



中国民间武术经典丛书

Chinese Folk Wushu Classic Series

中国武术入门之

初级棍术

PRIMARY CUDGEL PLAY

李素玲 郭笑丹 主编
Chief Editor Li Suling Guo Xiaodan

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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!

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Chinese Folk Wushu Classic Series

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Chinese Folk Wushu Classic Series

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OVERVIEW

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基本技术

BASIC TECHNIQUE

第二节

棍术的基本动作与方法

CUDGEL TECHNIQUE

第一节 基本技术

BASIC TECHNIQUE

一、手型 Hands Forms

1. 拳 Fist

五指攥紧，拳面要平，拇指压于食指、中指第二指节上。（序图1）

Clenching five fingers, fist-face is plane, thumb presses on the index finger and middle finger. (Picture 1)

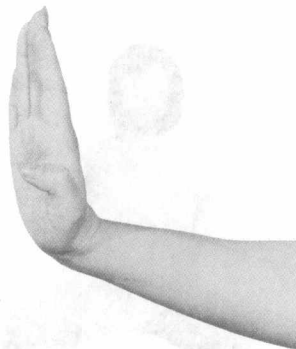


序图1

2. 掌 Palm

拇指内屈，其余四指伸直并拢向后伸张。（序图2）

Bend inside thumb and the other four fingers upright. (Picture 2)



序图2



序图3

3. 勾 Hook

屈腕，五指撮拢。（序图3）

Wrist bends and five fingers gather.
(Picture 3)

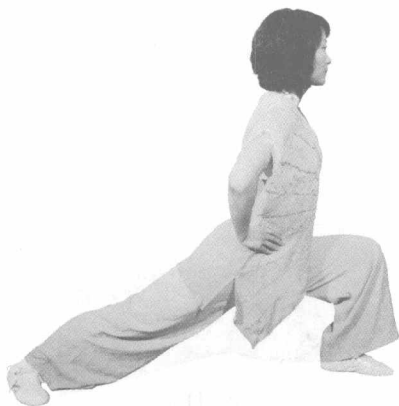
二、步型 Stances



1. 弓步 Bow step

前脚微内扣，全脚掌着地，屈膝，大腿水平，膝部与脚尖垂直；另一腿挺膝伸直，脚尖里扣斜向前方，全脚掌着地（两脚间距三脚半左右）。（序图4）

Front tiptoe inward and sole supports, thigh flatly and knee vertical; the other leg is straight, tiptoe inward oblique forwards, (the distance between feet keeps three and a half feet - length). (Picture 4)



序图4

2. 马步 Horse-riding Step

两脚左右开立，脚尖微内扣，屈膝半蹲，大腿接近水平。（序图5）

Stand apart, tiptoe inward, squat knees, thighs flatly. (Picture 5)



序图5



3. 仆步 Crouch Step

一腿屈膝全蹲，大腿和小腿靠紧，全脚掌着地，膝与脚尖稍外展；另一腿平铺接近地面，全脚掌着地，脚尖内扣。（序图6）

One leg fully squats with thigh and calf together, a whole foot down, knee and tiptoe slightly outward; another leg is straight close to ground with the whole foot down and tiptoe inward deduction. (Picture 6)



序图6

4. 虚步 Empty Step

后脚尖斜向前，屈膝半蹲，大腿接近水平，全脚掌着地；前腿微屈，脚面绷紧，脚尖虚点地面。（序图7）

Back tiptoe forward, knee squats a half, the thigh flatly slightly, foot down steadily; front leg bends slightly with foot-back straight and tiptoe on the ground. (Picture 7)



序图7

5. 歇步 Cross-legged Step

两腿交叉，屈膝全蹲，前脚全脚掌着地，脚尖外展；后脚脚后跟离地，臀部外侧紧贴小腿。（序图8）

Cross legs and squat knees completely, the front sole touches ground with tiptoe outward; back heel the outside of buttocks sticks to calf. (Picture 8)



序图8



序图9

6. 坐盘 Cross-legged Sitting Position

两腿交叉叠拢下坐，臀部和右腿的大小腿外侧及脚面均着地；左腿的大腿靠近胸部。（序图9）

Legs under cross-sitting, buttocks and right leg touches ground; the thigh of left leg is near the chest. (Picture 9)



序图10

7. 丁步 T-stance

两腿并拢半蹲，一脚全脚掌着地，另一脚脚尖点地，靠在支撑脚内侧，支撑腿大腿成水平。（序图10）

Legs together and half-squat, one foot on the ground, the other tiptoe points on the ground, lean on inside of the supporting leg, the thigh of supporting leg keeps flatly. (Picture 10)

8. 横裆步 Horizontal Crotch Step

两脚左右开立，约同弓步宽，全脚掌着地，脚尖向前方。（序图11）

Legs apart, about the same width as bow step, with the whole foot down and tiptoe forward. (Picture 11)



序图11



三、手法 Hand Techniques

1. 拳法 Fist Techniques

(1) 抱拳：两臂垂直上提，同时两手变拳抱于腰间，拳心向上。
(序图12、序图13)

Hold fist: arms rise up, at the same time hands into fists at waist, fist-palm upward. (Picture 12, Picture 13)

(2) 冲拳(前冲、侧冲、上冲)：拳从腰间旋臂向前快速击出，力达拳面。侧冲、上冲要求同此，唯方向不同。(序图14)

Thrust fist (thrust forward, thrust side, thrust up): Punch from the waist, at the same time recoil naturally and slightly bend arm with strength to fist-face. Thrust sideward and thrust up as the same requirements of this, but in different directions. (Picture 14)

(3) 抄拳：臂微屈，拳自下向前上方抄起击打，高不过头，拳背向前，力达拳面。(序图15)

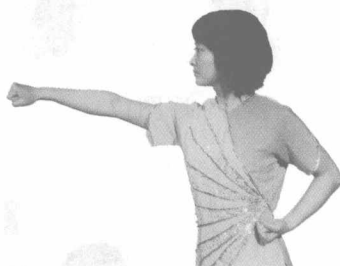
Uppercut fist: Arm bends slightly, punches forward from down to up, fist no higher than head, fist-back forward, power to fist-face. (Picture 15)



序图12



序图13



序图14



序图15