

『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series



女子防身术

WOMEN SELF-DEFENCE TECHNIQUE

李素玲 主编

Chief Editor Li Suling

杨 华 著

Compiler Yang Hua

王 乐 译

Translator Wang Le

河南人民出版社 河南电子音像出版社

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Add: No.66 Jingwu Road of Zhengzhou, Henan Province, China

邮编: 450002

Pc: 450002

电话: +86-371-65720922

Tel: +86-371-65720922

传真: +86-371-65731756

Fax: +86-371-65731756

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百集“中国民间武术经典”光盘在国内外发行之后，引起巨大的反响，深受广大武术界同行的好评，特别是海外广大武术爱好者慕名而来，拜师求学者络绎不绝，并都希望看到与之相配套的文字教材。应广大读者的要求，我们以中英文对照形式编写了这套“中国民间武术经典”丛书，以帮助广大武术爱好者学习和了解博大精深的中华武术文化。

中华武术源远流长。本套丛书详细介绍了少林、太极、峨眉、武当、形意等诸多门派，包括内家和外家，近300余种拳法和武功绝活儿，是目前我国向国内外推介的最权威、最系统、最全面的武术文化精品。

“中国民间武术经典”丛书采用图文教材与影视教材相结合的立体教学手段，全方位地展现中华武术文化精髓。每个套路邀请代表当今最高水平的全国武术冠军、正宗流派传人以及著名武术专家进行技术演练和教学示范，保证学习者获取原汁原味的技法。

在丛书编写过程中，得到中国武术协会副主席王玉龙先生的关照支持，我们表示衷心感谢！参加本丛书校对工作的人员有张青川、邵佳、王浩、邵倩、韩晓宁等，在此一并致谢！

The 100 sets of *Chinese Folk Wushu Classic* compact disc has received great attention home and abroad since its publication. Most foreign Wushu lovers hope to get the written teaching materials attached to it. We have prepared this

“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

前言

Foreword

series of *Chinese Folk Wushu Classic* to help them understand the Chinese martial art and Chinese culture.

Chinese Wushu has a long history which is profound in content. This series have details on Shaolin, Taiji, Emei, etc. Including internal school and external school, nearly 300 species of the fist position and military accomplishments. They are the most authoritative, systemic and comprehensive of Wushu essence.

Chinese Folk Wushu Classic Series use graphic and video materialsto demonstrate the best of the Chinese Wushu. For each routine, we invited the national Wushu champions, the orthodox heirs and famous Wushu experts who represent the highest level to conduct the technical trainings and the teaching demonstrations to guarantee the original techniques of these routines for the learners.

We express our heartfelt gratitude to Wang Yulong, vice-chairman of Chinese Wushu Association for his support and help in the process of compiling these books. We also thank Zhang Qingchuan, Shao Jia, Wang Hao, Shao Qian, Han Xiaoning for their careful work in revising our books. Thanks a lot!

编者

Editor

二〇〇七年七月大暑

July 2007 Summer





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Chinese Folk Wushu Classic Series

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总策划 Chief Producer

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责任编辑 Editor in Charge

郭笑丹 Guo Xiaodan



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Chinese Folk Wushu Classic Series

作者名单 Author List

主 编 Chief Editor

李素玲 Li Suling

副主编 Assistant Editor

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Li Xiujuan Li Rui

动作示范 Illustrators

李秀娟 李 瑞
Li Xiujuan Li Rui

摄 影 Photographers

贾大伟 Jia Dawei 林伟峰 Lin Weifeng



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第一节 女子防身术简介

BRIEF INTRODUCTION OF WOMEN SELF-DEFENCE TECHNIQUE

女子防身术是根据女子生理、心理、体能、力量特点和不法分子侵害女子心理状态以及侵害动作特征,运用武术众家之长、擒拿搏击之精华,有效实施防护,解危化险,抵御伤害的防身自卫技术。本书从实用、实效角度出发,着重研究提炼了适合女子防身自卫的技法。

女子防身术是将本能被动的反应变为自觉主动的反抗。人,特别是女子遭受侵害时,都会本能下意识、条件反射性地做出一些反应性、被动性的动作。女子防身术就是把这些本能、机械性的反抗动作,按照武术和擒拿理论规律,有机、科学地进行归纳、提炼、总结,通过实践训练,成为有意识、有目的、有章法、有实效、切实可行的自卫招法,将被动的反抗变为主动进攻。

女子防身术以巧取胜。由于女性和男性在力量、速度、体力等方面实力相差悬殊,女性在突遭不法歹徒侵害时,不可拉开架势与其进行拳打脚踢的搏斗。即使掌握了一定攻防技术的女性,要与身强力壮、残忍无情的歹徒进行力的较量,也是难以奏效的。所以女性要尽可能避免与歹徒进行体力和力量上的较量和抗争,应巧借其力,顺势出招,对准不法歹徒的要害部位狠狠击打,将其彻底制服。这是女性防身自卫明智有效的选择。

女子防身术敢为是前提。犯罪心理学者研究发现,受害女性被害时反抗不力是强奸犯罪得逞的外部条件之一。约有1/3的强奸案件,只要被害人坚决拒绝和有效抵抗,适时打消犯罪人实施强奸犯罪的企图,就会阻止强奸犯罪和侵害结果的发生。反抗不力是有明显心理弱点的女性受害时普遍存在的现象,所以当女性突遭侵害时,只有积极反应,灵活应