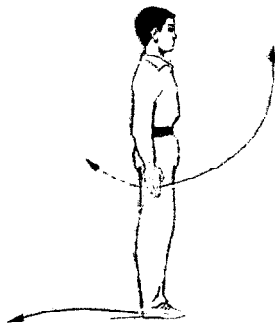


图 2-51-1

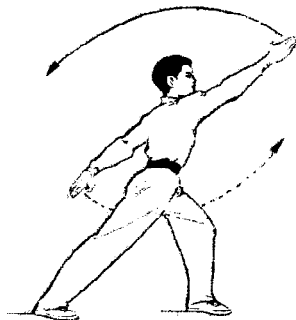


图 2-51-2

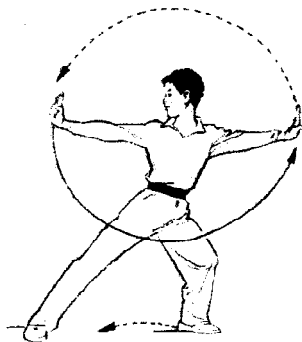


图 2-51-3

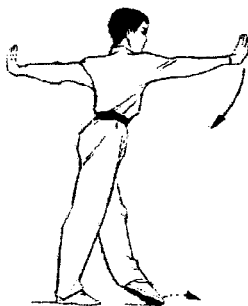


图 2-51-4

### (2) 弧形步上跳

左脚向前进半步(图 2-52-1),右脚随之向前进一大步,脚尖外展,屈膝略蹲。在上右步的同时,右掌弧形回收至腰间,左臂由后经上摆至头前上方(图 2-52-2)。右腿蹬伸上跳,左腿屈膝提起收扣于身前,身体腾空。右臂在跳起的同时,经左臂内侧向上弧形斜上举,左臂顺势摆向身后,两眼随右掌转视左侧,头部左转,右肩前倾(图 2-52-3)。右脚落地,左脚随之在身前落步,右脚再进一步,脚尖外展;身体右转,同时右臂顺势下落,左臂前摆(图 2-52-4, 2-52-5)。

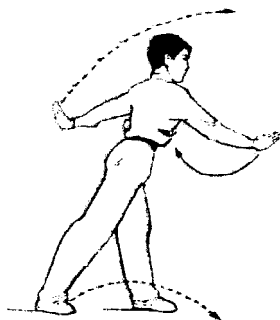


图 2-52-1

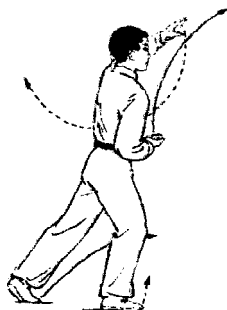


图 2-52-2

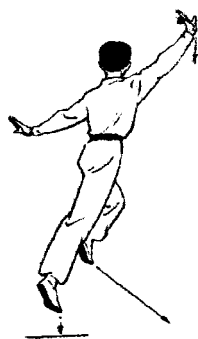


图 2-52-3

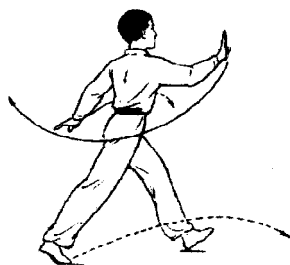


图 2-52-4

### (3) 腾空摆莲

右脚蹬地跳起,同时左腿向右上方里合踢摆,两手于头上击响,上体向右旋转,身体腾空(图 2-52-6)右腿外摆,两手先左右拍击脚面,左腿屈膝收控于右腿侧。上体微前倾,两眼随视两手(图 2-52-7)。在空中击响时,左腿可伸直分于摆动,控于体侧(图 2-52-8)。

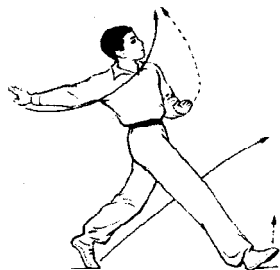


图 2-52-5

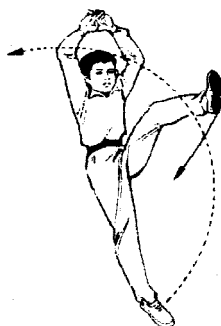


图 2-52-6





图 2-52-7



图 2-52-8

要求与要点:

①上步要成弧形。右脚踏跳时,注意脚外展和屈膝微蹲。

②上跳时,左腿注意里合扣踢。

③右腿外摆要成扇形。上体微前倾,要靠近面前击掌。两手先左后右拍击脚面。击响要准确响亮。

④在击响的一刹那,左腿屈膝收控于右腿内侧,或伸膝外展于身体左侧。

⑤在完成动作的过程中,要注意起跳、拧腰、转体。里合左腿与外摆右腿等动作要紧密协调。

练习步骤:

①原地的或行进间的外摆腿练习。

②进右步——左腿里合——向右转身——右腿外摆的组合练习。

③上右步起跳,扣摆左腿,两手头上击响的向右转体 360 度的“转体跳”练习。

④起跳后转体 90 度,逐渐做到转体 180 度、转体 270 度。

易犯错误和纠正方法:

①转体不够。

纠正方法:可多做向右后转体 360 度的“转体跳”练习。

②击响不准。

纠正方法:可多做外摆腿击响练习。

③右腿外摆幅度小、左腿不能里合收扣。

纠正方法:在外摆腿的练习中提高开髋幅度。在“转体跳”练习中解决左腿的里合收扣问题。

### 3. Outward Leg Swing in Flight

**Starting Position:** Stand upright with feet together (Fig. 2-51-1).

**Movements:**

#### (1) Stick Up Palms in High Empty Step

The right foot draws a big step backward as the right palm swings forward and upward and the left palm swings backward (Fig. 2-51-2). Turn the body rightward as the right arm swings upward and downward in an arch and the left arm swings forward to a position shown in Fig. 2-51-3. Then turn the body back to the left as the right arm continues to swing downward and forward and the left arm goes on moving upward and backward so that both arms come to shoulder level, with palms upturned. Simultaneously with the arm movements, shift weight on to the rear leg by pulling the left foot back to form a high empty step in front of the right foot, toes on floor (Fig. 2-51-4). Keep chest thrust out, waist erect and shoulders in line with arms. Eyes follow the right palm.

#### (2) Leap in Curved Step

The left foot takes half a step forward (Fig. 2-52-1) and the right foot takes a big step obliquely forward to the right, toes pointing outward and knee slightly bent. Simultaneously with the big step, draw the right palm back to waist and swing the

left hand up from behind until it comes before and a bit above the head. Eyes follow the right palm (Fig. 2-52-2). Leap on the right leg while raising the left leg, which is bent at knee. At the moment of take-off, bring the right arm obliquely upward in a curve, while the left arm swings to the rear. Eyes follow the right palm and then turn to the left side as you turn your head to that direction. Keep the right shoulder forward in line with the right arm (Fig. 2-52-3). Land on the right foot and drop the left foot in front before the right foot takes a step forward, toes pointing outward. Meanwhile, turn the body rightward and lower the right arm while swinging the left arm forward (Figs. 2-52-4, 2-52-5).

### (3) Outward Leg Swing in Flight

Leap on the right foot while the left leg swings obliquely upward to the right, hands clap overhead and trunk turns to the right (Fig. 2-52-6). Swing the right leg outward and slap instep of the right foot first with the left hand and then with the right hand while bending the left knee and pulling it to the side of the right leg. Meanwhile, lean slightly forward, eyes following hands (Fig. 2-52-7). At the instant of slapping on the right foot, the left leg may be stretched and swung outward (Fig. 2-52-8).

**Points to Remember:** The forward step should follow a curved path, the outward leg swing should follow an arch, the slaps should be loud and clear, and the take-off and the body turn should be well coordinated.

### Steps of Training:

① Practice outward leg swing both in place and in locomotion.

②Do the following movements in a continuous series: take a step forward with the right foot — swing the left leg upward to the right — turning trunk rightward — swing the right leg outward.

③Practice the “leap turn”. After taking off on the right foot, kick the left foot inward, and clap hands overhead and make a full twist rightward.

④Practice the body turns of  $90^{\circ}$ ,  $180^{\circ}$  and  $270^{\circ}$  in the air.

**Common Errors and Corrective Methods:**

①The body turns incomplete: This may be corrected by doing “leap turns”.

②Amplitude of leg swings not big enough: This may be corrected by extending hips during the outward leg swing exercise, and pulling the bent the left leg inward in “leap turns”.

## 第三章 武术的初级套路

### Chapter 3 Essential Routines of *Wushu*

#### 第一节 初级长拳(32 式)

#### Section 1 Thirty-two Form Long Fist

预备势

Ready Position

两脚并步站立,两臂垂于身体两侧,五指并拢贴靠腿外侧,眼向前平视(图 3-1)。

要点:头要端正,颈微收,挺胸、塌腰、收腹。

Standing with feet together, with the arms dropping on both sides of the body. Fingers are together and hands touch the thighs. Eyes look horizontally to the front (Fig. 3-1).

**Points to Remember:** The head is upright, chin drops slightly, chest is out, back is straight and belly is in.

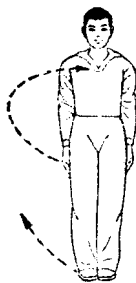


图 3-1

#### 一、虚步亮掌

##### 1. Empty Stance and Block Palm

①右脚向右后方撤步成左弓步。右掌向右、向上、向前划弧,掌心向上;左臂屈肘,左掌提至腰侧,掌心向上。目视右掌(图 3-2-1)。

②右腿微屈,重心后移。左掌经胸前从右臂上向前穿出伸直,右臂屈肘,右掌收至腰侧,掌心向上。目视左掌(图 3-2-2)。

③重心继续后移,左脚稍向右移,脚尖点地,成左虚步。左臂内旋向左、向后划弧成勾手,勾尖向上,右手继续向后、向右、向前上划弧,屈肘抖腕,在头前上方成亮掌(即横掌),掌心向前,掌指向左。目视左方(图 3-2-3)。

要点:三个动作必须连贯。成虚步时,重心落于右腿上,右大腿与地面平行。左腿微屈,脚尖点地。



图 3-2-1



图 3-2-2



图 3-2-3

① The right foot steps backward on the right side to form the left bow stance. The right palm circles right and then to the front with the palm facing up. The left arm bends, the left palm rises to waist with the palm facing up. Eyes look at the right palm (Fig. 3-2-1).

② The right leg bends slightly, and body weight moves back. The left palm moves out passing on top of the right palm until the left arm is straight. The right arm bends and the right palm retrieves to waist with the palm facing up. Eyes look at the left palm (Fig. 3-2-2).

③ The body weight continues to move back. The left foot

moves a little to the right with toes lightly touching floor to form empty stance. The left arm twists so that palm faces down, then circles to the left and to the back. The left hand becomes hook hand with hook pointing up, and the right hand continues to circle back, to the right, then up above head. The right elbow bends and the right wrist snaps to form block palm; the palm faces up and fingers point the left. Eyes look to the left (Fig. 3-2-3).

**Points to Remember:** The 3 movements must be continuous. During the empty stance, weight must be on the right leg. With the right thigh flat and parallel to the floor, the left leg bends slightly with toes lightly touching floor.

## 二、并步对拳

### 2. Feet Together

①右腿蹬直,左腿提膝,脚尖里扣,上肢姿势不变(图 3-3-1)。

②左脚向前落步,重心前移。左臂屈肘,左勾手变掌经左肋前伸;右臂外旋向前下落于左掌右侧,两掌同高,掌心均向上(图 3-3-2)。



图 3-3-1



图 3-3-2

③ 右脚向前上一步,两臂下垂后摆(图 3-3-3)。

④ 左脚向右脚并步,两臂向外向上经胸前屈肘下按,两掌变拳,掌心向下,停于小腹前。目视左侧(图 3-3-4)。

要点:并步后挺胸、塌腰。对拳、并步、转头要同时完成。

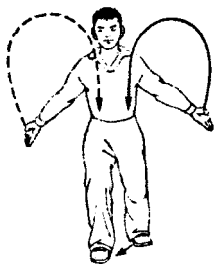


图 3-3-3

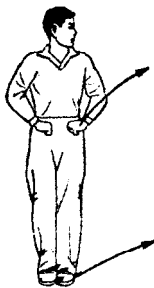


图 3-3-4

① The right leg straightens and the left knee rises. The tip of the left foot hooks in. The upper body posture remains unchanged (Fig. 3-3-1).

② The left foot lands in the front, and the body weight moves to the front. The left arm bends, the left hook hand becomes palm and moves to the front passing the left side of the body. The right arm twists so that the palm faces up, then drops down to become level with the left palm (Fig. 3-3-2).

③ The right foot steps forward, and both arms drop to the back (Fig. 3-3-3).

④ The left foot steps next to the right foot. Both arms move out on both sides, then up, then come down passing chest with elbows bent. Both palms become fists (with the palm side of hands facing down) and stop in front of the lower belly. Eyes look to the left (Fig. 3-3-4).



**Points to Remember:** Movements of the head, fists and feet must be completed at the same time.

## 第一段

### Article One

#### 一、弓步冲拳

##### 1. Bow Stance and Thrust Punch

①左脚向左上一步,脚尖向斜前方;右腿微屈,成半马步。左臂向上、向左格打,拳眼向后,拳与肩同高,右拳收至腰侧,拳心向上。目视左拳(图 3-4-1)。

②右腿蹬直成左弓步。左拳收至腰侧,拳心向上;右拳向前冲出,高与肩平,拳眼向上。目视右拳(图 3-4-2)。

要点:成弓步时,右腿充分蹬直,脚跟不要离地。冲拳时,尽量转腰顺肩。

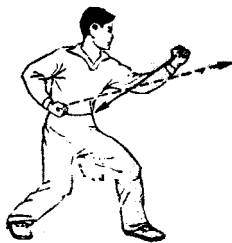


图 3-4-1

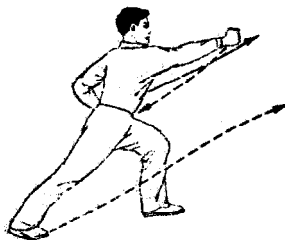


图 3-4-2

① The left foot steps to the left, toes point slantedly. The right leg bends slightly to form semi-horse stance. The left arm blocks up and to the left, and the back side of hand faces left, with fist as high as shoulder. The right fist moves to waist, and the

back of hand faces down. Eyes look at the left fist (Fig. 3-4-1).

② The right leg straightens to form the left bow stance. The left fist retrieves to waist, and the back of hand faces down. The right fist thrusts forward, with the fist as high as shoulder, and the back of hand faces the right. Eyes look at the right fist (Fig. 3-4-2).

**Points to Remember:** When doing thrust punch, the waist must turn and the right shoulder must follow.

## 二、弹腿冲拳

### 2. Snap Kick and Thrust Punch

重心前移至左腿,右腿屈膝提起,脚面绷直,猛力向前弹出伸直,高与腰平。右拳收至腰侧;左拳向前冲出。目视前方(图 3-5)。

**要点:**支撑腿可微屈,弹出的腿要用爆发力,力点达于脚尖。

The body weight moves onto the left leg, the right knee rises, the right foot is pointed and the right leg forcefully snaps out to the front, with the right foot as high as waist. The right fist retrieves to the waist. The left fist thrusts to the front. Eyes look to the front (Fig. 3-5).

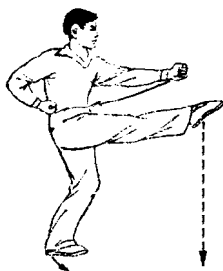


图 3-5

**Points to Remember:** The supporting leg may bend a little. The snapping kick must be explosive, power at the tip of the foot.

## 三、马步冲拳

### 3. Horse Stance and Thrust Punch

右脚向前落步。脚尖里扣,上体左转。左拳收至腰侧,两腿下

蹲成马步,右拳向前冲出。目视右拳(图 3-6)。

要点:成马步时,大腿要平,两腿平行,脚跟外蹬,挺胸、塌腰。

The right foot steps down in the front with toes hooking in. The body turns left. The left fist returns to waist. Both knees bend to form horse stance, and the right fist thrusts forward. Eyes look at the right fist (Fig. 3-6).

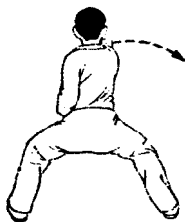


图 3-6

**Points to Remember:** When doing horse stance, note that the thighs must be flat, feet level with each other and heels pushed out.

#### 四、弓步冲拳

#### 4. Bow Stance and Thrust Punch

①上体右转 90 度,右脚尖外撇向斜前方,成半马步。右臂屈肘向右格打,拳眼向后。目视右拳(图 3-7-1)。

②左腿蹬直成右弓步。右拳收至腰侧;左拳向前冲出。目视左拳(图 3-7-2)。

要点:与本段的弓步冲拳相同,惟左右相反。

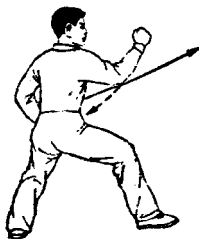


图 3-7-1

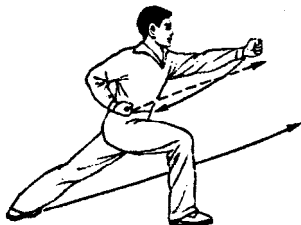


图 3-7-2

① The body turns right 90°, the right toes also turn right to form semi horse stance. The right arm blocks up and to the

right, back fist faces right. Eyes look at the right fist (Fig. 3-7-1).

② The left leg straightens to form the right bow stance. The right fist returns to waist, and the left fist thrusts to the front. Eyes look at the left fist (Fig. 3-7-2).

**Points to Remember:** The same as that in Bow Stance and Thrust Punch, reversing “right” and “left”.

## 五、弹腿冲拳

### 5. Snap Kick and Thrust Punch

重心前移至右脚,左腿屈膝提起,脚面绷直,猛力向前弹出伸直,高与腰平。左拳收至腰侧,右拳向前冲出。目视前方(图 3-8)。

**要点:**与本段的弹腿冲拳相同。

The body weight moves onto the right leg, the left knee rises, and the left foot is pointed and forcefully snaps out to the front, with the left foot as high as the waist. The left fist returns to waist, and the right fist thrusts forward. Eyes look to the front (Fig. 3-8).

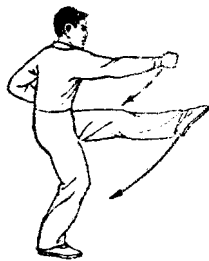


图 3-8

**Points to Remember:** The same as that in “Snapkick and Thrust Punch”.

## 六、大跃步前穿

### 6. Giant Leap

①左腿屈膝。右拳变掌内旋,以手背向下挂至左膝外侧,上体前倾。目视右手(图 3-9-1)。

②左脚向前落步,两腿微屈。右掌继续向后挂,左拳变掌,向

后向下伸直。目视右掌(图 3-9-2)。

③右腿屈膝向前提起,左腿立即猛力蹬地向前跃出。两掌向前向上划弧摆起。目视左掌(图 3-9-3)。

④右腿落地全蹲,左腿随即落地向前铲出成仆步。右掌变拳抱于腰侧,左掌由上向右、向下划弧成立掌,停于右胸前。目视左脚(图 3-9-4)。

要点:跃步要远,落地要轻,落地后立即接做下一个动作。



图 3-9-1

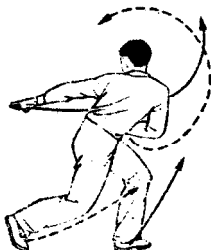


图 3-9-2

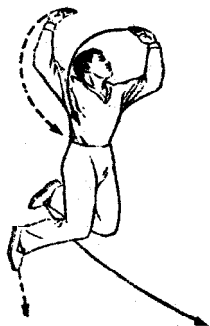


图 3-9-3

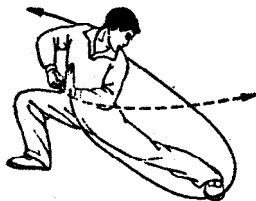


图 3-9-4

① The left knee bends. The right fist becomes a palm, and the right arm twists so that the palm faces down. The right palm scoops down to the front of the left knee. The body leans for-

ward. Eyes look at the right hand (Fig. 3-9-1).

② The left foot steps down in the front, and both knees bend slightly. The right palm continues to scoop to the back. The left fist becomes a palm, then extends down and to the back. Eyes look at the right palm (Fig. 3-9-2).

③ The right knee rises in the front. The left foot jumps forward. Both palms circle to the front and then up. Eyes look at the left palm (Fig. 3-9-3).

④ The right foot lands and knee bends completely. The left foot then lands in the front and pushes out to form crouch stance. The right palm becomes first and returns to waist. The left palm circles down on the right side, and rests at the right shoulder with the palm upright. Eyes look to the left foot (Fig. 3-9-4).

**Points to Remember:** Leap as far as possible, and land lightly. After landing, form crouch stance immediately.

## 七、弓步击掌

### 7. Bow Stance and Push Palm

右腿猛力蹬直成左弓步。左掌经左脚面向后划弧至身后成勾手,左臂伸直,勾尖向上,右拳由腰侧变掌向前推出,掌指向上,掌外侧向前,目视右掌(图 3-10)。

The right leg straightens to form left bow stance. The left palm circles past the left foot, then to the back and forms hook hand with the hook pointing up. The left arm must be straight. The

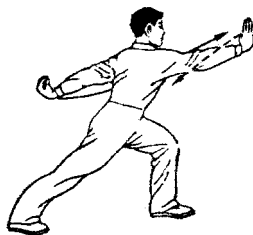


图 3-10

right fist becomes a palm at the waist, then pushes forward with the edge of the palm facing to the front. Eyes look at the right palm (Fig. 3-10).

## 八、马步架掌

### 8. Horse Stance and Block Palm

①重心移至两腿中间,左脚脚尖里扣成马步,上体右转。右臂向左侧平摆,稍屈肘;同时左勾手变掌由后经左腰侧从右臂内向前上穿出,掌心均朝上。目视左手(图 3-11-1)。

②右掌立于左胸前:左臂向左上屈肘抖腕亮掌于头部左上方,掌心向前。目右转视(图 3-11-2)。

要点:马步同前。

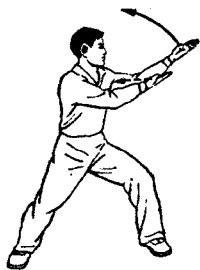


图 3-11-1



图 3-11-2

① The body weight moves to the center. The left toes hook in to form horse's stance. The body turns right. The right arm moves to the left, and the right elbow bends slightly. At the same time, the left hand becomes a palm and moves to the front passing first the waist and then on the top of the right arm. Both palms face up. Eyes look to the left hand (Fig. 3-11-1).

② The right palm rests at the left side of the chest in upright

position; The left palm moves above head, and the left wrist snaps so that the palm becomes horizontal and faces up. Eyes look to the right (Fig. 3-11-2).

**Points to Remember:** The same as that in “Horse Stance and Thrust Punch”.

## 第二段

### Article Two

#### 一、虚步栽拳

##### 1. Empty Stance and Plant Punch

①右脚蹬地,屈膝提起,左腿伸直,以前脚掌为轴向右后转体180度。右掌由左胸前向下经右腿外侧向后划弧成勾手;左臂随体转动并外旋,使掌心朝右。目视右手(图3-12-1)。

②右脚向右落地,重心移至右腿上,下蹲成左虚步。左掌变拳下落于左膝上,拳眼向里,拳心向后,右勾手变拳,屈肘向上架于头右上方,拳心向前。目视左方(图3-12-2)。

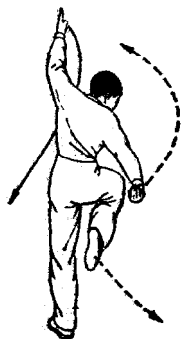


图 3-12-1

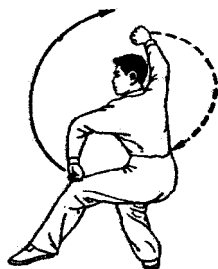


图 3-12-2



① The right knee rises, the left leg straightens. Using front part of the left foot as pivot, and the body turns right  $180^\circ$ . The right palm circles down, passing the right thigh, then to the back and forms hook hand. The left arm twists so that the palm faces right. Eyes look to the right hand (Fig. 3-12-1).

② The right foot lands to the right. The body weight moves onto the right leg. The right leg bends to form left empty stance. The left palm becomes fist and drops down onto the left knee, and back of the left fist faces right. The right hook hand becomes fist, then blocks above head with elbow bent. Back of the right fist faces back. Eyes look to the left (Fig. 3-12-2).

## 二、提膝穿掌

### 2. Knee Lifted and Piercing Palm

① 右腿稍伸直。右拳变掌收至腰侧、掌心向上；左拳变掌由下向左向上划弧盖压于头上方，掌心向前（图 3-13-1）。

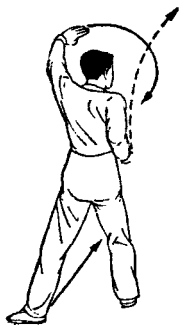


图 3-13-1

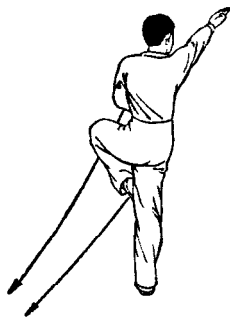


图 3-13-2

② 右腿蹬直，左腿屈膝提起，脚尖内扣。右掌从腰侧经左臂内向右前上方穿出，掌心向上；左掌收至右胸前成立掌。目视右掌

(图 3-13-2)。

**要点:**支撑腿与右臂充分伸直。

① The right leg straightens a little. The right fist becomes a palm and returns to waist with the palm facing up. The left fist becomes a palm and faces the front when at overhead position (Fig. 3-13-1).

② The right leg straightens and the left knee rises. The left toes hook in. The right palm extends up and to the right, passing on the top of the left palm. The right palm faces up. The left palm retrieves to the right of the chest in upright position. Eyes look to the right palm (Fig. 3-13-2).

**Points to Remember:** The right leg and the right arm must be straight.

### 三、仆步穿掌

#### 3. Crouch Stance and Piercing Palm

右腿全蹲,左腿向左后方铲出成左仆步。右臂不动,左掌由右胸前向下经左腿内侧,向左脚面穿出。目随左掌转视(图 3-14)。

The right leg bends completely, the left foot drops down and extends to the left to form left crouch stance. The right arm remains stationary, and the left palm extends toward the left foot, passing inside of the left thigh. Eyes follow the left palm (Fig. 3-14).



图 3-14

#### 四、虚步挑掌

##### 4. Empty Stance and Tilt Palm

①右腿蹬直,重心前移至左腿,成左弓步。右掌稍下降,左掌随重心前移向前挑起(图 3-15-1)。

②右脚向左前方上步,左腿半蹲,成右虚步。身体随上步左转 180 度。在右脚上步的同时,左掌由前向上、向后划弧成立掌,右掌由后向下、向前上挑起成立掌,指尖与眼平。目视右掌(图 3-15-2)。

要点:上步要快,虚步要稳。



图 3-15-1



图 3-15-2

① The right leg straightens and the body weight moves onto the left leg to form left bow stance. The right palm drops a little, the left palm moves up (Fig. 3-15-1).

② The right foot steps to the left. The left leg bends to form empty stance. As the right foot steps, the body turns 180° to the left, the left palm circles up and to the back (ending in up-right position), and the right palm moves down then to the front and tilts up so that the right fingers are at eye level. Eyes look at the right palm (Fig. 3-15-2).

**Points to Remember:** Step fast, and empty stance must be steady.

## 五、马步击掌

### 5. Horse Stance and Push Palm

① 右脚落实,脚尖外撇,重心稍升高并右移,左掌变拳收至腰侧;右掌俯掌向外掳手(图 3-16-1)。

② 左脚向前上一步,以右脚为轴向右后转体 180 度,两腿下蹲成马步。左掌从右臂上成立掌向左侧击出;右掌变拳收至腰侧。目视左掌(图 3-16-2)。

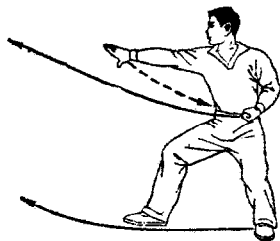


图 3-16-1

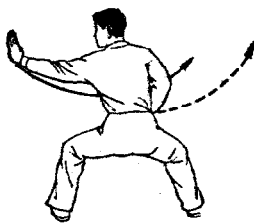


图 3-16-2

要点:右手做掳手时,先使臂稍内旋,腕伸直,手掌向下向外转,接着臂外旋,掌心经下向上翻转,同时抓握成拳。收拳和击掌动作要同时进行。

① The right foot steps down, and toes turn out. The body weight moves to the right and rises slightly. The left palm becomes fist and returns to the waist. The right arm twists so that the palm faces right, then the right palm grabs to the right (Fig. 3-16-1).

② The left foot steps forward. Using the right foot as pivot, the body turns 180° to the right. Both legs bend to form horse stance. The left palm (upright) pushes out to the left, passing on the top of the right arm. The right palm becomes fist

and returns to waist. Eyes look to the left palm (Fig. 3-16-2).

**Points to Remember:** Pushing the left palm to the left and returning the right fist to the waist must be done at the same time.

## 六、叉步双摆掌

### 6. Back Crossed Step and Swing Palms

①重心稍右移,同时两掌向下、向右摆,掌指均向上。目视右掌(图 3-17-1)。

②右脚向左腿后插步,前脚掌着地。两臂继续由右向上、向左摆,停于身体左侧,均成立掌,右掌停于左肘窝处。目随双掌转视(图 3-17-2)。

**要点:**两臂要划立圆,幅度要大,摆掌与后插步配合一致。

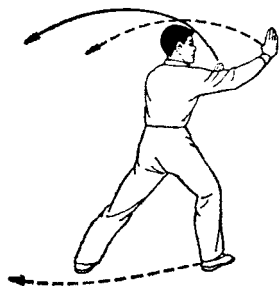


图 3-17-1

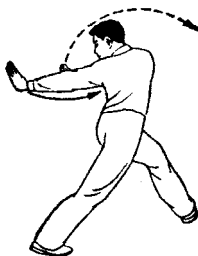


图 3-17-2

① The body weight moves slightly to the right. At the same time, both palms move down and then to the right. Fingers point up. Eyes look to the right palm (Fig. 3-17-1).

② The right foot crosses behind the left leg, and front of the right foot touches floor. Both arms continue to circle up and then to the left. Both palms are upright. The right palm places on the

inside of the left elbow. Eyes follow both palms (Fig. 3-17-2).

**Points to Remember:** Movements of the arms must be circular, sweeping as a large area as possible. The palm's last movement to the left must be coordinated with the stepping of the right foot.

## 七、弓步击掌

### 7. Bow Stance and Push Palm

①两腿不动。左掌收至腰侧,掌心向上;右掌向上、向右划弧,掌心向下(图 3-18-1)。

②左腿后撤一步,成右弓步。右掌向下、向后伸直摆动,成勾手,勾尖向上;左掌成立掌向前推出。目视左掌(图 3-18-2)。

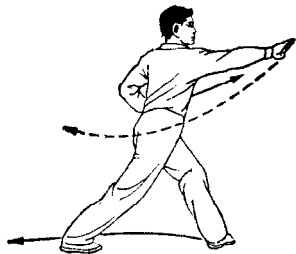


图 3-18-1

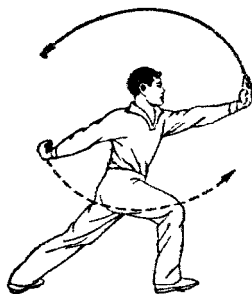


图 3-18-2

① Both legs remain stationary. The left palm retrieves to waist with the palm facing up. The right palm circles up and to the right, and the palm faces down (Fig. 3-18-1).

② The left foot steps backward to form the right bow stance. The right arm stays straight and moves down and to the back, forming hook hand with the hook pointing up. The left palm pushes forward in upright position. Eyes look to the left palm (Fig. 3-18-2).

## 八、转身踢腿马步盘肘

### 8. Turn Body, Front Kick, Horse Step and Bend elbow

①两脚以前脚掌为轴向左后转体 180 度。在转体的同时,左臂向上、向前划半立圆,右臂向下、向后划半圆(图 3-19-1)。

②上动不停,两脚不动,右臂由后向上、向前划半立圆,左臂由前向下、向后划半立圆(图 3-19-2)。

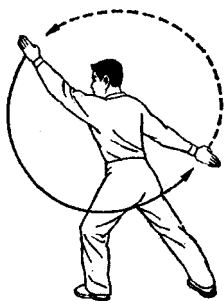


图 3-19-1



图 3-19-2

③上动不停,右臂向下成反臂勾手,勾尖向上;左臂向上成亮掌,掌心向前上方。右腿伸直,脚尖勾起,向额前踢(图 3-19-3)。



图 3-19-3



图 3-19-4

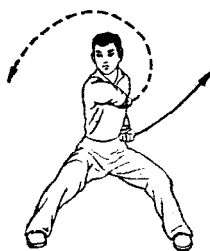


图 3-19-5

④右脚向前落地,脚尖里扣。右手不动,左臂屈肘下落至胸前,左掌心向下。目视左掌(图 3-19-4)。

⑤上体左转 90°,两腿下蹲成马步。同时左掌向前、向左平掳变拳收至腰侧,右勾手变拳,右臂伸直,由体后向右、向前平摆,至体前时屈肘,肘尖向前,高与肩平,掌心向下。目视肘尖(图 3-19-5)。

要点:两臂抡动时要划立圆,动作连贯。盘肘时要快速有力,右肩前顺。

① Using front parts of feet as pivot, the body turns 180° to the left. At the same time, the left arm circles up and to the front, and the right arm circles down and to the back (Fig. 3-19-1).

② Continuing from above movement, the right arm circles up and to the front, the left arm circles down and to the back. Legs remain stationary (Fig. 3-19-2).

③ Without stopping from the above, the right arm drops to the back and the right palm becomes hook hand with hook pointing up. The left palm blocks above head. The right leg stays straight, and the right foot is flexed and kicks to the forehead (Fig. 3-19-3).

④ Setting the right foot on the floor, tip of the right foot hooks in. The left arm bend, and drops down to the front of chest, and the left palm faces down. Eyes look at the left palm (Fig. 3-19-4).

⑤ The body turns left 90 degree, and both legs bend to form a horse-ride step. At the same time, clench the left palm into fist and place it a waist side, clench the right hand into fist and swing it forward with bent elbow until forearm lies horizontally in front of chest, with the tip of elbow facing front. Eyes look to the tip of the elbow (Fig. 3-19-5).



**Points to Remember:** Both arms should swing in a vertical line without stopping. It must be quick when bending the elbow.

### 第三段

#### Article Three

##### 一、歇步抡砸拳

##### 1. Swing and Chop Fist in Seated Step

①重心稍升高,右脚尖外撇。右臂由胸前向上、向右抡直;左拳向下、向左,使臂抡直。目视右拳(图 3-20-1)。

②上动不停,两脚以前脚掌为轴,向右后转体 180 度。右臂向下、向后抡摆,左臂向上、向前随身体转动(图 3-20-2)。

③紧接上动,两腿全蹲成歇步。左臂随身体下蹲向下平砸,拳心向上,臂部微屈;右臂伸直向上举起。目视左拳(图 3-20-3)。



图 3-20-1



图 3-20-2

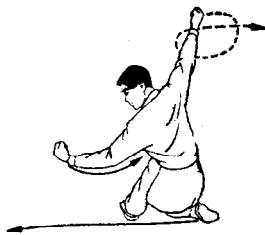


图 3-20-3

**要点:**抡臂动作要连贯完成,划成立圆。歇步要两腿交叉全蹲,左腿大、小腿靠紧,臀部贴于左小腿外侧,膝关节在右小腿外侧,脚跟提起;右脚尖外撇,全脚着地。

① The body weight rises high slightly. Turn toes of the

right foot outward and the right arm is in front of your chest, then moves upward, rightward while the left fist downward and leftward. Eyes look to the right fist (Fig. 3-20-1).

② Continuing from above movement, the body turns back 180 degree, using the ball of feet as pivot. The right arm circles down and to the back, and the left arm rotates upward, forward at the time (Fig. 3-20-2).

③ Continuing from above movement, both legs bend completely to form cross-legged stance. The left arm chops down, with the right fist facing downward. Hips drop in slightly. The right arm rises upward. Eyes look to the left fist (Fig. 3-20-3).

**Points to Remember:** The movement of the swinging should be continuous in a vertical line. In the seated step, keep legs closed together and press the knee of rear leg against the outside of the lower part of the front leg. The right foot touches the floor.

## 二、仆步亮拳

### 2. Crouch Stance and Block Palm

①左脚由右腿后抽出前上一步,左腿蹬直,右腿半蹲,成右弓步。上体微向右转。左拳收至腰侧,右拳变掌向下经胸前向右横击掌。目视右掌(图 3-21-1)。

②右脚蹬地屈膝提起,上体右转。左拳变掌从右掌上向前穿出,掌心向上;右掌平收至左肘下(图 3-21-2)。

③右脚向右落步,屈膝全蹲,左腿伸直,成仆步。左掌向下、向后划弧成勾手,勾尖向上;右掌向右向上划弧微屈,抖腕成亮掌,掌心向前。头随右手转动,至亮掌时,目视左方(图 3-21-3)。

**要点:**仆步时,左腿充分伸直,脚尖里扣,右腿全蹲,两脚脚掌全部着地。上体挺胸塌腰,稍左转。

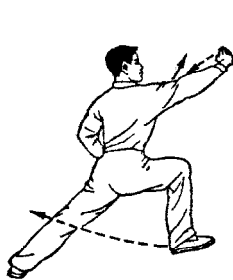


图 3-21-1

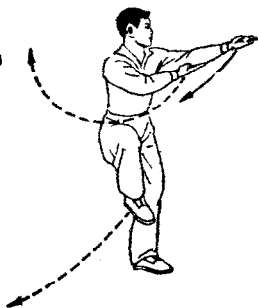


图 3-21-2



图 3-21-3

① The left foot takes a step forward from back of the right foot, the left foot straight and the right foot half squat, and becomes the right bow-stance. The body turns right slightly and the left fist retreats to the side of the waist. The right fist changes into a palm, and strikes rightward from the front of chest. Eyes look at the right palm (Fig. 3-21-1).

② Continuing from above movement, the left palm extends to the front passing on the top of the right hand. The left palm faces up. The right palm rests below the left elbow. Eyes look at the left palm (Fig. 3-21-2).

③ The right foot steps down on the right side, the right leg bends completely. The left leg straightens to form crouch stance. The left palm circles down and to back. The left palm becomes hook hand with hook pointing up. The right palm circles right and up, and the right wrist snaps to form block palm above head. The head follows right palm, eyes look to the left (Fig. 3-21-3).

### 三、弓步劈拳

#### 3. Horse Stance and Thrust Punch

①右腿蹬地立起;左腿收回并向左前方上步。右掌变拳收至腰侧,左勾手变掌由下向前上经胸前向左做掳手(图 3-22-1)。

②右腿经左腿前方向左绕上一步,左腿蹬直成右弓步。左手向平掳后再向前挥摆,虎口朝前(图 3-22-2)。

③在左手平掳的同时,右拳向后平摆,然后再向前向上做抡劈拳,拳高与耳平,掌心向上,左掌外旋接扶右前臂。目视右拳(图 3-22-3)。

要点:左右脚上步稍带弧形。

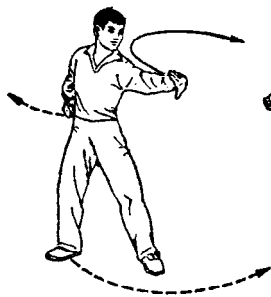


图 3-22-1

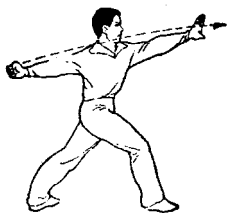


图 3-22-2

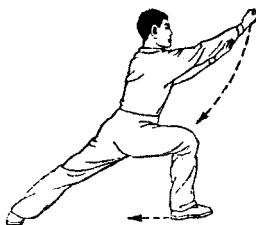


图 3-22-3

① The right leg straightens, and the left foot retrieves and then steps to the left-front. The right palm becomes fist and returns to waist. The left hook hand becomes a palm, extends to the front, then grabs to the left (Fig. 3-22-1).

② The right foot steps to the left, passing the left foot. The left leg straightens to form right bow stance. The left hand grabs to the left, then moves to the front (Fig. 3-22-2).

③ The right fist extends in the back, then swings from the right side to the front, fist as high as the ear, back of fist faces down. The left hand grabs the right forearm. Eyes look at the high fist (Fig. 3-22-3).

**Points to Remember:** The left step and the right step are both arcs.

#### 四、换跳步弓步冲拳

#### 4. Change Steps, Bow Stance and Thrust Punch

①重心后移,右脚稍向后移动。右拳变掌臂内旋以掌背向下划弧挂至右膝内侧;左掌背贴靠右肘外侧,掌指向前。目视右掌(图 3-23-1)。

②右腿自然上抬,上体稍向左扭转。右掌挂至体左侧,左掌伸向右腋下。目随右掌转视(图 3-23-2)。



图 3-23-1

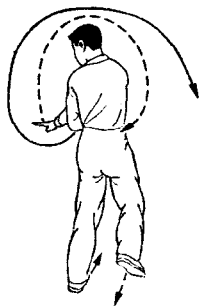


图 3-23-2

③右脚以全脚掌用力向下震踩,与此同时,左脚急速离地抬起。右手由左向上、向前掳盖而后变拳收至腰侧;左掌伸直向下、向上、向前屈肘下按,掌心向下。上体右转,目视左掌(图 3-23-3)。

④左脚向前落步,右腿蹬直成左弓步。右拳向前冲出,拳高与

肩平;左掌藏于右腋下,掌背贴靠腋窝。目视右拳(图 3-23-4)。

要点:换跳步动作要连贯、协调。震脚时腿要弯屈,全脚掌着地,左脚离地不要高。

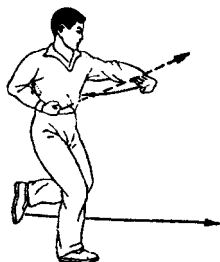


图 3-23-3

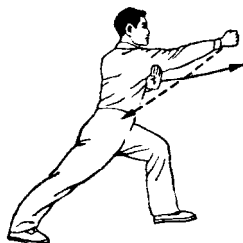


图 3-23-4

① The body weight moves back, and the right foot retrieves a little. The right fist becomes a palm (a palm faces down) and scoops down to the right knee. Back of the left palm presses on the outside of the right elbow, the left fingers point to the front. Eyes look at the right palm (Fig. 3-23-1).

② The right foot lifts from floor, the body turns left a little. The right palm continues to scoop to the left side, and the left palm extends to the right arm-pit. Eyes follow the right palm (Fig. 3-23-2).

③ The right foot stamps on the floor. At the same time, the left foot quickly lifts from the floor. The right palm continues to circle left, up, then down in the front. The right palm becomes fist and returns to waist. The left palm circles down, left, up, then presses down in the front with the palm facing down. The body turns right, eyes look at the left palm (Fig. 3-23-3).

④ The left foot steps down in the front, and the right leg

straightens to form left bow stance. The right fist thrusts forward, the fist as high as shoulder. The back of the left palm presses against the right armpit. Eyes look at the right fist (Fig. 3-23-4).

**Points to Remember:** The right leg must be bent when right foot stamps, and the left foot should not be too high from the floor.

### 五、马步冲拳

#### 5. Horse Stance and Thrust Punch

上体右转 90 度,重心移至两腿中间,成马步。右拳收至腰侧,左掌变拳向左冲出,拳眼向上。目视左拳(图 3-24)。

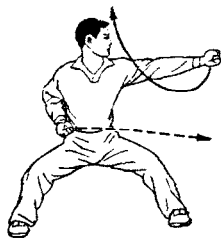


图 3-24



图 3-25

The body turns 90° to the right, and the body weight moves to center to form horse stance. The right fist returns to waist. The left palm becomes fist and thrusts to the left. Back of the fist faces back. Eyes look at the left fist (Fig. 3-24).

### 六、弓步下冲拳

#### 6. Bow Stance, Block Palm and Thrust Punch

右腿蹬直,左腿弯屈,上体稍向左转,成左弓步。左拳变掌向

下经体前向上架于头左上方,掌心向上,右拳自腰侧向左前斜下方冲出。目视右拳(图 3-25)。

The right leg straightens, the left leg bends, and the body turns left  $90^{\circ}$  to form left bow stance. The left fist becomes a palm and blocks above head, and the palm slantedly faces up. The right fist thrusts forward. Eyes look at the right fist (Fig. 3-25).

## 七、叉步亮掌侧踹腿

### 7. Back Crossed Step and Side Sole Kick

①上体稍右转。左掌由头上下落于右手腕上,右拳变掌,两手交叉成十字。目视双手(图 3-26-1)。

②右脚蹬地并向左腿后插步,以前脚掌着地。左掌由体前向下、向后划弧成勾手,勾尖向上;右掌由前向右向上划弧抖腕亮掌,掌心向前。目视左侧(图 3-26-2)。

③重心移至右腿,左腿屈膝提起,向左上方猛力蹬出。上肢姿势不变,目视左侧(图 3-26-3)。

要点:插步时上体稍向右倾斜,腿、臂的动作要一致。侧踹高度不能低于腰,大腿内旋,着力点在脚跟。

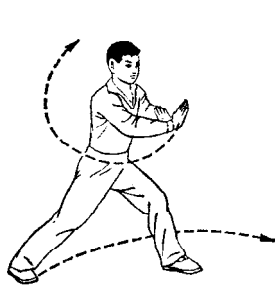


图 3-26-1

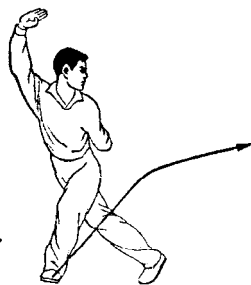


图 3-26-2



图 3-26-3



① The body turns left slightly, the left palm is over on the wrist of the right hand, the right fist becomes a palm, and then both palms cross position in front of the body. Eyes look at palms (Fig. 3-26-1).

② The right foot crosses behind the left leg. Front part of the right foot, the left palm move down and to the back, then left palm becomes hook hand with hook pointing up. The right palm moves rightward, upward till it is over your head then block. Eyes look to the left side (Fig. 3-26-2).

③ The body weight moves to the right leg. The left knee rises and kicks above head on the left side, and the body keeps same position. Eyes look to the left side (Fig. 3-26-3).

**Points to Remember:** The body leans to the right when crossing step. The movement of leg and arm should be coordinated. The left thrust kick must be at least as high as the waist. The left foot is horizontal, and power is focused on the heel.

## 八、虚步挑拳

### 8. Empty Stance and Tilt Punch

① 左脚在左侧落地。右掌变拳稍后移,左勾手变拳由体后向左上挑,拳背向上(图 3-27-1)。

② 上体左转 180 度,右脚向左前方上步,脚尖点地,重心落于左脚,左腿下蹲成右虚步。左拳向后划弧收至腰侧,拳心向上;右拳向前屈臂挑出,拳眼斜向上,拳与肩同高。目视右拳(图 3-27-2)。

① The left foot steps down on the left side. The right palm becomes fist and moves back a little. The left palm becomes fist and drops a little, with back of fist facing up (Fig. 3-27-1).

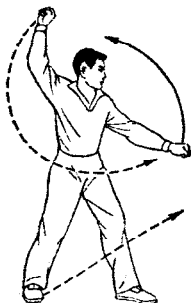


图 3-27-1



图 3-27-2

② The body turns left  $180^\circ$ . The right foot steps to the left front. Weight moves onto the left leg to form right empty stance. The left fist circles to the back, then retrieves to waist. The right fist tilts up in the front with elbow bent. The right fist is as high as shoulder. Eyes look at the right fist (Fig. 3-27-2).

## 第四段

### Article Four

#### 一、弓步顶肘

##### 1. Bow Stance and Elbowing

①重心升高,右脚踏实。右臂内旋向下直臂划弧以拳背下挂至右膝内侧,左拳不变。目视前方(图 3-28-1)。

②左腿蹬直,右腿屈膝上抬。左拳变掌,右拳不变,两臂向前向上划弧摆起。目随右拳转视(图 3-28-2)。

③左脚蹬地起跳,身体腾空,两臂继续划弧至头上方(图 3-28-3)。

④右脚先落地,右腿屈膝,左脚向前落步,以前脚掌着地。同时两臂向右、向下屈肘停于右胸前,右拳变掌,左掌变拳。右掌心贴靠左掌面(图 3-28-4)。

⑤左脚向左上一步,左腿屈膝,右腿蹬直成左弓步。右掌推左拳,以左肘尖向左顶出,高与肩平。目视前方(图 3-28-5)。

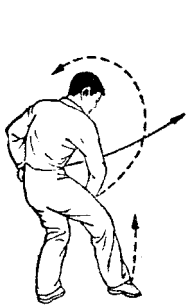


图 3-28-1



图 3-28-2



图 3-28-3

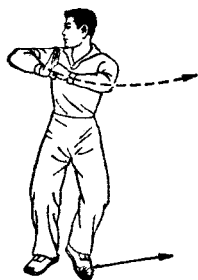


图 3-28-4



图 3-28-5

要点:交换步时不要过高,但要快。两臂抡摆时要成圆弧。

① The body rises, and the right foot steps down. The right arm drops, and back of the right fist scoops past the right knee. Eyes look down (Fig. 3-28-1).

② The left leg straightens and the right knee rises. The left fist becomes a palm. Both arms circle up in the front. Eyes follow the the right fist (Fig. 3-28-2).

③ The left foot jumps. Both arms continue to circle overhead (Fig. 3-28-3).

④ The right foot lands first, and the right knee bends. The left foot lands in the front with tip of foot touching floor. At the same time, both arms drop down on the right side, and stop in front of the right chest with elbows bent. The right fist becomes a palm, and the left palm becomes fist. The right palm presses against the left fist (Fig. 3-28-4).

⑤ The left foot steps to the left and forms left bow stance. The right palm pushes the left fist, and the left elbow strikes to the left and is high with the shoulder. Eyes look forward (Fig. 3-28-5).

**Points to Remember:** The change steps must not be too high, but must be fast. It becomes circle while swing arms.

## 二、转身左拍脚

### 2. Turn Body and Left Slap Kick

①以两脚前脚掌为轴向右、后转体  $180^\circ$ 。随着转体,右臂向上、向右、向下划弧抡摆,同时左拳变掌向下、向后、向前上抡摆(图 3-29-1)。

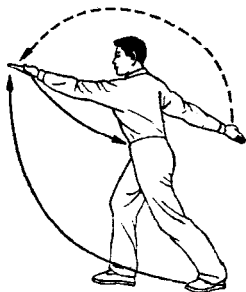


图 3-29-1



图 3-29-2

②左腿伸直向前上踢起,脚面绷平。左掌变拳收至腰侧,右掌由体后向上、向前、拍击左脚面(图 3-29-2)。

要点:右掌拍脚时手掌稍横过来,拍脚要准而响亮。

① The body turns right-back 180 degree. The right arm circles upward, rightward, downward. At the same time, the left fist turns into a palm swinging downward, backward, forward (Fig. 3-29-1).

② The left leg is straight and kicks with foot pointed. The left palm changes into fist retreating to the waist-side. Then right palm slaps the left foot from the back of the body (Fig. 3-29-2).

**Points to Remember:** The slaps must be accurate and clear.

### 三、右拍脚

#### 3. Right Hand Slaps Foot

①左脚向前落地,左拳变掌向下、向后摆,右掌变拳收至腰侧(图 3-30-1)。

②右腿伸直向前上踢起,脚面绷平。左拳变掌由后向上、向前拍击右脚面(图 3-30-2)。

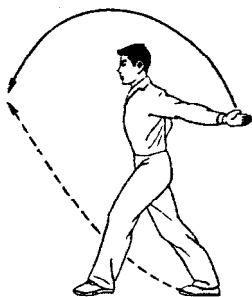


图 3-30-1



图 3-30-2

**要点:** 与本段的转身左拍脚相同。

① The left foot lands in the front, and the left fist into a palm awringly downward, backward and the right palm into fist retreves to the side of the waist (Fig. 3-30-1).

② The right leg is straight and kick upward with foot pointed. The left fist becomes a palm slaps the right foot from back to upward,forward (Fig. 3-30-2).

**Points to Remember:** The slaps must be accurate and clear.

#### 四、腾空飞脚

##### 4. Jump Front Kick

① 右脚落地(图 3-31-1)。

② 左脚向前摆起,右脚猛力蹬地跳起,左腿屈膝继续前上摆。同时右拳变掌向前向上摆起,左掌先上摆而后下降拍击右掌背(图 3-31-2)。

③ 右腿继续上摆,脚面绷平。右手拍击右脚面,左掌由体前向后上举(图 3-31-3)。



图 3-31-1

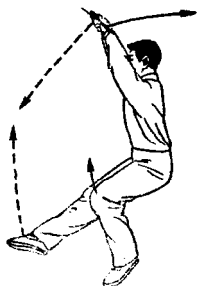


图 3-31-2



图 3-31-3

要点:蹬地要向上,不要太向前冲,左膝尽量上提。击响要在腾空时完成,右臂伸直成水平。

① The right foot lands on floor (Fig. 3-31-1).

② The left foot swings up in the front. The right foot jumps forcefully. The left knee bends and continues to move up. At the same time, the right palm swings up in the front, then back of the right hand slaps the left palm (Fig. 3-31-2).

③ The right foot continues to swing up with the foot pointed. The right palm slaps the right foot. The left palm rises up (Fig. 3-31-3).

**Points to Remember:** Jump up, but not forward. The left knee raises as much as possible. The slapping must be completed while the body is still in the air.

## 五、歇步下冲拳

### 5. Cross-legged Stance and Thrust Punch

①左、右脚先后相继落地。左掌变拳收至腰侧(图 3-32-1)。

②身体右转 90 度,两腿全蹲成歇步。右掌抓握、外旋变拳收至腰侧;左拳由腰侧向前下方冲出,拳心向下。目视左拳(图 3-32-2)。

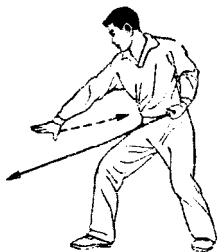


图 3-32-1



图 3-32-2

① The left and the right feet land one after another. The left palm becomes fist and retrieves back to waist (Fig. 3-32-1).

② The body turns right  $90^\circ$ , both legs bend completely to form cross-legged stance. The right hand grabs; arm twists so that the palm faces up, then becomes fist and retrieves back to waist. The left fist thrusts forward and down. The back of the left fist faces up. Eyes look at the left fist (Fig. 3-32-2).

## 六、仆步抡劈拳

### 6. Crouch Stance, Windmill and Chop Punch

①重心升高,右臂由腰侧向体后伸直,左臂随身体重心升高向上摆起(图 3-33-1)。

②以右脚前脚掌为轴,左腿屈膝提起,上体左转  $270^\circ$  度。左拳由前向后下划立圆一周;右拳由后向下、向前上划立圆一周(图 3-33-2)。

③左腿向后落一步,屈膝全蹲,右腿伸直,脚尖里扣成右仆步。右拳由上向下抡劈,拳眼向上,左拳后上举,拳眼向上。目视右拳(图 3-33-3)。



图 3-33-1

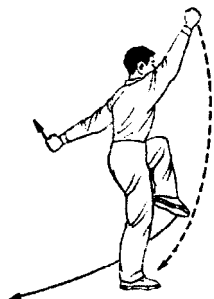


图 3-33-2



图 3-33-3



① The body weight rises. The right arm extends to the back. The left arm rises up (Fig. 3-33-1).

② Using front part of the right foot as pivot, and the body turns left  $270^{\circ}$ . The left knee rises. The left arm circles down and to the back. The right fist circles up in the back (Fig. 3-33-2).

③ The left foot steps down in the back, the leg bends completely, and the right leg straightens to form crouch stance. The right fist chops down, and the back of fist faces back. The left fist rises, and back of the fist also faces back. Eyes look at the right fist (Fig. 3-33-3).

## 七、提膝挑掌

### 7. Knee Lifted and Straight Arm Raise Palm

①重心前移成右弓步。同时右拳变掌由下向上抡摆,左拳变掌稍下落,右掌心向左,左掌心向右(图 3-34-1)。

②左、右臂在垂直面上由前向后各划立圆一周。右臂伸直停于头上,掌心向左,掌指向上,左臂伸直停于身后成反勾手。同时右腿屈膝提起,左腿挺膝伸直独立。目视前方(图 3-34-2)。



图 3-34-1



图 3-34-2

① The body weight moves forward to form right bow stance. At the same time, the right fist becomes a palm and circles up. The left fist becomes a palm and drops a little. The right palm faces left, and the left palm faces right (Fig. 3-34-1).

② Both arms circle in the same direction from the front to the back on vertical planes. The right palm stops overhead with arm straight, and faces left and fingers point up. The left hand stops in the back and forms hook hand. At the same time, the right knee rises in the front. Eyes look forward (Fig. 3-34-2).

## 八、提膝劈掌弓步冲拳

### 8. Knee Lifted, Chop Palm Bow Stance and Thrust Punch

① 下肢不动。右掌由上向下猛劈伸直,停于右小腿内侧,用力点在小指一侧;左勾手变掌,屈臂向前停于右上臂内侧,掌心向左。目视右掌(图 3-35-1)。

② 右脚向右后落地;身体右转 90 度。同时左掌变拳收至腰侧,右臂内旋向右划弧做劈掌(图 3-35-2)。

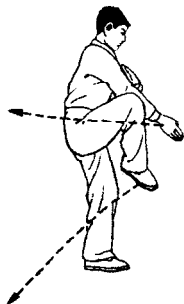


图 3-35-1



图 3-35-2



图 3-35-3

③上动不停,左腿蹬直成右弓步。右手抓握变拳收至腰侧,左拳由腰侧向左前方冲出。目视左拳(图 3-35-3)。

① The right palm chops forcefully down in the front, and stops near the right calf. The left hook hand becomes a palm and places on the right biceps. Eyes look at the right palm (Fig. 3-35-1).

② The right foot steps down on rear-right. The body turns right 90°. At the same time, the left palm becomes fist and retrieves back to waist. The right palm chops to the right (Fig. 3-35-2).

③ The left leg straightens to form right bow stance. The right palm becomes fist and retrieves back to waist. The left fist thrusts forward-left. Eyes look at the left fist (Fig. 3-35-3).

## 结束动作

### Closing Movements

#### 一、虚步亮掌

##### 1. Empty Stance and Block Palm

① 右脚扣于左膝后,两拳变掌,两臂右上左下屈肘交叉于体左前。目视右掌(图 3-36-1)。

② 右脚向右后落步,重心后移,右腿半蹲,上体稍后转。同时右掌向上、向右、向下划弧停于左腋下;左掌向左、向上划弧停于右臂上与左胸前,两掌心左下右上。目视左掌(图 3-36-2)。

③ 左脚尖稍向右移,右腿下蹲成左虚步。左臂伸直向左、向后划弧成反勾手;右臂伸直向下、向右、向上划弧抖腕亮掌,掌心向前。目视左方(图 3-36-3)。



图 3-36-1



图 3-36-2



图 3-36-3

① The right foot hooks behind the left knee. Both fists become palms. The arms cross in front of the body (the right arm on top). Eyes look at the right palm (Fig. 3-36-1).

② The right foot steps to rear-right. The body weight moves back, the right leg bends slightly, and the body turns right a little. At the same time, the right palm circles up, to the right, down, then comes to the left armpit. The left palm circles down, to the left, up, then comes to the right shoulder. The left palm faces down, and the right palm faces up. Eyes look at the left palm (Fig. 3-36-2).

③ Tip of the left foot moves slightly to the the right, and the right leg bends to form left empty stance. The left arm drops down, and extends to the back, forming hook hand with the hook pointing up. The right arm circles down, to the right, then up and blocks above head. Eyes look to the left (Fig. 3-36-3).

## 二、并步对拳

### 2. Feet Together

①左腿后撤一步,同时两掌从两腰侧向前穿出伸直,掌心向上

(图 3-37-1)。

②右腿后撤一步,同时两臂分别向体后下摆(图 3-37-2)。

③左脚后退半步向右脚并拢。两臂由后向上经体前屈臂下按,两掌变拳,停于腹前,掌心向下,拳面相对。目视左方(图 3-37-3)。



图 3-37-1

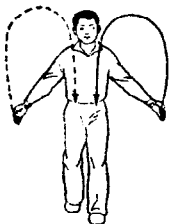


图 3-37-2



图 3-37-3

① The left foot steps back. Both palms extend to the front passing by the waist. Palms face up (Fig. 3-37-1).

② The right foot steps back. At the same time, both arms drop to the back (Fig. 3-37-2).

③ The left foot steps back to the right foot. Both arms rise up in the back, then press down in the front with elbows bent; Both palms become fists and rest in front of belly. Fists point at each other with the palm sides of the hands facing down. Eyes look to the left (Fig. 3-37-3).

### 三、还原

#### 3. Finished Position

两臂自然下垂,目视正前方(图 3-38)。

Both arms drop naturally on the side. Eyes look forward (Fig. 3-38).



图 3-38

## 第二节 初级刀术(32 式)

### Section 2 Thirty-two Form Broadsword Play

#### 预备式

#### Ready Position

两脚并立,目平视前方。左手抱刀(虎口朝下,拇指在前、其余四指在后握住刀柄,手腕部贴靠刀盘),刀刃朝前,刀尖朝上,刀背贴靠前臂内侧;右手五指并拢,垂于身体右侧(图 3-39)。

Feet together, and eyes look horizontally to the front. The left hand holds broadsword (thumb in front and points down, the other 4 fingers grab handle, and wrist presses against guard), sword blade faces front, tip points up, and back of sword presses against inside of forearm. The right fingers are straight and together, and the right arm drops on side of the body (Fig. 3-39).



图 3-39

①右手向右、向上成弧形直臂绕环上举,手心朝左(图 3-40-1)。左手握刀右手屈肘下降之同时,由身前屈肘从右臂里面直。

②右臂外旋并屈肘,从左肩下降至左腋近侧,手心朝上,左手握刀在右手屈肘下降之同时,由身前屈肘从右臂里面直臂向上穿出,手心朝右,刀尖朝下。目视右手(图 3-40-2)。

③右手从左腋向下、向右弧形绕环,同时左手握刀从上向左,向下弧形绕环。目随右手(图 3-40-3)。

④右手继续向上绕环至头顶,屈腕成横掌,掌心朝前,肘关节微屈,左手握刀继续向下绕环至身后,反臂斜举,手心朝右。右腿在右手成横掌之同时屈膝半蹲,左脚则随之向前伸出,前脚掌虚点

地面,膝微屈。目向左平视(图 3-40-4)。

要点:上述四个分解动作必须连贯起来做,不要中断;成虚步时,必须虚实分清。要挺胸、塌腰。



图 3-40-1



图 3-40-2

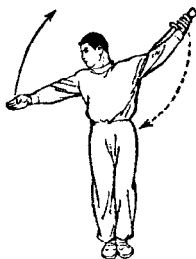


图 3-40-3



图 3-40-4

① The right arm stays straight and circles up from the right side, and the palm faces left (Fig. 3-40-1).

② The right arm twists so that elbow faces front, then elbow bends and arm drops past the left shoulder to the left arm-pit, and the palm faces up. As the right arm drops, the left hand with broadsword moves up past inside of the right arm, the palm faces right, and tip of broadsword points down. Eyes look at the right hand (Fig. 3-40-2).

③ The right hand drops down from the left arm-pit, and circles to the right. At the same time, the left hand with broadsword drops down on the left side in circular fashion. Eyes look at the right hand (Fig. 3-40-3).

④ The right hand continues to circle until overhead, and wrist bends so that the palm is horizontal and faces front, elbow slightly bent. The left hand with broadsword continues to circle

to back of the body, elbow bends and the palm faces right. The right leg bends as the right palm becomes horizontal; the left foot then moves forward with toes lightly touching floor to form empty stance, with the left knee slightly bent. Eyes look horizontally to the left (Fig. 3-40-4).

**Points to Remember:** The above four movements must be continuous. When forming the empty stance, weight must be on the right leg. Chest must be out and back straight.

①左脚向前上半步,膝略屈。右脚不动,腿蹬直。右掌同时从身后向身后弧形下落,至身后反臂斜举(图 3-41-1)。

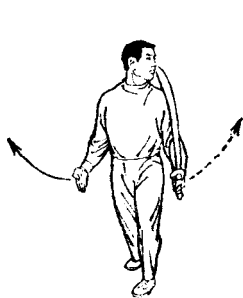


图 3-41-1

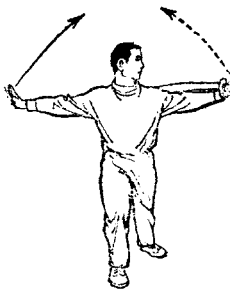


图 3-41-2



图 3-41-3

②右脚前进一步,膝略屈。左脚不动,腿蹬直。左手握刀与右手同时从身后向两侧平举(图 3-41-2)。

③右腿伸直,左脚向前并步。左手握刀与右手同时从两侧向额前上方绕环,至额前上方时,右手拇指张开贴近刀盘,准备接握左手之刀(图 3-41-3)。

**要点:**上半步、进一步和并步的动作,必须和两臂从后向额前上方绕环的动作协调一致。

① The left foot takes half a step forward. The right leg



straightens without moving the right foot. At the same time, the right palm moves down past front of the body and to the back, then elbow bends slightly (Fig. 3-41-1).

② The right foot takes a step forward, knee bends slightly. The left leg straightens without moving the left foot. The left and right hands rise to horizontal position on sides of the body (Fig. 3-41-2).

③ The right leg straightens, and the left foot steps toward the right foot. The left hand with broadsword and the right hand move up from the sides to above forehead. Then right thumb opens and touches swordguard; and the right hand gets ready to grab handle from the left hand (Fig. 3-41-3).

**Points to Remember:** The above movements must be continuous.

## 第一段

### Article One

#### 一、弓步缠头

##### 1. Bow Stance and Chan-Tou (Wrap)

①右腿屈膝略蹲,左脚向左上步。右手持刀使刀背贴身从左绕向身后,左臂内旋(拇指一侧朝下)向左伸出,掌心朝后。目向左平视(图 3-42-1)。

②上身左转,右腿挺膝伸直,左腿屈膝半蹲,成左弓箭步。右手持刀手心朝上,与上身左转之同时从身后向右,向前、向左胁处绕环平扫,手心朝下,刀背贴靠于左胁,刀身平放,力尖朝后,左臂随之屈肘上举,至头顶上方成横掌。目向前平视(图 3-42-2)。



图 3-42-1



图 3-42-2

要点:缠头时,刀背必须贴着脊背绕行。扫刀时,刀身必须平行,迅速有力。

① The right leg bends slightly, and the left foot steps to the left. The right hand grabs handle, and back of the broadsword touches the body and moves from the left to the back. The left arm twists so that the palm faces down, and the left arm extends to the left. Eyes look horizontally to the left (Fig. 3-42-1).

② The body turns left, the right leg straightens, and the left leg bends to form left bow stance. The right hand holds broadsword with the palm facing up. As the body turns left, broadsword sweeps from the back to the left arm-pit passing the front. Then the right palm faces down, and back of the broadsword touches the left side of the body. Broadsword is horizontal, and the tip points to the back. The left arm pushes up with elbow bent; the left hand becomes the horizontal palm above the head. Eyes look horizontally to the front (Fig. 3-42-2).

**Points to Remember:** When doing the wrap, back of the broadsword must touch back of the body. Broadsword must be horizontal when doing the quick and powerful sweeping action.

## 二、虚步藏刀

### 2. Empty Stance and Hide

①上身右转,左腿伸直,右腿屈膝。右手持刀,手心朝下,与上身右转之同时从左胁处向右平扫,刀背朝前,左掌随之向左侧平落,手心向上。目视刀身(图 3-43-1)。

②顺扫刀之势右臂外旋,手心朝上,使刀背向身后平摆(图 3-43-2)。

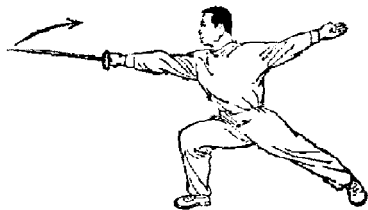


图 3-43-1



图 3-43-2

③以右脚前脚掌为轴碾地,脚跟外展,上身随之左转。左脚后收半步,膝关节微屈,右腿屈膝略蹲。右手持刀,刀尖朝下,从背后向左肩外侧绕行,同时左手经体前向下、向右腋处弧形绕环。目向左前方平视(图 3-43-3)。



图 3-43-3

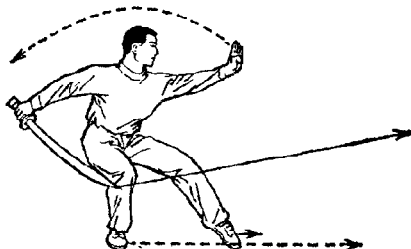


图 3-43-4

④右腿屈膝半蹲,左腿微屈膝,左脚前脚掌点地,成右实左虚之虚步。右手持刀从左肩外侧向下、向后拉回,肘略屈,刀刃朝下,刀尖朝前,左手随即向前成侧立掌平直推出,掌指朝上。目视左掌(图 3-43-4)。

要点:以上四个分解动作,必须连贯起来做。扫刀要平,绕刀要使刀背贴靠脊背。

① The body turns right, the left leg straightens, and the right leg bends. The right palm faces down, broadsword sweeps horizontally to the right as the body turns right, and back of the broadsword faces front. The left hand drops to horizontal position on the left side, and the palm faces forward. Eyes look at the broadsword (Fig. 3-43-1).

② After the sweeping action of broadsword, the right arm twists so that the palm faces up, and back of the broadsword swings to back of the body (Fig. 3-43-2).

③ Using the front of the right foot to pivot, the right heel moves out, the body then turns to the left. The left foot retrieves half a step, the left knee bends slightly, and the right knee bends more. Broadsword moves from the back (with tip pointing down) past the left shoulder. At the same time, the left hand drops down, past the front of the body, and comes to the right arm-pit. Eyes look horizontally to the front (Fig. 3-43-3).

④ The right leg bends to half squat, the left leg bends slightly with toes lightly touching floor, and weight is on the right leg to form empty stance. Broadsword moves down from the left shoulder, and then retrieves to the right side and back. The right elbow bends slightly, blade faces down, and tip points forward. The left palm pushes out in the front (in upright posi-

tion). Eyes look at the left palm (Fig. 3-43-4).

**Points to Remember:** The above movements must be continuous. The sweeping action must be horizontal, and back of broadsword must touch back of the body during the wrap.

### 三、弓步前刺

#### 3. Bow Stance and Forward Thrust

左脚稍前移,踏实,右脚随即向前上步,左腿挺膝伸直,右腿屈膝半蹲;成右弓箭步。左掌在上步之同时从前向上、向后直臂弧形绕环,至身后平举成钩手,钩尖朝下,右手持刀随之向前直刺,刀刃朝下,刀尖朝前。目视刀尖(图 3-44)。

**要点:**刀尖和右手、右肩要平行,上身略向前探。

The left foot moves forward a little and steps down, and the right foot takes a step forward. The left leg straightens, and the right leg bends to form right bow stance. As the right foot steps, the left palm circles up and then to the back (with arm straight), and then becomes hook hand pointing down; broadsword thrusts directly to the front, blade faces down, and tip points forward. Eyes look at the tip (Fig. 3-44).

**Points to Remember:** Tip of broadsword, the right hand and the right shoulder must line up horizontally. The body leans forward a little.

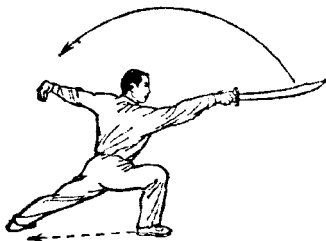


图 3-44

#### 四、并步上挑

##### 4. Feet Together and Straight Arm Raises

左脚不动,重心后移,右脚蹬地回收,向左脚靠拢,并步直立。右手持刀在右脚向后并步之同时向上挑起,并即屈腕使刀身向背后落下,力尖朝下,刀背贴靠脊背,左勾手随之向左平摆,与肩同高。目向前平视(图 3-45)。

要点:要挺胸,直背,两腿伸直,左臂伸平,右肘微屈。

The body weight retrieves without moving the left foot, the right foot retrieves back to the left foot, and both legs are straight. As the right foot moves back, the right hand rises with broadsword, and the right wrist bends so that broadsword drops behind with tip pointing down. Back of broadsword touches back of the body. The left hook hand moves to the left and becomes level with the left shoulder. Eyes look horizontally to the front (Fig. 3-45).

**Points to Remember:** Chest must be out, and back straight. Legs also must be straight, the left arm extends horizontally, and the right elbow bends slightly.



图 3-45

#### 五、左抡劈

##### 5. Left Windmill and Chop

①左脚不动,右脚向左斜前方上步;右手持刀同时向左斜前方劈下,左钩手变掌附于右肘处。目视刀身(图 3-46-1)。

②顺劈刀之势右臂内旋屈腕,使刀尖从下摆向身后,身体重心逐渐前移(图 3-46-2)。

③右脚不动,左脚向左斜前方上步,右腿挺膝伸直,左腿屈膝半蹲,成左弓箭步。右手持刀向上提起,刀刃朝上,左掌仍附于右肘处(图 3-46-3)。

④右手持刀从上向右斜前方劈下,刀尖稍向上翘;左臂同时屈肘上举,至头顶上方成横掌。目视刀尖(图 3-46-4)。

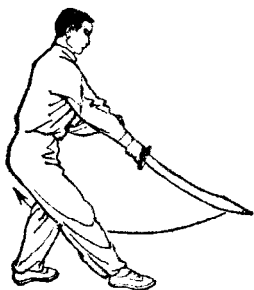


图 3-46-1



图 3-46-2



图 3-46-3



图 3-46-4

① Continuing from above movement, the right foot steps slantly to the front and the left. Broadsword chops down slanted to the left in the front. The left hook hand becomes a palm and rests on the right elbow. Eyes look at the broadsword

(Fig. 3-46-1).

② The right arm twists so that tip of broadsword flips from the front to back of the body. Weight of the body moves forward (Fig. 3-46-2).

③ Continuing from above, the left foot steps up and to the left, and the right leg straightens and the left leg bends to form left bow stance. Broadsword rises with blade facing up. The left hand remains on the right elbow (Fig. 3-46-3).

④ Broadsword chops down from the left side to the right, and tip of the broadsword tilts up. At the same time, the left arm pushes up with elbow bent and the left hand becomes a horizontal palm over head. Eyes look at the tip of the broadsword (Fig. 3-46-4).

**Points to Remember:** The broadsword movements must be continuous and coordinated with the steps.

## 六、右抡劈

### 6. Right Windmill and Chop

①右腿屈膝略蹲,重心后移至右腿上,左膝微屈。右手持刀向右下方抽回,刀刃朝下(图 3-47-1)。

②右手持刀继续运转,臂外旋使刀尖向下,向右绕行,至右侧时,刀背朝上。左掌同时从上向右胸前弧形绕环(图 3-47-2)。

③右腿蹬直,左脚向右斜前方上步。左掌向左侧下方绕环,右手持刀臂外旋将刀举起,刀刃朝上(图 3-47-3)。

④右脚向右斜前方上步,左腿挺膝伸直,右腿屈膝半蹲,成右弓箭步。右手持刀同时从上向左斜前方劈下,刀尖稍向上翘,左掌随之从下向左、向上弧形绕环,至头顶上方屈肘成横掌(图 3-47-4)。

要点:同上述左抡劈。





图 3-47-1

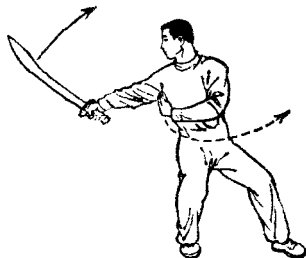


图 3-47-2



图 3-47-3

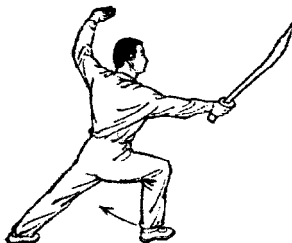


图 3-47-4

① The right leg bends slightly, weight moves onto the right leg, and the left leg also bends a little. Broadsword retrieves to the right and back. Blade faces down (Fig. 3-47-1).

② Movement of broadsword continues. The right arm twists so that tip of broadsword circles down and then to the right. When tip reaches the right side, back of the broadsword faces up. At the same time, the left hand drops down in an arch towards the right side of chest (Fig. 3-47-2).

③ The right leg straightens, the left foot steps forward and to the right. The left hand moves down and to the left. The

right hand moves up and the right arm twists so that blade faces up (Fig. 3-47-3).

④ The right foot steps forward and to the right. The left leg straightens, and the right knee bends to form the right bow stance. Broadsword chops slantedly to the front and the left, with tip tilting upwards. The left hand circles over head on the left side and the left palm becomes horizontal (Fig. 3-47-4).

**Points to Remember:** The same as that in “Left Windmill and Chop”.

## 七、弓步撩刀

### 7. Bow Stance and Upper Cut

①右手持刀臂外旋屈肘使刀刃朝上,刀尖朝前,右脚提起离地(图 3-48-1)。

②右脚随即向前落步。右手持刀向上、向后、向下贴身弧形绕环,左掌此时从上向下按于刀背上面。目视刀尖(图 3-48-2)。

③左脚从体前上步,右腿挺膝伸直,左腿屈膝半蹲,成左弓箭步。右手持刀随左脚上步之同时向前撩起,刀刃斜朝上,刀尖斜朝下,左掌仍按刀背,掌指朝上。上身前探,目视刀尖(图 3-48-3)。

要点:撩刀必须与步法协调一致。

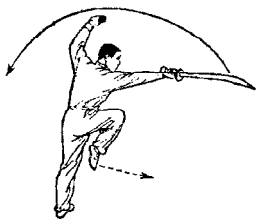


图 3-48-1

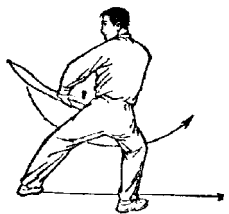


图 3-48-2



图 3-48-3

① The right arm twists so that blade turns up, tip faces forward. The right foot lifts off floor (Fig. 3-48-1).

② The right foot steps down in the front. Broadsword circles up, to tilt back and then down close to the body. The left palm then moves down and presses on back of the broadsword. Eyes look at the tip of the broadsword (Fig. 3-48-2).

③ The left foot takes a step forward. The right leg straightens, the left leg bends to form left bow stance. As the left foot steps, broadsword cuts to the front. Blade slantedly faces up, and tip points down. The left palm remains pressing on back of broadsword, the left fingers point up. The body leans forward. Eyes look at the tip of the broadsword (Fig. 3-48-3).

**Points to Remember:** Upper cut and step must be coordinated.

## 八、弓步藏刀

### 8. Bow Stance and Hide

①右手持刀,手心朝下,从体前向后平扫,左臂平举于左侧(图 3-49-1)。

②上身右转,左脚尖里扣,右脚向身后撤步,左腿屈膝,右腿伸直。右手持刀顺扫刀之势臂外旋,使刀背向身后平摆,刀尖朝下(图 3-49-2)。

③左脚向左斜后方撤步,右腿屈膝,左腿伸直。同时左掌向下、向右腋弧形绕环,右手持刀从背后向左肩外侧绕行(图 3-49-3)。

④右腿半蹲,成右弓箭步。右手持刀从左肩外侧向右后下方拉回,刀刃朝下,刀尖朝前,左掌随之从右腋处向前成侧立掌平直推出。高与眉齐,掌指朝上(图 3-49-4)。

要点: 扫刀必须迅速。藏刀时右大腿要坐平, 右手持刀使刀身贴近右腿, 刀尖藏于膝旁。左腿挺直, 两脚脚跟和脚外侧均不可离地掀起。

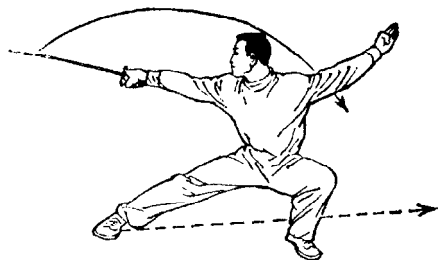


图 3-49-1



图 3-49-2

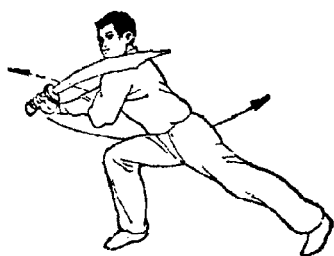


图 3-49-3

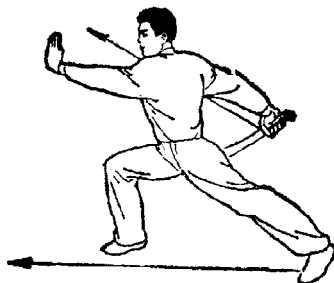


图 3-49-4

① With the right palm facing down, broadsword horizontally sweeps from the front of the body towards the back. The left arm remains on the left side (Fig. 3-49-1).

② The body turns right. Toes of the left foot hooks in, and the right foot takes a step towards the back. The left leg bends and the right leg straightens. Following sweeping motion of the

broadsword, the right arm twists so that the back of the broadsword swings to the back of the body, with tip pointing down (Fig. 3-49-2).

③ The left foot steps back and to the left. The right leg bends and the left leg straightens. At the same time, the left hand circles down and then to the right arm-pit. Broadsword moves from back past the left shoulder (Fig. 3-49-3).

④ The right leg bends to half squat, to form right bow stance. Broadsword drops down from the left shoulder to the right, and pulls further to the back. Blade faces down and the tip points forward. The left palm pushes out to the front (in upright position), and fingers point up at eye level (Fig. 3-49-4).

**Points to Remember:** Sweeping movement must be swift. When “hiding” broadsword, right bow stance must be low enough so that the right thigh is level. Broadsword must be very close to the right leg, and tip of broadsword is hidden close to knee.

## 第二段

### Article Two

#### 一、提膝缠头

##### 1. Knee Lifted and Chan-Tou (Wrap)

① 右脚不动,左脚向前上步。左掌屈肘收于右肩前方,右手持刀使刀背顺左臂外侧向左后绕行,刀尖朝下(图 3-50-1)。

② 左脚尖外撇,上身左转。右手持刀继续顺左臂外侧绕行至背后,左掌随之向左直臂平摆(图 3-50-2)。

③ 左脚不动,膝部伸直,右脚从身后屈膝在身前提起,脚面绷

平,脚尖朝下。右手持刀从背后向前、向左胁处绕环平扫,至左胁下顺扫刀之势臂内旋,手心朝下,使刀平摆于左胁下,刀背贴胁,刀尖朝后,左掌同时从左侧屈肘上举至头顶上方成横掌。目向右平视(图 3-50-3)。

要点:直立之腿,膝部必须挺直,提膝之腿,膝部尽量高提,脚底贴近裆前。上身正直,右臂稍离胸前,不要紧贴胸上。



图 3-50-1



图 3-50-2

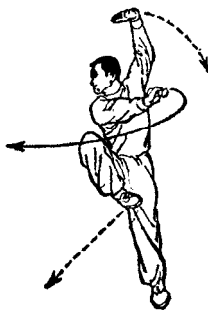


图 3-50-3

① Do not move the right foot. The left foot steps forward. The left elbow bends and the left hand retrieves to the right shoulder. Broadsword moves to the left with back of broadsword passing the left arm. Tip points down (Fig. 3-50-1).

② Toes of the left foot move out, and the body turns to the left. Broadsword continues passing the left arm and then moves to the back. The left palm extends to the left with arm straight (Fig. 3-50-2).

③ The left leg straightens without moving the left foot. The right knee rises up in front of the body; the right foot points down. Broadsword sweeps from the back towards the left. When broadsword reaching the left arm-pit, the right arm twists so that the

palm faces down and broadsword is horizontal. Back of the broadsword touches the body and tip points to the back. The left palm horizontally blocks above head. Eyes look to the right (Fig. 3-50-3).

**Points to Remember:** The left leg must be straight, with the right knee raised as high as possible, the right foot close to groin. The body must be straight. The right arm must be close to the body but not touching it.

## 二、弓步平斩

### 2. Bow Stance and Horizontal Cut

左脚不动,右脚向右侧落步,上身稍向右转,左腿挺膝伸直,右腿屈膝半蹲,成右弓箭步。右手持刀(手心朝下)从左胁处向身前平扫,拦腰斩击,刀尖朝前;左掌同时从上向后平落,掌指朝后。目视刀尖(图 3-51)。

**要点:**斩击时刀身要平,刀尖与腕部、肩部要平行。



图 3-51

The right foot steps down to the right. The body turns slightly to the right. The left leg straightens; the right knee bends to form right bow stance. Broadsword sweeps from the left arm-pit horizontally to the front, and tip points forward. At the same time, the left palm drops to the back with fingers pointing back; Eyes look at the tip of the broadsword (Fig. 3-51).

**Points to Remember:** Broadsword must be level with the right wrist and arm.

### 三、仆步带刀

#### 3. Crouch Stance and Withdraw

① 右手持刀臂外旋使刀刃朝上,刀尖稍向下斜垂(图 3-52-1)。

② 左腿屈膝全蹲,右腿挺膝伸直平铺,左脚尖稍向外撇,右脚尖向里紧扣,成仆步。右手持刀向左上方屈肘带回,刀刃仍朝上,刀尖仍稍向下垂;左掌同时屈肘附于刀把内侧,拇指一侧朝下。目向右侧平视(图 3-52-2)。

要点:翻刀、后带动作必须连贯。仆步时,脚外侧和脚跟均不可离地掀起,上身稍向左侧倾斜。

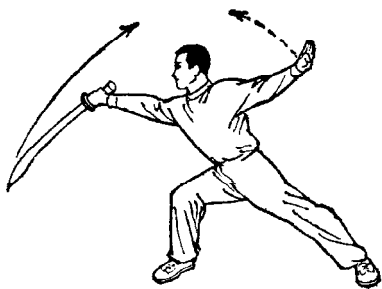


图 3-52-1



图 3-52-2

① The right arm twists so that blade faces up, and tip slants downwards (Fig. 3-52-1).

② The left leg bends completely; the right leg straightens. Toes of the left foot turn out, and toes of the right foot hook in, to form crouch stance. Broadsword retrieves to the upper-left side, blade still faces up, and tip still slants downwards. The left arm bends and the left palm rests on handle, with the left thumb facing down. Eyes look horizontally to the right (Fig. 3-52-2).



**Points to Remember:** Broadsword movements must be continuous. Both feet must remain flat on floor. The body leans to the left.

#### 四、歇步下砍

#### 4. Cross-legged Stance and Low Hack

①上身稍抬起。右手持刀，刀尖朝下，从右肩外侧向背后绕行；左掌同时向左侧平伸，拇指一侧朝下(图 3-53-1)。

②右脚不动，左脚从身后向右侧插步。同时左掌从左向下、向右腋处弧形绕环，右手持刀从背后向左肩外侧绕行，手心朝下，刀身平放，刀尖朝后。目向右视(图 3-53-2)。

③两腿屈膝全蹲成歇步，右大腿压盖在左大腿上面，右脚全脚掌着地，左脚仅以前脚掌着地，臀部坐落在左小腿上。右手持刀在歇步下坐之同时从左向前，向右下方斜砍，刀刃斜朝下，刀尖朝前，左掌随之向左摆出，在左侧上方成横掌。目视刀身(图 3-53-3)。

**要点:**上述分解动作，必须连贯起来做。下砍时，刀的着力点是刀身的后段。

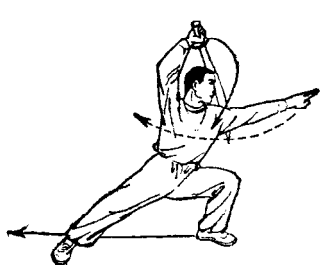


图 3-53-1



图 3-53-2



图 3-53-3

① The body rises a little. Tip of the broadsword drops and broad sword circles past the right shoulder towards the back.

The left palm extends to the left with thumb facing down (Fig. 3-53-1).

② The left leg crosses the right leg in the back. At the same time, the left palm circles down and to the right arm-pit. Broadsword circles from the back to the left shoulder. The right palm faces down. Broadsword is horizontal, and tip points back. Eyes look to the right (Fig. 3-53-2).

③ Both knees bend completely to form cross-legged stance. The right thigh presses on the left thigh. The right foot flat on floor, the left heel up, and weight on the left calf. At the same time, broadsword cuts down to the right. Blade faces down and tip points forward. The left palm blocks above head on the left side. Eyes look at the broadsword (Fig. 3-53-3).

**Points to Remember:** Movements must be continuous. During cutting action, power should be concentrated on the rear section of the broadsword.

## 五、左劈刀

### 5. Left Chop

① 身体起立,左掌屈肘收至右额前,并附于右手腕,右手持刀,刀尖朝下,使刀背顺左臂外侧向左后方绕行(图 3-54-1)。

② 两脚前掌碾地使上身向左后转。左掌随之向左侧平摆,拇指一侧朝下,右手持刀顺左臂绕行至背后。右腿略屈膝(图 3-54-2)。

③ 上身继续左转成左弓步(图 3-54-3)。

④ 左脚不动,右脚向左斜前方上步,右腿稍屈膝。右手持刀同时从身后向上、向前、向左侧下方斜劈,刀尖斜向下;左掌随之屈肘附于右肘处,掌指朝上(图 3-54-4)。

要点:转身、绕背,下劈的动作必须迅速连贯。

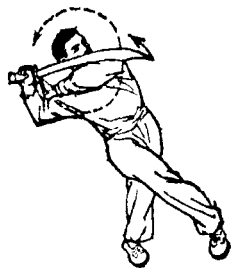


图 3-54-1



图 3-54-2



图 3-54-3



图 3-54-4

① The body rises. The left palm retrieves to the right side and rests on the the right wrist. Broadsword circles to the left with back of broadsword passing the left arm, and tip pointing down (Fig. 3-54-1).

② Standing on front parts of both feet, the body turns left and to the back. The left palm extends to the left with thumb facing down. Broadsword continues to pass the left arm and then moves to the back. The right leg bends slightly (Fig. 3-54-2).

③ The body continues to turn left to form left bow stance (Fig. 3-54-3).

④ The right foot steps forward and to the left. The right leg bends slightly. Broadsword moves up, and chops down in front and to the left, with tip slantedly pointing down. The left palm rests on the right elbow with fingers pointing up (Fig. 3-54-4).

**Points to Remember:** All movements must be swift and continuous.

## 六、右劈刀

### 6. Right Chop

①顺劈刀之势右臂内旋,屈腕使刀尖摆向身后,刀刃朝下,左掌附于右腕处。目向前平视(图 3-55-1)。

②上身稍起立并向右转。右手持刀上举,刀尖朝下,使刀背顺左肩外侧绕向身后,左掌随之上举(图 3-55-2)。

③左脚向右斜前方上步,右腿稍屈膝。同时右手持刀从身后向上、向前、向右侧下方(即右腿外侧)斜劈,刀尖斜向下,左掌随之附于右腕处(图 3-55-3)。

要点:劈刀必须快速有力。



图 3-55-1

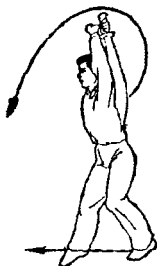


图 3-55-2



图 3-55-3

① The right arm twists so that tip of broadsword flips to the back, and blade faces down. The left palm rests on the right

wrist. Eyes look horizontally to the front (Fig. 3-55-1).

② The body rises a little and turns right. The right hand moves up. Tip of broadsword points down. Broadsword circles to the back past the left shoulder, and the left palm moves up (Fig. 3-55-2).

③ The left foot steps forward and to the right. The right leg bends slightly. Broadsword moves up, then chops down in the front and to the right, with tip slantedly pointing down. The left palm rests on the right wrist (Fig. 3-55-3).

**Points to Remember:** Chopping action must be quick and powerful.

## 七、歇步按刀

### 7. Cross-legged Stance and Press

①右手持刀臂外旋屈肘,刀尖朝下,使刀背从右肩外侧向后绕行。目视右手(图 3-56-1)。

②左脚前脚掌碾地使脚跟外展,右脚从身后向左侧插步。右手持刀从背后向左肩外侧绕行,同时左掌从左侧上举附于右手腕的拇指近侧(图 3-56-2)。

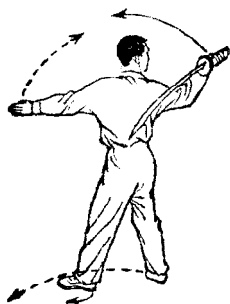


图 3-56-1



图 3-56-2



图 3-56-3

③两腿屈膝全蹲成歇步,左大腿压盖在右大腿上面,左脚全脚掌着地,右脚仅以前脚掌着地,臀部坐落在右小腿上。右手持刀向左侧下按,左手附于右腕,刀刃朝下,刀尖朝向身后。目视刀身(图3-56-3)。

**要点:**插步、歇步、绕刀、按刀的动作,必须快速连贯。

① The right arm twists so that tip of broadsword points down. Back of the broadsword circles from the right shoulder to the back. Eyes look at the right hand (Fig. 3-56-1).

② Use front part of the left foot as pivot and make the left heel turn out. The right leg crosses the left leg in the back. Broadsword continues to circle from the back to the left shoulder. At the same time, the left palm moves up and rests on the right wrist (Fig. 3-56-2).

③ Both knees bend completely to form cross-legged stance. Broadsword presses down on the left side. The left palm remains placed on the right wrist. Blade faces down, and tip points to the back. Eyes look at the broadsword (Fig. 3-56-3).

**Points to Remember:** Movements must be swift and continuous.

## 八、马步平劈

### 8. Horse Stance and Horizontal Chop

①两腿稍微蹬起,上身向右后转。右手持刀与左掌随身体转动至上身左侧时,两手从左向上举起,刀尖向下。目视刀尖(图3-57-1)。

②两腿屈膝半蹲成马步。右手持刀从左向上、向右劈下,刀尖稍向上翘与眉相齐,左掌在头顶上方屈肘成横掌。目视刀尖(图3-57-2)。

要点:转身、劈刀要快。成马步时,两脚尖要向里扣,大腿要坐平。



图 3-57-1

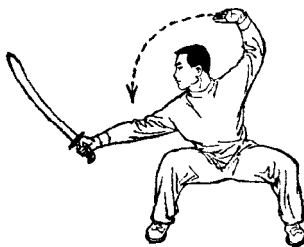


图 3-57-2

① The body rises slightly and turns to the right. As the body turns, both hands move up. Tip of the broadsword points down. Eyes look at the tip (Fig. 3-57-1).

② Both legs bend to form horse stance. Broadsword moves up, and then chops down on the right side. Tip slants upward. The left palm blocks above head on the left side. Eyes look at tip (Fig. 3-57-2).

**Points to Remember:** When doing horse stance, toes of both feet must hook in. Thighs must be level.

### 第三段

#### Article Three

#### 一、弓步撩刀

##### 1. Bow Stance and Upper Cut

①左掌从上向右肩弧形绕环至右肩前,目视左掌(图 3-58-1)。

② 上身左转, 右脚向左侧上一大步, 左腿挺膝伸直, 右腿屈膝半蹲, 成右弓箭步。左掌在右脚上步之同时继续向下, 向左、向上圆形绕环, 至身后成斜上举, 掌心朝上, 右手持刀随右脚上步之同时向下向左侧撩起, 刀刃斜朝上, 刀尖斜朝下。目视刀尖(图 3-58-2)。

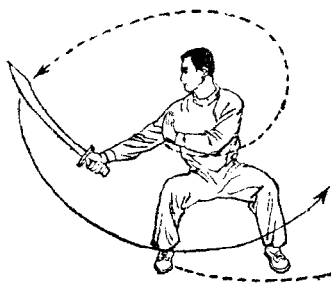


图 3-58-1

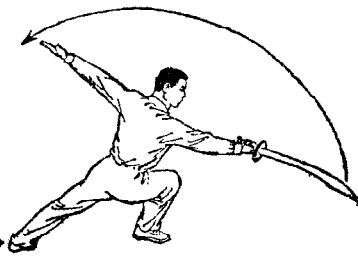


图 3-58-2

**要点:** 上步与撩刀必须同时进行。

① The left palm circles down to the right shoulder. Eyes look at the left palm (Fig. 3-58-1).

② The body turns left. The right foot takes a big step to the left to form right bow stance; As the right foot steps, the left palm continues to circle down, left, up, and ends in the back with the palm facing up. At the same time, broadsword cuts down and then to the left. Blade slants up, and tip slants down. Eyes look at the tip (Fig. 3-58-2).

**Points to Remember:** The right step and cutting must be done at the same time.

## 二、插步反撩

### 2. Back Cross Step and Reverse Upper Cut

① 上身左转, 右腿蹬直, 左腿屈膝。同时右手持刀从右向上,



向后弧形绕环,左掌屈肘收于右胸前,目随刀转(图 3-59-1)。

② 上身右转,左脚从身后向右侧插步。右手持刀继续向下、向右反臂弧形绕环撩刀,刀刃斜朝上;同时左掌向左侧成横掌推出,拇指一侧朝下,掌指朝前,肘略屈。目视刀尖(图 3-59-2)。

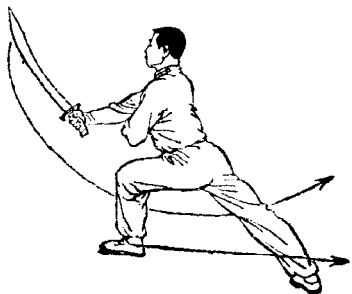


图 3-59-1

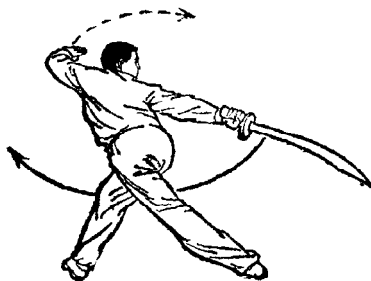


图 3-59-2

**要点:** 上述的分解动作必须连贯,插步反撩时上身略向前俯。

① The body turns left. The right leg straightens and the left leg bends. At the same time, broadsword moves up and to the back. The left palm retrieves to the right side of the chest. Eyes follow broadsword (Fig. 3-59-1).

② The body turns right. The left leg crosses the right leg in the back. Broadsword continues to cut down and then to the right. Blade slants up. At the same time, the left palm pushes out on the left side with thumb facing down and fingers pointing forward. The left elbow bends slightly. Eyes look at the tip (Fig. 3-59-2).

**Points to Remember:** During back cross step, the body leans to the front.

### 三、转身挂劈

#### 3. Turn Body, Upward Parry and Chop

①以两脚前脚掌为轴碾地使上身向左后翻转。右手持刀手腕反屈(向手背方向弯屈)使刀尖翘起,随上身翻转之同时从下向左、向上挑挂,刀刃朝前,刀尖朝右上,左掌随上身转动(图 3-60-1)。

②上身继续向左后转,两腿交叉,左腿在前,右腿在后。右手持刀随上身后转之同时从上向下、向左弧形绕环挂刀,左掌屈肘附于右腕处。目视刀尖(图 3-60-2)。

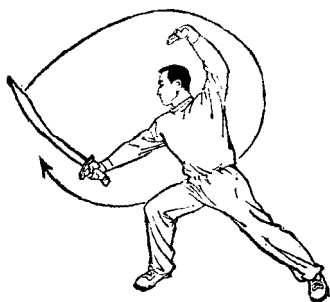


图 3-60-1

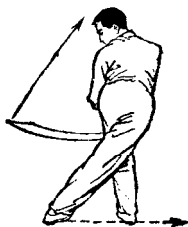


图 3-60-2

③左脚不动,右脚向右跨步。右手持刀臂内旋,使刀刃朝上向上举起,左掌从右腕处向下、向左弧形绕环平伸(图 3-60-3)。

④右腿伸直,左腿蹬地提起屈膝在腹前,上身略向右倾倒。右手持刀与左腿提膝之同时从上向右用力下劈,刀刃朝下,刀尖稍向上翘,左掌随之屈肘上举,在头顶成横掌。目视刀尖(图 3-60-4)。

要点:挂刀时,必须反屈腕,防止刀尖扎地。挂刀和劈刀的动作要连贯起来。提膝独立要站稳。



图 3-60-3

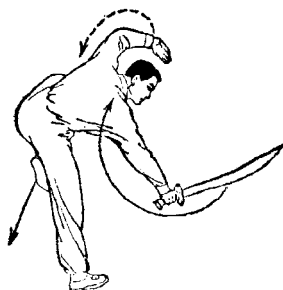


图 3-60-4

① Using the front parts of feet to pivot, the body turns left and to the back. The right wrist flips so that tip of broadsword tilts up and swings to the left and up as the body turns. Blade faces front, and tip points up. The left arm follows the body turn (Fig. 3-60-1).

② The body continues to turn left so that legs are crossed with the left leg in front. As the body turns, broadsword circles around the body. The left palm rests on the right wrist. Eyes look at the tip (Fig. 3-60-2).

③ The right foot steps to the right. The right arm twists so that blade faces up, and broadsword rises. The left palm circles down and then extends to the left (Fig. 3-60-3).

④ The right leg straightens. The left knee rises in the front. The body leans to the right. At the same time, broadsword chops down on the right side with tip tilted up. The left palm blocks above head on the left side. Eyes look at the tip (Fig. 3-60-4).

**Points to Remember:** During swinging action of broadsword, the

right wrist must be bent so that broadsword would not strike the floor.

#### 四、仆步下砍

#### 4. Crouch Stance and Low Hack

①左脚在左侧落步,右腿伸直,左腿屈膝。右手持刀臂外旋屈肘,使刀刃朝后,刀尖下垂,从右肩外侧向后沿肩背绕行,同时左掌从上向左、向下,向右胸前弧形绕环,至右胸前成侧立掌,掌指朝上(图 3-61-1)。

②左腿屈膝全蹲,右腿伸直平铺成仆步。右手持刀从背后向左、向前、向右下方绕行平砍,刀刃朝右,刀尖朝前,左掌同时屈肘举于头顶上方成横掌。目视刀身(图 3-61-2)。

要点:平砍时,刀的着力点是刀身后段。

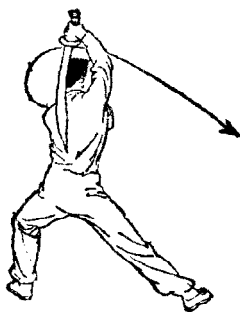


图 3-61-1

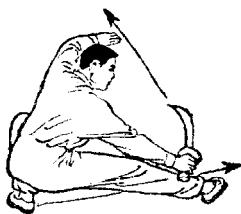


图 3-61-2

① The left foot steps down on the left side. The right leg straightens and the left leg bends. The right arm twists so that blade faces the back and tip points down. Broadsword circles past the right shoulder towards the back. At the same time, the left palm circles to the left, down, then to the right side of

chest. The left palm becomes upright (Fig. 3-61-1).

② The left leg bends completely and the right leg straightens to form crouch stance. Broadsword moves from the back to the left, and then horizontally cuts to the lower the right side. Blade faces right, and tip points forward. The left palm blocks above head on the left side. Eyes look at the broadsword (Fig. 3-61-2).

**Points to Remember:** During cutting action, power is concentrated on the rear of broadsword.

### 五、架刀前刺

#### 5. Block and Forward Thrust

① 左腿蹬地起立并向右侧上步,身体向右后转,右膝略屈。右手持刀臂内旋,使刀刃朝上,向上横架,同时左掌附于右手腕的拇指近处。目向前平视(图 3-62-1)。

② 以左脚前脚掌为轴碾地,右腿屈膝提起,上身向右后转。转身时,右手持刀上举,刀身经过头顶上,刀尖方向不变;转身后,两臂屈肘使刀平落,刀刃仍朝上,刀尖所指的方向仍不变(经过转体后,此时刀尖实际上向右)(图 3-62-2)。



图 3-62-1

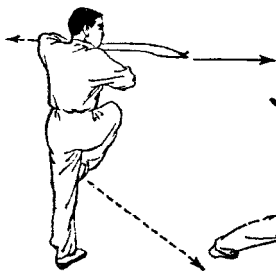


图 3-62-2

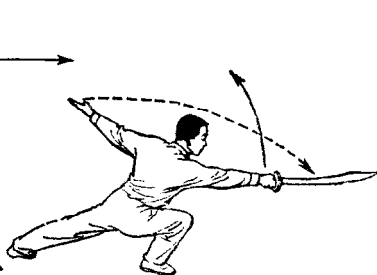


图 3-62-3

③右脚向前落步,左腿挺膝伸直,右腿屈膝半蹲成右弓箭步。右手持刀向前直刺,刀刃朝下,同时左掌向左后方平伸,掌指朝后上方。目视刀尖(图 3-62-3)。

要点:进步架刀,提膝转身,弓步前刺的动作必须迅速连贯进行。转身时注意刀尖的方向一直指向同一目标。

① The body rises, and the left foot steps to the right. The body turns to the right. The right knee bends slightly. The right arm twists so that blade faces up. Then broadsword blocks beside head. The left palm rests on the right wrist. Eyes look horizontally to the front (Fig. 3-62-1).

② Using the front part of the left foot to pivot, the body turns right and to the back. The right knee rises up. As the body turns, broadsword moves over head with tip still pointing to same direction. After the body turns, both hands drop. Blade still faces up and tip still points to same direction (Fig. 3-62-2).

③ The right foot steps forward to form the right bow stance. Broadsword thrusts directly forward with blade facing down. At the same time, the left palm extends in the back. Eyes look at the tip (Fig. 3-62-3).

**Points to Remember:** All movements must be continuous.

## 六、左斜劈

### 6. Left Slanted Chop

①以两脚前脚掌碾地使上身向右转。右手持刀臂内旋,刀尖朝下,使刀背沿左肩外侧向后方绕行,左手从右向左前方弧形平摆。目视左手(图 3-63-1)。

②左腿屈膝提起。右手持刀从后向右、向前、向左下方绕环下劈,左掌附于右前臂,上身略向前倾(图 3-63-2)。

③顺劈刀之势,右臂内旋屈腕,使刀尖向左后上方摆起(图 3-63-3)。

要点:提膝独立要稳,斜劈要快速有力。



图 3-63-1

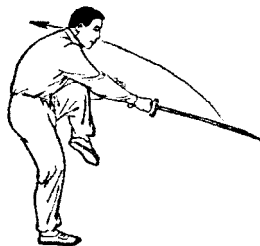


图 3-63-2



图 3-63-3

① Using front parts of both feet to pivot, the body turns right. The right arm twists so that the tip of broadsword points down. Broadsword circles past the left shoulder to the back. The left palm sweeps horizontally to the left. Eyes look at the left palm (Fig. 3-63-1).

② The left knee rises up. Broadsword moves from the back to the right, then chops down and to the left. The left palm rests on the right forearm. The body leans forward slightly (Fig. 3-63-2).

③ The right arm twists so that the tip of broadsword swings to the left and to the back (Fig. 3-63-3).

**Points to Remember:** The movement of rising knee keep steady and slanting chop should be quick and powerful.

## 七、右斜劈

### 7. Right Slanted Chop

①左脚向前落步(图 3-64-1)。

②上身向右后转,右腿随之提膝离地。右手持刀从左向前、向右下方斜劈,左掌随之向左侧斜上举。目视刀尖(图 3-64-2)。



图 3-64-1

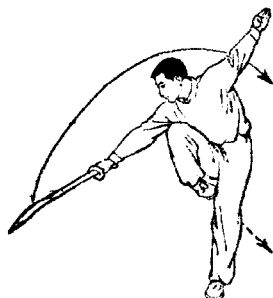


图 3-64-2

要点:同左斜劈。

① The left foot steps down in the front (Fig. 3-64-1).

② The body turns right and to the back. Then the right knee rises. Broadsword chops to the front and down to the right side. The left palm extends up on the left side. Eyes look at the tip of the broadsword (Fig. 3-64-2).

**Points to Remember:** The same as that in “Left Slanted Chop”.

## 八、虚步藏刀

### 8. Empty Stance and Hide

①右脚向后落步伸直,左腿屈膝。右手持刀在落步的同时臂外旋、屈腕,使刀尖朝下沿右肩外侧向左后绕行(图 3-65-1)。



②身体重心后移,右腿屈膝略蹲,左脚后退半步。右手持刀从背后向左肩外侧绕行,同时左掌向下、向右腋处弧形绕环(图 3-65-2)。

③右手持刀从左肩外侧向下、向后拉回,肘略屈,刀刃朝下,刀尖朝前;左掌随即向前成侧立掌平直推出,掌指朝上。此时,右腿半蹲,左腿屈膝,成右实左虚之虚步。目视左掌(图 3-65-3)。



图 3-65-1



图 3-65-2



图 3-65-3

要点:绕刀时,必须使刀背贴靠脊背绕行。藏刀时,右手腕部必须上翘,使刀尖尽量向上,不要使刀尖下垂。

① The right foot steps down in the back and, the left knee bends. As the right foot steps down, the right arm twists so that the tip of the broadsword points down. Broadsword then circles past the right shoulder to the back (Fig. 3-65-1).

② Weight of the body moves back. The right leg bends slightly. The left foot retrieves back half a step. Broadsword continues to circle from behind to the left shoulder. At the same time, the left palm moves to the right arm-pit (Fig. 3-65-2).

③ Broadsword retrieves back on the right side. The right elbow bends slightly; blade faces down and tip points forward; The left palm pushes out in the front in upright position. At this

time, the right leg bends to form the right empty stance; Eyes look at the left palm (Fig. 3-65-3).

**Points to Remember:** During the wrap, the back of broadsword must touch the back of the body. When hiding broadsword on the right side, the right wrist must be bent so that the tip of the broadsword does not point down.

## 第四段

### Article Four

#### 一、旋转扫刀

##### 1. Turn and Sweep

①左脚踩实。右手持刀臂内旋,使刀尖朝下,沿左臂外侧向左肩部绕行,左掌屈肘附于右手腕的拇指近侧(图 3-66-1)。

②左脚尖外撇,右脚上步,上身左转。右手持刀沿左肩向右后方绕行,同时左掌从右向左平摆,目视右方(图 3-66-2)。

③左脚从身后向右侧方插步,右手持刀继续从背后向右肩外侧绕行。目视右手(图 3-66-3)。



图 3-66-1

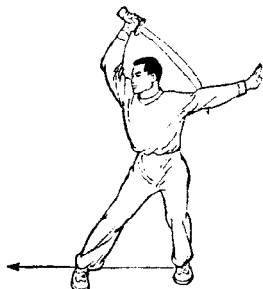


图 3-66-2



图 3-66-3

④两腿屈膝全蹲成歇步,右手持刀手心朝上,从右肩外侧向前下方迅速平扫。目视刀身(图 3-66-4)。

⑤上身向左后转,右手持刀随身转动,低扫一周。转身后,两腿直立。右手持刀顺扫刀之势臂内旋,使手心朝下,将刀贴靠于左臂外侧,左掌附于右手腕的拇指近侧(图 3-66-5)。

要点:旋转扫刀必须快速,刀身要平、要低。



图 3-66-4



图 3-66-5

① The body weight moves forward. The right arm twists so that the tip of the broadsword points down. Broadsword moves along the left arm to the left shoulder. The left palm rests on the right wrist (Fig. 3-66-1).

② Toes of the left foot turn out. The right foot steps forward. The body turns left. Broadsword circles to the back. The left palm sweeps to the left side. Eyes look to the right (Fig. 3-66-2).

③ The left leg crosses the right leg in the back. Broadsword continues to move to the right shoulder. Eyes look at the right hand (Fig. 3-66-3).

④ Both knees bend completely to form the cross-legged

stance. The right palm faces up. Broadsword sweep down quickly in the front. Eyes look at the broadsword (Fig. 3-66-4).

⑤ The body turns left and to the back. Broadsword follows the body turn and sweeps low in complete circle. Then, the body rises up. The right arm twists so that the palm faces down. Broadsword is placed against the left arm. The left palm rests on the right wrist (Fig. 3-66-5).

**Points to Remember:** Sweeping action must be quick, with broadsword level and low.

## 二、翻身劈刀

### 2. Turn Body and Chop

① 上身右转,同时右手持刀向右侧下劈,左掌附于右前臂。目视刀尖(图 3-67-1)。

② 右脚向左侧摆起,左脚蹬地跳起,同时上身向左后翻转,接着右脚向前落地。在跃步和转身的同时,左掌从右前臂处向下,向左后,向上弧形绕环,至头顶屈肘成横掌;右手持刀随翻转身之势向下、向左后绕环撩起,刀刃朝上。目视右手(图 3-67-2)。

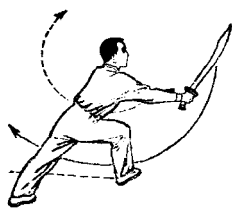


图 3-67-1

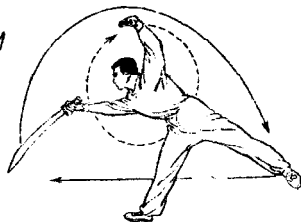


图 3-67-2



图 3-67-3

③ 上身继续向后转。左脚向身体的右后方落步,左腿屈膝全蹲,右腿伸直平铺成仆步,上身向右前方探伸。右手持刀在转身落

步之同时从上向前劈下;左掌随之向下、向后、向上摆起,屈肘成横掌。目视刀尖(图 3-67-3)。

**要点:**翻身跃步要远不要高,劈刀要抡圆。

① The body turns right. At the same time, broadsword chops down on the right. The left palm rests on the right forearm. Eyes look at the tip of the broadsword (Fig. 3-67-1).

② The right foot swings up to the left side. The left foot jumps and the body turns to the left and to the back. Then the right foot lands in the front. During the turn and the jump, the left palm circles down, to the left and then up, and ends in blocking position above head. Broadsword follows the body turn, moves down, left and then back. Blade faces up. Eyes look at the right hand (Fig. 3-67-2).

③ The body continues to turn to the back. The left foot steps down in the back. The left leg bends completely, and the right leg straightens to form crouch stance. The body leans to the front. Broadsword chops down as the body turns. The left palm circles around and ends in blocking position above head. Eyes look at the tip of the broadsword (Fig. 3-67-3).

**Points to Remember:** Jumping must be far but not high. Movement of broadsword must be circular.

### 三、缠头箭踢

#### 3. Chan-tou (Wrap) and Jump Heel Kick

①左脚蹬直使上身立起。左掌屈肘收于右肩前方,右手持刀臂内旋,刀尖朝下,使刀背沿左臂外侧向后绕行。同时左脚向前摆起,右脚蹬地纵起。左掌此时从右肩向左侧平摆(图 3-68-1)。

②在空中,右手持刀做缠头动作,从背后向右、向前、向左胁处

绕环平扫,左掌随之屈肘上举至头顶上方成横掌。同时右脚用脚跟向前蹬踢,左脚此时即用前脚掌落地(图 3-68-2)。

要点:缠头和箭踢的动作必须先后相应地协调进行。缠头要快速,箭踢要有力,膝部要伸直。

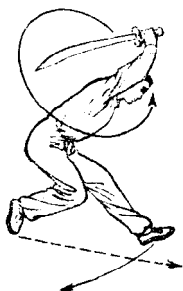


图 3-68-1

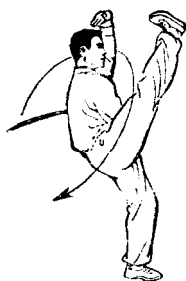


图 3-68-2

① The left leg straightens to raise the body. The left palm retrieves to the right shoulder. The right arm twists so that the tip of the broadsword points down. Broadsword circles past the left shoulder to the back. At the same time, the left foot swings up in the front. The right foot jumps. At this time, the left palm extends to the left (Fig. 3-68-1).

② In the air, broadsword completes the “wrap” and sweeps to the left arm-pit. The left palm blocks above ahead. At the same time, the right foot kicks in the front using the heel. Front part of the left foot lands (Fig. 3-68-2).

**Points to Remember:** Movements must be coordinated and strong.

#### 四、仆步按刀

##### 4. Crouch Stance and Press

①上身右转,右手持刀从左胁处向前、向右、向后下方斜劈,左手左斜举,手心向上。目视刀身(图 3-69-1)。

②右腿屈膝收回。右手持刀臂外旋,刀尖朝下,使刀从右肩外侧向背后绕行。目视右方(图 3-69-2)。

③上身向右后转。同时左脚蹬地纵起,右脚趁势下落。右手持刀在纵步同时从背后向左肩外侧绕行,左掌随之屈肘附于右手腕的拇指近处(图 3-69-3)。

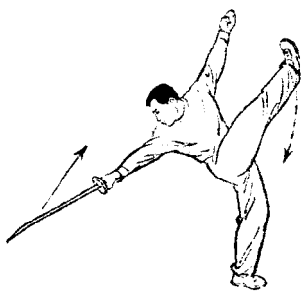


图 3-69-1

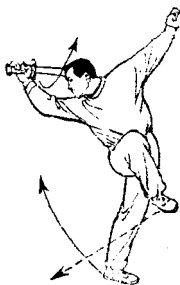


图 3-69-2



图 3-69-3



图 3-69-4

④右腿屈膝全蹲,左脚在左侧方落步,左腿伸直平铺成仆步。右手持刀与左掌同时向下按切,左手附于右手腕,刀尖朝左,刀刃朝下。目向左平视(图 3-69-4)。

要点:起跳动作可借助于扫刀的惯性力量。

① The body turns right. Broadsword sweeps to the right and then slants to the back. The left hand extends slantedly on the left side with the palm facing up. Eyes look at the broadsword (Fig. 3-69-1).

② The right knee bends and retrieves to the front of the body. The right arm twists so that the tip of the broadsword points down. Broadsword circles past the right shoulder towards the back. Eyes look to the right (Fig. 3-69-2).

③ The body turns right. The left foot jumps to land on the right foot. As the left foot jumps, broadsword continues to wrap past the left shoulder. The left palm rests on the right wrist (Fig. 3-69-3).

④ The right leg bends completely. The left foot steps down on the left side to form crouch stance. Broadsword presses down. The left palm remains on the right wrist. The tip of broadsword points left and blade faces down. Eyes look horizontally to the left (Fig. 3-69-4).

**Points to Remember:** Momentum of the sweeping broadsword help aids the jump.

## 五、缠头蹬腿

### 5. Chan-tou (Wrap) and Heel Kick

①右腿蹬直立起,左膝提起成独立;右手持刀向右后拉回,左掌向左前方伸出,掌指朝上。目视左手(图 3-70-1)。



②上身左转,右手持刀从后向前由左膝下方朝左裹膝抄起,左掌屈肘附于右前臂。目视前下方(图 3-70-2)。



图 3-70-1



图 3-70-2

③右手持刀从左肩外侧向后沿肩背绕行,左脚即向左斜前方落步,左掌向左平摆,掌心朝下(图 3-70-3)。

④左腿屈膝半蹲,右腿挺膝伸直,成左弓箭步;右手持刀从背后经右肩外侧向前、向左肋绕环平扫,至左肋时顺扫刀之势臂内旋,将刀背贴靠左肋;左掌随之屈肘上举至头顶上方成横掌(图 3-70-4)。

⑤右脚脚尖上翘,用脚跟向前上方蹬腿。目视脚尖(图 3-70-5)。

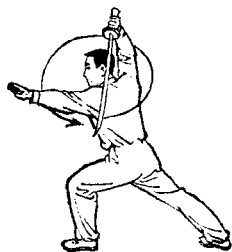


图 3-70-3

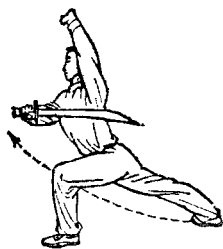


图 3-70-4

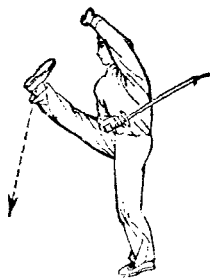


图 3-70-5

**要点:**缠头时必须使刀背绕过左膝后顺脊背绕行,动作要迅速,蹬腿要快,并与缠头动作连贯一致。

① The right leg straightens to raise the body. Then the left knee rises up. Broadsword retrieves to the back. The left palm pushes forward with fingers upright. Eyes look at the left hand (Fig. 3-70-1).

② The body turns left. Broadsword moves past below the left knee. The left palm rests on the right forearm. Eyes look down in the front (Fig. 3-70-2).

③ Broadsword circles past the left shoulder and then towards the back. The left foot steps down to the left-front. The left palm extends to the left with the palm facing down (Fig. 3-70-3).

④ The left knee bends and the right leg straightens to form the left bow stance. Broadsword continues to wrap around the right shoulder, and then sweeps horizontally to the left, with back of broadsword touching the left armpit. The left palm blacks above head on the left side (Fig. 3-70-4).

⑤ Using the heel, the right foot kicks to the front. Eyes look at the right foot (Fig. 3-70-5).

**Points to Remember:** Back of broadsword should circle the back of the left knee while wrapping head. The movement should be quick, so does the kicking. And also the kicking should coincide with the movement of wrapping head.

## 六、虚步藏刀

### 6. Empty Stance and Hide

① 右脚向前落步(图 3-71-1)。

②左脚向前跃步,右脚趁势提起,上身在跃步的同时向右后转。右手持刀手心朝下,随着转身平扫一周,右掌从上向左后方平摆,掌心朝上(图 3-71-2)。

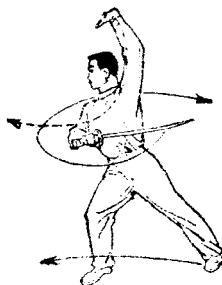


图 3-71-1

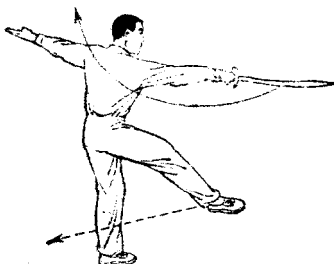


图 3-71-2

③右脚向后落步,右手持刀臂外旋,使刀从右肩外侧向后绕行(图 3-71-3)。

④左掌从左侧向下、向右腋处弧形绕环后附于右腕处,右手持刀从背后向左肩外侧绕行(图 3-71-4)。

⑤右腿屈膝半蹲,左腿略屈膝,右脚踏实,左脚脚尖点地成虚步。右手持刀向下、向后拉回,刀尖朝前;左掌向前平伸推出,掌指朝上。目视左掌(图 3-71-5)。



图 3-71-3

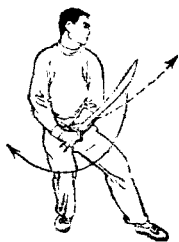


图 3-71-4

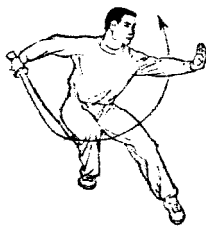


图 3-71-5

**要点:** 跃步、转身、落步的动作必须与刀的平扫,绕背动作协调一致。

① The right foot steps down in the front (Fig. 3-71-1).

② The left foot hops to the front, the right foot rises from floor, and the body turns right. The right palm faces down. Broadsword follows the body turn and sweeps in a complete circle. The left palm drops to the rear-left with the palm facing up (Fig. 3-71-2).

③ The right foot steps down in the back. The right arm twists so that broadsword circles past the right shoulder and then towards the back (Fig. 3-71-3).

④ The left palm circles down to rests on the right wrist. Broadsword continues to wrap past the left shoulder (Fig. 3-71-4).

⑤ The right leg bends. The left leg bends slightly with front toes lightly touching floor to form empty stance. Broadsword pulls back on the right side. The left palm pushes forward with fingers upright. Eyes look at the left palm (Fig. 3-71-5).

**Points to Remember:** Movements must be coordinated.

## 七、弓步缠头

### 7. Bow Stance and Chan-Tou (Wrap)

① 左脚向左前方上半步,挺膝伸直。同时右手持刀臂内旋,刀尖朝下,使刀从左肩外侧向后绕行,做缠头动作(图 3-72-1)。

② 右腿挺膝伸直,左腿屈膝半蹲,成左弓箭步。右手持刀从背后向右、向前、向左胁处绕环平扫,至左胁时顺扫刀之势臂内旋,使刀背贴靠于左胁,刀尖朝后,同时左掌屈肘上举至头顶上方成横掌。目向前平视(图 3-72-2)。



图 3-72-1

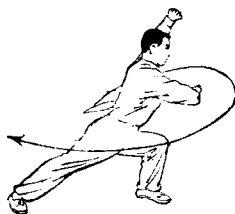


图 3-72-2

**要点:**缠头时必须使刀背贴靠脊背绕行,扫刀要迅速。

① The left foot takes half a step forward, the left leg straightens. The right arm twists so that the tip of the broadsword points down. Broadsword circles past the left shoulder and towards the back (Fig. 3-72-1).

② The right leg straightens and the left leg bends to form a left bow stance. Broadsword continues to wrap past the right shoulder, and then sweeps horizontally to the left. Then back of broadsword touches the left arm-pit. At the same time, the left palm blocks above head on the left side. Eyes look horizontally to the front (Fig. 3-72-2).

**Points to Remember:** Back of the broadsword should be circle close to the backbone when wrapping head. Sweeping broadsword should be quick.

## 八、并步抱刀

### 8. Feet Together and Hold

①左腿伸直,右腿屈膝,上身右转。右手持刀向右平扫,左掌随之向左平摆,掌心朝上。目视刀尖(图 3-73-1)。

②顺扫刀之势右臂外旋,使刀背向身后平摆。目视右手(图 3-73-2)。

③右腿伸直,左脚向右脚靠拢,并步直立。右手持刀,刀尖朝下,刀刃朝后,刀把向额前上方举起,同时左掌也向额前上方举起,拇指张开,用掌心握住刀把,准备将右手之刀接回。目视右侧(图 3-73-3)。

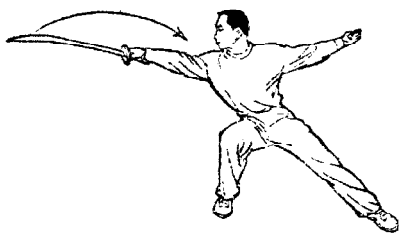


图 3-73-1



图 3-73-2



图 3-73-3

要点:并步与接刀的动作要协调一致。

① The left leg straightens and the right leg bends. The body turns right. Broadsword sweeps to the right. The left palm extends to the left with the palm facing up. Eyes look at the tip of the broadsword (Fig. 3-73-1).

② The right arm twists so that the back of broadsword moves horizontally to the back. Eyes look at the right hand (Fig. 3-73-2).

③ The right leg straightens and the left foot steps toward the right foot. The tip of broadsword points down, blade faces to the back. Handle of broadsword and the left hand both move up to above forehead. The left thumb opens and gets ready to grab

the handle. Eyes look to the left (Fig. 3-73-3).

**Points to Remember:** Stepping together and grabbing broadsword must be coordinated.

### 结束动作

#### Closing Movement

①左手将刀接回,与右掌同时从上由前分向两侧落下,左手抱刀,刀背贴靠臂肘,刀刃朝前,刀尖朝上。左脚向后退一步(图 3-74-1)。

②右脚向后撤一步。同时右掌从下向后、向上绕向右耳侧成横掌,掌心朝前,拇指一侧朝下;左手握刀不动。目视右手(图 3-74-2)。



图 3-74-1



图 3-74-2



图 3-75

③左脚后退向右脚靠拢,并步直立。右掌随即从右耳侧向下按落,掌心朝下,肘略屈并向外撑开,左手握刀不动。目向左平视(图 3-75)。

**要点:**退步、撤步和绕掌的动作要连贯迅速。

① The left hand grabs handle. The left hand and the right palm drop down together in the front, then separate to the sides.

Back of broadsword touches the left forearm and elbow. Blade faces forward, and tip points up. The left foot retrieves a step to the back (Fig. 3-74-1).

② The right foot retrieves a step to the back. At the same time, the right palm circles to the back, then up along the side of the right ear and to become a horizontal palm. Eyes look at the right hand. The left hand remains stationary. Eyes look at the right hand (Fig. 3-74-2).

③ The left foot retrieves to the right foot. The right palm drops down with the palm facing down. The right elbow bends slightly and turns out a little. Eyes look horizontally to the left (Fig. 3-75).

**Points to Remember:** Retrieving steps must be swift.

### 第三节 太极拳(24 式)

## Section 3 Twenty-four Form *Taijiquan*

### 第一组

#### Article One

#### 一、起势

##### 1. Commencing Form

①身体自然直立,两脚开立,与肩同宽,脚尖向前,两臂自然下垂,两手放在大腿外侧,眼向前平看(图 3-76)。

要点:头颈正直,下颏微向后收,不要故意挺胸或收腹。精神要集中(起势由立正姿势开始,然后左脚向左分开,成开立步)。



②两臂慢慢向前平举,两手高与肩平,与肩同宽,手心向下(图 3-77,3-78)。

③上体保持正直,两腿屈膝下蹲,同时两掌轻轻下按,两肘下垂与两膝相对,眼平看前方(图 3-79)。

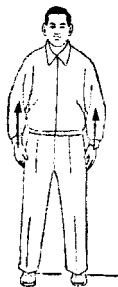


图 3-76



图 3-77

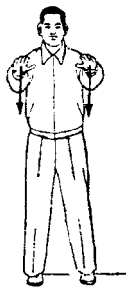


图 3-78



图 3-79

**要点:**两肩下沉,两肘松垂,手指自然微屈。屈膝松腰,臀部不可凸出,身体重心落于两腿中间。两臂下落和身体下蹲的动作要协调一致。

① Stand upright with feet shoulder-width apart, toes pointing forward, arms hanging naturally at sides. Look straight ahead (Fig. 3-76).

**Points to Remember:** Hold head and neck erect, with chin drawn slightly inward. Do not protrude chest or draw abdomen in.

② Raise arms slowly forward to the shoulder level, with palms down (Figs. 3-77, 3-78).

③ Bend knees as you press palms down gently, with elbows dropping towards knees. Look straight ahead (Fig. 3-79).

**Points to Remember:** Keep torso erect and hold shoulders and elbows down. Fingers are slightly curved. The body weight

is equally distributed between legs. While bending knees, keep waist relaxed and buttocks slightly pulled in. The lowering of arms should be coordinated with the bending of knees.

## 二、左右野马分鬃

### 2. Part Wild Horse's Mane on Both Sides

①上体微向右转,身体重心移至右腿上;同时右臂收在胸前平屈,手心向下,左手经体前向右下划弧放在右手下,手心向上,两手心相对成抱球状;左脚随即收到右脚内侧,脚尖点地;眼看右手(图 3-80,3-81)。

②上体微向左转,左脚向左前方迈出,右脚跟后蹬,右腿自然伸直,成左弓步,同时上体继续向左转,左右手随转体慢慢分别向左上、右下分开,左手高与眼平(手心斜向上),肘微屈;右手落在右胯旁,肘也微屈,手心向下,指尖向前,眼看左手(图 3-82~84)。



图 3-80



图 3-81



图 3-82



图 3-83

③上体慢慢后坐,身体重心移至右腿,左脚尖翘起,微向外撇(45~60度),随后脚掌慢慢踏实,左腿慢慢前弓,身体左转,身体重心再移至左腿;同时左手翻转向下,左臂收在胸前平屈,右手向左上划弧放在左手下,两手心相对成抱球状,右脚随即收到左脚内侧,脚尖点地,眼看左手(图 3-85~87)。



图 3-84



图 3-85

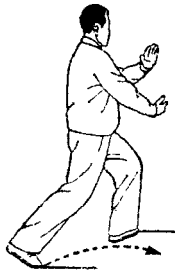


图 3-86



图 3-87

④右腿向右前方迈出,左腿自然伸直,成右弓步;同时上体右转,左右手随转体分别慢慢向左下、右上分开,右手高与眼平(手心斜向上),肘微屈,左手落在左胯旁,肘也微屈,手心向下,指尖向前,眼看右手(图 3-88,3-89)。

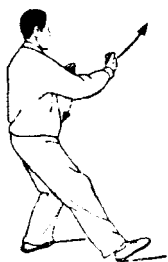


图 3-88

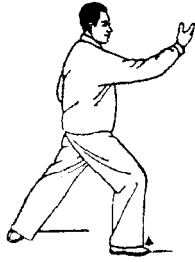


图 3-89



图 3-90



图 3-91

⑤与③解同,只是左右相反(图 3-90~92)。

⑥与④解同,只是左右相反(图 3-93,3-94)。

要点:上体不可前俯后仰,胸部必须宽松舒展。两臂分开时要保持弧形。身体转动时要以腰为轴。弓步动作与分手的速度要均匀一致。做弓步时,迈出的脚先是脚跟着地,然后脚掌慢慢踏实,

脚尖向前,膝盖不要超过脚尖;后腿自然伸直,前后脚夹角约成 45°~60°(需要时后脚脚跟可以后蹬调整)。野马分鬃式的弓步,前后脚的脚跟要分在中轴线两侧,它们之间的横向距离(即以动作行进的中线为纵轴;其两侧的垂直距离为横向)应该保持在 10~30 厘米。



图 3-92



图 3-93



图 3-94

① With torso turning slightly to the right and weight shifted onto the right leg, raise the right hand until the forearm lies horizontally in front of the right part of the chest, while the left hand moves in a downward curve until it comes under the right hand, palms facing each other as if holding a ball (henceforth referred to as “hold-ball gesture”). Move the left foot to the side of the right foot, toes on floor. Look at the right hand (Figs. 3-80, 3-81).

② Turn the body to the left (10 o'clock) as the left foot takes a step towards 8—9 o'clock. Bending knee and shifting weight onto the left leg, while the right leg straightens with the whole foot on the floor for a left “bow stance”. As you turn the body, raise the left hand to eye level with the palm facing obliquely up and elbow slightly bent, and lower the right hand to

the side of the right hip with the palm facing down and fingers pointing forward. Look at the left hand (Figs. 3-82~84).

③ “Sit back” slowly — more torso backward as if ready to take a seat, and shift weight onto the right leg, raising toes of the left foot slightly and turning them outward before placing the whole foot on the floor. Then bend the left leg and turn the body to the left, shifting weight onto the left leg and making a hold-ball gesture in front of the left part of the chest, with the left hand on top. Then move the right foot to the side of the left foot, with toes on the floor. Look at the left hand (Figs. 3-85~87).

④ Take a right bow stance by moving the right foot a step towards 9 o'clock, straightening the left leg with the whole foot on the floor and bending the right leg at knee. At the same time, with the body turning slightly to the right, gradually raise the right hand to eye level with the palm facing obliquely upward and elbow slightly bent, and press the left hand down to the side of the left hip, palm down. Look at the right hand (Figs. 3-88, 3-89).

⑤ Repeat movements in ③, reversing “right” and “left” (Figs. 3-90~92).

⑥ Repeat movements in ④, reversing “right” and “left” (Figs. 3-93, 3-94).

**Points to Remember:** Hold torso erect and keep chest relaxed. Move arms in a curve without stretching them when you separate hands. Use waist as the axis in the body turns. The movements in taking a bow stance and separating hands must be smooth and synchronized in tempo. When taking a bow stance, place the front foot slowly in position, with heel coming down

first. The knee of the front leg should not go beyond toes while the rear leg should be straightened, forming an angle of 45 degrees with the ground. There should be a transverse distance of 10—30 cm between heels. Face 9 o'clock in final position.

### 三、白鹤亮翅

#### 3. White Crane Flashes Its Wings

①上体微向左转,左手翻掌向下,左臂平屈胸前,右手向左上划弧,手心转向上,与左手成抱球状,眼看左手(图 3-95)。

②右脚跟进半步,上体后坐,身体重心移至右腿,上体先向右转,面向右前方,眼看右手,然后左脚稍向前移,脚尖点地,成左虚步,同时上体再微向左转,面向前方,两手随转体慢慢向右上左下分开,右手上提停于右额前,手心向左后方,左手落于左胯前,手心向下,指尖向前;眼平看前方(图 3-96,3-97)。

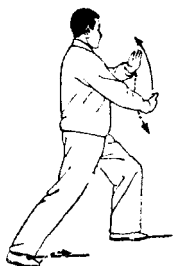


图 3-95

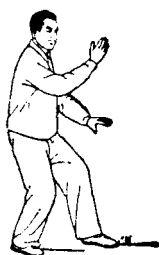


图 3-96

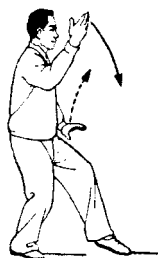


图 3-97

要点:完成姿势胸部不要挺出,两臂上下都要保持半圆形,左膝要微屈。身体重心后移和右手上提、左手下按要协调一致。

① With torso turning slightly to the left (8 o'clock), make a hold-ball gesture in front of the left part of the chest, with the left hand on top. Look at the left hand (Fig. 3-95).

② Draw the right foot half a step towards the left foot and then sit back. Turn torso slightly to the right (10 o'clock), with weight shifted onto the right leg and eyes looking at the right hand. Move the left foot a bit forward, with toes on the floor for a left "empty stance", with both legs slightly bent at knee.

At the same time, with torso turning slightly to the left (9 o'clock), raise the right hand to the front of the right temple, with the palm turned inward; while the left hand moves down to the front of the left hip, and the palm down. Look straight ahead (Figs. 3-96, 3-97).

**Points to Remember:** Do not thrust chest forward. Arms should be rounded when they move up or down. Weight transfer should be coordinated with the raising of the right hand. Face 9 o'clock in final position.

## 第二组

### Article Two

#### 四、左右搂膝拗步

##### 4. Brush Knee on Both Sides

①右手从体前下落,由下向后上方划弧至右肩外侧,肘微屈,手与耳同高,手心斜向上,左手由左下向上,向右下方划弧至右胸前,手心斜向下,同时上体先微向左再向右转,左脚收至右脚内侧,脚尖点地,眼看右手(图 3-98~100)。

②上体左转,左脚向前(偏左)迈出成左弓步;同时右手屈回由耳侧向前推出,高与鼻尖平,左手向下由左膝前搂过落于左胯旁,指尖向前,眼看右手手指(图 3-101,3-102)。



图 3-98

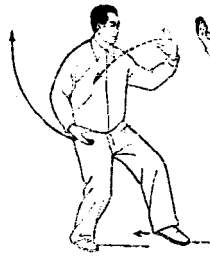


图 3-99

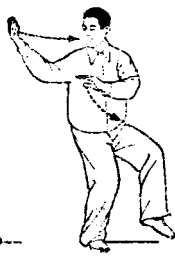


图 3-100



图 3-101

③右腿慢慢屈膝,上体后坐,身体重心移至右腿,左脚尖翘起微向外撇,随后脚掌慢慢踏实,左腿前弓,身体左转,身体重心移至左腿,右脚收到左脚内侧,脚尖点地;同时左手向外翻掌由左后向上划弧至左肩外侧,肘微屈,手与耳同高,手心斜向上;右手随转体向上、向左下划弧落于左胸前,手心斜向下;眼看左手(图 3-103~105)。

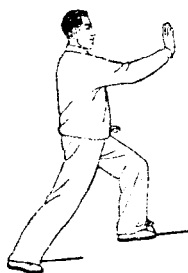


图 3-102



图 3-103



图 3-104



图 3-105

④与②解同,只是左右相反(图 3-106,3-107)。

⑤与③解同,只是左右相反(图 3-108~110)。

⑥与③解同(图 3-111,3-112)。





图 3-106



图 3-107

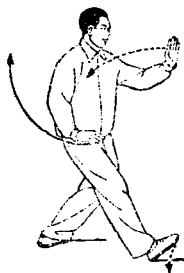


图 3-108



图 3-109



图 3-110



图 3-111

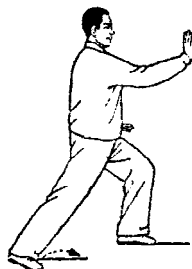


图 3-112

要点:前手推出时,身体不可前俯后仰,要松腰松胯。推掌时要沉肩垂肘、坐腕舒掌,同时须与松腰、弓腿上下协调一致。接膝拗步成弓步时,两脚跟的横向距离保持约 30 厘米。

① Turn torso slightly to the left (8 o'clock) as the right hand moves down while the left hand moves up. Then turn torso to the right (11 o'clock) as the right hand circles past abdomen and up to ear level with arm slightly bent and the palm facing obliquely upward, while the left hand moves in an upward, rightward, downward curve to the front of the right part of the chest, the palm facing obliquely downward. Look at the right hand (Figs. 3-98~100).

② Turn torso to the left (9 o'clock) as the left foot takes a step in that direction for a left bow stance. At the same time, the right hand draws leftward past the right ear and, following the body turn, pushes forward at nose level with the palm facing forward; while the left hand circles around the left knee to stop beside the left hip, palm down. Look at fingers of the right hand (Figs. 3-101, 3-102).

③ Sit back slowly with the right knee bent, shifting weight onto the right leg. Raise toes of the left foot and turn them a bit outward before placing whole foot on the floor. Then bend the left leg slowly and turn the body slightly to the left, shifting weight onto the left leg. Bring the right foot forward to the side of the left foot, toes on floor. At the same time, turn the left palm up and with elbow slightly bent, move the left hand sideways and up to shoulder level while the right hand, following the body turn, moves in an upward, leftward, downward curve to the front of the left part of the chest, with the palm facing obliquely downward. Look at the left hand (Figs. 3-103~105).

④ Repeat movements in ②, reversing “right” and “left” (Figs. 3-106, 3-107).

⑤ Repeat movements in ③, reversing “right” and “left” (Figs. 3-108~110).

⑥ Repeat movements in ② (Figs. 3-111, 3-112).

**Points to Remember:** When pushing the front palm, the body should not bend forward or backward, but should keep hip and waist relaxed. When pushing hands the shoulders should be kept down and make the wrist down as well as relax the palm. All the above movements should be coincided with relaxed waist

and bent knees totally. when holding the knees and taking the bent step, the distance between heels should be about 30 cm.

## 五、手挥琵琶

### 5. Strum the Lute

右脚跟进半步,上体后坐,身体重心转至右腿上,上体半面向右转,左脚略提起稍向前移,变成左虚步,脚跟着地,脚尖翘起,膝部微屈;同时左手由左下向上挑举,高与鼻尖平,掌心向右,臂微屈;右手收回放在左臂肘部里侧,掌心向左,眼看左手食指(图 3-113~115)。



图 3-113



图 3-114



图 3-115

要点:身体要平稳自然,沉肩垂肘,胸部放松。左手上起时不要直向上挑,要由左向上、向前,微带弧形。右脚跟进时,脚掌先着地,再全脚踏实。身体重心后移和左手上起、右手回收要协调一致。

Move the right foot half a step towards the left heel. Sit back and turn torso slightly to the right (10—11 o'clock), shifting weight onto the right leg. Raise the left foot and place it slightly forward, with heel coming down on the floor and knee

bent a little for a left empty stance. At the same time, raise the left hand in a curve to nose level, with the palm facing rightward and elbow slightly bent while the right hand moves to the inside of the left elbow, with the palm facing leftward. Look at the forefinger of the left hand (Figs. 3-113~115).

**Points to Remember:** The body position should remain steady and natural, with chest relaxed and shoulders and elbows held down. Movements in raising the left hand should be more or less circular. In moving the right foot half a step forward, place it slowly in position, with toes coming down first. Weight transfer must be coordinated with the raising of the left hand. Face 9 o'clock in final position.

## 六、左右倒卷肱

### 6. Curve Back Arms on Both Sides

①上体右转,右手翻掌(手心向上)经腹前由下、向后上方划弧平举,臂微屈,左手随即翻掌向上;眼的视线随着向右转体先向右看、再转向前方看左手(图 3-116, 3-117)。



图 3-116



图 3-117

②右臂屈肘折向前,右手由耳侧向前推出,手心向前,左臂屈肘后撤,手心向上,撤至左肋外侧;同时左腿轻轻提起向后(偏左)退一步,脚掌先着地,然后全脚慢慢踏实,身体重心移到左腿上,成右虚步,右脚随转体以脚掌为轴扭正,眼看右手(图 3-118,3-119)。

③上体微向左转,同时左手随转体向后上方划弧平举,手心向上,右手随即翻掌,掌心向上;眼随转体先向左看,再转向前方看右手(图 3-120)。



图 3-118

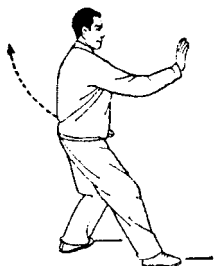


图 3-119

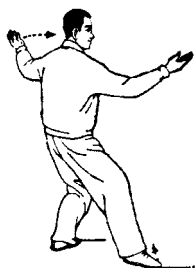


图 3-120

④与②解同,只是左右相反(图 3-121,3-122)。

⑤与③解同,只是左右相反(图 3-123)。

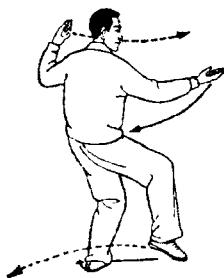


图 3-121

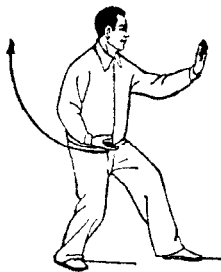


图 3-122

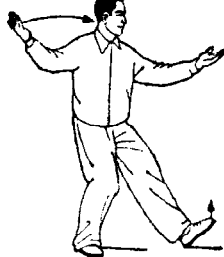


图 3-123

⑥与②解同(图 3-124,3-125)。

⑦与③解同(图 3-126)。

⑧与②解同,只是左右相反(图 3-127,3-128)。



图 3-124



图 3-125



图 3-126

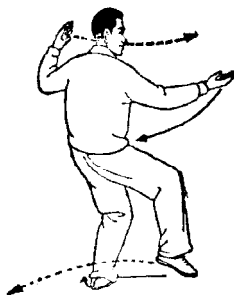


图 3-127



图 3-128

要点:前推的手不要伸直,后撤手也不可直向回抽,随转体仍走弧线。前推时,要转腰松胯,两手的速度要一致;避免僵硬。退步时,脚掌先着地,再慢慢全脚踏实,同时,前脚随转体以脚掌为轴扭正。退左脚略向左后斜,退右脚略向右后斜,避免使两脚落在一条直线上。后退时,眼神随转体动作先向左右看,然后再转看前手。最后退右脚时,脚尖外撇的角度略大些,便于接做“左揽雀尾”

的动作。

① Turn torso slightly to the right, moving the right hand down in a curve past abdomen and then upward to shoulder level, with the palm up and arm slightly bent. Turn the left palm up and place toes of the left foot on the floor. Eyes first look to the right as the body turns in that direction, and then turn to look at the left hand (Figs. 3-116,3-117).

② Bend the right arm and draw hand past the right ear before pushing it out with the palm facing forward while the left hand moves to the waist side, with the palm up. At the same time, raise the left foot slightly and take a curved step backward, placing down toes first and then the whole foot slowly on floor with toes turned outward. Turn the body slightly to the left and shift weight onto the left leg for a right empty stance, with the right foot pivoting on toes until it points directly ahead. Look at the right hand (Figs. 3-118,3-119).

③ Turn torso slightly to the left, carrying the left hand sideways up to shoulder level, with the palm up, while the right palm is turned up. Eyes first look to the left as the body turns in that direction and then turn to look at the right hand (Fig. 3-120).

④ Repeat movements in ②, ③, ②, ③ and ②, reversing “right” and “left” (Figs. 3-121~128).

**Points to Remember:** Hands should move in curves when they are being pushed out or drawn back. While pushing out hands, keep waist and hips relaxed. The turning of waist should be coordinated with hand movements. When stepping back, place toes down first and then slowly set the whole foot on the

floor. Simultaneously with the body turn, point the front foot directly ahead, pivoting on toes. When stepping back, the foot should move a bit sideways so that there will be a transverse distance between heels. First look at the direction of the body turn and then turn to look at the hand in front. Face 9 o'clock in final position.

### 第三组

#### Article Three

#### 七、左揽雀尾

#### 7. Grasp the Bird's Tail — Left Style

①上体微向右转,同时右手随转体向后上方划弧平举,手心向上,左手放松,手心向下,眼看左手(图 3-129)。

②身体继续向右转,左手自然下落逐渐翻掌经腹前划弧至右肋前,手心向上,右臂屈肘,手心转向下,收至右胸前,两手相对成抱球状,同时身体重心落在右腿上,左脚收到右脚内侧,脚尖点地,眼看右手(图 3-130,3-131)。



图 3-129

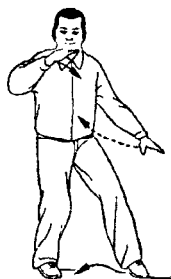


图 3-130



图 3-131



③上体微向左转,左脚向左前方迈出,上体继续向左转,右腿自然蹬直,左腿屈膝,成左弓步,同时左臂向左前方掳出(即左臂平屈成弓形,用前臂外侧和手背向前方推出),高与肩平,手心向后,右手向右下落放于右胯旁,手心向下,指尖向前,眼看左前臂(图 3-132,3-133)。



图 3-132



图 3-133

要点:掳出时,两臂前后均保持弧形。分手、松腰、弓腿三者必须协调一致。揽雀尾弓步时,两脚跟横向距离不超过 10 厘米。

④身体微向左转,左手随即前伸翻掌向下,右手翻掌向上,经腹前向上、向前伸至左前臂下方,然后两手下捋,即上体向右转,两手经腹前向右后上方划弧,直至右手手心向上,高与肩齐,左臂平屈于胸前,手心向后,同时身体重心移至右腿,眼看右手(图 3-134, 3-135)。

要点:下捋时,上体不可前倾,臀部不要凸出。两臂下捋须随腰旋转,仍走弧线。左脚全掌着地。

⑤上体微向左转,右臂屈肘折回,右手附于左手腕里侧(相距约 5 厘米),上体继续向左转,双手同时向前慢慢挤出,左手心向后,右手心向前,左前臂要保持半圆,同时身体重心逐渐前移变成左弓步,眼看左手腕部(图 3-136,3-137)。



图 3-134

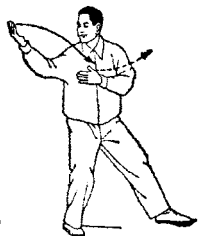


图 3-135



图 3-136



图 3-137

要点:向前挤时,上体要正直。挤的动作要与松腰、弓腿相一致。

⑥左手翻掌,手心向下,右手经左腕上方向前、向右伸出,高与左手齐,手心向下,两手左右分开,宽与肩同,然后右腿屈膝,上体慢慢后坐,身体重心移至右腿上,左脚尖翘起;同时两手屈肘回收至腹前,手心均向前下方,眼向前平看(图 3-138~140)。

⑦上式不停,身体重心慢慢前移,同时两手向前、向上按出,掌心向前,左腿前弓成左弓步;眼平看前方(图 3-141)。

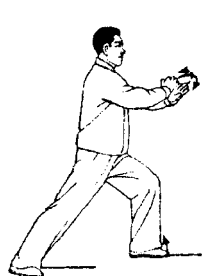


图 3-138



图 3-139

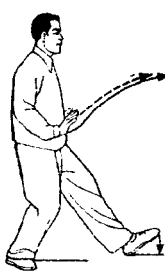


图 3-140



图 3-141

要点:向前按时,两手须走曲线,手腕部高与肩平,两肘微屈。

① Turn torso slightly to the right (11—12 o'clock), carrying the right hand sideways up to shoulder level, with the palm up, while the left palm is turned downward. Look at the left

hand (Fig. 3-129).

② Turn the body slightly to the right (12 o'clock) and make a hold-ball gesture in front of the right part of chest, the right hand on top. At the same time, shift weight onto the right leg and draw the left foot to the side of the right foot, with toes on the floor. Look at the right hand (Figs. 3-130, 3-131).

③ Turn the body slightly to the left, taking a step forward with the left foot towards 9 o'clock for a left bow stance. Meanwhile, push out the left forearm and the back of the hand up to shoulder level as if to fend off a blow, while the right hand drops slowly to the side of the right hip, palm down. Look at the left forearm (Figs. 3-132, 3-133).

**Points to Remember:** Keep both arms rounded while pushing out one of them. The separation of hands, turning of waist and bending of leg should be coordinated.

④ Turn torso slightly to the left (9 o'clock) while extending the left hand forward, with palm down. Bring up the right hand until it is below the left forearm, with palm up. Then turn torso slightly to the right while pulling both hands down in a curve past the abdomen — as if you were taking hold of an imaginary foe's elbow and wrist in order to pull back his hand and the body — until the right hand is extended sideways at shoulder level, palm up, and the left forearm lies across the chest, with the palm turned inward. At the same time, shift weight onto the right leg. Look at the right hand (Figs. 3-134, 3-135).

**Points to Remember:** While pulling down hands, do not lean forward or protrude buttocks. Arms should follow the turning of the waist and move in a circular path.

⑤ Turn torso slightly to the left as you bend the right arm and place the right hand inside the left wrist; turn torso further to 9 o'clock as you press both hands slowly forward, palms facing each other and keeping a distance of about 5 cm between them and the left arm remaining rounded. Meanwhile, shift weight slowly onto the left leg for a left bow stance. Look at the left wrist (Figs. 3-136, 3-137).

**Points to Remember:** Keep torso erect when pressing hands forward. The movement of hands must be coordinated with the turning of waist and bending of the front leg.

⑥ Turn both palms downward as the right hand passes over the left wrist and moves forward and then to the right until it is on the same level with the left hand. Separate hands shoulder-width apart and draw them back to the front of the abdomen, with palms facing obliquely downward. At the same time, sit back and shift weight onto the right leg which is slightly bent, raising toes of the left foot. Look straight ahead (Figs. 3-138~140).

⑦ Transfer weight slowly onto the left leg while pushing palms in an upward, forward curve until wrists are shoulder high. At the same time, bend the left leg for a left bow stance. Look straight ahead. Face 9 o'clock in final position (Fig. 3-141).

**Points to Remember:** When touching hands, it should go circle line and wrists keep as high as shoulders. The elbows bend slightly.

## 八、右揽雀尾

### 8. Grasp the Bird's Tail — Right Style

① 上体后坐并向右转,身体重心移至右腿,左脚尖里扣;右手

向右平行划弧至右侧,然后由右下经腹前向左上划弧至左肋前,手心向上,左臂平屈胸前,左手掌向下与右手成抱球状,同时身体重心再移至左腿上,右脚收至左脚内侧,脚尖点地;眼看左手(图 3-142~145)。

②同“左揽雀尾”③解,只是左右相反(图 3-146,3-147)。

③同“左揽雀尾”④解,只是左右相反(图 3-148,3-149)。

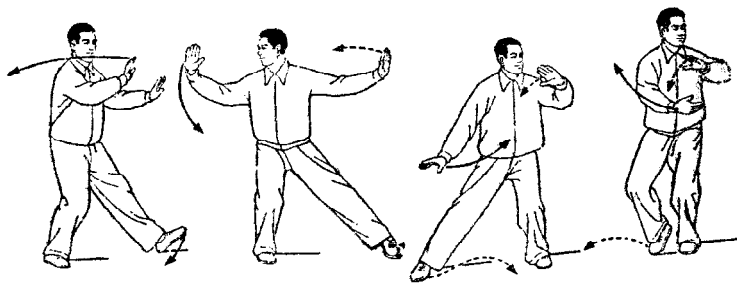


图 3-142

图 3-143

图 3-144

图 3-145

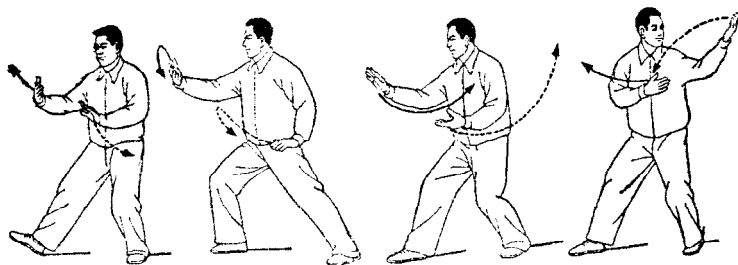


图 3-146

图 3-147

图 3-148

图 3-149

④同“左揽雀尾”⑤解,只是左右相反(图 3-150,3-151)。

⑤同“左揽雀尾”⑥解,只是左右相反(图 3-152~154)。

⑥同“左揽雀尾”⑦解,只是左右相反(图 3-155)。

要点:均与“左揽雀尾”相同,只是左右相反。



图 3-150



图 3-151

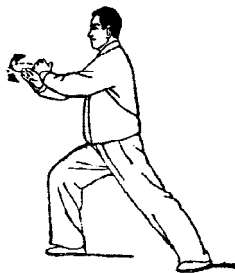


图 3-152



图 3-153

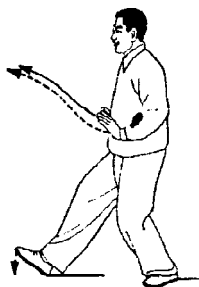


图 3-154



图 3-155

① Sit back and turn torso to the right (12 o'clock), shifting weight onto the right leg and turning toes of the left foot inward. Move the right hand in a horizontal curve to the right and then in a downward curve past abdomen for a hold-ball gesture in front of the left part of the chest, with the left hand on top. Meanwhile, shift weight onto the left leg and place the right foot beside the left foot, toes on the floor. Look at the left hand (Figs. 3-142~145).

② Repeat movements in ③—⑦ under Form 7, reversing “right” and “left” (Figs. 3-146~155).

**Points to Remember:** The same as those for Form 7. Face 3 o'clock in final position.

## 第四组

### Article Four

#### 九、单鞭

#### 9. Single Whip

①上体后坐,身体重心逐渐移至左腿上,右脚尖里扣,同时上体左转,两手(左高右低)向左弧形运转,直至左臂平举,伸于身体左侧,手心向左,右手经腹前运至左肋前,手心向后上方,眼看左手(图 3-156,3-157)。

②身体重心再渐渐移至右腿上,上体右转,左脚向右脚靠拢,脚尖点地,同时右手向右上划弧(手心由里转向外),至右侧方时变勾手,臂与肩平,左手向下经腹前向右上划弧停于右肩前,手心向里,眼看左手(图 3-158,3-159)。



图 3-156



图 3-157

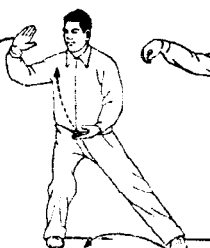


图 3-158



图 3-159

③上体微向左转,左脚向左前侧方迈出,右脚跟后蹬,成左弓步,在身体重心移向左腿的同时,左掌随上体的继续左转慢慢翻转

向前推出,手心向前,手指与眼齐平,臂微屈,眼看左手(图 3-160, 3-161)。



图 3-160



图 3-161

要点:上体保持正直,松腰。完成式时,右臂肘部稍下垂,左肘与左膝上下相对,两肩下沉。左手向外翻掌前推时,要随转体边翻边推出,不要翻掌太快或最后突然翻掌。全部过渡动作,上下要协调一致。如面向南起势,单鞭的方向(左脚尖)应向东偏北(大约为 $15^{\circ}$ )。

① Sit back and shift weight gradually onto the left leg, turning toes of the right foot inward. Meanwhile, turn the body to the left (11 o'clock), carrying both hands leftward, with the left hand on top, until the left arm is extended sideways at shoulder level, with the palm facing outward, and the right hand is in front of the left ribs, the palm facing obliquely inward. Look at the left hand (Figs. 3-156, 3-157).

② Turn the body to the right (1 o'clock), shifting weight gradually onto the right leg and drawing the left foot to the side of the right foot, with toes on the floor. At the same time, move the right hand up to the right until arm is at shoulder level. With



the right palm now turned outward, bunch fingertips and turn them downward from wrist for a “hook hand”, while the left hand moves in a curve past abdomen up to the front of the right shoulder, the palm facing inward. Look at the left hand (Figs. 3-158, 3-159).

③ Turn the body to the left (10 o'clock) while the left foot takes a step towards 8-9 o'clock for a left bow stance. While shifting weight onto the left leg, turn the left palm slowly outward, as you push it forward with fingertips at eye level and elbow slightly bent. Look at the left hand (Figs. 3-160, 3-161).

**Points to Remember:** Keep torso erect, with waist relaxed and shoulders lowered. The left palm is turned outward slowly, not too abruptly, as hand pushes forward. All transitional movements must be well coordinated. Face 9 o'clock in final position, with the right elbow slightly bent downward and the left elbow directly above the left knee.

## 十、云手

### 10. Wave Hands like Clouds — Left Style

①身体重心移至右腿上,身体渐向右转,左脚尖里扣,左手经腹前向右上划弧至右肩前,手心斜向后,同时右手变掌,手心向右前;眼看左手(图 3-162~164)。

②上体慢慢左转,身体重心随之逐渐左移,左手由脸前向左侧运转,手心渐渐转向左方,右手由右下经腹前向左上划弧,至左肩前,手心斜向后,同时右脚靠近左脚,成小开立步(两脚距离 10~20 厘米),眼看右手(图 3-165, 3-166)。

③上体再向右转,同时左手经腹前向右上划弧至右肩前,手心斜向后,右手向右侧运转,手心翻转向右,随之左腿向左横跨一步,

眼看左手(图 3-167~169)。

④同②解(图 3-170,3-171)。



图 3-162

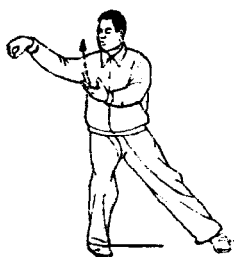


图 3-163



图 3-164



图 3-165

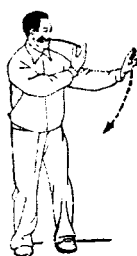


图 3-166



图 3-167



图 3-168

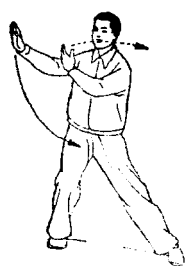


图 3-169



图 3-170



图 3-171

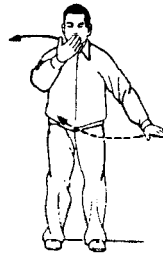


图 3-172

⑤同③解(图 3-172~174)。

⑥同②解(图 3-175,3-176)。



图 3-173

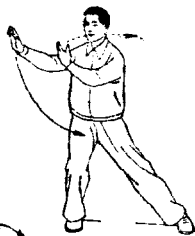


图 3-174



图 3-175



图 3-176

要点:身体转动要以腰脊为轴,松腰、松胯,不可忽高忽低。两臂随腰的转动而运转,要自然圆活,速度要缓慢均匀。下肢移动时,身体重心要稳定,两脚掌先着地再踏实,脚尖向前。眼的视线随左右手而移动。第三个“云手”,右脚最后跟步时,脚尖微向里扣,便于接“单鞭”动作。

① Shift weight onto the right leg and turn the body gradually to the right (1—2 o'clock), turning toes of the left foot inward. At the same time, move the left hand in a curve past abdomen to the front of the right shoulder, the palm turned obliquely inward; while the right hand is opened, the palm facing outward. Look at the left hand (Figs. 3-162~164).

② Turn torso gradually to the left (10—11 o'clock), shifting weight onto the left leg. At the same time, move the left hand in a curve past face with palm turned slowly leftward, while the right hand moves in a curve past abdomen up to the front of the left shoulder with the palm slowly turning obliquely inward. As the right hand moves upward, bring the right foot to

the side of the left foot so that they are parallel and 10-20 cm apart. Look at the right hand (Figs. 3-165, 3-166).

③ Turn torso gradually to the right (1—2 o'clock), shifting weight onto the right leg. At the same time, move the right hand continuously to the right side past face, with the palm turned slowly outward, while the left hand moves in a curve past abdomen up to shoulder level with the palm turned slowly obliquely inward. As the left hand moves upward, take a side step with the left foot. Look at the left hand (Figs. 3-167~169).

④ Repeat movements in ②, ③, and ② (Figs. 3-170~176).

**Points to Remember:** Use your lumbar spine as the axis for the body turns. Keep waist and hips relaxed. Do not let your body rise and fall abruptly. Arm movements should be natural and circular and follow waist movements. Pace must be slow and even. Maintain a good balance when moving lower limbs. Eyes should follow the hand that is moving past face. The body in final position faces 10—11 o'clock.

## 十一、单鞭

### 11. Single Whip

①上体向右转,右手随之向右运转,至右侧方时变成勾手,左手经腹前向右上划弧至右肩前,手心向内,身体重心落在右腿上,左脚尖点地,眼看左手(图 3-177~179)。

②上体微向左转,左脚向左前侧方迈出,右脚跟后蹬,成左弓步;身体重心移向左腿的同时,上体继续左转,左掌慢慢翻转向前推出,成“单鞭”式(图 3-180,3-181)。

要点:与前“单鞭”式相同。



图 3-177

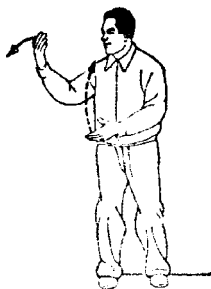


图 3-178

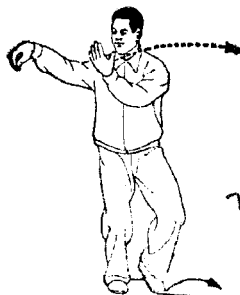


图 3-179



图 3-180



图 3-181

① Turn torso to the right (1 o'clock)', moving the right hand to the right side for a hook hand while the left hand moves in a curve past the abdomen to the front of the right shoulder with the palm turned inward. Shift weight onto the right leg, with toes of the left foot on the floor. Look at the left hand (Figs. 3-177~179).

② Repeat movements in ③ under Form 9 (Figs. 3-180, 3-181).

**Points to Remember:** The same as those for Form 9.

## 第五组 Article Five

### 十二、高探马

#### 12. High Pat on Horse

①右脚跟进步，身体重心逐渐后移至右腿上，右勾手变成掌，两手心翻转向上，两肘微屈，同时身体微向右转，左脚跟渐渐离地，眼看左前方(图 3-182)。

②上体微向左转，面向前方，右掌经右耳旁向前推出，手心向前，手指与眼同高，左手收至左侧腰前，手心向上，同时左脚微向前移，脚尖点地，成左虚步，眼看右手(图 3-183)。

要点：上体自然正直，双肩要下沉，右肘微下垂。跟步移换重心时，身体不要有起伏。

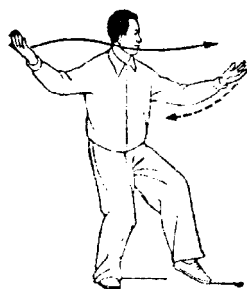


图 3-182

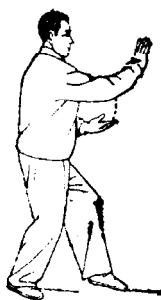


图 3-183

① Draw the right foot half a step forward and shift weight gradually onto the right leg. Open the right hand and turn up both palms, elbows slightly bent, while the body turns slightly

to the right (10—11 o'clock), raising the left heel gradually for a left empty stance. Look at the left hand (Fig. 3-182).

② Turn the body slightly to the left (9 o'clock), pushing the right palm forward past the right ear, fingertips at eye level, while the left hand moves to the front of the left hip, palm up. At the same time, move the left foot a bit forward, with toes on the floor. Look at the right hand (Fig. 3-183).

**Points to Remember:** Keep torso erect, shoulders lowered and the right elbow slightly downward. Face 9 o'clock in final position.

### 十三、右蹬脚

#### 13. Kick with Right Heel

①左手手心向上,前伸至右手腕背面,两手相互交叉,随即向两侧分开并向下划弧,手心斜向下,同时左脚提起向左前侧方进步(脚尖略外撇),身体重心前移,右腿自然蹬直,成左弓步,眼看前方(图 3-184~186)。



图 3-184



图 3-185

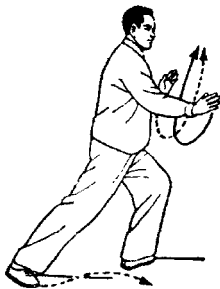


图 3-186

②两手由外圈向里圈划弧,两手交叉合抱于胸前,右手在外,手心均向后,同时右脚向左脚靠拢,脚尖点地,眼平看右前方(图 3-187)。

③两臂左右划弧分开平举,肘部微屈,手心均向外,同时右腿屈膝提起,右脚向右前方慢慢蹬出,眼看右手(图 3-188,3-189)。

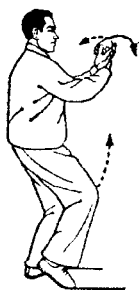


图 3-187

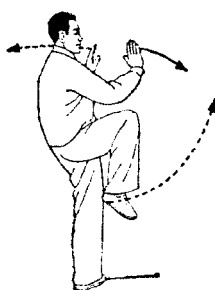


图 3-188

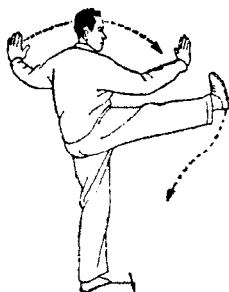


图 3-189

要点:身体要稳定,不可前俯后仰。两手分开时,腕部与肩齐平。蹬脚时,左腿微屈,右脚尖回勾,劲使在脚跟。分手和蹬脚须协调一致。右臂和右腿上下相对。如面向南起势:蹬脚方向应为正东偏南(约  $30^\circ$ )。

① Turn torso slightly to the right (10 o'clock) and move the left hand, palm up, to cross the right hand at wrist as you pull the left foot a bit backward, with toes on the floor. Then separate hands, moving both in a downward curve with palms turned obliquely downward. Meanwhile, raise the left foot to take a step towards 8 o'clock for a left bow stance, toes turned slightly outward. Look straight ahead (Figs. 3-184~186).

② Continue to move hands in a downward, inward, upward curve until wrists cross in front of the chest, with the right hand



in front and both palms turned inward. At the same time, draw the right foot to the side of the left foot, with toes on the floor. Look forward to the right (Fig. 3-187).

③ Separate hands, turning torso slightly to 8 o'clock and extending both arms sideways at shoulder level with elbows slightly bent and palms turned outward. At the same time, raise the right knee and thrust foot gradually towards 10 o'clock. Look at the right hand (Figs. 3-188, 3-189).

**Points to Remember:** Keep your balance. Wrists are at shoulder level when hands are separated. When kicking the right foot, the left leg is slightly bent and the kicking force should be focused on heel, with ankle dorsiflexed. The separation of hands should be coordinated with the kick. The right arm is parallel with the right leg. Face 9 o'clock in final position.

#### 十四、双峰贯耳

##### 14. Strike Opponent's Ears with Both Fists

①右腿收回,屈膝平举,左手由后向上、向前下落至体前,两手心均翻转向上,两手同时向下划弧分落于右膝盖两侧;眼看前方(图 3-190,3-191)。

②右脚向右前方落下,身体重心渐渐前移,成右弓步,面向右前方,同时两手下落,慢慢变拳,分别从两侧向上、向前划弧至面部前方,成钳形状,两拳相对,高与耳齐,拳眼都斜向内下(两拳中间距离 10~20 厘米),眼看右拳(图 3-192,3-193)。

**要点:**完成式时,头颈正直,松腰松胯,两拳松握,沉肩垂肘,两臂均保持弧形。双峰贯耳式的弓步和身体方向与右蹬脚方向相同。弓步的两脚跟横向距离同“揽雀尾”式。



图 3-190



图 3-191



图 3-192

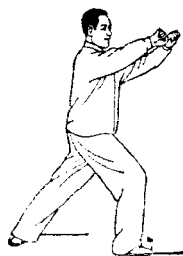


图 3-193

① Pull back the right foot and keep thigh level. Move the left hand in a curve to the side of the right hand in front of chest, with both palms turned inward. Bring both hands to either side of the right knee, with the palm up. Look straight ahead (Figs. 3-190, 3-191).

② Set the right foot slowly on the floor towards 10 o'clock, shifting weight onto the right leg for a right bow stance. At the same time, lower hands to both sides and gradually clench fists; then move them backward with an inward rotation of the arms before moving them upward and forward for a pincer movement that ends at eye level with fists 10—20 cm apart, knuckles pointing upward to the back. Look at the right fist (Figs. 3-192, 3-193).

**Points to Remember:** Hold head and neck erect. Keep waist and hips relaxed and fist loosely clenched. Keep shoulders and elbows lowered and arms rounded. Face 10 o'clock in final position.

## 十五、转身左蹬脚

### 15. Turn and Kick with the Left Heel

①左腿屈膝后坐，身体重心移至左腿，上体左转，右脚尖里扣；同时两拳变掌，由上向左右划弧分开平举，手心向前，眼看左手(图 3-194,3-195)。

②身体重心再移至右腿，左脚收到右脚内侧，脚尖点地，同时两手由外圈向里圈划弧合抱于胸前，左手在外，手心均向后，眼平看左方(图 3-196,3-197)。

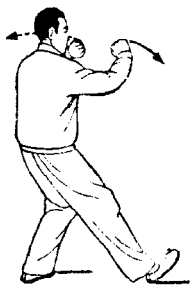


图 3-194

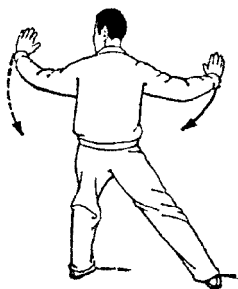


图 3-195

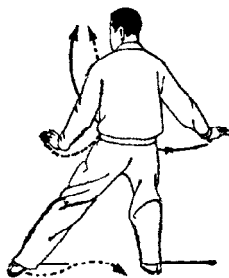


图 3-196

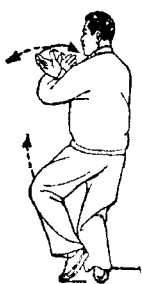


图 3-197

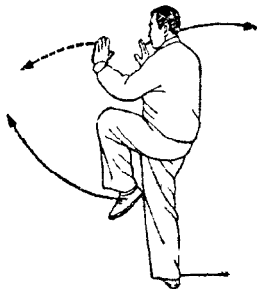


图 3-198

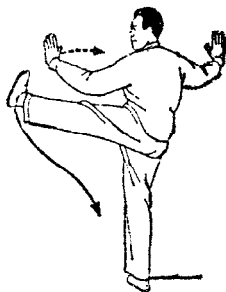


图 3-199

③两臂左右划弧分开平举,肘部微屈,手心均向外,同时左腿屈膝提起,左脚向左前方慢慢蹬出,眼看左手(图 3-198,3-199)。

要点:与右蹬脚式相同,只是左右相反。左蹬脚方向与右蹬脚成 180 度(即正西偏北,约 30 度)。

① Shift weight gradually onto the left leg, turning the body to the left (6 o'clock) with toes of the right foot turned inward. Simultaneously, open both fists and separate hands in an upward curve, extending both arms sideways, with palms facing forward. Look at the left hand (Figs. 3-194, 3-195).

② Shift weight onto the right leg and draw the left foot to the side of the right foot, with toes on the floor. At the same time, move both hands in a downward, inward, upward curve until wrists cross in front of the chest, with the left hand in front and both palms facing inward. Look forward to the left (Figs. 3-196, 3-197).

③ Separate hands, extending both arms sideways at shoulder level, with elbows slightly bent and palms facing outward. Meanwhile, raise the left knee and thrust foot gradually towards 4 o'clock; Look at the left hand (Figs. 3-198, 3-199).

**Points to Remember:** The same as those for Form 13, except that “right” and “left” are reversed. Face 4 o'clock in final position.

## 第六组

### Article Six

#### 十六、左下势独立

#### 16. Push Down and Stand on One Leg Left Style

①左腿收回平屈,上体右转;右掌变成勾手,左掌向上、向右划

弧下落,立于右肩前,掌心斜向后,眼看右手(图 3-200,3-201)。

②右腿慢慢屈膝下蹲,左腿由内向左侧(偏后)伸出,成左仆步,左手下落(掌心向外)向左下顺左腿内侧向前穿出,眼看左手(图 3-202,3-203)。

要点:右腿全蹲时,上体不可过于前倾。左腿伸直,左脚尖须向里扣,两脚脚掌全部着地。左脚尖与右脚跟踏在中轴线上。

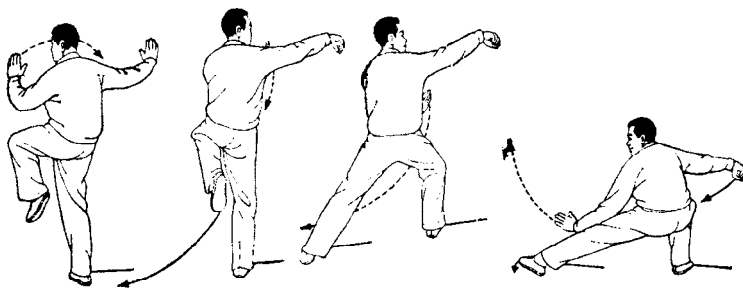


图 3-200

图 3-201

图 3-202

图 3-203

③身体重心前移,左脚跟为轴,脚尖尽量向外撇,左腿前弓,右腿后蹬,右脚掌里扣,上体微向左转并向前起身,同时左臂继续向前伸出(立掌),掌心向右,右勾手下落,勾尖向后,眼看左手(图 3-204)。

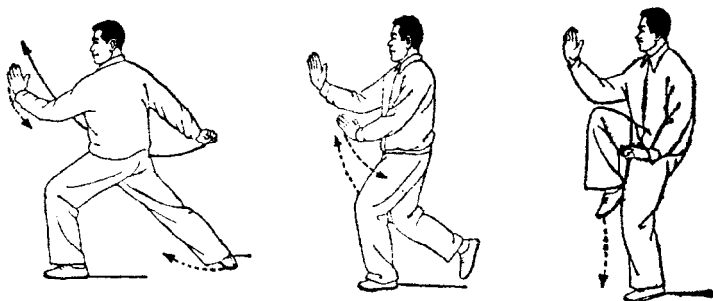


图 3-204

图 3-205

图 3-206

④右腿慢慢提起平屈,成左独立式,同时右勾手变掌,并由后下方顺右腿外侧向前弧行摆出,屈臂立于右腿上方,肘与膝相对,手心向左,左手落于左胯旁,手心向下,指尖向前,眼看右手(图 3-205,3-206)。

要点:上体要正直,独立的腿要微屈,右腿提起时脚尖自然下垂。

① Pull back the left foot and keep thigh level. Turn torso to the right (7 o'clock). Hook the right hand as you move the left arm in a curve past face to the front of the right shoulder, turning it inward in the process. Look at the right hand (Figs. 3-200, 3-201).

② Turn torso to the left (4 o'clock), and crouch down slowly on the right leg, stretching the left leg sideways towards 2—3 o'clock. Move the left hand down and to the left along the inner side of the left leg, turning the palm outward. Look at the left hand (Figs. 3-202, 3-203).

**Points to Remember:** When crouching down, turn toes of the right foot slightly outward and straighten the left leg with toes turned slightly inward, with both soles flat on the floor. Keep toes of the left foot in line with the right heel. Do not lean torso too much forward.

③ Turn toes of the left foot outward and those of the right foot inward; straighten the right leg and bend the left leg onto which weight is shifted. Turn torso slightly to the left (3 o'clock) as you rise up slowly in a forward movement. At the same time, move the left arm continuously to the front, the palm facing right, while the right hand drops behind the back, still in the form of a hook, with bunched fingertips pointing backward.

Look at the left hand (Fig. 3-204).

④ Raise the right knee slowly as the right hand opens into a palm and swings to the front past outside of the right leg, with elbow bent just above the right knee, fingers pointing up and a palm facing left. Move the left hand down to the side of the left hip, with the palm down. Look at the right hand (Figs. 3-205, 3-206).

**Points to Remember:** Keep torso upright. Bend the supporting leg slightly. Toes of the raised leg should point naturally downward. Face 3 o'clock in final position.

### 十七、右下势独立

#### 17. Push Down and Stand on One Leg Right Style

①右脚下落于左脚前,脚掌着地,然后左脚前掌为轴脚跟转动,身体随之左转,同时左手向后平举变成勾手,右掌随着转体向左侧划弧,立于左肩前,掌心斜向后,眼看左手(图 3-207, 3-208)。

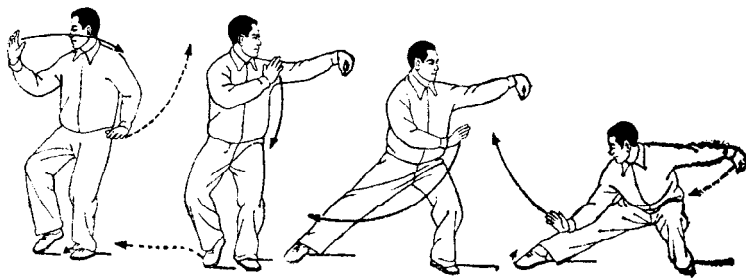


图 3-207

图 3-208

图 3-209

图 3-210

②同“左下势独立”②解,只是左右相反(图 3-209, 3-210)。

③同“左下势独立”③解,只是左右相反(图 3-211)。

④同“左下势独立”④解,只是左右相反(图 3-212, 3-213)。

要点: 右脚尖触地后必须稍微提起, 然后再向下仆腿。其他均与“左下势独立”相同, 只是左右相反。



图 3-211



图 3-212



图 3-213

① Put the right foot down in front of the left foot, with toes on the floor. Turn the body to the left (12 o'clock), pivoting on toes of the left foot. At the same time, raise the left hand sideways to shoulder level and turn it into a hook while the right hand, following the body turn, moves in a curve to the front of the left shoulder with fingers pointing up. Look at the left hand (Figs. 3-207, 3-208).

② Repeat movements in ②—④ under Form 16, reversing “right” and “left” and changing the clock directions of movements accordingly (Figs. 3-209~213).

**Points to Remember:** Raise the right foot slightly before crouching down and stretching the right leg sideways. Other points are the same as those for Form 16, except that “right” and “left” are reversed. Face 3 o'clock in final position.



## 第七组

### Article Seven

#### 十八、左右穿梭

#### 18. Work at Shuttles on Both Sides

①身体微向左转,左脚向前落地,脚尖外撇,右脚跟离地,两腿屈膝成半坐盘式,同时两手在左胸前成抱球状(左上右下),然后右脚收到左脚的内侧,脚尖点地,眼看左前臂(图 3-214~216)。

②身体右转,右脚向右前方迈出,屈膝弓腿,成右弓步;同时右手由脸前向上举并翻掌停在右额前,手心斜向上;左手先向左下再经体前向前推出,高与鼻尖平,手心向前,眼看左手(图 3-217~219)。



图 3-214



图 3-215



图 3-216

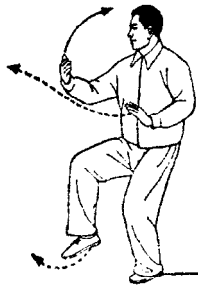


图 3-217

③身体身心略向后移,右脚尖稍向外撇,随即身体重心再移至右腿,左脚跟进,停于右脚内侧,脚尖点地;同时两手在右胸前成抱球状(右上左下);眼看右前臂(图 3-220, 3-221)。

④同②解。只是左右相反(图 3-222~224)。

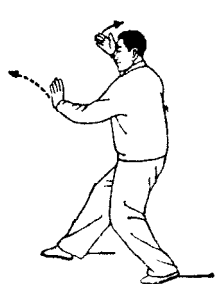


图 3-218

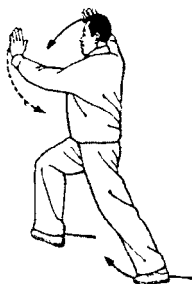


图 3-219



图 3-220



图 3-221

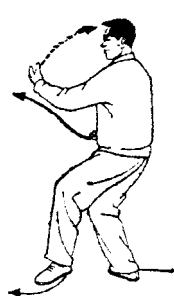


图 3-222

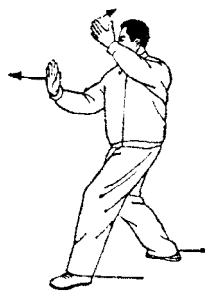


图 3-223

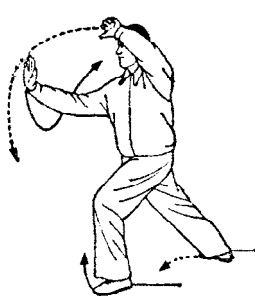


图 3-224

要点:完成姿势面向斜前方(如面向南起势,左右穿梭方向分别为正西偏北和正西偏南,均约 30 度)。手推出后,上体不可前俯。手向上举时,防止引肩上耸。一手上举一手前推要与弓腿松腰上下协调一致。做弓步时,两脚跟的横向距离同搂膝拗步式,保持在 30 厘米左右。

① Turn the body to the left (1 o'clock) as you set the left foot on floor in front of the right foot, with toes turned outward. With the right heel slightly raised, bend both knees for a half "crosslegged seat". At the same time, make a hold-ball gesture in front of the left part of the chest, the left hand on the

top. Then move the right foot to the side of the left foot, with toes on the floor. Look at the left forearm (Figs. 3-214~216).

② Turn the body to the right as the right foot takes a step forward to the right for a right bow stance. At the same time, move the right hand up to the front of the right temple, and the palm turned obliquely upward, while the left palm moves in a small leftward, downward curve before pushing it out forward and upward to nose level. Look at the left hand (Figs. 3-217~219).

③ Turn the body slightly to the right (5 o'clock), shifting weight slightly backward, with toes of the right foot turned a bit outward. Then shift weight back onto the right leg and draw the left foot to the side of the right foot, with toes on the floor. Meanwhile, make a hold-ball gesture in front of the right part of the chest, with the right hand on the top. Look at the right forearm (Figs. 3-220, 3-221).

④ Repeat movements in ②, reversing "right" and "left" (Figs. 3-222~224).

**Points to Remember:** Do not lean forward when pushing hands forward, nor raise shoulders when moving hands upward. Movements of hands should be coordinated with those of waist and legs. Keep a transverse distance of about 30 cm between heels in bow stance. Face 2 o'clock in final position.

### 十九、海底针

#### 19. Needle at Sea Bottom

右脚向前跟进半步,身体重心移至右腿,左脚稍向前移,脚尖点地,成左虚步;同时身体稍向右转,右手下落经体前向后、向上提

抽至肩上耳旁,再随身体左转,由右耳旁斜向前下方插出,掌心向左,指尖斜向下,与此同时,左手向向前、向下划弧落于左胯旁,手心向下,指尖向前,眼看前下方(图 3-225,3-226)。

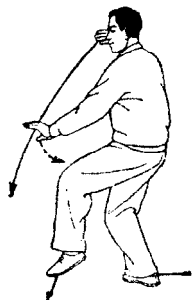


图 3-225



图 3-226

**要点:**身体要先向右转,再向左转。完成姿势,面向正西。上体不可太前倾。避免低头和臀部外凸。左腿要微屈。

Draw the right foot half a step forward, shift weight onto the right leg and move the left foot a bit forward, with toes on the floor for a left empty stance. At the same time with the body turning slightly to the right (4 o'clock) and then to the left (3 o'clock), move the right hand down in front of the body, up to the side of the right ear and then obliquely downward in front of the body, with the palm facing left and fingers pointing obliquely downward, while the left hand moves in a forward, downward curve to the side of the left hip, with the palm down. Look at floor ahead (Figs. 3-225, 3-226).

**Points to Remember:** Do not lean too much forward. Keep head erect and buttocks in. The left leg is slightly bent. Face 3 o'clock in final position.

## 二十、闪通臂

## 20. Flash Arm

上体稍向右转,左脚向前迈出,屈膝弓腿成左弓步,同时右手伸体前上提,屈臂上举,停于右额前上方,掌心翻转斜向上,拇指朝下,左手上起经胸前向前推出,高与鼻尖平,手心向前,眼看左手(图 3-227~229)。

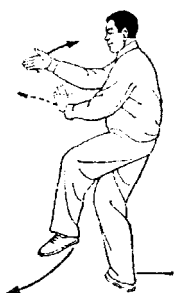


图 3-227

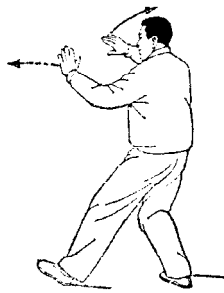


图 3-228

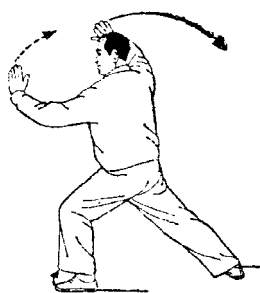


图 3-229

**要点:**完成姿势上体自然正直,松腰、松胯;左臂不要完全伸直,背部肌肉要伸展开。推掌、举掌和弓腿动作要协调一致。弓步时,两脚跟横向距离同“揽雀尾”式(不超过 10 厘米)。

Turn the body slightly to the right (4 o'clock) and take a step forward with the left foot for a left bow stance. At the same time, raise the right hand with elbow bent to stop above and in front of the right temple, the palm turned obliquely upward with thumb pointing down, while the left palm moves a bit upward and then pushes forward at nose level. Look at the left hand (Figs. 3-227~229).

**Points to Remember:** Keep torso erect and waist and hips re-

laxed. Do not straighten the arm when you push the left palm forward. The movement should be synchronized with the taking of bow stance, with your back muscles stretched. Keep a transverse distance of less than 10 cm between heels. Face 3 o'clock in final position.

## 第八组

### Article Eight

#### 二十一、转身搬拦捶

#### 21. Turn to Deflect Downwards Parry and Punch

①上体后坐,身体重心移至右腿上,左脚尖里扣,身体向右后转,然后身体重心再移至左腿上;与此同时,右手随着转体向右、向下(变拳)经腹前划弧至左肋旁,掌心向下;左掌上举于头前,掌心斜向上,眼看前方(图 3-230,3-231)。

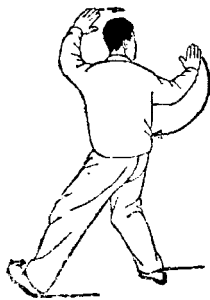


图 3-230

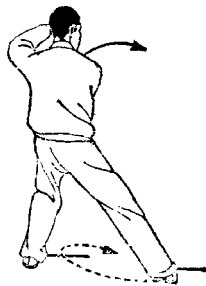


图 3-231

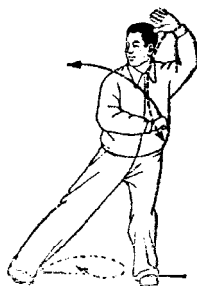


图 3-231(附)

②向右转体,右拳经胸前向前翻转撇出,掌心向上,左手落于左胯旁,掌心向下,指尖向前,同时右脚收回后(不要停顿或脚尖点

地)即向前迈出,脚尖外撇,眼看右拳(图 3-232,3-233)。

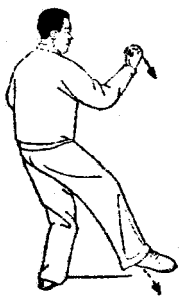


图 3-232

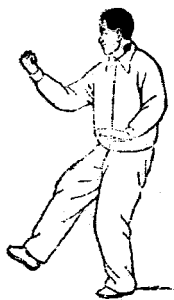


图 3-232(附)

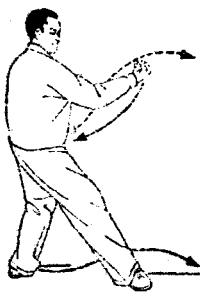


图 3-233

③身体重心移至右腿上,左脚向前迈一步,左手上起经左侧向前上划弧拦出,掌心向前下方;同时右拳向右划弧收到右腰旁,拳心向上;眼看左手(图 3-234,3-235)。

④左腿前弓成左弓步,同时右拳向前打出,拳眼向上,高与胸平;左手附于右前臂里侧,眼看右拳(图 3-236)。



图 3-234

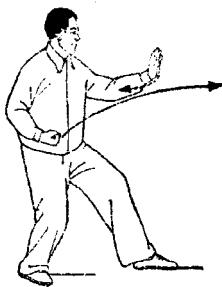


图 3-235

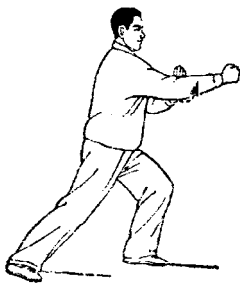


图 3-236

要点:右拳不要握得太紧。右拳回收时,前臂要慢慢内旋划弧,然后再外旋停于右腰旁,拳心向上。向前打拳时,右肩随拳略向前引申,沉肩垂肘,右臂要微屈。弓步时,两脚横向距离同“揽雀

尾”式。

① Sit back and shift weight onto the right leg. Turn the body to the right (6 o'clock), with toes of the left foot turned inward. Then shift weight again onto the left leg. Simultaneously with the body turn, move the right hand in a rightward downward curve and, with fingers clenched into fist, past abdomen to the side of the left ribs with the palm turned down, while the left hand moves up to the front of the forehead, with the palm turned obliquely upward. Look straight ahead (Figs. 3-230, 3-231).

② Turn the body to the right (8 o'clock), bringing the right fist up and then forward and downward for a backhand punch, while the left hand lowers to the side of the left hip with the palm turned down. At the same time, the right foot draws towards the left foot and, without stopping or touching the floor, takes a step forward, with toes turned outward. Look at the right fist (Figs. 3-232, 3-233).

③ Shift weight onto the right leg and take a step forward with the left foot. At the same time, parry with left hand by moving it sideways and up to the front, and the palm turned slightly downward while the right fist withdraws to the side of the right hip with forearm rotating internally and then externally, so that the fist is turned down and then up again. Look at the left hand (Figs. 3-234, 3-235).

④ Bend the left leg for a left bow stance as you strike out the right fist forward at chest level, turning the palm leftward, while the left hand withdraws to the side of the right forearm. Look at the right fist (Fig. 3-236).

**Points to Remember:** Clench the right fist loosely. Follow



the punch with the right shoulder by extending it a bit forward. Keep shoulders and elbows lowered and the right arm slightly bent. Face 9 o'clock in final position.

## 二十二、如封似闭

### 22. Apparent Close-up

①左手由右腕下向前伸出,右拳变掌,两手手心逐渐翻转向上并慢慢分开回收;同时身体后坐,左脚尖翘起,身体重心移至右腿;眼看前方(图 3-237~239)。

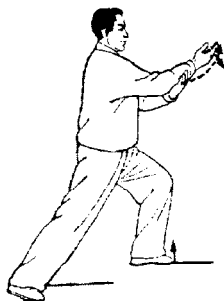


图 3-237

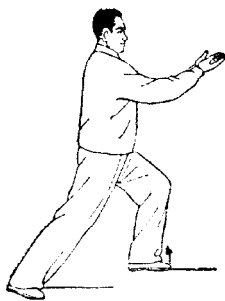


图 3-238



图 3-239

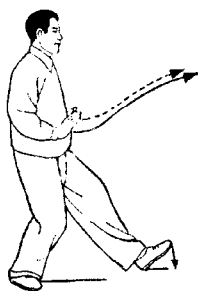


图 3-240

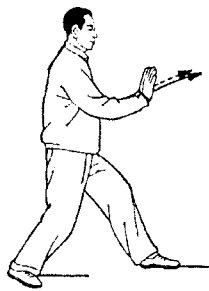


图 3-241

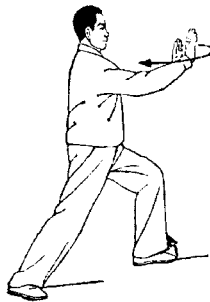


图 3-242

②两手在胸前翻掌,向下经腹前再向上、向前推出,腕部与肩平,手心向前;同时左腿前弓成左弓步,眼看前方(图 3-240~242)。

要点:身体后坐时,避免后仰,臀部不可凸出。两臂随身体回收时,肩、肘部略向外松开,不要直着抽回。两手推出宽度不要超过两肩。

① Move the left hand forward from under the right wrist and open the right fist. Separate hands and pull them back slowly, palms up, as you sit back with toes of the left foot raised and weight shifted onto the right leg. Look straight ahead (Figs. 3-237~239).

② Turn palms down in front of the chest as you pull both hands back to the front of the abdomen and then push them forward and upward until wrists are at shoulder level, with palms facing forward. At the same time, bend the left leg for a left bow stance. Look straight ahead (Figs. 3-240~242).

**Points to Remember:** Do not lean backward or protrude buttocks when sitting back. Do not pull arms back straight. Relax your shoulders and turn elbows a bit outward. Hands should be no farther than shoulder-width apart when you push them forward. Face 9 o'clock in final position.

## 二十三、十字手

### 23. Cross Hands

①屈膝后坐,身体重心移向右腿,左脚尖里扣,向右转体:右手随着转体动作向右平摆划弧,与左手成两臂侧平举,掌心向前,肘部微屈;同时右脚尖随着转体稍向外撇,成右侧弓步,眼看右手(图 3-243,3-244)。

②身体重心慢慢移至左腿,右脚尖里扣,随即向左收回,两脚

距离与肩同宽，两腿逐渐蹬直，成开立步，同时两手向下经腹前向上划弧交叉合抱于胸前，两臂撑圆，腕高与肩平，右手在外，成十字手，手心均向后，眼看前方(图 3-245,3-246)。

要点：两手分开和合抱时，上体不要前俯。站起后，身体自然正直，头要微向上顶，下颏稍向后收。两臂环抱时须圆满舒适，沉肩垂肘。

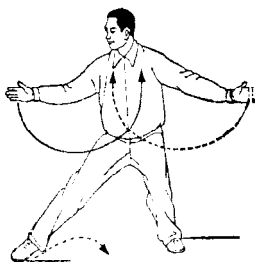


图 3-243



图 3-244

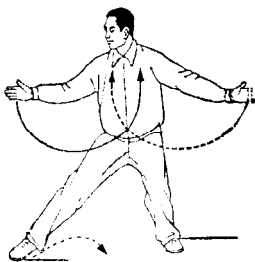


图 3-245



图 3-246

① Bend the right knee, sit back and shift weight onto the right leg, which is bent at knee. Turn the body to the right (1 o'clock) with toes of the left foot turned inward. Following the body turn move both hands sideways in a horizontal curve at

shoulder level, with palms facing forward and elbows slightly bent. Meanwhile, turn toes of the right foot slightly outward and shift weight onto the right leg. Look at the right hand (Figs. 3-243, 3-244).

② Shift weight slowly onto the left leg with toes of the right foot turned inward. Then bring the right foot towards the left foot so that they are parallel to each other and shoulder-width apart; straighten legs gradually. At the same time, move both hands down in a vertical curve to cross them at wrist first in front of the abdomen and then in front of the chest, with the left hand nearer to the body and both palms facing inward. Look straight ahead (Figs. 3-245, 3-246).

**Points to Remember:** Do not lean forward when separating or crossing hands. When taking the parallel stance, keep the body and head erect with chin tucked slightly inward. Keep arms rounded in a comfortable position, with shoulders and elbows held down. Face 12 o'clock in final position.

## 二十四、收势

### 24. Closing Form

两手向外翻掌,手心向下,两臂慢慢下落,停于身体两侧,眼看前方(图 3-247~249)。

要点:两手左右分开下落时,要注意全身放松,同时气也徐徐下沉(呼气略加长)。呼吸平稳后,把左脚收到右脚旁,再走动休息。

Turn palms forward and downward while lowering both hands gradually to the side of hips. Look straight ahead (Figs. 3-247~249).



图 3-247



图 3-248

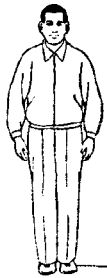


图 3-249

**Points to Remember:** Keep whole body relaxed and draw a deep breath (exhalation to be somewhat prolonged) when you lower hands. Bring the left foot close to the right foot after your breath is even. Walk about for complete recovery.

## 第四节 初级棍术(32 式)

### Section 4 Thirty-two Form Cudgel Play

#### 预备式

#### Ready Position

①两脚并步,身体直立。两臂自然下垂于体侧,右手持棍立于身体右侧。目向左平视(图 3-250)。

②右手提棍上举,臂伸直;左手随即握住棍把(棍的粗端为棍把,细端为棍梢。下同),臂平屈胸前。目仍向左平视(图 3-251)。

要点:右手持棍稍放松,棍上举要轻快。身体正直,左肩不宜过分下沉,微挺



图 3-250



图 3-251

胸,收小腹。

① Stand erect with the right hand holding the cudgel on the right side, with feet together and arms naturally on both sides. Look horizontally to the left (Fig. 3-250).

② Raise the cudgel until the right arm is stretched. The left hand follows to hold the cudgel end (the thicker end). The left arm bends with the forearm horizontal in front of the chest. Look to the left (Fig. 3-251).

**Points to Remember:** The right hand that holds the cudgel should be a little relaxed. In raising the cudgel, the motion should be natural and swift, the body must be kept erect, the left shoulder sunk, but not too much, chest slightly out, and stomach.

## 第一段

### Article One

#### 一、弓步劈棍

##### 1. Bow Stance Downward Strike

身体左转,左脚向前上一步,屈膝,右腿蹬直,成左弓步。同时,两手握棍随上步动作使棍身上段向前下劈,棍梢略高于肩,棍把紧贴左腰侧。目向前平视(图 3-252)。

要点:劈棍时,左手用力向左腰侧后拉,右手用力向左前下压。上步与劈棍动作要协调。

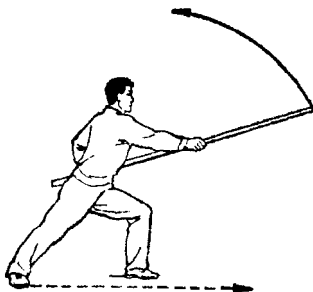


图 3-252

The left foot steps forward, knee bends, and the right knee straightens to form left bow stance. At the same time strike downward and forward with the upper part of the cudgel. The cudgel tip the thinner end should be slightly higher than shoulder, and the cudgel end tightly against the left waist side. Look horizontally forward (Fig. 3-252).

**Points to Remember:** When striking, the left hand should pull the cudgel end back to the left waist side, and the right hand forcefully presses the cudgel downward to the left. The striking and stepping forward should be coordinated.

## 二、弓步撩棍

### 2. Bow Stance Upper Cut

①右手握棍向左侧上举,随即松握下滑握住棍的把端,左手撒开,由棍把处换握于棍的中段。与此同时,右脚离地准备向右斜前方上步。目向前平视(图 3-253)。

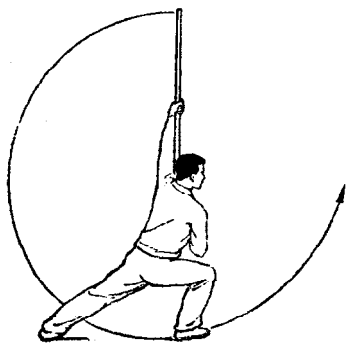


图 3-253

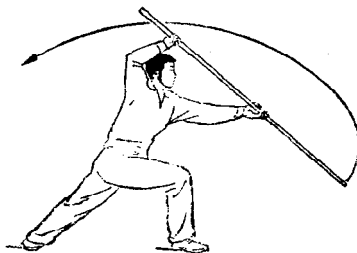


图 3-254

②右脚向右斜前方上一大步,屈膝,左腿在后蹬直,成右弓步。同时,左手向左后下方抡棍,右手经身前向头上方提起、翻腕,使棍沿着身体左侧向前撩出。左臂伸直,棍梢与右膝同高。目视前方(图 3-254)。

要点:左上移时,动作轻巧而迅速。棍沿身体左侧抡动时,动作匀速不宜太快,力点在棍梢一端。

① The right hand holds the cudgel, raises it up on the left, and then slips to hold the cudgel end. The left hand loosens grip and shifts to hold the cudgel in the middle. At the same time, the right foot leaves ground, ready to take a step to the right front. Look horizontally forward (Fig. 3-253).

② The right foot takes a big step to the right-front, then knee bends, and the left knee straightens to form a right bow stance. At the same time, the left hand swings the cudgel downward and backward to the left. The right hand passes the body in the front, and moves up to above head. Turn wrist, make a forward upper cut on the left side of the body. The left arm is straightened. The cudgel tip is as the high as the right knee. Look forward (Fig. 3-254).

**Points to Remember:** The raising of the left hand should be swift. When the cudgel swings on the left side, it should move steadily. Power should be applied to the cudgel tip.

### 三、虚步上拨棍

#### 3. Empty Stance Upper Brushing

①左手使棍梢由前下方向左上方摆起,在头上绕半圈。与此同时,右手由屈到伸向前推棍把,左手则继续向身体右后侧绕行,上体稍右转,头微后仰,两臂左上右下在胸前交叉。此时,右脚尖



外撇,两腿成交叉步。目视前方(图 3-255)。

②左脚向前上一步,屈膝半蹲,继而右脚再上一步,略屈膝,成右虚步。同时,左臂伸直向前平摆,手心向下,身体随即左转,使棍梢由右后向前划半个圆,再向左上方拨动。此时,右手置于左腋下,棍梢高与头平。目视棍梢(图 3-256)。

要点:上步与拨棍动作须协调一致,棍梢向左拨时,右手握棍位置不变。

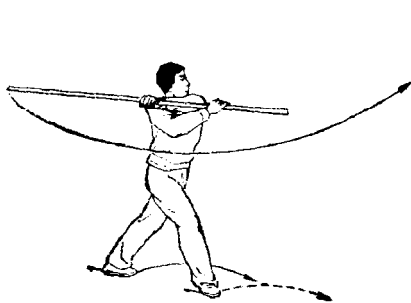


图 3-255



图 3-256

① The left hand moves the cudgel tip up from lower-front to upper-left, to make a semi-circle over head. At the same time, the right hand pushes the cudgel end forward with the arm stretching straight. The left hand continues to circle rightward to the back of the body. The body turns right slightly. Head slightly leans back. Arms cross in front of the chest. The right foot turns out. Legs cross each other. Look forward (Fig. 3-255).

② The left foot takes a step forward, and then knee bends; while the right foot steps forward, and knee bends slightly to form right empty stance. At the same time, the left arm stretches straight and sweeps forward, with the palm facing down.

Then, the body turns left. The cudgel tip moves in a semi-circle from the left-back to the front, and sweeps up to upper-left. Now, the right hand is under left armpit; the cudgel tip is at head level. Look at the cudgel tip (Fig. 3-256).

**Points to Remember:** The stepping and sweeping should be coordinated. When the cudgel tip moves leftward in the “brushing”, the right hand should not change its grip on the cudgel.

#### 四、虚步拨棍把

##### 4. Empty Stance Brushing with Cudgel End

①左手握棍由左前侧向右、向后、向左、再向前绕行一周,右手握棍把由左腋下向前、向上、经头部右上方绕行,使棍身在头上平转一圈,同时右脚向右侧斜前方跨半步,膝盖微屈(图 3-257)。

②身体重心前移,左脚向前上一步,膝盖微屈,脚尖点地,成左虚步。与此同时,右手由头部右侧向后,向左、再向身体右前侧绕行,臂部伸直斜上举;左手顺势绕至右腋下,使棍把由身后向身体右前上方划半圆拨击,棍把一端略高于头部。目视棍把(图 3-258)。

要点:拨动棍把必须与虚步同时完成。

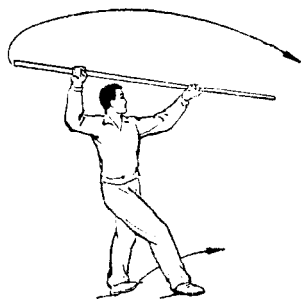


图 3-257

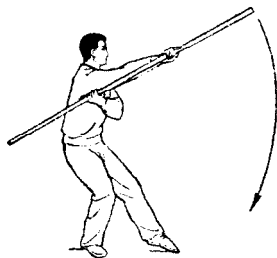


图 3-258

① The left hand holds the cudgel, moves it in a circle from the left-front to the right, backward, and then to the front again. The right hand holds the cudgel end and moves it in a circle over head. At the same time, the right foot takes half a step to right-front, with knee slightly bent (Fig. 3-257).

② Weight moves forward. The left foot steps forward to form empty stance. At the same time, the right hand moves from the right side of the head to the rear, the left, and then to right-front, arm stretching obliquely upward; the left hand moves to under the right armpit, thus sweeping the cudgel end from the back of the body to the upper-right in a semi-circle. The cudgel end is slightly higher than head. Eyes look at the cudgel end (Fig. 3-258).

**Points to Remember:** The “brushing” should be exacted simultaneous with the empty stance.

## 五、插步抡劈棍

### 5. Cross Step Windmill

①右手向下,经左腿外侧向左肩上方绕行,左手顺势稍下降,同时左脚尖外撇,上体左转,使棍把由前上方向下,向上摆起。两腿成交叉步。目视身体右下方(图 3-259)。

②右脚向身体右侧跨一步,并成为右虚步。同时,随着上体的稍右转,右手握棍向身前抡劈,手心向下,左手随即稍后拉,停于左肋旁,使棍把由后上向前劈下,把端与头部齐平。目视棍把(图 3-260)。



图 3-259

③右脚稍前移,继而左脚从身后向右侧插一步,成交叉步。同时,左手握棍向后、向上、向身前抡动,右手握棍向下、向左腋下绕行,使棍身在胸前转半个立圆,棍梢用力向身体右下方抡劈。目视棍梢(图 3-261)。

要点:图 3-259,3-260 为抡劈棍的第一步,图 3-261 为第二步。抡劈时,两手握棍不要太紧,棍身须紧贴体侧。

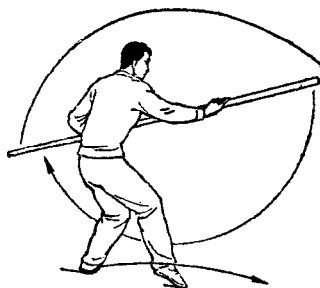


图 3-260

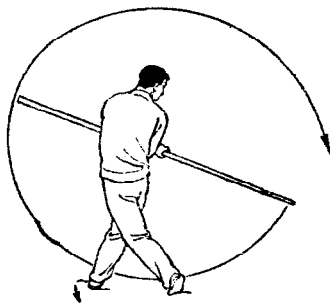


图 3-261

① The right hand moves downward, passes the left leg, and then moves up to above the left shoulder in a circle. The left hand slightly moves down accordingly. At the same time, the left toes turn out, the body turns left, and the cudgel end moves down from upper-front and then up. Legs cross each other and eyes look downward to the right (Fig. 3-259).

② The right foot steps to the right to form right empty stance; As The body turns slightly right, the right hand holding the cudgel chops forward, and the palm facing down; the left hand pulls back to rest beside the body, thus making the cudgel end chop down from upper-back to the front (the cudgel end as high as head). Look at the cudgel end (Fig. 3-260).

③ The right foot moves slightly forward, and the left foot moves back to form a cross-legged stance. At the same time, the left hand swings the cudgel downward, upward, and then forward; the right hand moves the cudgel in a vertical semi-circle in front of chest with hand moving downward and then to under the left armpit. Chop with the cudgel tip forcefully downward to the right. Look at the cudgel tip (Fig. 3-261).

**Points to Remember:** Movements in Fig. 3-259 and 11 make up the first part of this technique, while that in Fig. 3-261 the second part. When swinging and chopping, the grip on the cudgel should not be too tight. The cudgel shaft should be kept close to the body.

## 六、翻身抡劈棍

### 6. Turning Body Windmill

以两脚为轴,上体向左后翻转,两腿屈膝半蹲成半马步。与此同时,左手握棍下压,继而向左、向上、随翻身动作向左侧前方下劈,右手握棍把顺势置于右腹前,棍梢略高于棍把目视左前方(图 3-262)。

**要点:**翻身时,左脚掌内转,右脚跟辗动,翻身动作要干脆利落。劈棍前,棍梢须划一个立圆,劈棍动作要有力。

Torso turns backward to the left, pivoting on feet. Knees bend and squat down to form a half horse stance. At the same time, the left hand presses the cudgel down, then moves it left-upward, and then chops to the left-front as the body turns. The right hand draws the cudgel end back in front of the stomach. The

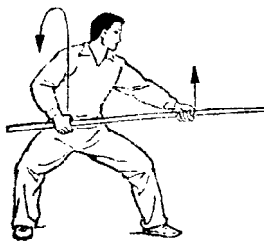


图 3-262

cudgel tip is slightly higher than the cudgel end. Look to the left-front (Fig. 3-262).

**Points to Remember:** The turning of the body must be done quickly and cleanly. When doing this, the left foot turns on the ball while the right foot pivots on heel. Before chopping, the cudgel tip should move in a vertical circle. The chop must be powerful.

## 七、马步平抡棍

### 7. Horse Stance Horizontal Sweep

①右手握住棍把上举,使棍身经过头上向后下落,背于后肩上。随即左臂伸直,手心向上,松握于棍梢近端。目视棍梢(图 3-263)。

②左手撒开,右手握住棍把用力向身前抡动,使棍梢平抡一周。与此同时,身体顺平抡棍之势,以左脚为轴从左向后转,右脚向转体前的身体左侧上一步,随即两腿半蹲成马步。平抡棍后,两臂平屈胸前,左手松握于右手外面,手心均向下,棍身架于左上臂部,棍梢指向身体左侧(偏后)。目身视右前方(图 3-264)。

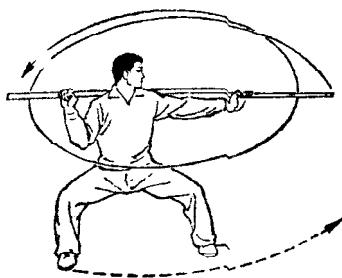


图 3-263

**要点:**平抡棍时,右手要用力,平抡棍高度略高于腰即可。

① The right hand raises the cudgel end above head, and then pulls it down back to shoulders. The left arm stretches straight with thumb side up, and holds the cudgel loosely near the tip. Look at the cudgel tip (Fig. 3-263).

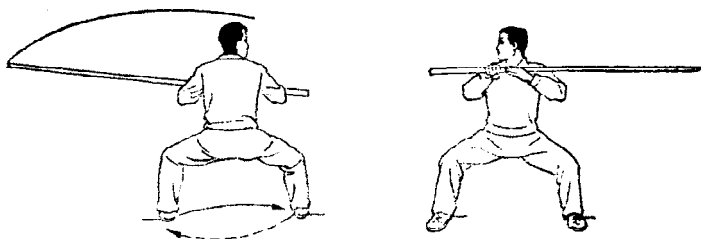


图 3-264

② The left hand loosens grip. The right hand forcefully swings the cudgel in a horizontal circle forward. At the same time, the body pivots to the left on the left foot while the right foot steps to the left. Legs bend to form a horse stance. After the horizontal sweep, forearms rest horizontally in front of chest, with the left hand holding the cudgel loosely near the right hand, with both palms down. The cudgel rests on the left upper-arm with the tip pointing to the left. Look forward (Fig. 3-264).

**Points to Remember:** The sweep must be done powerfully. The cudgel should be slightly higher than waist.

### 八、跳步半抡劈棍

#### 8. Jump Half Sweep and Downward Strike

两脚同时蹬地跳起,以转胯的力量使身体从右向后转,随即两脚同时落地成马步。两脚起跳时,左手上滑握于棍的中段,并使棍略上举,身体转跳时,棍梢沿着身体向前下方平抡半圆,在两脚落地成马步时,两手向右前斜下猛劈,左手要随即向前松握滑把,左臂伸直,棍梢指向身体左侧,右手握住棍把撤至右腰前。目视棍梢(图 3-265)。

**要点:**转体跳步时,两脚离地不要太高,两脚要同时起落,但转体要快。两手抡棍要用力,并与转体动作协调一致。

Jump up with both feet, rotate waist to turn the body to the left. Form horse stance after landing. When jumping, the left hand slides along the cudgel to hold it at the middle

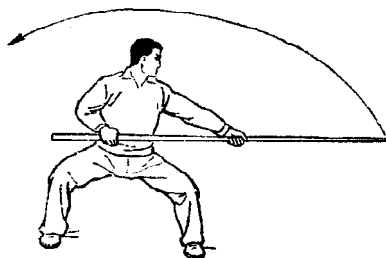


图 3-265

and raises it slightly up. As the body turns, the cudgel tip sweeps in a semi-circle downward to the front. As the body lands, strike downward to the right forcefully. Then the left hand slides to the end until the left arm is straight and the cudgel tip points to the left. The right hand pulls the cudgel end to the right-front side of waist. Look at the cudgel tip (Fig. 3-265).

**Points to Remember:** When executing the jump and the turning, feet must not be lifted too high from the ground, and must be up and down at the same time. The turning must be quick. The sweep must be powerful and coordinated with the body movements.

## 第二段

### Article Two

#### 一、单手抡劈棍

##### 1. Single-hand Swing and Downward Strike

①右脚略向左移,脚尖着地,上体随即右转,成右高虚步。同



时,左手撒开,向左侧上举成横掌,右手握棍把上举,继而臂外旋向右侧伸直,使棍梢由左向上、向身体右侧划弧绕行。目视右前方(图 3-266)。

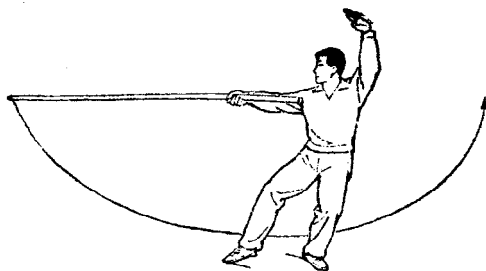


图 3-266

②上动不停。右手继续向下、向后、向前上方抡动,使棍梢经右腿外侧向后上方绕行(图 3-267)。

③上动不停。右手向右侧翻腕,并屈肘收至右腹前,使棍梢继续向上、向前绕行,左手随即握住棍的中段。两手一齐用力向身体左前侧劈棍,使棍身与地面平行。在劈棍的同时,右脚向后退一步,上体右后转 180 度,两腿半蹲成半马步。目视棍梢(图 3-268)。

要点:右手抡棍过程要用力,棍走立圆并尽量靠近身体,左手接握棍身动作要快速准确。



图 3-267

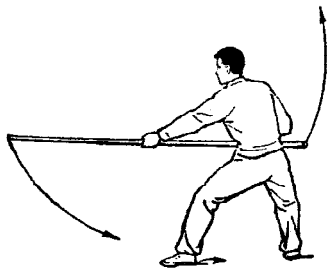


图 3-268

① The right foot moves to the left to place toes on the ground. The body turns right to form a high right empty stance.

At the same time, the left hand loosens grip, and moves upward to form a palm gesture. The right hand raises the cudgel up, twists out and stretches out to the right, making the cudgel tip move upward from the left, then to the right in an arch. Look forward to the right (Fig. 3-266).

② Without halting, the right hand continues to swing the cudgel downward, backward, and then to upper-front, the cudgel tip passes by the right leg and goes around to upper-back (Fig. 3-267).

③ Without halting, the right wrist twists rightward and the right arm bends to rest at the right side of stomach, making the cudgel tip continue to go around upward and forward. Then, the left hand grasps the cudgel. Strike down powerfully until the cudgel is parallel to the ground. As the strike is being done, the left foot takes a step forward, the body turns 180 degree clockwise, and legs squats half way down to form half horse stance. Look at the cudgel tip (Fig. 3-268).

**Points to Remember:** The swinging should be powerful. The cudgel should be kept close to the body when it goes in a vertical circle. The left hand should move quickly with good timing to ensure an accurate catch on the cudgel.

## 二、提膝把劈棍

### 2. Raise Knee and Strike Downward with Cudgel End

①身体重心后移至右腿上,左脚稍内收,前脚掌着地。同时,右手握棍把向右上方提起,左手略向棍梢一端滑握。目视棍梢(图 3-269)。

②上动不停。左腿屈膝提起,成右独立式。同时,右手用力向

前下压,臂伸直;左手收至右腋下,上体随即左转,使棍把向前劈打,使棍身与地面平行。目向前平视(图 3-270)。

要点:劈棍须与提膝动作同时完成,上体稍前倾。



图 3-269

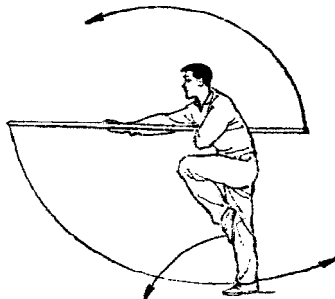


图 3-270

① Weight shifts back to the right leg and the left foot slightly turns in with only toes resting on the ground. At the same time, the right hand holds the cudgel end and raises it to the upper-right, while the left hand slightly slides toward the cudgel tip. Look at the cudgel tip (Fig. 3-269).

② Immediately following the above, bend the left knee and raise it up so as to stand on the right foot. At the same time, the right hand presses down powerfully to front until the arm is straight. The left hand moves under the right armpit. The body turns left. Strike forward with the cudgel end until the cudgel body is horizontal. Look horizontally forward (Fig. 3-270).

**Points to Remember:** The strike and knee raise should be done at the same time. The body should slightly lean forward.

### 三、弓步抡劈棍

#### 3. Bow Stance Windmill and Downward Strike

①左脚向前下落,脚尖外撇,上体左转,成交叉步。同时,右手握棍向下、向腹前绕行,使棍把向下、经左腿前面向身体左下侧抡动。目视棍把(图 3-271)。

②上动不停。右脚向身体右侧跨一步,脚尖点地,上体稍右转,成右虚步。同时,棍把继续向上、向前抡劈,高与头平,左手顺势撤至左腰侧。目视棍把(图 3-272)。

③上动不停。右脚再向前上半步,屈膝,左腿挺膝蹬直,成右弓步。同时,左手稍向棍身中段移握,并向后、向上、向前绕行,右手顺势收于左腋下,使棍梢由后向上、向前劈打,高与眼平。目视棍梢(图 3-273)。

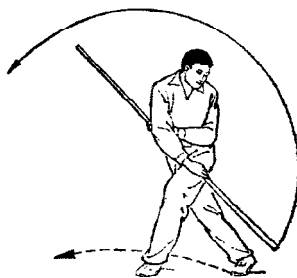


图 3-271



图 3-272

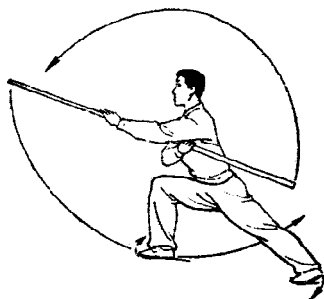


图 3-273

要点:整个抡劈棍动作要连贯,棍要走立圆,速度要均匀。

① The left foot lands in front of the body, with toes turning out. The body turns left to form a cross step. At the same time, the right hand moves the cudgel end to down-left of the body. Look at the cudgel end (Fig. 3-271).

② The right foot takes a step rightward, with toes touching ground and the body slightly turning right, to form a right empty stance. At the same time, the cudgel end strikes upward and forward, until it is as high as head. The left hand pulls back to the left side of the waist. Look at the cudgel end (Fig. 3-272).

③ The right foot again takes half a step forward, knee bends, while the left leg straightens to form a right bow stance. At the same time, the left hand slides to the middle of the cudgel and moves it backward, upward, and then forward. The right hand naturally withdraws to the left armpit, so as to make the cudgel tip strike down. The cudgel tip is at eye-level. Look at the cudgel tip (Fig. 3-273).

**Points to Remember:** The swing and downward strike should be continuous. The cudgel must move in a vertical circle at a steady speed.

#### 四、弓步背棍

##### 4. Bow Stance Shouldering Cudgel

①右脚尖外撇,左脚跟外转,上体右转。与此同时,左手握棍向下、经腹前向身体右侧绕行,使棍梢向下,经右腿外侧抡绕。目视棍梢(图 3-274)。

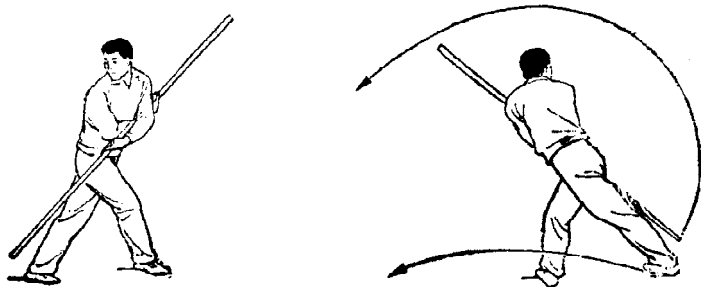


图 3-274

②上动不停。左脚向前上步,屈膝,右腿挺膝蹬直,成左弓步。同时,左手继续向上、向前绕行,右手顺势拉至腹前,使棍梢继续向上、向前抡绕。目视棍梢(图 3-275)。

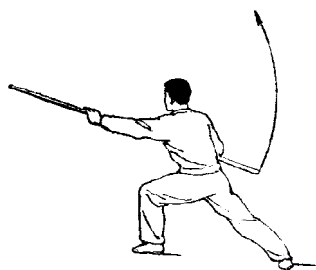


图 3-275

③上动不停。左手继续向下、向腹前绕行,右手向后上方举起,使棍把向后上方抡起。目平视前方(图 3-276)。

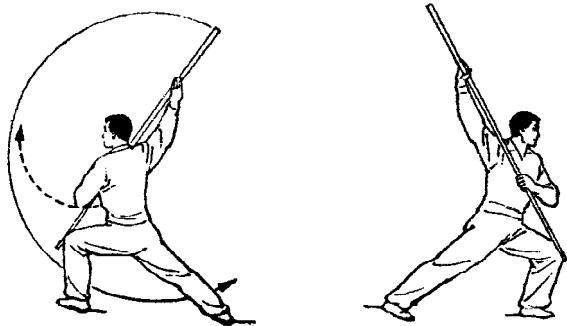


图 3-276

④上动不停。右手持棍继续向前、向后下方抡绕,左手顺势将棍托至右腋下。然后撒开,手心贴靠右胸,由右手单手握棍抡绕至棍身斜背于左肩背后,棍梢指向前上方(图 3-277)。

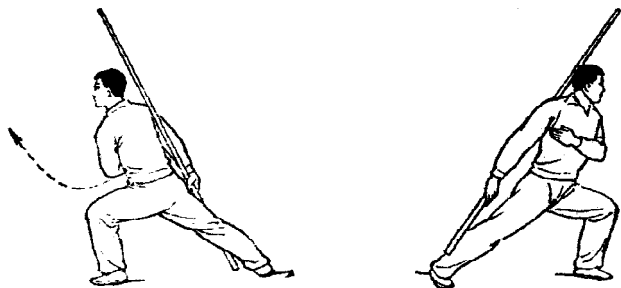


图 3-277

⑤左手再由右胸前向前撩起成立掌,小指一侧在前,掌指向上。目视左掌(图 3-278)。

要点:抡棍过程中,动作连贯完整,棍要走立圆。背棍时,右手松握棍,两臂动作要伸展,上体稍前倾。

① Turn the body rightward, rotating on the ball of the right foot and the heel of the left foot. At the same time, the left hand moves the cudgel tip downward, to the right side of the body by passing front of stomach, so as to execute a circular sweep outside the right leg. Look at the cudgel tip (Fig. 3-274).

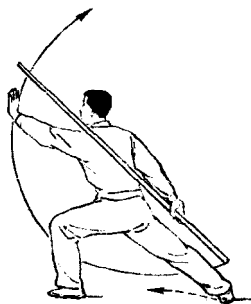


图 3-278

② Without halting, the left foot steps forward to form a left bow stance. At the same time, the left hand continues to go upward and then forward, while the right hand withdraws to front

of stomach, making the cudgel swing with its tip moving upward and forward. Look at the cudgel tip (Fig. 3-275).

③ Immediately following the above, the left hand continues to circle in front of stomach, and the right hand goes up to the rear, making the cudgel swing with its end going up. Look forward (Fig. 3-276).

④ The right hand continues to move forward, and then downward to the rear. The left hand places the cudgel under the right armpit, and then loosens grip to rest on the right side of the chest, making the cudgel swing with its end going forward and downward to the rear. The cudgel rests obliquely on the right shoulder, the cudgel end in right hand, and the cudgel tip pointing to the upper-front (Fig. 3-277).

⑤ The left hand stretches forward from the right side of the chest to form a standing palm, with the outer-edge facing forward. Look to the left (Fig. 3-278).

**Points to Remember:** All the movements should be continuous and well-knit. The cudgel should move in a vertical circle. When shouldering the cudgel, the right hand should grip the cudgel loosely. The arms should be stretched out and the body slightly leaning forward.

## 五、挑把棍

### 5. Cudgel End Upper Cut

①右脚略向前靠,两腿叉开站立。右手握棍向下,向左、向上绕行,使棍把由后下方绕至头部的前上方,左手在右胸前接握棍的中段。目视左侧(图 3-279)。

②上动不停。右脚向身体左侧上一大步,屈膝,左腿挺膝蹬



直,成右弓步。同时,右手继续向后下绕行,左手握棍屈肘于左肩前,使棍把由上向后下抡绕,目视棍把(图 3-280)。

③上动不停。上体左转,同时右手由后下向前绕行,左手顺势收回左腰胯前,使棍把向前上方挑起,略高于头顶。目视棍把(图 3-281)。

要点:抡棍要走立圆,棍把向后抡绕时不要太猛。向前挑把时,右臂须用力快速挑起。

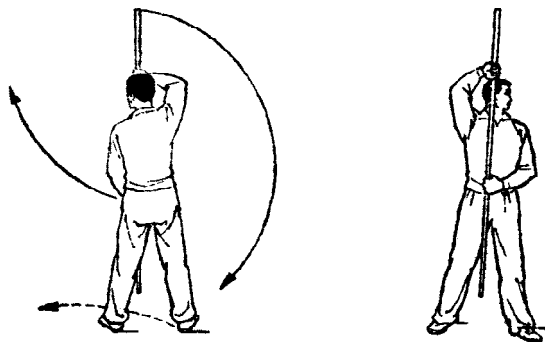


图 3-279

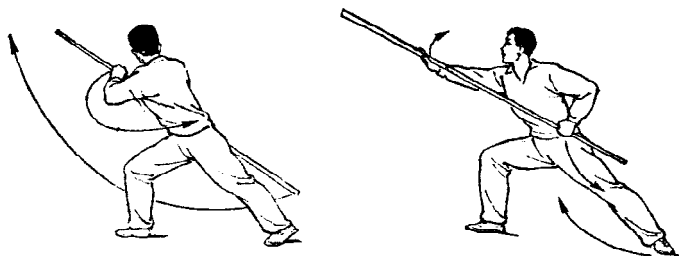


图 3-280

图 3-281

① Stand straight with legs apart and the right foot slightly ahead. The right hand swings the cudgel end up over head in a

semi-circle from the right to the left. The left hand grasps the cudgel in the middle in front of chest. Look to the left (Fig. 3-279).

② Immediately following the above, the right foot takes a large step to the left to form a right bow stance. At the same time, the right hand continues to circle the cudgel downward to the rear. The left hand places the cudgel in front of the left shoulder with elbow bent, making the cudgel swing with its end moving down-backward. Look at the cudgel end (Fig. 3-280).

③ As the body turns left, the right hand moves forward from down-behind, and the left hand draws back to the left waist, thus making the cudgel uppercut with its end. The cudgel end is slightly higher than the head. Look at the cudgel end (Fig. 3-281).

**Points to Remember:** For the swing, the cudgel should, move in a vertical circle. However, the backward swing shouldn't be too rough. When doing the upper cut with the cudgel end, the right arm should move quickly and powerfully.

## 六、转身弓步戳棍

### 6. Turn and Bow Stance Thrust with Cudgel End

①右脚尖里扣,左腿屈膝提起,成右独立式。与此同时,上体稍左转,右臂在右肩外侧平屈,左手稍向棍身中段滑握,然后臂伸直贴在左腿内侧。目视棍梢(图 3-282)。

②上动不停。右脚尖里扣 180 度,上体从左向后转(图 3-283)。

③转身之后,左脚立即向身体左侧落步,屈膝,右腿挺膝蹬直,成左弓步。与此同时,两手握棍使棍梢向左侧平戳,左手松握、后滑与右手靠近。目视棍梢(图 3-284)。

要点:提膝和转身动作要连贯,提膝不宜过高,转身要敏捷。



图 3-282

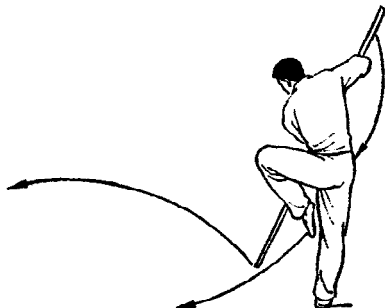


图 3-283

① Stand on the right foot with the toes turning in and the left knee raised. At the same time, the body turns slightly left, the right arm bends horizontally outward, while the left hand slides to the mid-part of the cudgel, and then stretches out to the inside of the left leg. Look at the cudgel tip (Fig. 3-282).

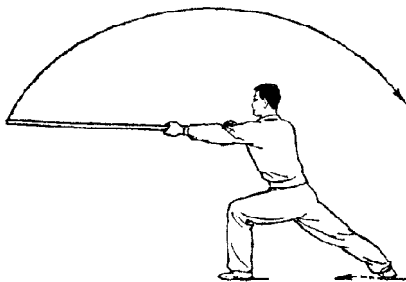


图 3-284

② Immediately following the above, toes of the right foot turn 180° inward, while the body turns around from the left to the rear (Fig. 3-283).

③ After the body turns around, the left foot takes a step to the left, so as to form a left bow stance. At the same time, two hands holding the cudgel thrust horizontally to the left with the

cudgel tip, with the left hand sliding back to rest near the right hand. Look at the cudgel tip (Fig. 3-284).

**Points to Remember:** The raising of knee and the turning of the body should be done fluently. The knee should not be raised too high. The turning should be quick.

## 七、踢腿撩棍

### 7. Kick and Upward Parry

①右脚稍向前移,身体重心随即移至右腿上,上体右转。在转身的同时,两手握棍向上、向右侧体前抡劈。目视棍梢(图 3-285)。

②上动不停。两手握棍使棍梢继续向下撩绕,上体随即再向后转,右腿顺着撩棍的方向,右向侧踢起,棍继续向身体左侧上撩。此时,两手握棍置于胸腹前,棍梢高于头,脚尖勾起,与鼻同高。目视棍梢(图 3-286)。

**要点:**整个动作要连贯协调,棍须走立圆,撩棍和踢腿要同时进行,两肩及手臂动作要放松,踢腿时不要弓腰。

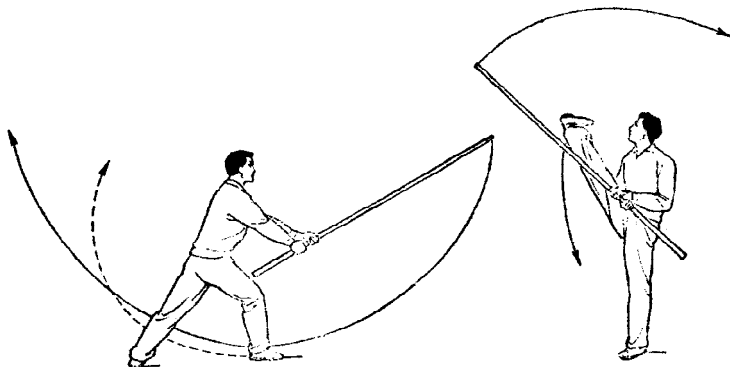


图 3-285

图 3-286

① The right foot slightly moves forward, weight shifts to the right leg, and the body turns right. While turning, windmill the cudgel to execute a downward strike. Look at the cudgel tip (Fig. 3-285).

② Without halting, the body turns back again and the right leg kicks up along with the cudgel. The hands end up in the front of the stomach, the cudgel tip stands higher than head, and the right foot toes rest at the nose-level. Look at the cudgel tip (Fig. 3-286).

**Points to Remember:** The movements should be continuous and coordinated. The cudgel should move in a vertical circle. The kick and upward parry should be done at the same time. Shoulders and arms should be relaxed, and the back should not be bowed when doing the kick.

## 八、弓步拉棍

### 8. Bow Stance Withdraw

① 左脚尖稍外撇, 上体左转, 右腿屈膝准备下落于身体右侧。与此同时, 左手上滑握于棍身中段, 直臂向右上方举起, 使棍梢向右上方抡绕。目向右平视(图 3-287)。

② 上动不停。右脚在身体右侧落步, 屈膝, 左腿挺膝蹬直, 成右弓步。同时, 右手向右肩前拉带并内旋, 左臂也直臂下压内旋, 棍身斜放于身前, 棍梢位置在膝下踝上之间。目向左侧平视(图 3-288)。

**要点:** 拉棍与弓步要同时完成, 整个动作要舒展。

① The left toes slightly turn out. The body turns left, and the right leg bends, ready to land on the right side of the body. At the same time, the left hand slides up to hold the cudgel in

the middle, and arm stretches out to move the cudgel tip to upper-right. Look horizontally to the right (Fig. 3-287).

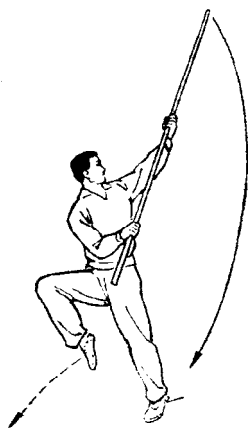


图 3-287

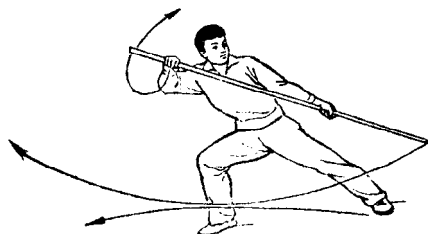


图 3-288

② Following the above, the right foot lands on the right side of the body to form a right bow stance. At the same time, the right hand turns in and withdraws to the front of tight shoulder, while the left arm stretches out, turns in and presses down. The cudgel rests obliquely in front of the body, and the cudgel tip between knee and ankle. Look horizontally to the left (Fig. 3-288).

**Points to Remember:** The bow stance and withdrawing should be done simultaneously.

### 第三段

#### Article Three

##### 一、提膝拦棍

##### 1. Raise Knee Block

①左脚向身体右侧跨一大步,屈膝,上体随即从右向后转,成左弓步。同时,左手握棍随着上步转体动作向身体左侧推出,臂伸直,手心斜向上,右手顺势提至头上(图 3-289)。

②左脚尖里扣,右脚略收回并以脚尖点地,上体右转,成右虚步。与此同时,左手握棍上举于左后侧,右手顺势向胸前下拉,臂弯曲,棍身斜举于胸前,棍梢指向身体左上方。目视右下方(图 3-290)。

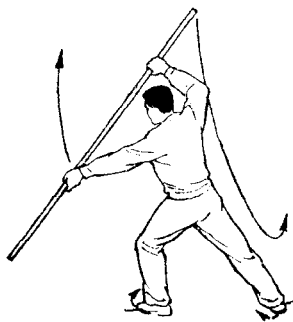


图 3-289



图 3-290

③上动不停。右腿屈膝提起,同时右手握住棍把向前推拦,左手举于头上,上体前倾,棍身斜架于身前,目视棍把(图 3-291)。

要点:整个动作要连贯、自然、支撑腿要站稳。

① The left foot takes a big step to the right, knee bends and the body turns around from the right to the rear to form a left bow stance. At the same time, the left arm stretches out to push the cudgel leftward, and the palm obliquely up as foot steps and the body turns. The right hand rises over head (Fig. 3-289).

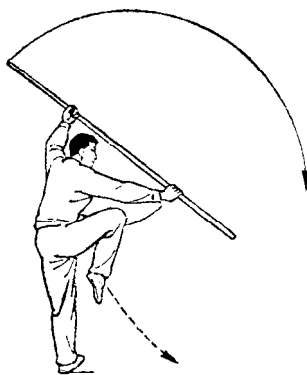


图 3-291

② The left toes turn in, the right toes lightly rest on the ground and the body turns right to form right empty stance. At the same time, the left hand raises the cudgel up to the left-behind, and the right hand pulls down to the front of the chest with arm bent. The cudgel rests obliquely in front of the chest, the tip pointing to the upper-left. Look downward to the right (Fig. 3-290).

③ Without halting, the right leg bends so that the knee rises, while the right hand pushes the cudgel end forward to block and the left hand moves up above the head, with the body slightly leaning forward and the cudgel resting obliquely in front of the body. Look at the cudgel end (Fig. 3-291).

**Points to Remember:** The movement should be natural and continuous. Supporting leg should be firm.

## 二、插步抡把劈棍

### 2. Cross-Step Windmill Cudgel End and Strike Downward

① 右脚向前落步,脚尖外撇,上体稍右转。同时,左手握棍向



前下压,右臂顺势屈收至左腋下。目视前下方(图 3-292)。

②上动不停。左手继续向下、经右腿外侧向右绕行,上体随即右转,右手位置不变,两腿左右交叉。目视棍梢(图 3-293)。

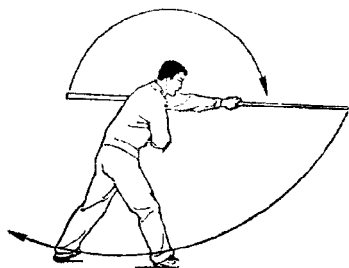


图 3-292



图 3-293

③上动不停。左脚向身体左侧横跨一步,两腿屈膝半蹲成半马步。同时,左手继续向右、向上、向左绕行,右手顺势撤至右腰侧,使棍梢向上、向左划弧平劈。目视棍梢(图 3-294)。

④上动不停。右脚从左脚后向左前插上一步,两腿成左右交叉。同时,右手向右、向上、向左,左手经腹前向左腋下绕行,使棍身在体前垂直翻转半周,棍把向左。目视棍把(图 3-295)。

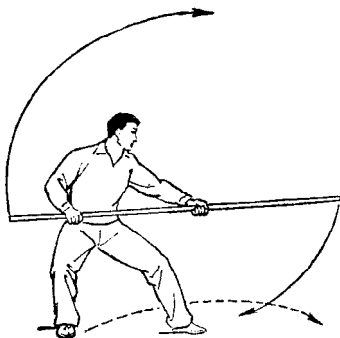


图 3-294

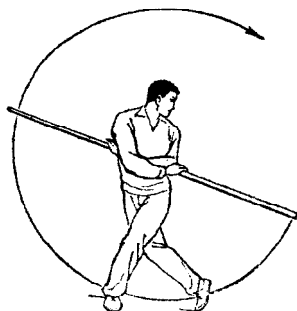


图 3-295

**要点:**整个动作要连贯,两手松握棍,棍身要贴近身体,并且必须翻转两个立圆。

① The right foot lands in front of the body, toes turn out, and the body turns right. At the same time, the left hand presses the cudgel down forward, while the right arm moves to under-left armpit. Look down to the front (Fig. 3-292).

② Immediately following the above, the left hand continues to go down, past the right leg to the right, while the body naturally turns right, the right hand stands still and the legs cross each other. Look at the cudgel tip (Fig. 3-293).

③ The left foot steps sideway to form a half horse stance with knees half bent. At the same time, the left hand continues to move rightward, upward, and then leftward, while the right hand withdraws to waist side, thus making the cudgel strike with its tip going upward and then downward to the left in an arch. Look at the cudgel tip (Fig. 3-294).

④ Without halting, legs cross again with the right foot stepping to the left-front from behind the left leg. At the same time, the right hand moves rightward, upward and then leftward, while the left hand passes the front of stomach to under right armpit, making the cudgel body strike vertically in a semi-circle. Look at the cudgel end (Fig. 3-295).

**Points to Remember:** The movements should be well-knit. The grip on the cudgel should be loose. The cudgel should be kept close to the body, and should be windmilled twice.

### 三、马步抡劈棍

#### 3. Horse Stance Windmill and Downward Strike

①以两脚的前脚掌为轴,上体向右翻转 180 度。同时,右手握棍向下、向右、向右肩外侧绕行,屈前臂,上臂与肩平行,左手则顺势直臂斜伸左下侧,棍梢指向左下方。目视棍把(图 3-296)。

②上动不停。左脚向身体右侧跨一大步,上体随即从右向后转,两腿屈膝半蹲,成马步。与此同时,左手握棍向上,并随着转体动作向身体右侧抡棍,臂伸直,用力前推下压;右手顺势撤至右腰前,使棍的上段向前平劈,棍梢略高于棍把。目视棍梢(图 3-297)。

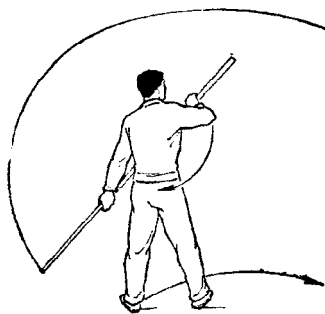


图 3-296

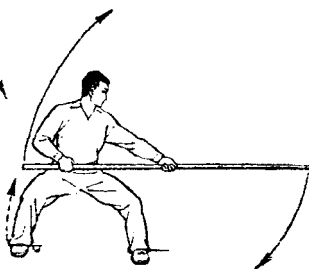


图 3-297

要点:劈棍动作须用力,并与马步动作同时完成。

① The body turns 180°, pivoting on the balls. At the same time, the right hand moves the cudgel downward to the right (passing the right shoulder), and then elbow bends so that forearm is parallel to the shoulder while the left hand stretches out slantly downward to the left. The cudgel tip points to the down-left. Look at the cudgel end (Fig. 3-296).

② Immediately following the above, the body turns around

from the right with the left foot taking a big step to the right side of the body. Knees half bend to form a horse stance. As the body turns, the left hand moves up and swings the cudgel to the right until the arm is straight, and then presses powerfully downward. The right hand naturally moves to the right side of waist, thus making the fore-part of the cudgel strike down. The cudgel tip is slightly higher than the cudgel end. Look at the cudgel tip (Fig. 3-297).

**Points to Remember:** The strike should be powerful and done together with horse stance.

#### 四、翻身马步抡劈棍

#### 4. Turning Body and Horse Stance Windmill

①右腿屈膝提起,左腿直立,上体随即右转,并稍向左侧倾斜。同时,右手握住棍把向右胸前提起,屈肘,左臂伸直,稍下降。目视右上方(图 3-298)。

②紧接上一个动作。左脚用力蹬地跳起,身体腾空。在赶跳的同时,上体开始向右翻转,棍梢从左下方随转体动作向上抡绕。在腾空的最高点,身体已从原来的位置转动 180 度,两腿屈膝提起,左手握棍上举,右臂屈肘于胸前。目视右下方(图 3-299)。

③在空中,身体继续从右向后转 180 度,随即右脚先落地,左脚相继落地,两腿屈膝半蹲成马步。同时,左手握棍从上向身体左侧平劈,臂伸直,右手顺势撤至右腹前。目视棍梢(图 3-300)。

**要点:**在腾空阶段,上体要挺直。整个动作要轻灵,劈棍与马步两个动作须同时完成。

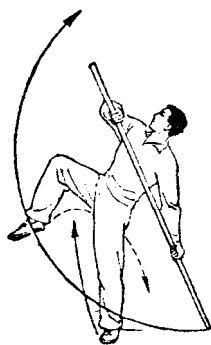


图 3-298



图 3-299

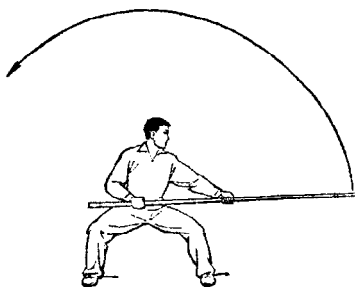


图 3-300

① The left leg straightens with the right knee raised, and the body follows to turn right, leaning slightly to the left. At the same time, the right hand raises the cudgel to end up in front of the chest, with elbow bending. The left arm straightens and slightly lowers down. Look upward to the right (Fig. 3-298).

② Immediately following the above movement, the left foot takes off. At the same time, the body turns right, and the cudgel tip naturally moves up. The body rotates until it turns  $180^\circ$  when reaching the highest point. Then legs bend in the air. The left hand raises the cudgel up, while the right hand bend in front of chest. Look downward to the right (Fig. 3-299).

③ While in the air, the body continues to turn  $180^\circ$  around. The right foot lands first, and the left foot follows, to form a horse stance. At the same time, the left hand holding the cudgel strikes down to the left, with arm straight. The right hand withdraws to right-front of the stomach. Look at the cudgel tip (Fig. 3-300).

**Points to Remember:** While jumping, try to keep the body straight in the air. The whole movement should be executed lithely. The horse stance and strike should be done simultaneously.

### 五、上步右撩棍

#### 5. Forward Step and Right Upward Parry

①两腿直立,左脚稍回收。左手向棍把一端下滑并迅速换握于右手小指下侧,两手一齐向上、向右绕行,同时上体右转,使棍梢向上、向转体前的右侧方抡动,划半个立圆。双手握棍举于胸前。目视棍梢(图 3-301)。

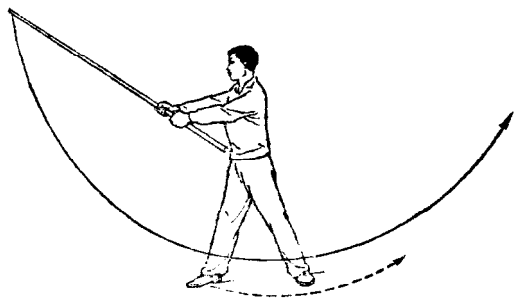


图 3-301

②紧接上一个动作。上体迅速从左向后转,两手握棍继而向下、向后上方抡动并停在脸前。同时右脚跟上一步,使棍梢向前撩出,划半个立圆。此时,左腿半蹲成右虚步,两手屈臂举于脸前,棍梢与胸同高。目视棍梢(图 3-302)。

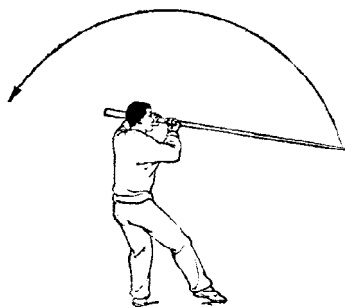


图 3-302

要点:抡棍上撩时,棍要尽量靠近身体右侧。

① Legs straight, the left foot slightly behind. The left hand slides to the cudgel end and changes to grip the cudgel beside the little finger of the right hand. Then both hands move up to the right. At the same time, the body turns right, making the cudgel tip swing upward and rightward in a vertical semicircle. Both hands hold the cudgel in front of the chest. Look at the cudgel tip (Fig. 3-301).

② Immediately following the above movement, the body turns around quickly from the left, and both hands hold the cudgel and swing it down to upper-behind until the hands reach the face. At the same time, the left leg bends to form right empty stance. Arms bend in front of the face. The cudgel tip is as high as chest. Look at the cudgel tip (Fig. 3-302).

**Points to Remember:** When doing the swing and upward parry, the cudgel should be kept close to the right side of the body.

## 六、上步左撩棍

### 6. Forward Step and Left Upward Parry

① 上动不停。左手迅速移至右手拇指前握棍,两手一齐继续向左后抡棍。同时,两腿随转身动作逐渐伸直,两臂伸直,两手握棍位于腰腹前。目向前平视(图 3-303)。

② 紧接上一个动作。两手握棍继续向下、向头部的前上方摆起,同时上体向右后转,左脚经右腿前面向前上一步,使棍向下、经身体左侧向上撩起。此时,右腿半蹲成左虚步,右手握住棍把置于头部前上方,左手在脸前松开托住棍身,棍梢与胸同高。目平视前方(图 3-304)。

**要点:**与“右撩棍”相同,左右方向相反。

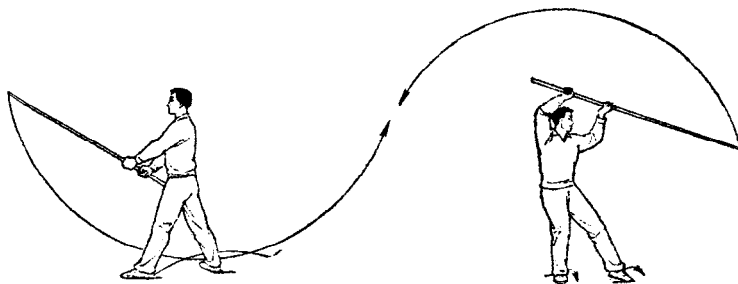


图 3-303

图 3-304

① Without halting, the left hand changes to grip the cudgel beside the thumb of the right hand. Both hands continue to swing to the left-behind altogether. At the same time, legs gradually straighten as the body rotates. Arms straighten and hands hold the cudgel in front of stomach. Look horizontally forward (Fig. 3-303).

② Immediately following the above movement, both hands hold the cudgel and swing it downward to the front of head. At the same time, the torso turns around from the right, and the left foot takes a step forward, making the cudgel go down and then up from the left side of the body. The right leg bends to form left empty stance, while the right hand holds the cudgel end in front of the head, and the left hand loosens grip to support the cudgel. The cudgel tip is as high as chest. Look horizontally forward (Fig. 3-304).

**Points to Remember:** The requirements are the same as those for the preceding movement, except for the reversed direction.



## 七、转身仆步摔棍

### 7. Turning Body and Crouch Stance Slapping Smash

①上动不停。两手握棍继续向上,向身后抡出,同时左脚掌里扣、右脚跟辗转,两腿逐渐伸直,上体随即右转(图 3-305)。

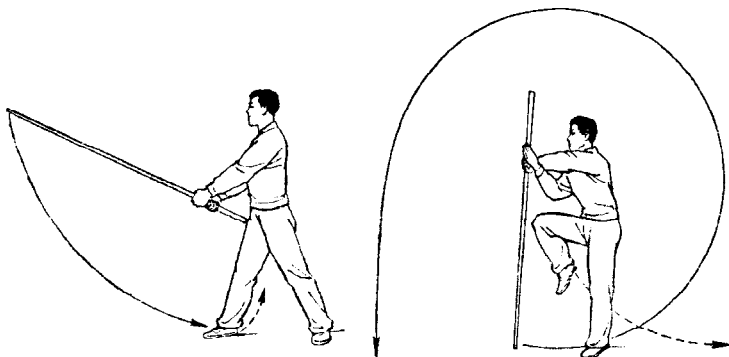


图 3-305

图 3-306

②紧接上一个动作。右腿屈膝在身前提起,同时两手稍上提,左臂内旋,使左手虎口向下,右臂外旋,右手稍放松,使棍梢由前向下抡绕(图 3-306)。

③紧接上一个动作。两手继续使棍沿身体右侧向后、向上、向前、向下抡劈。同时,右脚向身后落步,全蹲,左腿伸直平铺,上体稍右转,成左仆步。此时,左臂斜前伸直,右臂屈肘于胸前正下方,棍梢前半段摔地,上体稍前倾。目平视前方(图 3-307)。

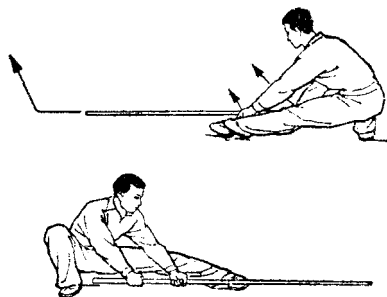


图 3-307

**要点:**整个动作要连贯,抡棍要走立圆,摔棍动作须与全蹲成仆步同时完成,棍身与左腿平行。

① Following the above movement, both hands swing the cudgel backward and upward. At the same time, the left foot turns in, the right heel rotates, while legs gradually straighten and the body turns right (Fig. 3-305).

② Without halting, the right knee rises in front of the body. At the same time, hands move slightly up, and the left arm twists in so that the thumb side of the left hand faces down. The right arm turns out, and the right hand relaxes to let the cudgel tip swing downward from the front (Fig. 3-306).

③ Following the above movement, both hands swing the cudgel back-upward on the right side of the body and strike down in front. At the same time, the right foot lands behind the body to form left crouch stance with the right leg totally bent, the left leg straight on ground, and the body slightly to the right. Now, the left arm stretches obliquely forward, the right arm bends right below the chest, and the fore-part of the cudgel smashes on the ground. The body is slightly leaning forward. Look horizontally forward (Fig. 3-307).

**Points to Remember:** The movement should be continuous. When doing the swing, the cudgel should go in a vertical circle. The smash and crouch stance should be executed simultaneously. The cudgel should be parallel with the left leg.

## 八、弓步崩棍

### 8. Bow Stance Tilt

右腿挺膝蹬直,左腿屈膝半蹲,成左弓步。与此同时,左手略

向右手前滑握,棍顺势前送,两臂自然伸直,右手猛力向下压,使棍梢从下向上崩挑,高与头平。目视棍梢(图 3-308)。

**要点:**左手屈腕与右手下压要猛,但上崩弧度不宜过大。

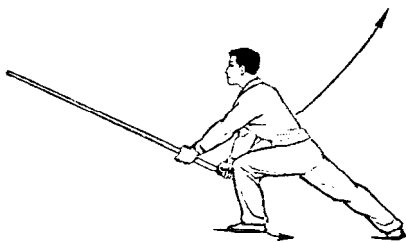


图 3-308

The right leg straightens and the left leg bends to form left bow stance. At the same time, the left hand slides slightly toward the cudgel tip. The left wrist turns up and the right hand presses down to make the cudgel tilt up with its tip. The cudgel tip is as high as head. Look at the cudgel tip (Fig. 3-308).

**Points to Remember:** The tilting and pressing should be violent. The tilting angle should not be too great.

## 第四段

### Article Four

#### 一、马步把劈棍

##### 1. Horse Stance and Cudgel End Downward Strike

①身体重心后移,左脚随即稍回收,上体右转,两腿半蹲成半马步。与此同时,右手握住棍把向身体右上方提抽,左手顺势向棍梢一端滑握。目视左下方(图 3-309)。

②右脚向左脚前跨一大步,上体随即向左后转,两腿半蹲成马步。同时,右手随着转体动作从右肩前上方一面滑握于棍身中段,一面向前、向右作抡劈动作,左手迅速换握并顺势撤至左腰侧,使

棍把向上、向身体右侧抡劈。此时,右臂向右伸平,手心向下,虎口向左,左手虎口向右,把端高度在胸下腰上之间。目视棍把(图 3-310)。

要点:上步与劈棍动作要协调一致,左右手换握、滑握要快。劈把时,右手要用力。

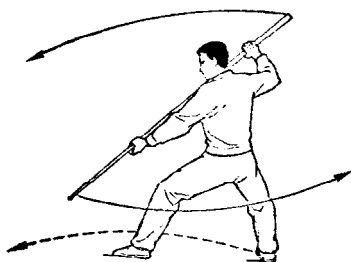


图 3-309

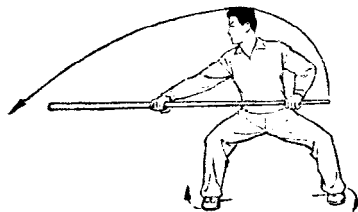


图 3-310

① Weight shifts to the right leg, the left leg retreats behind the right, and torso turns right to form half horse stance. At the same time, the right hand raises the cudgel end upward to the right, while the left hand slides further toward the cudgel tip. Look down to the left (Fig. 3-309).

② The right foot takes a stride forward and torso turns around to the left to form a horse stance. As torso turns, the right hand slides to the mid-part of the cudgel while executing a downward strike with the cudgel end to the front. The left hand changes grip and swiftly draws back to waist side, making the cudgel end strike down in an arch. At the same time, the right arm stretches out to the left. Palms face down, and the thumb sides face each other. The cudgel ends up in a position between chest and waist. Look at the cudgel end (Fig. 3-310).

**Points to Remember:** The forward step and strike should be coordinated. The sliding grip and grip changes should be done swiftly. When executing the strike with the cudgel end, the right hand should move powerfully.

## 二、坐盘半抡劈棍

### 2. Cross-legged Stance Half Windmill and Downward Strike

以右脚跟和左脚掌为轴，上体右转，两腿屈膝全蹲，成坐盘式。与此同时，右手滑握至棍把，并收至腹前，左手滑握至棍身中段，并向上、向前抡劈，使棍梢随转体动作向上，向身前平劈。此时，左臂向前伸平，手心向下，小指一侧在前，右手握棍于腹前，棍梢与肩同高。目视棍梢(图 3-311)。

**要点:**转体下坐与劈棍动作要协调一致。劈棍时，左手须用力下劈。

The body turns right, rotating on the right heel and the ball of the left foot, and form cross-legged stance as legs bend. At the same time, the right hand slides toward the cudgel end and draws back to the front of stomach, while the left hand slides to the mid-part of the cudgel so as to swing the cudgel tip up and down to the front. Now, the left arm is stretched forward with the palm facing down and little finger forward. The right hand holds the cudgel in front of the stomach, and the cudgel tip rests at the shoulder level. Look at the cudgel tip (Fig. 3-311).

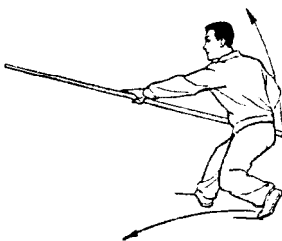


图 3-311

**Points to Remember:** The body turning and cross-legged stance should be coordinated. When doing the strike, the left hand should move powerfully.

### 三、左平舞花棍

#### 3. Left Horizontal Swing

①两腿立起,随即左脚向前上一步,同时两手将棍向上平举,左手换握成手心向上,虎口向前(图 3-312)。

②上动不停。左脚蹬地跳起,右脚向身前跨跳一步,脚尖里扣,身体随即向左后转,左脚在身后悬空。同时,右手向身前、向左、向后、向右再经脸前向左腋下绕行,左手则经脸前向右、向前平绕,使棍身随着转体动作在头上平转一周半(图 3-313)。

③紧接上一个动作。左脚在身后退一大步,上体随即向左后转,左腿半蹲,右腿蹬直,成左弓步。与此同时,棍梢随转体动作继续平绕半周,向身体的左上方拨击,两手握棍姿势不变。此时,左臂斜上举,棍梢略高于头。目视棍梢(图 3-314)。

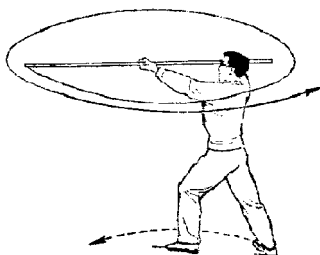


图 3-312

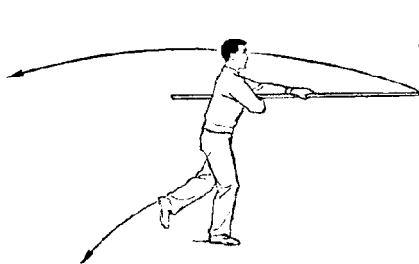


图 3-313

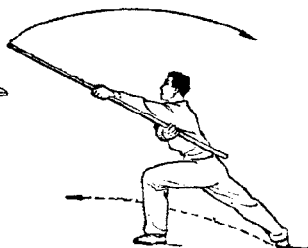


图 3-314

要点:整个动作要连贯,棍梢共绕行两周。右脚跨跳不宜太高。舞花时,两手不要握得太紧。

① Stand up, and step forward with the left foot. At the same time, both hands raise the cudgel up horizontally. The left hand changes the grip, with the palm facing up and thumb side forward (Fig. 3-312).

② Immediately following the above movement, the left foot takes off and the right foot leaps a step forward, with toes turning in. The body turns around from the left, and the left foot hanging behind the body. At the same time, the right hand moves counter-clockwise over head to end up under the left armpit, while the left hand moves clockwise to make the cudgel shaft move 540 degree over head together with the body (Fig. 3-313).

③ Without halting, the left foot takes a big step backward, the body turns around from the left side to form left bow stance. At the same time, the cudgel tip continues to move in another horizontal half circle, and sweeps to upper-right. Now, the left arm is raised obliquely up, and the cudgel tip is slightly higher than head. Look at the cudgel tip (Fig. 3-314).

**Points to Remember:** The movements should be continuous. The cudgel tip should move in two 360 degree circles. The right foot must not leap too high. Hands should not grip the cudgel too tightly while doing figure-8.

#### 四、右平舞花棍

##### 4. Right Horizontal Swing

① 右脚向身体右前方上一步。同时,右手从左腋下向前、向头部右上方绕行,左手则从身体左前方向右、向后再向左绕行,使棍

身在头上平转接近一周。此时,右臂略屈肘上举,左臂向前平伸,两手虎口相对(图 3-315)。

②上动不停。右脚蹬地跳起,左脚向身体右前方跨跳一步,脚尖望扣,上体随即右转,右腿在身后悬空。与此同时,两手握棍不变,左手继续上举,准备在头上作舞花棍动作(图 3-316)。



图 3-315

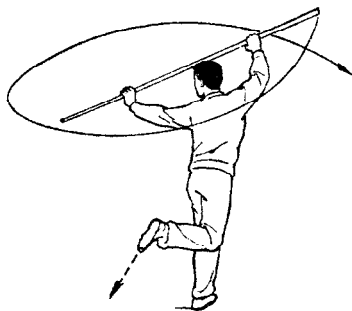


图 3-316

③紧接上一个动作。右脚向身体左后侧落步,上体随即右转。同时,左手经脸前向右腋下绕行,左手换握,虎口挟握棍身,右手则向后,经左肩上方方向身前绕行,使棍身在头上平转一周。此时,身体重心落于左腿,右臂向身前平伸,手心向下。目视棍把(图 3-317)。

④紧接上一个动作。右脚再向身后(偏左)移一小步,上体随即向右后转,右腿半蹲,左腿蹬直,成右弓步。与此同时,棍把随转体动作继续平绕半周,向身体的右上方拨击,两手握棍姿势不变。此时,右臂斜上举,把端略高于头,左手置于右肋处,棍梢贴靠右胯外侧。目视棍把(图 3-318)。

要点:整个动作要连贯,棍把共绕行两周。左脚跨跳不宜太高。两手上举舞花时,不要握得太紧,并都向棍身中段滑握,以便顺利地做舞花动作。



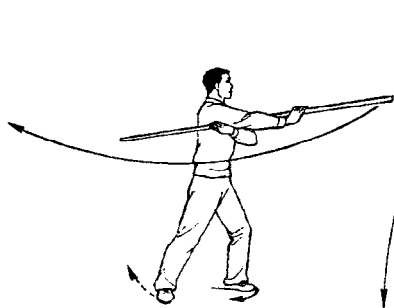


图 3-317

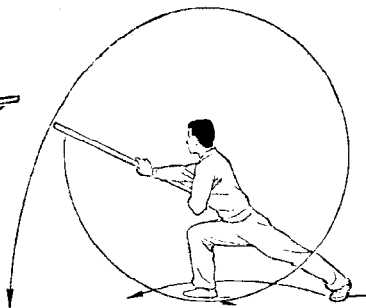


图 3-318

① The right foot takes a step rightward to the front. At the same time, the right hand moves forward from the left armpit to the left above head, the left hand moves clockwise, making the cudgel circle horizontally over head. Now, the right arm is up with elbow slightly bent while the left arm is stretched straightly out, the thumb sides of both hands facing each other (Fig. 3-315).

② Immediately following the above movement, the right foot takes off, while the left foot leaps a step to right-front, with toes turning in. The body turns right with the right leg hanging behind. At the same time, the left hand lifts up, ready to execute a figure-swing over head (Fig. 3-316).

③ Without halting, the right foot lands to the right behind the body, and the body follows to turn right. At the same time, the left hand moves around to the under-right armpit, passing the face, the left hand changes grip to hold the cudgel in between the thumb and index finger, while the right hand moves round backward past the left shoulder to the front, making the cudgel

circle horizontally over the head. Now, weight falls on the left leg, and the right arm stretches out forward with the palm facing down. Look at the cudgel end (Fig. 3-317).

④ The right foot moves a bit backward (slightly to the left), the body follows to turn around to the right to form a right bow stance. As the body turns, the cudgel end continues to move horizontally for half a circle, and strikes to upperright of the body. Both hands remain the grip positions. Now, the right arm is obliquely raised up, the cudgel end slightly above head, the left hand puts on the right side, and the cudgel tip close to the side of the right hip. Look at the cudgel end (Fig. 3-318).

**Points to Remember:** The movements should be continuous. The cudgel end should finish two circles. The left foot must not leap too high. When hands raise the cudgel up and do the figure-swing, they should grip the cudgel loosely and slide to the mid-part of the cudgel so as to do the figure-swing smoothly.

## 五、插步下点棍

### 5. Back Cross-step Downward Point

右腿略伸直,右脚前脚掌擦地回收半步,上体随即左转,左脚速向左侧插步,成交叉步。与此同时,两手在腹前各绕一个立圆,即右臂内旋,右手向下、向左、向上、向右再向左下方绕行,左手则从右肋处起也顺着右手的绕行路线向腹前绕压,使棍梢由右胯侧向上、并随转体动作向右、向下、向左再向上、向右下抡绕点地。当左手从右肋处绕至身体左侧时,应迅速翻掌握棍并向右手附近滑握。目视棍梢(图 3-319)。

要点:抡棍动作要轻松自如,棍要划立圆,棍梢共绕一周半,点地要轻。

The right leg straightens a bit and the left foot moves half a step back. The body turns left, and the left foot swiftly moves back behind the right leg to form a cross step. At the same time, each hand makes a vertical

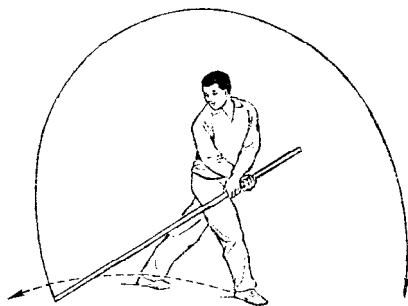


图 3-319

circle in front of the stomach, making the cudgel tip move in a vertical circle to stroke on ground as the body turns. When the left hand moves around to the left side, the palm quickly turns over and slides to hold the cudgel close to the right hand. Look at the cudgel tip (Fig. 3-319).

**Points to Remember:** The circular swing of the cudgel should be brisk and natural. The cudgel should move in a 540 degree vertical circle. The pointing should be light.

## 六、弓步下点棍

### 6. Bow Stance Downward Point

上体左转,右脚向后退一大步,左腿半蹲,右腿蹬直,成左弓步。同时,两手在腹前转腕,即左手向左前使棍梢由身后向上、向前抡圆点地。此时,两臂伸直,两手位于膝盖前。目视棍梢(图 3-320)。

要点:棍点地与弓步同时完成,点地要轻。

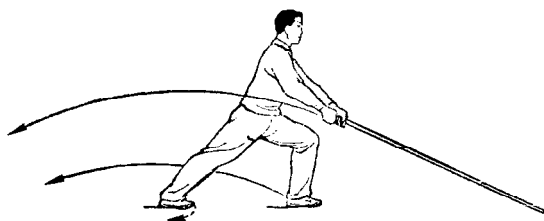


图 3-320

The body turns left, and the right leg takes a big step backward to form a left bow stance. At the same time, both wrists turn in front of the stomach, with the left hand in front, to swing the cudgel tip up to the front and stroke on ground. Now, arms are straight, and hands in front of knees. Look at the cudgel tip (Fig. 3-320).

**Points to Remember:** The pointing and horse stance should be done together. The pointing should be light.

## 七、插步下戳棍

### 7. Back Cross-step Cudgel End Downward Thrust

身体重心后移,上体右转,左脚随即从身后向右侧插一步,成交叉步。与此同时,左手先上抬并向棍梢一端滑握,右手随即从把端略向中段滑握,使棍把由腹前向转体后的身体右下方戳击。此时,右臂向右下方伸直,左臂屈肘于左胸前,手心向里,上体略向左倾斜。目视棍把(图 3-321)。

要点:插步与戳把动作要协调一致。

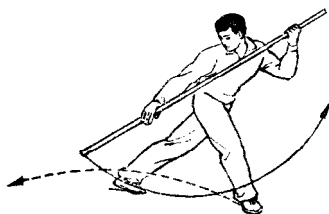


图 3-321

Weight shifts backward, the body turns right, and the right foot according to steps rightward behind the body to finish a back cross-step. At the same time, the left hand moves up and slides to hold the cudgel tip, while the right hand slides to the mid-part from the cudgel end, making the cudgel thrust downward to the right in front of the stomach. Now, the right arm is stretched straight to down-right, and the left arm bent in the left-front of the chest with the palm facing inside and the body slightly leaning to the left. Look at the cudgel end (Fig. 3-321).

**Points to Remember:** The back cross-step and thrust should be coordinated.

### 八、提膝拦棍

#### 8. Raise Knee Block

①右脚向右侧退跨一步,上体随即左转,同时左手向左肩外侧提带,右手则经过腹前向前面推出(图 3-322)。

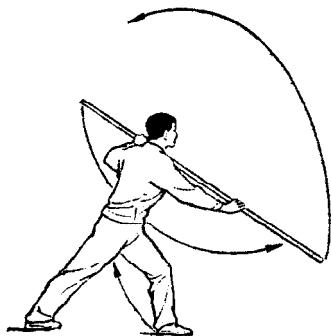


图 3-322

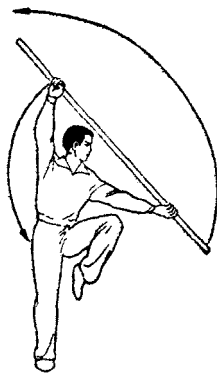


图 3-323

②上动不停。身体重心移至右腿,上体稍右转,左腿屈膝提起,成右独立式。与此同时,右手向右后上方举起,左手则向身体左侧平伸推出,手心向上,使棍身中段向左上方架拦,棍梢指向左斜下方。目向左前平视(图 3-323)。

要点:整个动作要轻松自如,提膝后上体稍向左前倾。

① The right foot steps back from the right, while the body turns left. At the same time, the left hand lifts up to shoulder level, and the right hand pushes forward, passing the front of the stomach (Fig. 3-322).

② Immediately following the above, weight shifts onto the right leg, and the body turns right a bit. Raise the left knee and stand on the right leg. At the same time, the right hand moves up to the right-behind; the left hand pushes horizontally to the right with the palm facing up. Block upward to the left with the mid-part of the cudgel, and the tip ends up pointing obliquely down. Look horizontally to the left (Fig. 3-323).

**Points to Remember:** The movement should be natural. The body should slightly lean forward after knee has been raised.

## 九、还原式

### 9. Finishing Movement

①右手从上屈肘向身体右侧下落,臂伸直,左手顺势向上、向右肩上方成直拳,而后屈臂,使棍把由右上方下降至右腿外侧,棍身直立。目仍向左侧平视(图 3-324)。

②左脚自然下落,与右脚并步站立。同时,右手上滑握于棍身中段,左手撒开垂于身体左侧,棍把在右脚外侧着地。目视正前方(图 3-325)。

要点:还原式动作要认真,精神要贯注。

① The right elbow bends and hand drops to the right side of the body, arm straight: The left hand moves up to above the right shoulder to form a standing fist, and then elbow bends so as to place the cudgel end at the side of the right leg. Look horizontally to the left (Fig. 3-324).



图 3-324

② The left foot naturally lands close to the right foot. At the same time, the right hand slides up to hold the cudgel in the middle. The left hand releases the cudgel to rest at the left side of the body. The cudgel end rests on the ground at the side of the left foot. Look forward (Fig. 3-325).



图 3-325

**Points to Remember:** The finishing movement must be taken seriously and done with concentration.

## 第四章 武术裁判员口令与手势

### Chapter 4 Calls and Gestures of the *Wushu* Judge

#### 第一节 散手裁判员口令与手势

#### Section 1 Calls and Gestures of the *Sanshou* Judge

##### 一、台上裁判员口令与手势

##### 1. Calls and Gestures of the Platform Judge

##### (一)抱拳礼

##### (1)Palm and Fist Salute

双腿并立,左掌右拳于胸前相抱,高与胸齐手与胸之间距离为20~30厘米(图 4-1,4-2)。



图 4-1



图 4-2

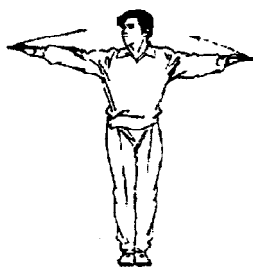


图 4-3



图 4-4



Standing with both feet together. The left palm rests on the right fist in front of chest 20-30 cm away (Figs. 4-1, 4-2).

### (二)上台

#### (2)On the Platform

站立在擂台中央成侧平举,掌心朝上指向双方运动员(图4-3)。在发出指令的同时,屈臂侧举成90度,掌心相对(图4-4)。

Standing at the center of the platform, the platform judge extends two hands pointing at the competitor with palms up (Fig. 4-3). When he calls the competitor to step onto the platform, he bends the elbows to 90 degree with palms facing each other (Fig. 4-4).

### (三)双方运动员行礼

#### (3)Both Competitors Salute Each Other

双臂屈于体前,左掌盖于右拳背之上,示意运动员行礼(图4-5)。

The Platform judge brings his left hand on top of the right fist in front of his body to signal both competitors to salute each other (Fig. 4-5).

### (四)第一局

#### (4)First Round

面向裁判长席,成弓步,一手食指竖起,其余四指弯曲成握拳状,直臂前举(图4-6)。

While facing the head, the platform judge steps into the *gongbu*, extends one arm forward with the index finger pointing up and the rest of the three fingers and thumb closed into fist (Fig. 4-6).

### (五)第二局

#### (5)Second Round

面向裁判长席成弓步,一手食指、中指伸直分开竖起,其余三

指微曲,直臂前举(图 4-7)。

While facing the head judge, the platform judge steps into *gongbu*, extends one arm forward with the index and middle fingers pointing up separately and the thumb and other two fingers bent (Fig. 4-7).

### (六)第三局

#### (6) Third Round

面向裁判长席,成弓步,一手拇指、食指、中指分开竖起,两指弯曲,直臂前举(图 4-8)。



图 4-5



图 4-6



图 4-7



图 4-8

While facing the head judge, the platform judge steps into *gongbu*, extends one arm forward with the thumb, the index and middle fingers pointing up separately, and the other two fingers bent (Fig. 4-8).

### (七)预备——开始

#### (7) Ready and Start

立于双方运动员中间成弓步,在发出“预备”口令的同时,伸臂,仰掌指向双方运动员(图 4-9)。在发出“开始”口令的同时,两手俯掌内合于腹前(图 4-10)。

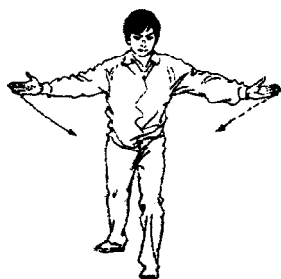


图 4-9



图 4-10

In *gongbu*, between the two competitors, the platform judge calls “Ready” and at the same time extends his arms pointing at both competitors (Fig. 4-9). Then brings the palms down together in front of his abdomen to call “kai shi” (start) to order the fight to begin (Fig. 4-10).

(八)停

(8) Stop

在发出“停”的口令同时成弓步,立掌单臂伸向双方运动员中间(图 4-11,4-12)。



图 4-11



图 4-12



图 4-13

The platform judge calls “stop” and steps into *gongbu* at the same time stretching an arm with the palm from up to down between the two competitors (Figs. 4-11, 4-12).

### (九)消极 8 秒

#### (9) 8 Seconds Passivity

一手小指和无名指弯屈,其余八指自然分开伸直,上举于体前(图 4-13)。

The platform judge brings both hands up in front of body, with the small and ring fingers of one hand bent and the thumbs and other fingers of both hands extended separately (Fig. 4-13).

### (十)读秒

#### (10) Count

面对运动员,屈臂握拳于体前,掌心朝前,从一手拇指至小指依次张开,间隔 1.0 秒(图 4-14, 4-15)。

Facing the competitor, with two fists turned out in front of body, the platform judge opens his fingers one at a time from the thumb to the little fingers, and from one hand to the other (Figs. 4-14, 4-15).



图 4-14



图 4-15

### (十一)消极搂抱

#### (11) Passive

双手环抱于体前(图 4-16)。

The platform judge holds his arms in a circle in front of his body (Fig. 4-16).

### (十二)强制读 8 秒

#### (12) Forcible Counting of 8 Seconds

面向裁判长席,单臂拇指竖直,其余四指弯屈(图 4-17)。

While facing the head judge, the platform judge extends one arm with the thumb up and the four fingers bent (Fig. 4-17).

### (十三) 3 秒

#### (13) Three Seconds

一臂伸直,仰掌斜上举指向某方运动员,另一手拇指、食、中指自然分开,其余两指弯屈,自腹前向外横摆于体侧(图 4-18)。

The platform judge extends one arm obliquely up with the palm up pointing at the competitor, and the other hand moves horizontally from the abdomen to the side of the body, with the thumb, the index and middle fingers separated and the other two fingers bent (Fig. 4-18).



图 4-16



图 4-17



图 4-18



图 4-19

### (十四) 指定进攻

#### (14) Appointed Attack

单臂伸向双方运动员中间,拇指伸直,其余四指弯屈,手心朝下在发出“某方”进攻口令的同时,向拇指方向横摆(图 4-19)。

The platform judge extends one arm between the two com-

petitors, with the thumb straightened, the finger bent and the palm down. The hand moves sidewise in the direction of the thumb when he orders “Black/Red” side to attack (Fig. 4-19).

### (十五)倒地

#### (15)Down

一臂伸直指向倒地一方,手心朝上,另一臂屈于体侧,掌心朝下(图 4-20)。

The platform judge extends one arm with the palm up, pointing at the fallen competitor, and his other arm, slightly bent with the palm down, moves to the side of body (Fig. 4-20).

### (十六)倒地在先

#### (16)Down First

一臂伸直指向先倒地一方,在发出“某方倒在先”口令的同时,两前臂在体前交叉,掌心朝下(图 4-21,4-22)。



图 4-20

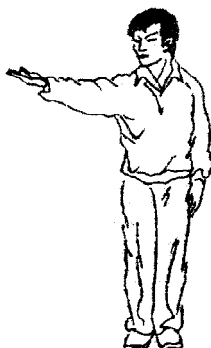


图 4-21



图 4-22

The platform judge extends one pointing at the competitor who falls down first, then calls “Hongfang or Heifang” (Red/

Black) and crosses his forearms in front of his body with palms facing down (Figs. 4-21, 4-22).

#### (十七)同时倒地

##### (17) Simultaneous Down

两臂体前平伸,后拉下按,掌心朝下(图 4-23)。

The platform judge extends both arms horizontally forward, then drop both hands downward with palms facing down (Fig. 4-23).

#### (十八)一方下台

##### (18) Red/Black off

臂前平举指向下台一方(图 4-24)。另一手立掌,手心朝前,成弓步,向前平推(图 4-25)。



图 4-23



图 4-24



图 4-25

The platform judge extends one arm forward pointing at the competitor who falls off the platform (Fig. 4-24), then pushes the other hand forward (from his or her body to the shoulder-length) with the palm upright, facing forward in *gongbu* (Fig. 4-25).

### (十九) 双方下台

#### (19) Both Sides off

弓步, 双手立掌, 手心朝前, 向前平推伸直 (图 4-26)。而后屈臂上举体前成 90 度, 掌心朝后, 成并步直立 (图 4-27)。

The platform judge in *gongbu* with both hands bend at 90 degree palms pointing upright (Fig. 4-26). Pushes both hands forward, at the same time brings his feet together to stand upright (Fig. 4-27).



图 4-26



图 4-27

### (二十) 踢裆

#### (20) Kicking the Crotch

一臂伸直指向犯规运动员, 掌心向内指向裆部 (图 4-28)。



图 4-28

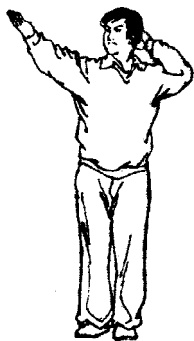


图 4-29



图 4-30



The platform judge extends one arm to point at the offender (palms-up) and the other hand pointing at his own body indicating the foul (Fig. 4-28).

(二十一) 击后脑

(21) Hitting the Back of Head

一臂伸直指向犯规运动员, 另一手俯按后脑(图 4-29)。

The platform judge extends one arm to point at the offender (palm-up), and the other hand touches the back of his own head indicating the foul (Fig. 4-29).

(二十二) 肘犯规

(22) Elbow Foul

双臂屈于胸前, 一手覆盖于另一肘部(图 4-30)。

The platform judge crosses arms in front of his or her chest, with one hand covering the elbow of the other arm indicating the foul (Fig. 4-30).

(二十三) 膝犯规

(23) Knee Foul

提膝, 用手拍盖膝部(图 4-31)。



图 4-31



图 4-32



图 4-33

The platform judge extends one arm to point at the offender (palm-up) lift-up one of his knees and pats at the knee with his other hand indicating the foul (Fig. 4-31).

#### (二十四) 禁止发声

(24) Silence

一臂伸直,虎口张开指向发声的运动员或教练员(图 4-32)。而后,拇指与四指合闭(图 4-33)。

The platform judge extends one of his arms (with the palm open, all fingers and thumb separately) to point at the competitor or his or her coach who is consulting his or her fighter (Fig. 4-32). Then he opens and closes palm several times to indicate “silence” (Fig. 4-33).

#### (二十五) 警告

(25) Warning

一臂伸直指向犯规运动员,掌心朝上,另一只手示出犯规现象后,屈臂握拳上举,于体前成 90 度,掌心朝后(图 4-34)。

The platform judge extends one arm to point at the offender (palm up). The other hand indicates the faults, then transforms into a fist (facing back) while bending the arm at 90 degree (Fig. 4-34).

#### (二十六) 劝告

(26) Admonished

一臂伸直,掌心朝上指向犯规运动员,在发出“犯规”口令的同时,屈臂立掌上举于体前成 90 度,掌心朝后(图 4-35)。

The platform judge extends one arm to point at the offender (palm up). Then calls “Foul” and bends the other arm at 90 degree in front of him (palm up, facing backward) (Fig. 4-35).

#### (二十七) 取消比赛资格

(27) Disqualified

双手握拳，两前臂交叉于胸前(图 4-36)。

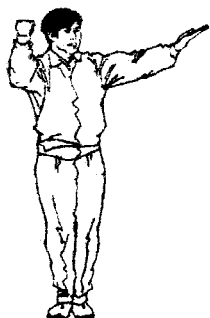


图 4-34

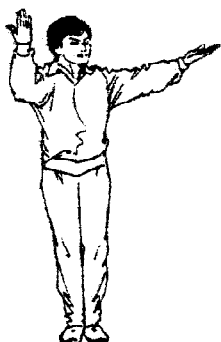


图 4-35



图 4-36

The platform judge extends both arms forward (both fists) and brings his two forearms back and crossed in front of him (Fig. 4-36).

(二十八) 无效

(28) Technique not Valid

两臂伸直，在腹前交叉摆动 1 次(图 4-37~39)。

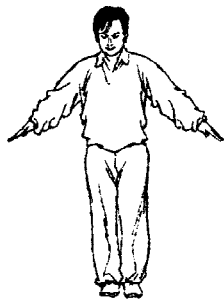


图 4-37



图 4-38



图 4-39

The platform judge swings his two arms to cross each other once in front of him to indicate that the technique is not valid; therefore, no points will be awarded (Figs. 4-37~39).

### (二十九)急救

#### (29)Emergency Treatment

面对大会医务席,两手立掌,两前臂在胸前成十字交叉(图 4-40)。

The platform judge stands facing the doctors' desk, and crosses his two forearms in front of him (palms up) to indicate emergency (Fig. 4-40).

### (三十)休息

#### (30)Rest

仰掌,侧平举指向双方运动员休息处(图 4-41)。

The platform judge extends both arms side-wards (palms-up), pointing at the rest places of the competitors (Fig. 4-41).

### (三十一)交换站位

#### (31)Exchange Positions

站立在擂台中央,双臂伸直在腹前交叉(图 4-42)。



图 4-40

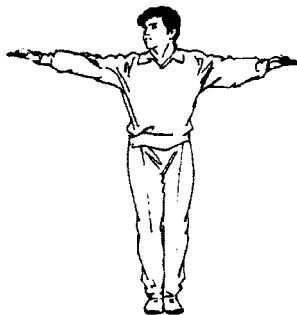


图 4-41



图 4-42

Standing at the center of the platform, the platform judge extends both arms and crosses between them in front of him (Fig. 4-42) to indicate exchange places.

### (三十二)平局

#### (32) Draw

平行站于两名运动员中间,握两侧运动员手腕上举(图 4-43)。

Standing in between the competitors, the platform judge with both hands holds the wrists of both competitors then lifts their arms up to indicate draw (Fig. 4-43).

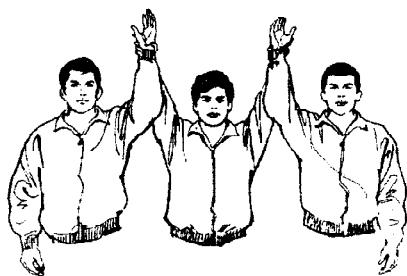


图 4-43

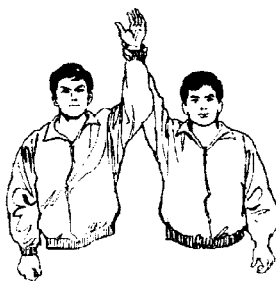


图 4-44

### (三十三)获胜

#### (33) Winning

平行站于两运动员中间,一手握获胜运动员手腕上举(图 4-44)。

Standing in between the competitors, the platform judge with one hand holds the wrist of the winner and lifts it up to indicate the winner (Fig. 4-44).

## 二、边裁判员手势

### 2. The Sideline Judge's Gestures

#### (一) 下台或倒地

##### (1) Down or off

一手食指伸直向下,其余四指弯屈(图 4-45)。

The sideline judge points down with forefinger of one hand, the other fingers and thumb being bent (Fig. 4-45).

#### (二) 没下台或没倒地

##### (2) Not Falling down or off

一手立掌,左、右摆动 1 次(图 4-46)。

The sideline judge holds one hand vertical, and moves it from one side to the other (Fig. 4-46).

#### (三) 没看清

##### (3) Not seen clearly

双手仰掌由体前向外屈肘平摆(图 4-47)。

The sideline judge extends his hands to both sides in front of the body, with the elbows bent and the palms up (Fig. 4-47).

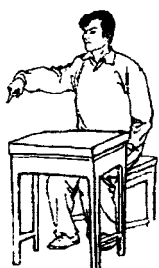


图 4-45



图 4-46

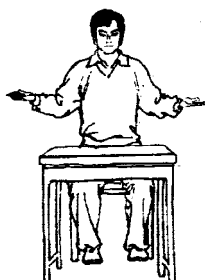


图 4-47

## 第二节 太极推手裁判员口令与手势

### Section 2 Calls and Gestures for *Taiji* Push-hand Referees

#### (一)抱拳礼

##### (1) Palm and Fist Salute

双腿并立,左掌右拳于胸前相抱,高与胸齐手,与胸之间距离为 20~30 厘米(图 4-48)。

Standing with both feet together. The left palm rests on the right fist in front of the chest 20—30 cm away (Fig. 4-48).

#### (二)入场

##### (2) Entrance

裁判员首先入场,主裁判员站在场地中央,两掌心向上直臂指向双方运动员,在发出“运动员入场”口令的同时,两手屈臂上举,掌心朝内(图 4-49)。

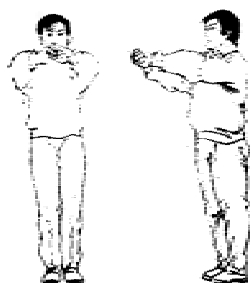


图 4-48

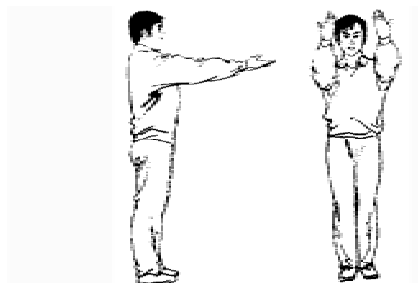


图 4-49

Standing at the center of platform, the judge extends two hands pointing at the competitors with palms up. When he calls the competitor to step into the area at the same time, both hands

bend and rise with palms in (Fig. 4-49).

### (三) 上场

#### (3) On the Platform

站立在擂台中央成侧平举, 掌心朝上指向双方运动员。在发出指令的同时, 屈臂侧举成 90 度, 掌心相对 (图 4-50)。

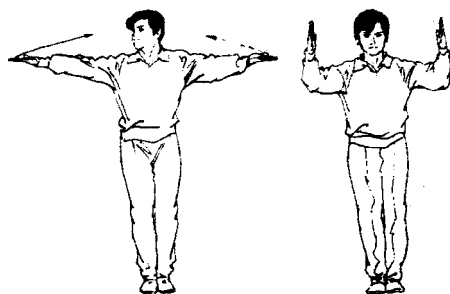


图 4-50

Standing at the center of platform, the platform judge extends two hands pointing at the competitor with palms up. When he calls the competitor to step onto the platform, he bends the elbows to 90 degree with palms facing each other (Fig. 4-50).

### (四) 预备——开始

#### (4) Ready and Start

立于双方运动员中间成弓步, 在发出“预备”口令的同时, 伸掌, 仰掌指向双方运动员。在发出“开始”口令的同时, 两手俯掌内合于腹前 (图 4-51)。

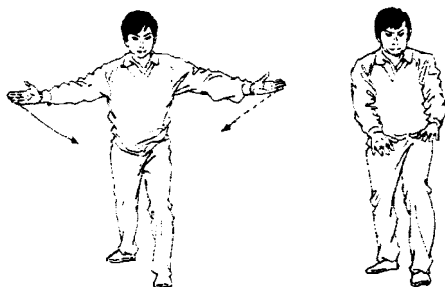


图 4-51



In *gongbu*, between the two competitors, the platform judge calls “Ready” and at the same time extends his arms pointing at both competitors. Then he brings the palms down together in front of his abdomen to call “kai shi” (start) to order the fight to begin (Fig. 4-51).

(五)停

(5)Stop

在发出“停”的口令同时成弓步,立掌、单臂伸向双方运动员中间(图 4-52)。

The platform judge calls “Stop” and steps into *gongbu* at the same time stretching an arm with the palm from up to down between the two competitors (Fig. 4-52).

(六)倒地

(6)Down

一臂伸直指向倒地一方,手心朝上,另一臂,屈于体侧,掌心朝下(图 4-53)。

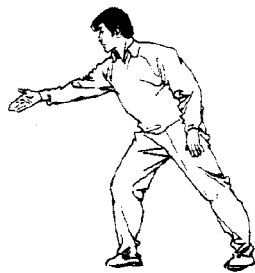


图 4-52

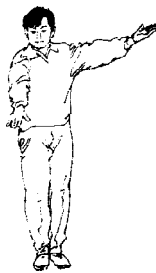


图 4-53

The platform judge extends one arm with the palm up, pointing at the fallen competitor, and his other arm, slightly bent with the palm down, moves to the side of body (Fig. 4-53).

### (七)倒地在先

#### (7)Down First

掌心朝下(图 4-54)。一臂伸直指向先倒地一方,在发出“某方倒在地先”口令的同时,两前臂在体前交叉。

The platform judge extends one finger pointing at the competitor who falls down first, then calls “Hongfang or Heifang” (Red/ Black) and crosses his forearms in front of his body with palms facing down (Fig. 4-54).

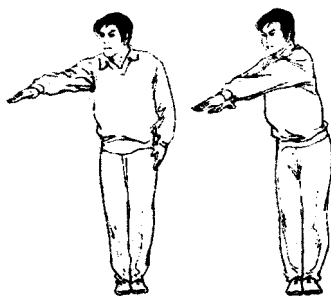


图 4-54

### (八)同时倒地

#### (8)Simultaneous Down

两臂、体前平伸,后拉下按,掌心朝下(图 4-55)。

The platform judge extends both arms horizontally forward, then dropt both hands downward with palms facing down (Fig. 4-55).



图 4-55

### (九)同时出圈

#### (9)Both Sides off

主裁判员两臂、屈地体前,掌心朝前,指尖朝上,在发出“同时出圈”口令的同时,两掌向前平推(图 4-56)。

The platform judge bends his two arms at 90 degree in front of his body with palms upright, pushes both arms forward when he calls out order (Fig. 4-56).

### (十)一方出圈

#### (10)One Side off

主裁判员一臂伸向运动员,掌心朝上,在发出“某方出圈”口令

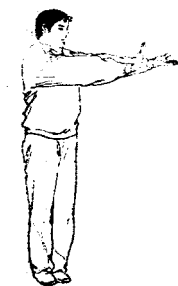
的同时,另一臂屈于体前,掌心朝前,指尖朝上,向前推出(图4-57)。



图 4-56



图 4-57



The platform judge extends one arm forward pointing at the competitor who fall the area, then bends and pushes the other hand with the palm forward (Fig. 4-57).

(十一)2 秒

(11)Two Seconds

主裁判员一手食指、中指自然分开,其余三指自然弯曲,手臂上举,另一手在发出“2 秒”口令的同时在体前摆动(图4-58)。



图 4-58

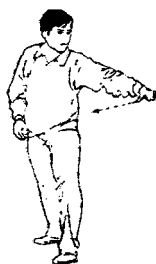


图 4-59

The platform judge extends one arm up with the index and middle fingers pointing up separately and other two bent separately, and the thumb and other two fingers bent. The other hand moves in front of the body at the same time when he calls “two seconds” (Fig. 4-58).

## (十二)指定进攻

### (12)Appointed Attack

单臂伸向双方运动员中间,拇指伸直,其余四指弯屈,手心朝下在发出“某方”进攻口令的同时,向拇指方向横摆(图 4-59)。

The platform judge extends one arm between the two competitors, with the thumb straightened, the finger bent and the palm down. The hand moves sidewise in the direction of the thumb when he orders “Black/Red” side to attack (Fig. 4-59).

## (十三)无效

### (13)Invalid (Technique Not Valid)

两臂,体前斜下伸,掌心向后下方,两臂左右反复摆动(图 4-60-1,4-60-2)。

The platform judge swings his two arms to cross repeatedly in front of the body with palms back (Figs. 4-60-1, 4-60-2).



图 4-60-1



图 4-60-2

#### (十四)得分的口令与手势

##### (14) Gestures for Scoring

①得“1”分：一手指伸直，其余四指握拳(图 4-61)。

①One point: The platform judge extends one arm up with index and other four fingers clenched.

②得“2”分：一手食指、中指伸直，自然分开其余，三指弯曲、捏拢(图 4-61)。

②Two points: The platform judge extends one arm up with index and middle fingers pointing up naturally and other three fingers bent and hooked.

③得“3”分：一手小指、无名指、中指伸直，自然分开，其余二指弯曲、捏拢(图 4-61)。

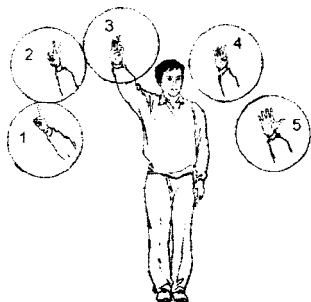


图 4-61

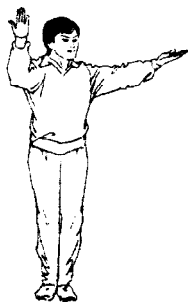


图 4-62

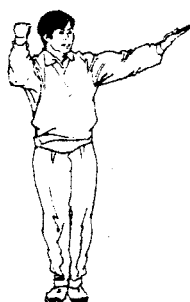


图 4-63

③Three points: The platform judge extends one arm up with small finger and middle fingers pointing up separately and other two fingers bent and hooked (Fig. 4-61).

④得“4”分：一手拇指弯曲，其余四指伸直，自然分开(图 4-61)。

④Four points: The platform judge extends one arm up with

thumb bending, then other four fingers straightened separately (Fig. 4-61).

⑤得“5”分：一手五指自然分开(图 4-61)。

⑤Five points: The platform judge extends one arm up with five fingers separating naturally, when he calls out points, the palm facing forward (Fig. 4-61).

(十五)劝告

(15)Admonished

一臂伸直,掌心朝上指向犯规运动员,在发出“犯规”口令的同时,屈臂立掌上举于体前成 90 度,掌心朝后(图 4-62)。

The platform judge extends one arm to point at the offender (palm up). Then calls “Foul” and bends the other arm at 90 degree, in front of him (palm-up, facing backward)(Fig. 4-62).

(十六)警告

(16)Warning

一臂伸直指向犯规运动员,掌心朝上,另一只手示出犯规现象后,屈臂握拳上举于体前成 90 度,掌心朝后(图 4-63)。

The platform judge extends one arm to point at the offender (palm up). The other hand indicates the faults, then transforms into a fist (facing back)while bending the arm at 90 degree (Fig. 4-63).

(十七)取消比赛资格

(17)Disqualified

双手握拳,两前臂交叉于胸前(图 4-64)。

The platform judge extends both arms forward (both fists) and brings his two forearms back and crossed in front of him (Fig. 4-64).

(十八)急救

## (18) Emergency Treatment

面对大会医务席,两手立掌,两前臂在胸前成十字交叉(图 4-65)。

The platform judge stands facing the doctors' desk, and crosses his two forearms in front of him (palms-up) to indicate emergency (Fig. 4-65).



图 4-64



图 4-65

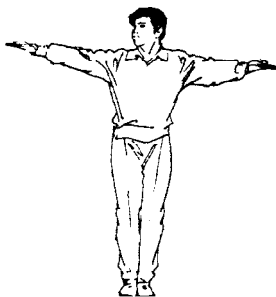


图 4-66

## (十九)获胜

## (19) Winning

平行站于两运动员中间,一手握获胜运动员手腕上举(图 4-66)。

Standing in between the competitors, the platform judge with one hand holds the wrist of the winner and lifts it up to indicate the winner (Fig. 4-66).

## (二十)休息

## (20) Rest

仰掌,侧平举指向双方运动员休息处(图 4-67)。

The platform judge extends both arms side-wards (palms-up), pointing at the rest place of the competitors (Fig. 4-67).

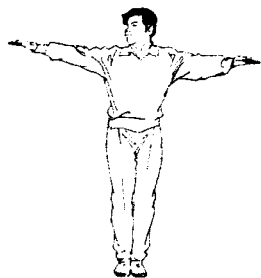


图 4-67

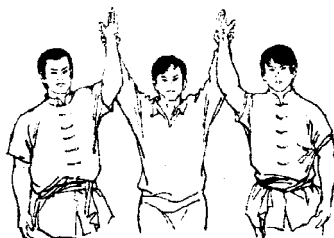


图 4-68

## (二十一)平局

### (21) Draw

平行站于两名运动员中间,握两侧运动员手腕上举(图4-68)。

Standing in between the competitors, the platform judge with both hands holds the wrists of both competitors, then lifts their arms up to indicate draw (Fig. 4-68).



## 第五章 武术竞赛评分标准和方法

### Chapter 5 Scoring Criteria and method for Competition and Demonstration Event

各竞赛(表演)项目的最高得分均为十分,评分和扣分标准如下:

In all events, the highest score shall be 10 points. The specific criteria of evaluation and deduction are as follows:

#### 第一节 长拳、刀、剑、枪、棍的评分标准

##### Section 1 The Scoring Criteria for *Changquan* (Long Boxing), Sword, Broadsword, Spear and Cudgel

(一)动作规格的分值为6分。

凡手型、步型、手法、步法、腿法、跳跃、平衡和各种器械的方法,与规格要求轻微不符者每出现一次扣0.1分;与规格要求显著不符者,每出现一次扣0.2分,与规格要求严重不符者,每出现一次扣0.3分。剑指(醉剑也须有剑指)出现的次数以定势为准,扣分均为一次总扣,最多扣0.3分,一个动作出现多种错误时,最多扣分不得超过0.3分。凡握刀持剑和刀、剑运行时,刀刃、剑刃触及手、臂、身、腿者,均按动作规格分值予以扣分;刀、剑不分者,按器械方法不明予以扣分。

(1)The quality of movements accounts six points.

One-tenth of a point shall be deducted whenever a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping, balance and apparatus technique. An apparent inconformity shall cost 0.2 point, and a serious one 0.3 point. The number of the appearances of sword-finger is counted only in fixed postures (drunken swordplay also needs sword-finger). Deduction of points is made only once in a total, but it would not be more than 0.3 point. If several errors occur in a single movement, the deduction should not be more than 0.3 point. If the contestant lets the sharp edge of the sword or broadsword touch the hand, arm, body or leg when holding and waving the apparatus, he or she shall be penalized as if committing and inconformity with the specifications. If the contestant mixes the use of sword with that of the broadsword, he or she shall be penalized for the unclear use of apparatus.

## (二) 劲力、协调的分值为 2 分。

凡劲力充足,用力顺达、力点准确,手、眼、身法、步法协调(器械项目还需身械协调)、动作干净利落者,给予满分。

凡与要求轻微不符者,扣 0.1~0.5 分;显著不符者,扣 0.6~1.0 分;严重不符者,扣 1.1~2.0 分。

## (2) Power and coordination account for two points.

Full points (two points) are given to the contestant who performs with full power smoothly and accurately and with clear-cut, coordinated hand, eyes and body movements (apparatus and body should also be coordinated).

For a slight inconformity with the specifications, 0.1—0.5 point shall be deducted; for an apparent inconformity, 0.6—1.0

point shall be taken out, and for a serious one, 1.1—2.0 points shall be deducted.

(三)精神、节奏、风格、内容、结构、布局的分值为2分。

凡符合精神饱满、节奏分明、风格突出、内容充实、结构合理、布局匀称的要求者,给予满分。

凡与要求轻微不符者,扣0.1~0.5分;显著不符者,扣0.6~1.0分,严重不符者,扣1.1~2.0分。

(3) Spirit, rhythm, style, content, structure and choreography account for two points. Full points (two points) are given to the contestant who performs in high spirits, in good rhythm, with distinctive style, and rich content, well-knit and varied structure, and well-balanced choreography.

One-tenth to five-tenths of a point are deducted for a slight inconformity to the requirements, 0.6—1.0 point for an apparent one and 1.1—2.0 points for a serious one.

## 第二节 太极拳的评分标准

### Section 2 The Scoring Criteria for *Taijiquan*

(一)动作规格的分值为6分。

凡手型、步型、手法、步法、腿法和规格要求轻微不符者,每出现一次扣0.1分;与规格要求显著不符者,每出现一次扣0.2分;与规格要求严重不符者每出现一次扣0.3分。一个动作出现多种错误时,最多扣分不得超过0.3分。

(1) The quality of movements accounts for six points.

One-tenth of a point shall be deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, or leg technique.

Two-tenths of a point shall be deducted for an apparent inconformity, and 0.3 point for serious one. The deduction should not be more than 0.3 point if several errors occur in a single movement.

(二) 劲力、协调的分值为 2 分。

凡符合运动顺达、沉稳准确、连贯圆活、手、眼、身法、步法协调的要求者, 给予满分。

凡与要求轻微不符者, 扣 0.1~0.5 分; 显著不符者, 扣 0.6~1.0 分; 严重不符者, 扣 1.1~2.0 分。

(2) Power and harmony account for two points.

Full points (two points) are given to the contestant who applies the power smoothly, steadily, accurately and continuously, and performs well to the requirements for hand forms, eyework, body movements and footwork. One-tenth to five-tenths of a point shall be deducted for a slight inconformity with the technical requirements, 0.6—1.0 point for an apparent one, and 1.0—2.0 points for a serious one.

(三) 精神、速度、风格、内容、结构、布局的分值为 2 分。

凡符合意识集中、精神饱满、神态自然、内容充实、速度适中、结构合理、布局匀称的要求者, 给予满分。

凡与要求轻微不符者, 扣 0.1~0.5 分; 显著不符者, 扣 0.6~1.0 分; 严重不符者, 扣 1.1~2.0 分。

(3) Spirit, pace, style, content, structure, and choreography account for two points.

Full points (two points) are given to the contestant who performs with the mind being fully concentrated, natural facial expression, proper pace, rich content, well-knit structure and well-balanced choreography. One-tenth to five-tenths of a point

shall be deducted for a slight inconformity with the technical requirements, 0.6—1.0 point for an apparent one, and 1.1—2.0 points for a serious one.

### 第三节 南拳的评分标准

## Section 3 The Scoring Criteria for Nanquan (Southern Style Boxing)

(一)动作规格的分值为6分。

凡手型、步型、手法、步法、腿法、跳跃、平衡与规格要求轻微不符者,每出现一次扣0.1分;与规格要求显著不符者,每出现一次扣0.2分;与规格要求严重不符者,每出现一次扣0.3分。一个动作出现多种错误时,最多扣分不得超过0.3分。

(1)The quality of movement accounts for six points.

One-tenth of a point shall be deducted when a slight inconformity with the technical specifications occurs in any hand form, stance, hand technique, footwork, leg technique, jumping, or balance. Two-tenths of a points shall be deducted for an apparent inconformity, and 0.3 point for a serious one. The deduction should not be more than 0.3 point if several fouls occur in a single movement.

(二)劲力、协调的分值为2分。

凡劲力充足,用力顺达,力点准确,手眼身法步协调,动作干净利落者,给予满分。

凡与要求轻微不符者,扣0.1~0.5分;显著不符者,扣0.6~1.0分;严重不符者,扣1.1~2.0分。

(2)Power and coordination account for two points.

Full points (two points)are given to the contestant who per-

forms vigorously and smoothly, with accurate and proper application of power and with clear-up and harmonied movements. One-tenth to five-tenths of a point shall be deducted for a slight inconformity to the requirements, 0.6—1.0 point for an apparent one and 1.1—2.0 points for a serious one.

(三)精神、节奏、风格、内容、结构、面局的分值为 2 分。

凡符合精神饱满、节奏分明、风格突出、内容充实、结构合理、布局匀称的要求者,给予满分。

凡与要求轻微不符者,扣 0.1~0.5 分;显著不符者,扣 0.6~1.0 分;严重不符者,扣 1.1~2.0 分。

(3) Spirit, rhythm, style, content, structure, and choreography account for two points. Full points are given to the contestant who performs in high spirits, with good rhythm, distinctive style, rich content, well-knit and varied structure and well-balanced choreography. One-tenth to five-tenths of a point are deducted for a slight inconformity to the requirements, 0.6—1.0 point for an apparent one and 1.1—2.0 points for a serious one.

## 第四节 对练项目的评分标准

### Section 4 The Scoring Criteria for Set Sparring

(一)方法准确、攻防合理的分值为 4 分。

(1) Accuracy and reasonable offence and defence account for four points.

(二)动作熟练、配合严密的分值为 3 分。

(2) Proficiency and good cooperation account for three points.

(三)内容充实、结构紧凑的分值为 2 分。

(3) Rich content and well-knit structure account for two points.

(四)意识逼真、风格突出的分值为 1 分。

(4) Lifelike combat and distinctiveness account for one point.

## 第五节 集体项目的评分标准

### Section 5 The Scoring Criteria for Team Event

(一)质量的评分:要求姿势正确、动静分明,精神贯注、技术熟练,此类分值为 4 分。

(1) Quality: Correct, clear-cut and skillful movements, mind concentration and proficiency account for four points.

(二)内容的评分:要求内容充实,武术的特点和风格突出,整套动作中应包括项目的基本动作和基本方法,此类分值为 3 分。

(2) Content: Rich content, distinctive *wushu* characteristics with basic technique concerned account for three points.

(三)配合的评分:要求队形整齐,动作协调一致,此类分值为 2 分。

(3) Cooperation: Trimness and harmony account for two points.

(四)结构、布局的评分:要求结构恰当,布局匀称,并有一定的图案,此类分值为 1 分。

(4) Structure and choreography: Proper structure and harmonious choreography with intended design account for one point.

## 第六节 其他各单练项目的评分标准

### Section 6 The Scoring Criteria for Other Individual Event

(一)姿势正确、方法清楚的分值为 4 分。

(1)Correctness and clearness account for four points.

(二)劲力顺达、动作协调的分值为 3 分。

(2)Smoothness and coordination account for three points.

(三)风格独特、内容充实的分值为 2 分。

(3)Distinctiveness and rich content account for two points.

(四)精神贯注、节奏分明的分值为 2 分。

(4)Concentration and rhythm account for one point.

## 第七节 其他错误的扣分标准

### Section 7 The Deduction Criteria for Other Errors

(一)没有完成套路:任何项目的比赛,凡运动员没有完成套路中途退场者,均不予评分。

(1)Unfinished routine: No score shall be given to the contestant who does not finish his routine or leaves the arena just half way through.

(二)遗忘:在比赛中,每出现一次遗忘现象,根据不同程度,扣 0.1~0.3 分。

(2)Forgetting: 0.1—0.3 point shall be deducted for forgetfulness according to its degree during competition.

(三)器械、服装影响动作:在比赛中,刀彩、剑穗和软器械缠住



身体任何部位影响了动作或出现刀彩、剑穗服饰掉地、服装开钮,以及器械触地、脱把、碰身等失误现象时,每出现一次,扣 0.1~0.2 分。

(3) Movement affected by apparatus and costumes: One-tenth to two-tenths of a point shall be deducted whenever: any part of the body is entangled by the broadsword fringe or the tassels of the sword, or by any soft apparatus which affects the movements; tassels decorations or costumes fall apart onto the floor; costumes are unbuttoned; the apparatus touches the ground or the body as a result of carelessness; the handle of the apparatus breaks apart.

(四)器械变形、折断及掉地:比赛中,器械弯曲变形,根据不同程度,扣 0.1~0.3 分;器械折断,扣 0.4 分;器械掉地,每出现一次扣 0.4 分;器械顶端折断,尚未脱落者,为避免甩出伤及他人,裁判长可令其暂停,将折断部分除去再接做,扣 0.3 分。

(4) Apparatus deformed, broken and fallen down: One-tenth to three-tenths of a point shall be deducted if, during the competition, the apparatus is deformed; 0.4 point shall be deducted whenever the apparatus is broken; 0.4 point shall be deducted whenever the apparatus is fallen down; and 0.3 point shall be deducted if the top of an apparatus is broken but still holds on. In the latter case, to avoid injury, the head judge may stop the contestant and let him continue his performance only after the broken part has been taken away.

(五)出界:身体的某一部分接触线外地面,扣 0.1~0.2 分;整个身体出界,扣 0.2 分。

(5) Outside the arena: One-tenth to two tenths of a point shall be deducted if any part of the body touches the ground out-

side the arena and 0.2 point shall be deducted if the entire body falls out.

(六)失去平衡:在比赛中,每出现一次附加支撑,扣 0.1~0.2 分;一个动作中连续出现附加支撑,扣 0.3 分;每出现一次倒地,扣 0.3 分。

(6)Losing balance: One-tenth to two-tenths of a point shall be deducted if all extra supporting movement is added, and 0.3 point shall be deducted if consecutive extra supporting movements occur in one technique. For a fall, 0.3 point shall be deducted.

(以上六种错误的扣分,均由裁判员执行。)

(The above-mentioned six deductions are made by judges.)

(七)起势、收势:起势与收势不符合要求者,扣 0.1 分;起势或收势有意拖延时间者,扣 0.1~0.3 分。

(7)Commencing and closing movements: One-tenth of a point shall be deducted for any inconformity with the technical specifications in commencing and closing movements. One-tenth to three-tenths of a point shall be deducted for stalling for time in the commencing or closing movement.

(八)重做:

(8)Re-performing:

①运动员因客观原因,造成比赛套路中断者,经裁判长许可,可重做一次,不予扣分。

①When permitted by the head judge, the contestant can re-perform without suffering penalty if he has been interrupted by uncontrollable circumstances.

②运动员因动作遗忘、失误、器械损坏等原因造成比赛套路中断者,可重做一次,但应扣 1 分。

② The contestant who stops performing due to forgetfulness, faults or broken apparatus may be permitted to re-perform, but one point shall be deducted.

③ 运动员临场受伤不能继续比赛者,裁判长有权令其中止。经过简单治疗即可继续比赛的,可安排在该组最后一名继续上场;如果已经是该组最后一名的,则安排在第二天该项目比赛组的第一名参加比赛;按重做处理,扣 1.0 分。因伤不能在上述规定时间内继续比赛者,则作弃权论。

③ When a contestant is unable to go on performing because of injuries during the competition, the head judge has the right to stop him. If he recovers after a simple treatment, he may be allowed to do his performance as the last starter in his group. If he is the last one in his group, he may be allowed to compete as the first starter in the same event the next day. In this case, one point shall be deducted. The contestant who is unable to re-perform at the required time shall be treated as a withdrawer.

(九)时间不足和超出规定时间:运动员完成套路的时间不足规定时间达 0.1 秒至 2.0 秒者,扣 0.1 分;不足达 2.1 秒至 4.0 秒者,扣 0.2 分;依此类推。太极拳不足或超出规定时间达 5.0 秒者,扣 0.1 分。依此类推。以上三种错误的扣分,均由裁判长执行。

(9) Short of or over required time: One-tenth of a point shall be deducted for a performance that is 0.1—2.0 seconds short or over the required time and 0.2 point for a performance that is 2.1—4.0 seconds short of the required time, and so forth. In case of *Taijiquan*, one-tenth of a point shall be deducted for a performance that is 5 seconds short of or over the required time, and so forth. The above-mentioned three deductions are made by the head judge.

## 第八节 竞赛套路的评分方法

### Section 8 The Scoring Methods for Competition Taolu

(1) 裁判员评分: 裁判员根据运动员现场发挥的技术水平, 按照各竞赛项目的评分标准, 在各类分值中减去错误动作的扣分, 即为运动员得分。

(1) Scores of contestants: The scores of contestants are the points given by judges according to their actual performances and to the deductions made according to the criteria for the events concerned.

(2) 应得分数的确定: 五个裁判员评分, 取中间三个分数的平均值作为运动员的应得分。

(2) Actual scores: The actual scores of contestants are the average points taken from the three middle ones out of the five scores given by the five judges, with the highest and lowest scores left out.

(3) 最后得分的确定: 裁判长从运动员的应得分数中扣除“其他错误的扣分”规定里第七项至第九项的扣分, 即为该运动员的最后得分。

(3) Final scores: The final scores are the points given by the head judge after making deductions according to items (7) to (9) of “The Deduction Criteria of Other Errors”.

## 第九节 竞赛中的其他规定

### Section 9 Other Provisions in Competition

(1) 太极拳比赛每套路时间为 5~6 分钟, 其他比赛项目的时

间不得少于 1 分 20 秒(表演项目不受时间限制)。

(1)The time limit for *Taijiquan* routine shall be five to six minutes while the time limit for all the rest competition events shall not be less than one minute twenty seconds. (no time limit for the demonstration event)

(2)场地:比赛在长 14 米、宽 8 米的地毯上进行,四周应标明 5 厘米宽的边线。在场地的两长边中间做两个中线标记。

(2) Arena: Competition shall take place on a 14m  $\times$  8m carpet marked with lines of 5cm in width. The centre of the two long sidelines shall be marked as the middle line.

(3)运动员不能按时参加比赛和表演,则做弃权论。

(3)Forfeiture: If a contestant is unable to compete or perform at the scheduled time, he or she shall be disqualified.

## 第六章 武术竞赛中的礼节

### Chapter 6 Protocol of Wushu Competition

#### 第一节 套路竞赛中的礼节

##### Section 1 Protocol of Taolu Competition

抱拳礼：并步站立，左掌右拳在胸前相抱（左指根线与右拳棱相齐），高与胸齐，拳、掌与胸间距离为 20~30 厘米（图 6-1）。

For Bare-handed Routine: In a standing position with feet together and the left palm and the right fist pressed against each other (with the top of the knuckles of the right hand in line with the bottom of the left hand fingers — on the palm side) at chest height about 20—30 cm away from the chest (Fig. 6-1).



图 6-1

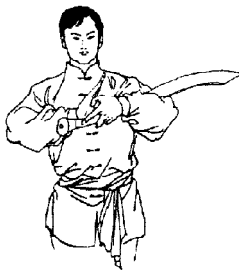


图 6-2

**抱刀礼:**并步站立,左手抱刀,屈臂抬起使刀横于胸前,刀刃向上;右手成掌,以掌心附于左手拇指第一节上,高与胸齐,两手与胸间距离为 20~30 厘米(图 6-2)。

Salute with Broadsword: Standing with feet together the broadsword held in the left hand, bend the elbow to lift the broadsword to chest height with sharp edge on top. Raise the right arm and place the center of the palm on the fist joint of the left thumb 20—30cm away from the chest (Fig. 6-2).

**持剑礼:**并步站立,左手持剑,屈臂抬起使剑身贴前臂外侧斜横于胸前;右手成掌,以掌外沿附于左手食指根节,高与胸齐,两手与胸间距离为 20~30 厘米(图 6-3)。



图 6-3



图 6-4

Salute with Sword: Slowly with feet together and the sword in the left hand the elbow to raise the sword to chest height(the body of the sword is in contact with the outside of the forearm) and place the heel of the palm of the right hand at the bottom of the left index finger at chest height 20—30cm away from the chest (Fig. 6-3).

**持枪(棍)礼:**并步站立,左手持枪(棍)把段(靠把段三分之一处),屈臂置于胸前,枪(棍)身直立;左手成掌,附于右手拇指第二

节上,两手与胸前距离为 20~30 厘米(图 6-4)。

Salute with Spear or Cudgel: Sanding with feet together the right hand holding the spear or the cudgel one third of the way from the bottom, lift the right arm to chest height 20—30 cm away from the chest with the spear or the cudgel held vertically, place the left palm on the second joint of the right thumb (Fig. 6-4).

运动员若持双器械,应将器械交于一手执握,行抱刀礼或持剑礼、持枪(棍)礼;若不适合行礼时,则应两手持械面向裁判长立正行注目礼。其他器械参照以上各种礼仪执行。

For routines which use two apparatuses, both apparatuses should be held in one hand to salute in the same way as the salute with the broadsword, spear or cudgel. When it is impractical to salute whilst holding both apparatuses in hands, an eye salute should be performed by standing with feet together facing the Head Judge.

当检录员检查器械或裁判长要求检查器械时,若是短器械,运动员应使器械尖朝下,将器械竖直,送给裁判人员;若是长器械,运动员应使梢(间)朝上,将器械竖直,递给裁判人员。

When an official inspects a apparatus, if it is a short apparatus the competitor should hand it to the official with the tip pointing down and the apparatus held vertically. If it is a long apparatus it should be handed to the official with the tip (thin end) pointing up and apparatus held in a vertical position.

## 第二节 武术散手竞赛中的礼节

### Section 2 Protocol of Sanshou Competition

(1)介绍运动员时,运动员向观众行礼。



(1) When being introduced, the competitors will salute the audience with “palm and fist”.

(2) 每局比赛开始前,运动员相互行抱拳礼。

(2) Before the start of each round, the competitors will salute each other with the “palm and fist”.

(3) 宣布结果时,运动员交换站位,宣布结果后,运动员先相互行抱拳礼,再行裁判员行抱拳礼裁判员回礼;然后向对方教练员行礼,教练员回礼。

(3) When the result of the fight is being announced, the competitors exchange their positions. After the announcement, they salute each other, then salute the platform judge with the “palm and fist”; the judge returns his salute. Then the competitor salute his opponent’s coaches, and the coaches return their salute.

(4) 边裁判员换人时,互相行抱拳礼。

(4) When the judges exchange, the judges will salute each other with the “palm and fist”.

## 第七章 国际武术组织

### Chapter 7 The International Organization of *Wushu*

#### 第一节 国际武术联合会

#### Section 1 International *Wushu* Federation

1984 年全国武术比赛期间,中国武术协会邀请了法国、前联邦德国、意大利、日本、墨西哥、菲律宾、新加坡、瑞典、美国、泰国等国家和香港、澳门地区武术组织的负责人到武汉参观了比赛,并就武术在世界范围内进一步发展等问题进行了讨论,共同签署了《备忘录》。大家一致希望由中国牵头,尽速筹备成立国际武术组织。1985 年 8 月,比利时、加拿大、菲律宾、法国、英国、意大利、日本、摩洛哥、澳门、墨西哥、波兰、新加坡、西班牙、泰国、美国、中国及中国香港等 17 个国家和地区的代表在中国西安市举行会议,成立了国际武术联合会筹备委员会。并推选中国、英国、意大利、日本、新加坡等国家担任筹备委员,与会其他国家和地区的武术组织作为联络员。秘书处设在中国。

1990 年,国际武术联合会在北京正式成立。1994 年国际武联被国际单项体育联合会接纳为该组织的正式会员,1999 年国际武联得到国际奥委会的临时承认,2002 年 2 月,国际奥委会第 113 次全会上正式批准国际武术联合会的申请,国际武术联合会目前

是拥有来自五大洲 102 个国家和地区的会员协会。

At the invitation of the Chinese *Wushu* Association, leading members of *wushu* organizations from France, the Fedral Republic of Germany, Italy, Japan, Mexico, the Philippines, Singapore, Sweden, the United States, Thailand, Hong Kong and Macao come to watch the competitions at China's national *wushu* tournament staged in Wuhan in 1984. Following discussions on questions related to the spread of *wushu* worldwide, a memorandum was signed and it was unanimously hoped that China would take the lead in preparing for the formation of an international *wushu* organization at an early date. In August 1985, the Preparatory Committee for the International *Wushu* Federation (IWF) was formed at a meeting held in China's Xi'an, which was attended by representatives from 17 countries and regions, namely, Belgium, Canada, the Philippines, France, England, Italy, Japan, Morocco, Macao, Mexico, Poland, Singapore, Spain, Thailand, the United States and China, Hong Kong (China), England, Italy, Japan and Singapore were elected as members of the IWF Preparatory Committee, while the *wushu* organizations of the other participating countries and regions were to act as coordinators. A Secretariat of the Preparatory Committee was set up in China.

The International *Wushu* Federation (IWUF) was founded in Beijing in 1990. In 1994, it was admitted as a member by the GAISF. In February 2002, the International Olympic Committee officially recognized The IWUF at its 113<sup>th</sup> session. the IWUF was provisionally recognized by the IOC. On February 2002, the IWUF was fully recognized by the IOC. The IWUF is now an in-

ternational sport organization with 102 members from 5 continents.

## 第二节 欧洲武术联盟

### Section 2 The European *Wushu* Federation

1985 年 11 月在意大利的波伦亚市成立了欧洲武术协会。会员有英国、法国、西班牙、比利时、荷兰、瑞典、挪威、意大利等 8 个国家。并于 1986 年 5 月份在比利时举行了 8 个国家 70 名运动员参加的第一届欧洲武术锦标赛。同年 11 月又有爱尔兰、前联邦德国、波兰、瑞士被接纳为会员国。1987 年 6 月,在西班牙的巴塞罗那举行了第二届欧洲武术锦标赛。

The European *Wushu* Federation was formed in Bologna, in November 1985, its members including England, France, Spain, Belgium, the Netherlands, Sweden, Norway, and Italy. The First European *Wushu* Championships were held in Belgium in May 1986, with 70 athletes from eight countries taking part. In November of the same year, four new members joined the Federation, namely, Ireland, the Federal Republic of Germany, Poland and Switzerland. The Second European *Wushu* Championships were held in Barcelona, Spain, in June 1987.

## 第三节 南美武术功夫联合会

### Section 3 The South American *Wushu* Kungfu Federation

南美洲于 1986 年 11 月 15 日在阿根廷拉里奥哈省雷西多市成立了南美武术功夫联合会。联合会主席由阿根廷武术协会主席

爱德华多·路易斯·奥多涅斯先生担任。联合会由阿根廷、智利、巴西、秘鲁、玻利维亚、委内瑞拉、厄瓜多尔、乌拉圭、巴拉圭 9 个国家组成。

The South American *Wushu* Kungfu Federation was formed in La Rioja, Argentina, on November 15, 1986, with Mr. Eduardo Lusi Ordonez, President of the Argentina *Wushu* Association, as its president. Its members included Argentina, Chile, Brazil, Peru, Bolivia, Venezuela, Ecuador, Uruguay and Paraguay.

## 第四节 亚洲武术联合会

### Section 4 The *Wushu* Federation of Asia

亚洲武术联合会于 1987 年 9 月 25 日在日本横滨正式成立。根据《亚洲武术联合会章程》选出了徐才(中国)为亚洲武术联合会第一任主席,村冈久平(日本)、霍震寰(中国香港)为副主席,赵双进(中国)为秘书长。由徐才、村冈久平、霍震寰、李炯才(新加坡)、赵双进 5 人组成亚洲武术联合会第一届执行委员会。亚洲武联以加强合作、增进友谊,推动亚洲武术运动发展为宗旨。中国武术协会、日本武术太极拳联盟、新加坡全国国术总会、香港武术联会、泰国太极拳健身总会、菲律宾武术协会、尼泊尔武术协会、马来西亚马华武术总会、澳门武术总会筹委会、斯里兰卡全国武术学院、印度尼西亚太极拳协会等 11 个国家和地区武术团体的代表出席了亚洲武术联合会成立大会。全体会员一致通过了《关于呼吁把武术列为第十一届亚洲运动会比赛项目的特别决议》及 1989 年第二届亚洲武术锦标赛在香港举行的决定。亚奥理事会委派发展委员会松平康隆先生为观察员出席了大会,并参观了第一届亚洲武术锦标赛。

The *Wushu* Federation of Asia (WFA) was officially formed in Yokohama, Japan, on September 25, 1987. In accordance with the WFA Constitution, the inaugural meeting of the Federation elected Xu Cai (China) as its president, Khuhei Muraoka (Japan) and Fok Chun Wan (Hong Kong, China) as vice-presidents, and Zhao Shuangjin (China) as Secretary-General. An Executive Committee was formed by the above-mentioned four persons together with Lee Khoon Choy of Singapore. The aim of the WFA is to strengthen international ties of friendship and cooperation and promote *wushu* in Asia. The inaugural meeting was attended by representatives of *wushu* organizations in 11 countries and regions, namely, the Chinese *Wushu* Association, the Japan *Wushu Taijiquan* Federation, the Singapore National Federation, the HongKong *Wushu* Federation, the Thailand *Taijiquan* Association, the Philippine *Wushu* Federation, the Nepal *Wushu* Association, the Malaysian Martial Arts Association, the Macau *Wushu* Federation, the Srilanka National *Wushu* Academy and the Indonesia *Taijiquan* Association. A “Special Appeal for the Inclusion of *Wushu* in the 2<sup>nd</sup> Asian Games as a Formal Competitive Sport” and a resolution on the holding of the second Asian Championships in Hong Kong in 1989 were unanimously adopted by all WFA members. The meeting was favoured with the attention of the Olympic Council of Asia, which sent Yasutaka Matsudaira, member of its Sports Development Improvement Committee, to attend the meeting as an observer and to watch the contests in the First Asian Championships.

## 第八章 其 他

### Chapter 8 The Others

#### 第一节 首届国际武术邀请赛

#### Section 1 The First International *Wushu* Invitational Tournament

第一届武术国际邀请赛于 1985 年 8 月 22 日至 26 日在中国陕西省西安市举行。法国、菲律宾、加拿大、美国、摩洛哥、日本、新加坡、西班牙、英国、中国和香港、澳门等 12 个国家和地区的 89 名运动员参加了拳术、短器械、长器械三类九项比赛。比利时、意大利、波兰等国的代表到会观摩。

The First International *Wushu* Invitational Tournament was held in Xi'an of China's Shanxi Province from 22 to 26 of August 1985, Eighty-nine participants from France, the Philippines, Canada, the United States, Morocco, Japan, Singapore, Spain, England, China, Hong Kong and Macao competed in nine events in the three categories of barehanded exercises, exercises with short weapons and exercises with long weapons. The tournament also drew observers from Belgium, Italy and Poland.

## 第二节 首届中国国际武术节

### Section 2 The First China's International Wushu Festival

首届中国国际武术节于 1988 年 10 月 12 日在风景秀丽的中国名城——杭州市开幕,10 月 20 日在中国第一个经济特区——深圳市闭幕。在此期间分别在两地举办第三届国际武术(套路)邀请赛和国际武术散打擂台赛,并颁发 7 项武术大奖。

中国国际武术节组织委员会是武术节的最高领导机构,下设浙江工作委员会和深圳工作委员会,分别负责两地的筹备和组织工作。

杭州活动内容:

10 月 12 日晚,在杭川体育馆举行开幕式,开幕式上颁发了国际武术优秀运动员奖、国际武术优秀教练员奖、国际武术优秀传播者奖,并有中国武术特色的文艺演出。

10 月 13 日至 15 日,进行 5 场国际武术(套路)邀请赛。比赛期间,大会举行大型招待酒会,并穿插安排在中国宋代式庄园——阮公墩举行游园活动,其中有仿古武术表演和中国古典乐器、古典舞蹈表演等有趣的节目。另外在杭州著名胜地——黄龙洞举行游览活动,其中有少林十三棍僧的棍术表演,中国浙江传统剧——越剧和中国神话人物“齐天大圣”孙悟空的表演以及硬气功、古装将士操练等。亚洲武术联合会执委会和国际武术联合会筹备委员会也在杭州召开会议。

深圳活动内容:

10 月 18 至 20 日在深圳体育馆举行有 13 个国家及地区运动员参加的 8 场国际武术散打擂台赛。其间,体育馆广场展出闻名中国的四川绵阳大型电子灯会,并连日燃放焰火为擂台赛助兴。



比赛期间还安排有武术理论报告会和中国气功示范报告会。20日晚,在深圳体育馆隆重举行首届中国国际武术节闭幕式,会上颁发国际武术荣誉奖、武术宣传奖、国际武术贡献奖及社会支持奖。会后举行大型文艺晚会,由深圳武术队、艺术体操队和中国京剧团表演节目。21日清晨代表团登 53 层国贸大厦,品尝广东特色的早茶,俯瞰深圳全貌,远眺香港,随后前往深圳的蛇口工业区,登临邓小平先生题名的“海上世界”大型观光轮,参观船上的中国城,领略中国各地及少数民族的风情。晚上,武术节组委会与深圳市政府联合举行大型联欢宴会,共庆中国国际武术节圆满、胜利闭幕。

The First China's International *Wushu* Festival was held on 12 Oct. , 1988 in the famous scenic city Hangzhou and closed on 21 Oct. in Shenzhen, China's first economic special zone. During the festival, the 3<sup>rd</sup> International *Wushu* (in set) Invitational Tournament and the International Free Sparring Invitational Tournament were held simultaneously. Seven trophies would be awarded to the winners.

Under the Organization Committee of the festival were working committees set up in Zhejiang Province and Shenzhen respectively to take up affairs in those 2 arenas.

The main activities in Hangzhou ran as follows:

On the evening 12 Oct. an opening ceremony was held in the Hangzhou Gymnasium. International awards were promulgated to best athletes, coaches and advocators. Cultural performances with Chinese *wushu* characteristics were given there too.

From 13 to 15, 5 matches went on for the trophies of China International *Wushu* (in set) Invitational Tournament. Amid competitions, there would be a big banquet given by the organization committee of the festival, and a garden party was held in

the Ranggongdun (farmstead) in Song's (dynasty) style with performances as imitative ancient *wushu*, Chinese classical instruments and dances. Furthermore, guests were invited to the scenic sport—Huanglongdong (Yellow Dragon Cave). In there visitors witnessed the cudgel play by 13 monks, legendary hero Monkey King's show and traditional local opera—Yuju. Besides, there were also the performances of hard *qigong* and military drillings in ancient costumes.

At the same time, the Executive Committee of *Wushu* Federation of Asia and the Preparatory Committee of the International *Wushu* Federation would hold meetings respectively.

Activities in the Shenzhen area included:

18—20, 8 matches of the International Free Sparring International Tournament was held in the Shenzhen Gymnasium with competitors from 13 countries and regions. Meanwhile, a grand exhibition of Dinosaur lantern of Mianyang city, Sichuan Province and fireworks were exhibited on the square in front of the gym. There were *wushu* theory seminars and Chinese hard *qigong* exemplifications.

On the night of 20, the closing ceremony was held in the Shenzhen Gymnasium. Awards of Invitational *Wushu* Honor, propaganda, distributions and social supportings were promulgated at the ceremony. After the closing ceremony there would be performances by the teams of *wushu* and eurythmics of Shenzhen and Peking opera.

On the morning 21, delegations were given a tea party to taste deserts with Guangdong flavors in the roof restaurant of the International Trade and Business Center. Afterwards, the guests

went to the Shekou International Zone for a sight-seeing tour. In there, they would board the exhibition ship —“Eden on Sea” which was written by Mr Deng Xiaoping. They would also have a look at the China Castle and the custom of Chinese minorities.

On the evening of 21, a farewell banquet was given by the Shenzhen Municipal Government and the festival organization committee.

### 第三节 武术首次亮相 11 届奥运会

## Section 3 Chinese Wushu Demonstration in the 1936 Olympic Games

1936 年第 11 届奥运会在德国柏林举行,当时中国体育代表团共 90 余人,其中武术代表队共 9 人,即张文广、郑怀贤、温敬铭、金石生、张尔鼎、寇运兴、傅淑云(女)、刘玉华(女)和崔连元(女)。他们集体表演了“太极操”以及少林拳、刀、枪、剑、棍,还有单刀对枪、单刀对拳等项目,为奥运会增添了东方体育特色,受到德国民众的热烈欢迎。他们在柏林共进行 10 余次表演,还到法兰克福等城市表演了武术器械。这是中国首次派武术队参加大型国际体育比赛。

At the Eleventh Olympic Games held in Berlin in 1936, China was represented by a sports delegation of some 90 members, including a group of nine *wushu* performers Zhang Wenguang, Zheng Huaixian, Wen Jingming, Jin Shisheng, Zhang Erding, Kou Yunxing, Fu Shuyun(f), Liu Yuhua(f) and Cui Lianyuan (f). They gave a group performance of *taiji* exercises and individual displays of Shaolin-style boxing, broadsword play, sword-play, spearplay and cudgelplay, as well as sparring exercises per-

formed either barehanded or with weapons. Their performances added Oriental colour to the Games and were warmly received by the German public. Apart from giving more than a dozen exhibitions in Berlin, they demonstrated their skills with *wushu* weapons in Frankfurt and other cities. It was at the Berlin Games that Chinese *wushu* made its first-ever appearance in a major world sports tournament.

## 第四节 武术比赛规程

### Section 4 Regulations of *Wushu* Competition

#### 一、日期、地点

##### 1. Date and Place

#### 二、主办单位

##### 2. Host Organizations

#### 三、承办单位

##### 3. Organizers

#### 四、参加单位

##### 4. Participants

#### 五、竞赛项目

##### 5. Competition Events

#### (一) 拳术

##### (1) Barehanded Routines

## (二)器械

### (2)Apparatus

同类拳种、器械集中编组,凡每一拳种、器械不足 5 人时均集中编为其他拳种、器械类。

Barehanded routines and apparatus of the same kind are put into the same group. All the barehanded routines and apparatus, whose participants are below 5 persons are put into the other kinds of routines.

## (三)对练

### (3)Dual Events

## (四)集体项目

### (4)Group Events

## 六、竞赛办法

### 6. Participation Methods

(一)每个参赛队限报集体项目 2 项(相同内容的项目不能重复报名和比赛),每项参赛人数少于 4 人将不予评分。

(1) Each team may at most enter 2 group events. (There shall be no repetition entry and competition for the same.) Scores shall not be recorded if the participants are less than 4 persons.

(二)参加比赛的运动员每人限报 2 个单项(拳术、器械任选,同一类拳术不能重复报名和比赛),可兼报集体项目和对练。

(2) Each participating athlete may enter at most 2 individual events (Barehanded routines, or apparatus. There shall be no repetition entry and competition for the same), together with the dual events and group.

(三)每个参赛队限报对练 1 项,编组限 3 人以内,男女可混编。

(3) Each team may enter only for one dual event. Each group is limited to 3 persons. Male and female athletes can be mixed.

(四)个人竞赛项目分年龄组。

(4)The individual events are divided by ages.

1. A 组:16 周岁以下(含 16 周岁)。

Group A:below age 16 (including 16).

2. B 组:17~29 周岁。

Group B: age 17—29.

3. C 组:30~44 周岁。

Group C: age 30—44.

4. D 组:45~55 周岁。

Group D: age 45—55.

5. E 组:56~65 周岁。

Group E: age 56—65.

6. F 组:66 周岁以上(含 66 周岁)。

Group F: above age 66 (including 66).

7. 报名不足 5 人的组别,并入上一组别。

Groups whose athletes are less than 5 persons shall be included in the last groups ahead.

(五)凡报名参赛运动员超过 20 人的国家或地区可以携带 1 名裁判员(要求:裁判员需担任过本国或本地区 3 次以上武术比赛的裁判工作)。

(5)Countries or regions whose participating athletes exceeding 20 persons can bring one judge (The judge has officiated more than 3 *wushu* competitions in his or her country or region).

## 七、相关要求

### 7. Relevant Requirements

(一)比赛采用国际武术联合会于 1999 年审定的《国际武术竞赛规则》。

(1)The competition will adopt “The Rules for International Taolu Competition” endorsed by IWUF in 1999.

#### (二)比赛时间

##### (2)Time Limit

1)拳术和器械套路 50 秒到 1 分 30 秒。

1)Bare-handed and apparatus routines shall be from 50 seconds to 1 minute and 30 seconds.

2)太极拳 4~6 分钟,太极器械 3~4 分钟,可以配乐(自备 CD、音乐磁带)。

2) *Taijiquan* shall be 4—6 minutes; *Taijiquan* routines shall be 3—4 minutes. The background music can be chosen by the competitors to suit the choreography of the routine.

3)对练 50 秒~1 分 30 秒。

3)Dual Events shall be from 50 seconds to 1 minute and 30 seconds.

4)集体项目 3~4 分钟,可以配乐(自备 CD、音乐磁带)。

4)Group events shall be 3—4 minutes, and background music can be chosen by the competitors to suit the choreography of the routine.

## 八、录取名次

### 8. Placing and Awards

按男女年龄组分别设一等奖、二等奖、三等奖。

The top three places of each male and female age group will be awarded.

### 九、报名和报到时间

#### **9. Entry and Registration**

第一次报名:

Preliminary:

最后确认报名:

Final entry:

报到时间:

Port of entry and transportation itinerary:

### 十、联系方式

#### **10. Way of Contact**

联系电话:

Tel:

传真电话:

Fax:

通讯地址:

Address:

邮 编:

Postcode:

电子邮箱:

E-mail:

### 十一、经费

#### **11. Financial Conditions**

### 十二、未尽事宜,另行通知

#### **12. The Matters Uncovered Will Be Notified in Due Course**



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