

Bilingual Textbook Series on Chinese Wushu Demonstration Project

中国武术运动双语教学展示工程系列教材

防身术

主编 吴必强 许定国



重庆大学出版社
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The Self Defense

Edited By Wu Biqiang Xu Dingguo

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内容简介

Introduction

防身术是一项运用踢、打、摔、拿等技击方法,以制服对方,保护自己为目的的专门技术。防身术中的奇妙招法,实质上就是中华武术的精华“集锦”。它把武术中各种适合实践应用的招法分离出来,经过摘编、加工、提炼、创造、完善,使其成为一种散招,并具备简单、实用、易学、易记的特点。

As a special technique in Wushu, self defense aims at overwhelming the opponent and protecting the practitioner himself/herself by employing the combating skills of kicking, blowing, throwing and holding, etc.. What self defense employs as its distinctive technical methods are but a collection of gems in Chinese Wushu. By selecting the instrumental technical skills in the Wushu as well as adapting, reforming, refining and recreating them, self defense develops as a free-hand boxing with the characteristics of being simple, practicable, easy to learn and easy to memorize.

防身术是在人体受到威胁、侵害之时所采用的保护自己、制服歹徒,甚至为民除害的擒拿格斗、一招制敌、防身自卫的擒敌技术。运用防身术御敌,要求手疾眼快、反应敏捷,出手要快、准、狠。基本原则是:远则拳打脚踢,近则擒拿、抱就摔。防身术的主要内容包括:手型手法、拳法掌法、肘法膝法和实用技法。

Self defense is a self-protecting technique one applies to quickly overwhelm his/her opponent and safeguard oneself when he/she is under a physical threat or attack. This combat technique is also useful for conquering and catching the evil-doers on accidental occasions. To overpower the opponent, one needs to be nimble in the movement of body and eyes, quick in response, and act swiftly, precisely and resolutely. The basic principle is: blow and kick when apart, catch and tumble when close, throw when locked. The main subjects in self defense include hand forms and positions, fist and palm positions, elbow and knee positions, and practical skills.

《中国武术运动双语教学展示工程系列教材》采用图文教材与影视教材(DVD)相结合的主体教学手段,全方位地展现中华武术,由中国武术七段吴必强副教授与当今最高水平的全国武术冠军、正宗流派传人进行技术表演和教学示范,保证学习者获取原汁原味的技法传承。

"Bilingual Textbook Series on Chinese Wushu Demonstration Project" textbooks and teaching materials used Graphic video materials (DVD), which combines three-dimensional means of teaching all demonstrate the cultural essence of the Chinese Wushu. The Associate Wubiqiang, 7 Duan of Chinese Wushu, and National Wushu Champinships, the authentic heirs to the famous Wushu Schools conduct teaching training and teaching demonstrations to ensure that the learners will grasp real Wushu techniques.

前言

Preface

《中国武术运动双语教学展示工程系列教材》(下称“教材”)是为适应中国武术运动全面走向世界的需要,为中外武术爱好者、体育专业和大中小学师生、武术教练员和运动员、各类武术学校师生和培训班学员,以及体育科研人员学习研究中国武术,克服语言障碍,了解中国武术文化的需求而创编的汉英双语武术精品教材。

Bilingual Textbook Series on Chinese Wushu Demonstration Project (Hereinafter referred to as “the series”) is an excellent bilingual course of Wushu in both Chinese and English and it caters to the need to spread Chinese Wushu all over the world. For Wushu enthusiasts, professional sports and the teachers and students in primary and secondary schools, Wushu coaches and athletes, teachers, students and various types of Wushu participants, as well as sports scientists, it's a good course from which to understand Chinese Wushu culture, to study and research Chinese Wushu.

中国武术源远流长,博大精深。教材采用深入浅出、易学易记、中英文对照的方法,将图文教材与影视教材(DVD)相结合,运用立体教学手段,以《武术基本功》《散打基础》《套路基础》《防身术》和《太极养生》为基础教材,全方位地展示中华武术文化精髓。每个部分均邀请全国武术冠军、武术搏击高手或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。由担任武术教学训练工作 30 余年的中国武术七段、武术副教授吴必强先生组织撰稿和拍摄工作,权威性地保证学习者获取原汁原味的武术技法传承。

Chinese Wushu has long, broad and deep culture. Materials are easy to use, and to remember. The series takes a bilingual approach, combining the

teaching materials and video (DVD) together, using three-dimensional teaching methods, and taking “The Basic Skills of Wushu”, “Sanda Basics”, “Set Pattern Basics”, “Self Defense” and “Taiji and Health Building ” as the basic materials, then displaying Chinese Wushu in all directions to show the essence of culture. We invite Wushu champions, Wushu master fighting genres or authentic schools successors and the famous Wushu experts to do the technical training and teaching demonstrations in each textbook. Associate Professor, Wushu 7 duan Wu Biqiang, who is responsible for the compiling and shooting, has been teaching and training Wushu more than 30 years, so as to ensure learners get authentic techniques heritage of the Chinese Wushu.

在教材的编写过程中,得到重庆大学体育学院、重庆大学美视电影学院、重庆大学出版社和重庆楠竹山旅游开发有限公司的大力支持,我们表示衷心的感谢! 参加校对工作的人员还有吴亦乐、侯珍等,在此一并致谢!

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吴必强 许定国

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2008 年春

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