

21世纪民族传统体育系列规划双语教材

ZHONGGUO CHUANTONG TIYU YANGSHENG
ZHONGYING SHUANGYU JIAOCHENG

中国传统体育养生 中英双语教程

主 编 温 搏



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前言

中国传统体育养生是依靠人体自身的能力，通过姿势的调整、呼吸的锻炼、意念的运用，来调节和增强人体各部分机能，诱导和启发人体内在潜力，起到防病、治病、益智、延年的作用。它有着四千多年的历史，是我国宝贵的健身养生文化遗产，也是宣传中国传统文化的重要载体之一，在长期防病治病、陶冶性情、延缓衰老的健身养生实践中积累了丰富的养生经验，并在此基础上形成了独特的传统体育养生学体系，其独特的运动形式、深厚的文化底蕴、显著的健身效果吸引着越来越多的人，被全世界热爱健康锻炼的人们所追捧。在当今社会高度文明、现代化的生活中，人们渴望自然、和谐、健康的生活，中国传统体育养生恰好是实现这些愿望的绝好运动。本双语教材旨在通过中国传统体育养生向世界人民展现古老而优秀的中华文明，并推动传统体育养生的健康发展。

本书共分为六章，温搏（岭南师范学院）担任主编，魏胜敏（石家庄学院）、梁哲（清华大学）、黄彩华（厦门理工学院）共同担任副主编。第一、三章由温搏和梁哲共同编写；第二、四章由温搏编写；第五、六章由魏胜敏编写；黄彩华参与了第四、五、六章的修订工作。温搏负责全书的结构设计、组织编写、统稿和修订等工作，魏胜敏负责图片后期处理工作。

本书可作为普通高校武术与民族传统体育专业学生、民族传统体育养生普修课及选修课学生、外国留学生以及各类体育养生爱好者使用，也可作为孔子学院的教材。由于编者水平有限，错误之处在所难免，欢迎有关专家、学者及广大读者批评指正。

编者

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第一章 绪论

Chapter 1 Introduction

中国传统体育养生有着四千多年的历史，是我国宝贵的健身养生文化遗产。在长期的防病疗病、陶冶性情、延缓衰老的健身养生实践中积累了丰富的维护健康经验，并在此基础上形成了独特的传统体育养生学体系。

Traditional Chinese sports for health preservation has a history of over four thousand years, which is precious body-building and health-preserving cultural heritage in China. In the longstanding practice of disease prevention and treatment, temperament cultivation, anti-aging, rich experience in maintaining health has been accumulated and the unique system of traditional sports for health preservation science has been formed on this basis.

一、传统体育养生的学科属性

Attributes of the Discipline of Traditional Sports for Health Preservation

传统体育养生学属于多学科交互渗透的产物，既植根于自然科学知识体系，又具有人文社会科学知识相交融的特点。

The science of traditional sports for health preservation is the product of multidisciplinary interaction, deeply rooting in knowledge system of natural science containing and reflecting the integration of humanities and social sciences.

传统体育养生对中华民族养生学的发展有着积极的推进作用，也对人类的健康有着非常重要的影响。因此，它在中华民族养生史上占有非常重要的地位。体育养生的身心整体养生思想正影响着当代人类健康的发展。

Traditional sports for health preservation not only actively promotes the discipline development of health preservation, but also has positive effects on human health, which, therefore, plays an important role in the Chinese history of health preservation.

(一)传统体育养生学受传统哲学深刻影响

Traditional Philosophy Having Profound Impact on Traditional Sports for

Health Preservation

人类社会的发展离不开传统哲学思想的影响,中国传统体育养生学更是在传统哲学思想影响下发展形成了具有中国特色的养生体系。传统体育养生学在中医养生学基础上,不断地汲取着传统哲学文化阴阳、五行、精气、天人合一等思想,阐述关于保护生命健康、祛除疾患、修身养性等一系列人类健康问题,从而构建了中国独具特色的健身养生术体系。

Human society develops upon the influence of traditional philosophy and the science of traditional sports for health preservation is all the more so and develops into health preservation system with Chinese characteristics. On the basis of the science of health preservation of traditional Chinese medicine (TCM), the science of traditional sports for health preservation absorbs thoughts from the culture of traditional philosophy including Yin and Yang, the five elements (metal, wood, water, fire and earth), vital essence, unity of heaven and man and elaborates public health issues about protecting life and health, removing diseases, self-cultivation thus the system of the science of body-building and health-preserving with Chinese characteristics has been set up accordingly.

(二)传统体育养生学属于多学科范畴

Traditional Sports for Health Preservation Belonging to the Multidisciplinary category.

中国传统体育养生学的发展不仅受到中医养生学理论的影响,更是在传统哲学文化的深刻影响下发展的。其中,儒、道、佛等传统文化对中国传统体育养生体系的形成与发展有着非常重要的作用。除此之外,气象学、地理学、天文学、生物学、冶金学等在传统体育养生学体系形成中起到了重要促进作用。

Both the science of health preservation of TCM and the culture of traditional philosophy, particularly the traditional culture of Confucianism, Taoism and Buddhism, deeply affects the development of traditional sports for health preservation. In addition, meteorology, geography, astronomy, biology and metallurgy also play a significant role in the formation of this discipline system.

二、中国传统体育养生学的特点

Characteristics of Traditional Chinese Sports for Health Preservation

(一)以健身为主,防治结合

Giving Priority to Health-preserving While Combining Prevention with Treatment

养生,古代又称摄生。《黄帝内经·素问·四气调神大论》云:“圣人不治已病治未病,不治已乱治未乱。”古代的养生学正是把“治未病”作为指导思想。养生,就是通过调养精神,锻炼意志,活动肢体,强健筋骨,来达到健全体魄、防治疾病、增进健康、延年益寿的目的。人类的健康状况,疾病的转归,很大程度上取决于人体正气的盛衰。祖国医学认为:正气存内,邪不可干;邪之所凑,其气必虚。传统体育养生学抓住了正气盈亏的关键,通过变换姿势,调理呼吸,修炼心神,来疏通经络,和理气血,调节脏腑,平衡阴阳,从而锻炼真气、培育元气、扶植正气,达到抵御邪气、祛病强身的目的。

Health-preserving was called Shesheng in ancient times. Just as stated in *Huangdi's Emperor Canon of Internal Medicine- Basic Questions -theory of Seasonal Regulation of Mental Activity* that wise doctors treat diseases before they affect the body and ancient science of regimen regards treating underlying diseases as its guiding theory. Health-preserving means to strengthen bodies, prevent diseases, enhance health and extend life span by exercising will and bodies. Human's health condition and recovery from diseases depend on the deficit and reserve of vital energy within the body to a large extent. In Chinese medicine, it is believed that with adequate vital energy in our body, diseases will not stay while without or with less of it, we will get sick. Grasping the key point of the deficit and reserve of vital energy within our bodies, traditional Chinese sports for health preservation aims at increasing the vital energy, cultivating archaeus, fostering healthy Qi, resisting pathogenic factors and finally preserving health by dredging the meridians and collaterals, recuperating blood and Qi, regulating internal organs, balancing Yin and Yang, changing postures, regulating breathing and exercising the state of mind.

祖国医学认为,致病的因素大体上有三种,六淫、七情(即喜、怒、忧、思、悲、恐、惊)、不内外因。六淫是自然界致病因素对人体的侵害,而不内外因是指意想不到的突发祸患对人体的袭击,而七情则是来自人体内部不利因素对健康造成的危害。我们知道,七情六欲,人皆有之,在正常情况和一定限度内,并不会导致疾病。但是,长期精神压力过重,或突然遭受强烈刺激,超过生理承受极限,就可能造成阴阳失衡,气血失调,脏腑失养,从而导致疾病。传统体育养生学根据这一原理,融合和创编了如吐纳、导引、

太极拳等许多养生功法，以适应人们强身除病的需要。要求人们在锻炼时，尽量放松机体，调匀呼吸，安静大脑，排除杂念，从而缓冲不良情绪对大脑的刺激，降低大脑应激性反应，以恢复阴阳的平衡、气血的和调、脏腑的润养，保持人体体内环境的相对稳定，增进健康，预防疾病的发生。

Chinese medicine holds the point that pathogenic factors can be divided into three classifications named six excessive climatic conditions (wind, cold, heat, dampness, dryness, and fire), seven excessive emotions (joy, anger, worry, thought, grief, fear, surprise) and pathogenic factors neither endogenous nor exogenous. Six excessive conditions refer to the damage on human bodies made by natural pathogenic factors and pathogenic factors neither endogenous nor exogenous refer to damages on human bodies caused by unpredictable accidents while seven excessive emotions refer to damages caused by internal unfavorable factors. As known to us, everybody has various emotions and desires. If we are able to control them that they will not go excessively, we won't get sick then.

However, long-term mental stress or sudden and strong stimulations which are beyond our physiological bearing level will cause imbalance of Yin and Yang thus result in diseases. In light of this theory, traditional Chinese sports regimen designs many exercises for preserving health such as respiration, DaoYin, Taiji Quan and so on, with purposes of meeting people's demands of building up bodies and curing diseases. While practicing these exercises, people are required to relax their bodies, regulate their respiration, calm down and eliminate distracting thoughts. In this way the stimulation caused by negative emotions to the brain can be buffered and the corresponding responses made by the brain can be reduced. As a result, it's quite helpful to rebalance Yin and Yang, recuperate Qi and blood, moisten lung, keep inner body environment stable, enhance health and finally prevent diseases.

(二)重视整体观，强调运动以内因为主

Valuing Holism and Giving Priority to Improving Inner Factor

整体观是中医学理论的基本思想，同样受到中国传统体育养生学的重视。《黄帝内经·素问·生气通天论》云：“夫自古通天者，生之本，本于阴阳。天地之间，六合之内，其气九州、九窍、五脏十二节，皆通乎天气。其生五，其气三，数犯此者，则邪气伤人，此寿命之本也。”这段话意思是说，人体的生存与寿命和自然界密切相关，五脏六腑、四肢百骸的生成及其功能的发挥

都依赖天气、地气、运气的正常活动。如果有悖于自然规律,人体正气受到伤害,阴阳失去平衡,就会生成疾病。这就是“天人相应”、“天地同气”、“五脏一体”的整体观的内涵。从这种观点出发,宇宙是一个整体,机体内部五脏六腑也是一个整体,而宇宙和人同样是一个整体,人类生活在自然宇宙之中,其生命活动和自然界的运动变化是息息相关的。而自然界的运动变化也直接影响到人体的生命活动。因此,人类必须了解、熟悉和掌握自然规律,顺天应时,才能做到“恬淡虚无,真气从之,精神内守”,百病不生。也只有这样,才能进行守神、调息、导引的锻炼,达到健身祛病的目的。

Holism is the basic thought of traditional Chinese medicine and it is valued by traditional Chinese sports regimen as well. It means that the survival and life of human are closely related to nature. The formations and the functions of all the organs and the whole body depend on the regular changes of weather. Against the rules of nature, the vital energy within human body will be affected and then Yin and Yang will be imbalanced, which subsequently causes diseases. That is the meaning of holism thoughts as “correspondence between human and the universe”, “correspondence between sky and earth” and “holism of five Zang-organs”. From this point of view, it is believed that the universe is a whole and organs within the body are integrated and the same truth of the universe and human in that lives in the universe and their living activities are closely related to the changes of nature, vice versa. Therefore, people should know about, be familiar with and command the rules of nature. Only by obeying the rules can we keep vitality, regulate respiration, strengthen our Body and prevent diseases.

我国传统运动的养生方法不是为了发展身体某个部分的机能或者专门治疗某种疾病,它是通过调身、调息、调心,进而提高整个机体的适应能力,增强抗病能力,全面改善机体的功能。尤其是练习静功,更要求集中思想,排除杂念,调匀气息,意守丹田,以达到身心放松、物我两忘的境界,充分展示出整体锻炼的优越性。通过锻炼,睡眠改善,食欲增加,精力充沛,体内正气充盈,精神面貌焕然一新。不少疾病患者和体弱之人,通过长期练功,摆脱了病态,增强了体质,恢复了健康。有些人在治疗某种慢性病的同时,其他疾病也随之减轻或痊愈。这说明,传统体育养生方法是使整个机体都得到锻炼的方法,坚持养生锻炼所得到的益处绝非药物治疗或器械治疗所能比拟。

Traditional Chinese sports for health preservation is not designed to de-

velop the function of a certain part of the body or cure some diseases but to improve the adapting ability, enhance the disease resistance capacity and increase the overall function of the body. Especially for static exercises, the practicers are required to concentrate their winds, get rid of distracting minds, regulate breathing and perform omphaloskepsis to relax mind and body, forget the boundary between themselves and the external world thus achieve the advantages of the exercise based on holism. By doing this exercise, the quality of sleep is improved, the appetite is increased, the energy is boosted and the vital energy is raised within the body, completely renewing the spirits and minds. Besides, with regular practices, some patients and valetudinarians are able to recover from diseases, strengthen physical conditions, and finally regain health. Other patients employ traditional Chinese sports for health preservation to treat some chronic diseases whereas at the same time their other diseases are relived or even cured, which proves that Chinese build up for health preservation can build up the whole body and its benefits are far more than those of medicine and equipment treatment.

传统体育养生方法, 强调以内因为主, 内外结合。它主要依靠自我身心锻炼, 要求练功者自己掌握练习方法和动作要领, 自觉坚持锻炼, 日积月累, 循序渐进, 逐步取得效果, 增进健康, 消除病痛, 切忌焦急浮躁、拔苗助长。欲得其效, 练功者必须树立自信心, 发挥主观能动性, 勤学苦练, 持之以恒。千万不要心存侥幸, 抱有幻想, 企图一蹴而就, 一劳永逸。练功必须符合客观规律, 因人而异, 因地制宜, 选择合适的功法, 由浅入深, 从简到繁, 脚踏实地地进行练习, 千万不要急于求成。因为传统体育养生方法, 对锻炼者来说, 是一个长期的、不能懈怠的过程, 功夫和效果是从积累中得来的, 达到一定程度之后, 才能对整个机体起到调整作用, 获得预期的益处。

Traditional Chinese sports for health preservation gives priority to improving inner environment and stresses on the combination of inner and outer body. It mainly relies on mental and physical exercises, requiring exercisers to learn the methods and tips and voluntarily take regular exercises. In this way, they can make progress gradually, enhance health and even cure diseases. However, they must keep in mind that being anxious and impatient won't help at all. In order to make progress, exercisers must be confident, bring in their subjective initiative, practice diligently and persist on instead of pushing their luck and expecting to get it done once and for all. What's more, exerci-

sers are supposed to obey the objective rules, choose appropriate methods from the shallower to deeper and easier to more difficult according to their self conditions and then practice it diligently with patience. As traditional Chinese sports for health preservation is a long-term and serious process with effects coming from accumulated efforts, its function of accommodating the whole body will only take effect after the exercise reaches a certain degree.

(三) 内外结合, 练功形神兼备

Combining Inner and Outside Factors

“内”指心、意、气等内在的情志活动和气息运动;“外”指眼、手、身、步等外在的形体活动。

Here, “inner” refers to mind, will, Qi and other emotional activities as well as breathing while “outside” refers to eyes, hands, body, feet and other outside body movements.

练习静功, 多采用坐、卧姿势, 以利用入静, 也有采用站立姿势的。无论坐卧或站立, 都要结合意念和呼吸, 即姿势、意念、呼吸三者紧密相关, 不可分割。练习动功, 一般采用站立姿势。动功由动作、呼吸和意念三部分组成。肢体运动表现于外, 但要“动中有静”, 集中精神, 安定情绪, 根据动作的变化, 身体内部要积极配合, 呼吸方法要调整, 思想杂念要克服, 尽力达到形、意、神、气的协调统一。

When practicing static exercises, postures as sitting and lying are most adopted and sometimes standing is also feasible. No matter which posture is adopted, the exerciser should combine his or her thoughts with breathing. In other words, postures, thoughts and breathing are closely knitted with each other and inseparable during the process. Standing is often adopted in dynamic exercises which include movements, breathing and thoughts. Although it is performed by body movements, stillness is also needed when practicing dynamic exercises. Exercisers should concentrate their minds, calm down their emotions, coordinate their inner part according to the changes of movements, regulate their breathing and try their best to unify movements, will, minds and Qi.

(四) 适应性强, 容易推广

Highly Adaptable and Easy for Promotion

传统体育养生功法不仅内容丰富、形式多样, 而且收效显著, 容易推广。它不受年龄、性别、体质、时间、季节、场地和器械的限制, 人们完全可以

根据自己的身体条件,自由地选择合适的项目来进行锻炼,这十分有利于传统体育养生功法的普遍开展和大力推广。

Traditional Chinese sports for health preservation is not only rich in contents and forms, but also highly effective and easy to be promoted. As it is not limited by ages, sexes, physiques, time, seasons, courts and equipments, people can freely choose different sports according to their physical conditions. Such a fact favorably promotes and greatly drives the development of Chinese exercise for health preservation.

需要指出的是,任何一种成熟的体育运动,都是经过许多年沉淀,经过很多人进行实践、研究、整理、编排、修改才形成的,传统体育养生更是这样。不同的功法有着不同的动作结构,技术要求也不相同,运动量有大有小,套路动作有难有易,因此对练功的人来说,有两点应当注意:一是要科学地选择适合自己身体条件的功法进行锻炼,不要朝秦暮楚,这山望着那山高;二是练功开始阶段应当接受老师的指导,掌握要领,规范动作,了解练功注意事项,坚持练习,持之以恒,才能少走弯路,避免偏差,起到增强体质、防治疾病的良好作用。

It should be noted that only with being practiced, researched, systemized, arranged and revised over many years can a kind of mature sport form. The traditional Chinese sports for health preservation is not an exception. In different exercises, the movements and the technique demands are different and the amounts of exercises and the degrees of difficulty are variable. Therefore, two points should be noticed for exercisers: firstly, exercisers must scientifically choose appropriate sports suiting their physical conditions; secondly, during the beginning period, exercisers should turn to teachers to learn the tips and standard movements and insist on practicing. Only by achieving these will they be able to build up their body and prevent diseases.

三、中国传统体育养生学的功能

Functions of Traditional Chinese Sports for Health Preservation

中国传统体育养生学及其丰富多彩的练功方法,除具备上述特点之外,还有其卓越的功能。归纳起来,有下面几点。

Apart from the above characteristics, traditional Chinese sports for health preservation and its various exercises remarkably functions have which can be summed up as follows.