

『中国民间武术经典』丛书 Chinese Folk Wushu Classic Series



陈氏太极五十四势单剑

THE FIFTY-FOUR POSTURES OF CHEN-STYLE TAIJI SINGLE SWORD



丛书主编 陈自强

Chief Editor Chen Ziqiang

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Compiler Chen Ziqiang

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海燕出版社

河南电子音像出版社

YIN HAI PUBLISHING HOUSE

HENAN ELECTRONIC & AUDIOVISUAL PRESS



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图书在版编目(CIP)数据

陈氏太极五十四势单剑：汉英对照 / 陈自强著；郭勇等译. — 郑州：
海燕出版社，2008.8
(中国民间武术经典)
ISBN 978-7-5350-3790-9

I. 陈… II. ①陈…②郭… III. 枪术(武术)—中国—
汉、英 IV. G852.24

中国版本图书馆CIP数据核字(2008)第077896号



陈氏太极五十四势单剑

THE FIFTY-FOUR POSTURES OF CHEN-STYLE
TAIJI SINGLE SWORD

出版发行：海燕出版社 河南电子音像出版社

Publish: Petrel Publishing House Henan Electronic & Audiovisual Press

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印刷：河南地质彩色印刷厂

开本：850×1168 1/16

印张：11

字数：148千字

印数：1—1 000册

版次：2008年8月郑州第1版

印次：2008年8月第1次印刷

书号：ISBN 978-7-5350-3790-9

定价：43.00元

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前言
Foreword

中华武术源远流长，各门各派均有其精华之奥妙，同是中华民族的宝贵遗产。而太极拳是我国武术百花园中的一枝奇葩，并逐渐普及到世界的每一个地方，深受人们的喜爱。

陈家沟陈氏第九世祖陈王廷，在祖传拳械基础上依据传统阴阳辩证哲理，结合中医经络学、导引吐纳术，又采众家之所长，创编出一套具有刚柔互济、快慢相间、缠丝连绵、松活弹抖、风格独特、深具民族文化底蕴、符合人体生理与自然运转规律一系列的拳法。其拳理阴阳、理根太极，故名：太极拳。

陈氏太极拳是各派太极拳的始源，从陈家沟陈氏第九世祖陈王廷创编太极拳以来，几百年世代沿袭，历久不衰，并不断发展，又相继演变出杨、吴、武、孙各派的太极拳。

为了世人更好地了解陈氏太极拳，为了能对初学者起到引导作用，同时也为了适应教学，在听取父辈和广大学员的意见和要求的基础上，总结了教学经验。希望广大太极拳爱好者提出宝贵意见，以便今后修改订正。

Chinese Wushu has a long history and the marvelous essence of various schools has been priceless legacy of Chinese people. As a wonderful work of Chinese Wushu, Taijiquan is spreading throughout the world and winning much popularity.

Chen Wangting, the 9th generation ancestor of Chen family in Chenjiagou, according to the traditional negative (*Yin*) and

positive (*Yang*) dialectical philosophy, meridian knowledge of traditional Chinese medicine, Taoist breathing exercise method and learning from various schools, created a series of boxing techniques and weapons on the basis of ancestral boxing and weapons. It is unique in style, rich in national cultural elements and is abiding by body physiological and nature operating law which is featured by coupling hardness with slow movement continuous silk reeling energy and action with relaxation and flexibility. Its boxing theory comes from the negative (*Yin*) and the positive (*Yang*) and the root of the theory comes from Supreme Ultimate (Taiji), hence its name Taijiquan.

Chen Family Taijiquan is the origin of Taijiquan of various schools and since the creation of Taijiquan by the 9th generation, Chen Wangting, it has been carried on for several centuries. During the course of its development, it evolved into Taijiquan schools of Yang style, Wú style, Wǔ style and Sun style.

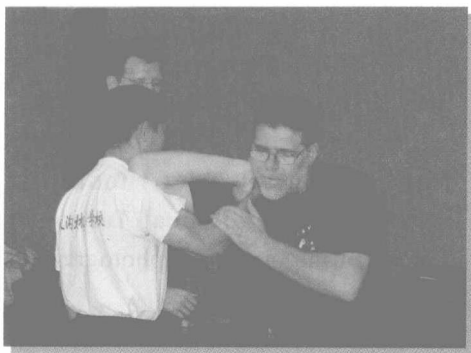
This book aims to make people know more about Chen Family Taijiquan and serves as guidelines for beginners. Meanwhile, in order to make it suitable for teaching, opinions and requirements from people of father's generation and learners have been collected. We hope that Taijiquan enthusiasts can provide suggestions for future revision.

陈自强

Chen Ziqiang

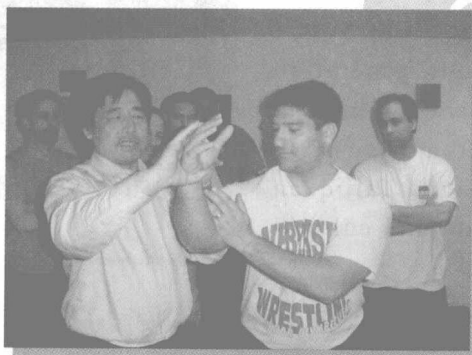
2008年6月

June 2008



作者陈自强（中）在德国教授警察局局长练习陈氏太极推手。

The author Chen Ziqiang (the center) is teaching pushing-hands in Germany to the head of police.



陈家沟太极拳学校校长陈小星大师（左一）在美国教授拳术。

The headmaster of Chenjiagou Taijiquan School Chen Xiaoxing (the first from the left) visits America to teach Taijiquan.



陈家沟陈氏太极拳第十九世掌门人陈小旺大师（右一），在美国传授太极拳“四两拨千斤”功夫时的情景。

The 19th generation grandmaster of Chen-style Taijiquan, Chen Xiaowang (the first from the right) teaches Taiji in America.



2000年，作者陈自强（左）参加河南省举办的太极拳锦标赛。

In the year of 2000, the author Chen Ziqiang (the left) took part in the Henan Provincial Taijiquan Championship and were photographed together.

2003年，陈家沟陈氏第十九世掌门人陈小旺大师，率领30多个国家的代表回访学校，交流切磋合影留念。

In 2003, the 19th generation grandmaster Chen Xiaowang brought the representatives from over of 30 countries to Chenjiagou Taijiquan School for discussion and cultural exchange.

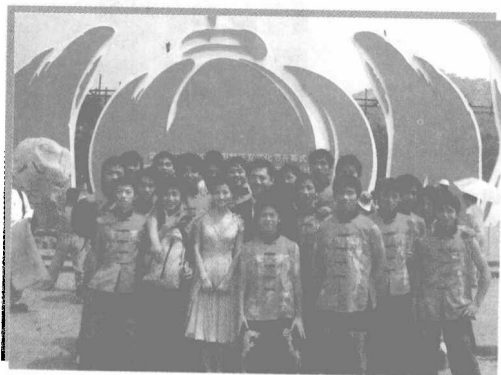


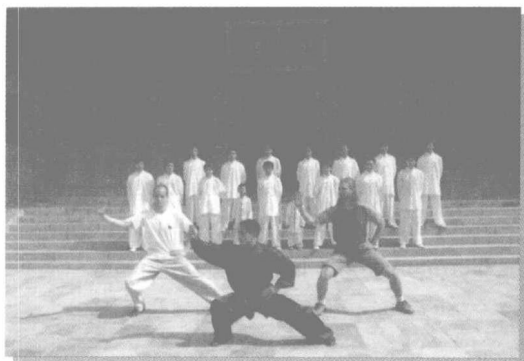
全国政协副主席陈奎元在视察陈家沟太极拳学校时与部分师生合影留念。

Vice chairman of the Chinese Peoples' Political Consultative Conference, Chen Kuiyuan, is photographed with students while visiting Chenjiagou Taijiquan School.

陈家沟太极拳学校参加在八达岭举办的“同一个世界同一个梦想”的揭牌仪式。

Chenjiagou Taijiquan School joins the opening ceremony of celebrating "One world, One dream" on the starting point of the Great Wall.





在纪念陈氏太极拳祖师爷陈王廷诞辰400周年年会上，作者陈自强（前排中）带领学员为来宾表演陈氏太极拳。

Under direction of the author Master Chen Ziqiang (front center), the students of Chenjiagou celebrate the Chen Wangting's 400th birthday with a special performance.

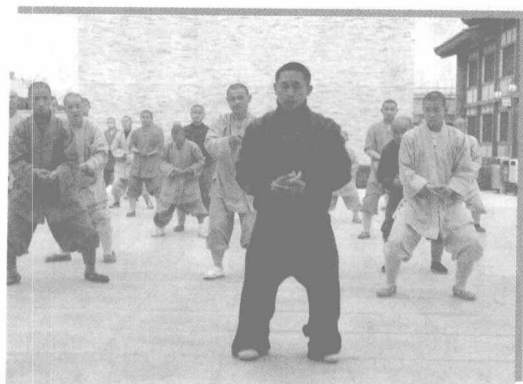
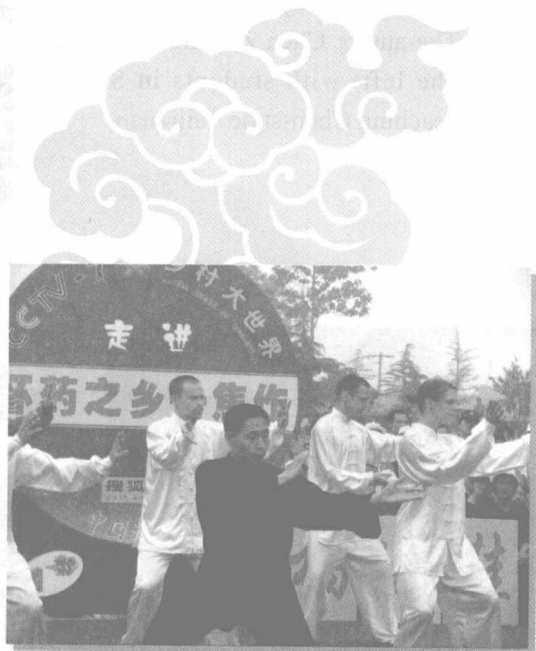
作者陈自强（前排左一）带领外国学员在中央电视台“乡村大世界”栏目表演陈氏太极拳。

The author Chen Ziqiang (front, the first from the left) leads foreign students in a Taiji performance for “Country World” broadcasted by CCTV.



陈小星校长为学生做动作示范。

The headmaster Chen Xiaoxing demonstrating forms for students.



作者陈自强（中）在陕西佛教圣地法门寺传授陈氏太极拳。

The author Chen Ziqiang (the center) teaching Taijiquan in the Buddhist Famen temple in Sha'anxi Province.

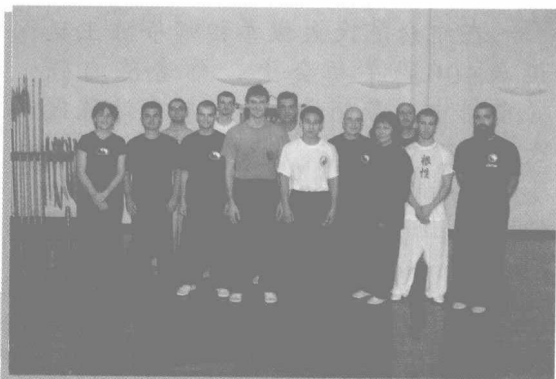


作者陈自强（左五）在德国汉堡教授太极拳时与学员合影。

The author Chen Ziqiang (the fifth from the left) with students in Hamburg, Germany while teaching Taijiquan.

作者陈自强（左五）在西班牙教授陈氏太极拳时与学员合影。

The author Chen Ziqiang (the fifth from the left) with students in Spain while teaching Chen-style Taijiquan.



陈家沟太极拳学校校长陈小星（左四），偕学校部分师生与美国著名摇滚歌星Lou Reed（左五）合影，左一为作者。

The headmaster of Chenjiagou Taijiquan School Chen Xiaoxing (the fourth from the left) along with students of the school were photographed with Rock and Roll legend Lou Reed (the fifth from the left). The author is standing among them (the first from the left).

在马鞍山国际太极拳交流大赛中，陈家沟太极拳学校获奖学员合影。

The students from Chenjiagou Taijiquan School were awarded the winners in the Ma'an Shan International Taijiquan conference.





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目 录

第一章 陈氏太极拳概述

第一节 陈氏太极拳渊源、 发展及演变/003

第二节 陈氏太极拳歌诀/006

一、长短句/006

二、拳经总歌/007

三、太极拳十大要论/008

四、用武要言/017

第三节 陈氏太极拳历代 传承简介/023

一、陈氏先辈门规戒律/023

二、历代陈氏太极拳 传递表/027

第四节 陈氏太极拳对身体 各部位的要求/029

一、头颈部/029

二、躯干部/031

三、上肢部/035



Chapter I Overview

Section I The Origin, Development and Evolution of Chen-style Taijiquan / 003

Section II Formulas of Chen-style Taijiquan / 006

1. Long and Short Phrase / 006

2. A General Formula of Pugilism / 007

3. Ten Important Theories on Taijiquan / 008

4. Important Words on Martial Applica- -tions / 017

Section III The Main Lines of Transmission of Chen-style Taijiquan / 023

1. Rules and Commandments of Chen Clan / 023

2. Table for Each Generation Holder of Chen Family Taijiquan / 027

Section IV Chen-style Taijiquan's Require- ment on Every Part of Human Body / 029

1. Requirement on Head and Neck / 029

2. Body / 031

3. Arms / 035

四、下肢部（腿部）/040

第五节 陈氏太极拳的 独特方法/046

一、把拳术与引导、吐纳术
相结合/046

二、把武术和中医经络学
相结合/047

三、创编了双人推手技法/047

四、创编了双人刺枪和杆梢
对练方法/048

五、对陈氏太极拳的理论
认定/048

第六节 陈氏太极拳的技击 作用/050

第七节 陈氏太极拳的螺旋 缠丝劲/058

第八节 陈氏太极拳历代 人物介绍/060

第二章 分解教学与图解

第一节 陈氏太极五十四势单剑 简介/071

第二节 陈氏太极五十四势动 作说明与图解/072

4. The Lower limbs (Legs) / 040

Section V Uniqueness of Chen-style Taijiquan / 046

1. Combining Boxing Techniques
with Daoyin and Tuna Practice / 046

2. Combining Wushu with Chinese
Medicine Theories of Jingluo / 047

3. Creating Partner Push-hands
Technique / 047

4. Creating partner spear-thrusting
and Long-pole pair practice /048

5. Theoretical Acknowledge of
Chen-style Taijiquan / 048

Section VI Combat Function of Chen- style Taijiquan / 050

Section VII The Silk Reeling-internal Spiral Energy of Chen-style Taijiquan / 058

Section VIII The Important Characters of Chen-style Taijiquan for Ages / 060

Chapter II Step Teaching and Diagram

Section I A Brief Introduction to the fifty-four postures of Chen-style Taiji single sword / 071

Section II Movement Explanations of the fifty-four postures of Chen-style Taiji single sword / 072

一、太极剑初势/072

二、朝阳剑/073

三、仙人指路/075

四、肘底藏花/077

五、魁星势/078

六、哪吒探海/079

七、青龙出水/081

八、护膝剑/083

九、闭门势/086

十、青龙出水/088

十一、翻身下劈剑/089

十二、青龙转身/091

十三、斜飞式/093

十四、展翅点头/094

十五、拨草寻蛇/097

十六、金鸡独立/100

十七、哪吒探海/102

十八、盖拦式/103

十九、古树盘根/104

1. Starting Form of Taiji Single Sword / 072

2. Zhaoyang Sword / 073

3. The Immortal Directs the Way / 075

4. Hide the Flower under the Elbow / 077

5. The Big Dipper / 078

6. Nezha Explores the Sea Bottom / 079

7. Black Dragon Emerges out of Water / 081

8. Protect the Knees / 083

9. Close the Gate / 086

10. Black Dragon Emerges out of Water / 088

11. Turn Body and Chop down / 089

12. Black Dragon Turns Its Body / 091

13. Fly Obliquely / 093

14. Spread the Wings and Nod the Head / 094

15. Pull Up Weeds to Seek Snakes / 097

16. A Golden Rooster Stands on One Leg / 100

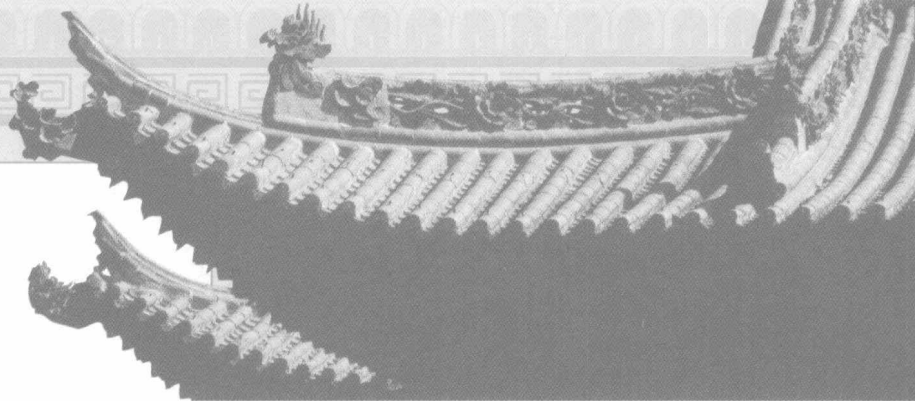
17. Nezha Explores the Sea Bottom / 102

18. Block from Overhead / 103

19. Old Trees with Circling Roots / 104

- 二十、饿虎扑食/104
- 二十一、青龙摆尾/106
- 二十二、倒卷肱/108
- 二十三、野马跳涧/110
- 二十四、白蛇吐信/112
- 二十五、乌龙摆尾/114
- 二十六、钟魁仗剑/117
- 二十七、罗汉降龙/119
- 二十八、黑熊翻背/120
- 二十九、燕子啄泥/121
- 三十、摘星换斗/123
- 三十一、鹰熊斗智/125
- 三十二、燕子啄泥/127
- 三十三、灵猫扑鼠/128
- 三十四、金鸡抖翎/129
- 三十五、海底捞月/130
- 三十六、哪吒探海/131
- 三十七、犀牛望月/132
- 三十八、劲风偃草/133

20. Starving Tiger Jumping for Food / 104
21. Black Dragon Swings Its Tail / 106
22. Whirl Arms Back / 108
23. Wild Horse Jumps down
the Ravine / 110
24. White Snake Spits out Its Tongue / 112
25. Black Dragon Swings Its Tail / 114
26. Dark Warrior Carries the Sword / 117
27. The Arhat Tames the Dragon / 119
28. Black Bear Turns Around / 120
29. Swallow Carries Pieces of Earth
in its Beak / 121
30. Taking the Stars from the Sky / 123
31. The Eagle Fights with the Bear / 125
32. Swallow Carries Pieces of Earth
in its Beak / 127
33. Agile Cat Seizes the Mouse / 128
34. A Golden Rooster Shakes
Its Plume / 129
35. Fishing for the Moon at the
Sea Bottom / 130
36. Nezha Explores the Sea Bottom / 131
37. Rhinoceros Looks at the Moon / 132
38. Strong Wind Tames Grass / 133



三十九、斜飞势/134

四十、左托千斤/135

四十一、右托千斤/137

四十二、左右截腕/138

四十三、横扫千军/140

四十四、金针倒挂/141

四十五、白猿献果/143

四十六、落花式/144

四十七、上下斜刺/147

四十八、斜飞势/149

四十九、哪吒探海/150

五十、鹤子翻身/152

五十一、韦驮献杵/154

五十二、磨盘势/155

五十三、金针指南/157

五十四、太极剑还原/158

陈家沟太极拳学校简介/0160

39. Fly Obliquely / 134

40. Uplift Weight with Left Hand / 135

41. Uplift Weight with Right Hand / 137

42. Block the Wrists from Both Sides / 138

43. Sweep Away One Thousand Soldiers / 140

44. Hang the Golden Needle
Upside Down / 141

45. The White Ape Presents Fruit / 143

46. Flower Dropping / 144

47. Stabbing Obliquely Upward
and Downward / 147

48. Fly Obliquely / 149

49. Nezha Explores the Sea Bottom / 150

50. A Sparrow Hawk Turns Over / 152

51. Wei Tuo Presents the Pestle / 154

52. The Millstone Posture / 155

53. Golden Needle Points to South / 157

54. Return the Sword to Its
Original Position / 158

A Brief Introduction to Chenjiagou
Taijiquan School / 0160

OVERVIEW

第一节 陈氏太极拳渊源、发展及演变

THE ORIGIN, DEVELOPMENT AND EVOLUTION OF CHEN-STYLE TAIJIQUAN

第二节 陈氏太极拳歌诀

FORMULAS OF CHEN-STYLE TAIJIQUAN

第三节 陈氏太极拳历代传承简介

THE MAIN LINES OF TRANSMISSION OF CHEN-STYLE TAIJIQUAN

第四节 陈氏太极拳对身体各部位的要求

CHEN-STYLE TAIJIQUAN'S REQUIREMENT ON EVERY PART OF HUMAN BODY

第五节 陈氏太极拳的独特方法

UNIQUENESS OF CHEN-STYLE TAIJIQUAN

第六节 陈氏太极拳的技击作用

COMBAT FUNCTION OF CHEN-STYLE TAIJIQUAN

第七节 陈氏太极拳的螺旋缠丝劲

THE SILK REELING-INTERNAL SPIRAL ENERGY OF CHEN-STYLE TAIJIQUAN

第八节 陈氏太极拳历代人物介绍

THE IMPORTANT CHARACTERS OF CHEN-STYLE TAIJIQUAN FOR AGES