

『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series

中国武术入门之

初级枪术

PRIMARY SPEAR PLAY

李素玲 郭笑丹 主编

Chief Editor Li Suling Guo Xiaodan

纪秋云 著

Compiler Ji Qiuyun

王乐 译

Translator Wang Le

河南电子音像出版社

河南电子音像出版社



“中国民间武术经典”丛书
Chinese Folk Wushu Classic Series

中国武术入门之
初级枪术

**THE BASIC FORM OF CHINESE WUSHU
PRIMARY SPEAR PLAY**

李素玲 郭笑丹 主编

Chief Editor Li Suling Guo Xiaodan

纪秋云 著

Compiler Ji Qiuyun

王 乐 译

Translator Wang Le

海燕出版社

PETREL PUBLISHING HOUSE

河南电子音像出版社

HENAN ELECTRONIC & AUDIOVISUAL PRESS

图书在版编目(CIP)数据

中国武术入门之初级枪术：汉英对照 / 纪秋云编著；
王乐译. — 郑州：海燕出版社，2008. 8
(中国民间武术经典)
ISBN 978-7-5350-3784-8

I. 中… II. ①纪…②王… III. 枪术(武术)
— 中国—汉、英 IV. G852. 23

中国版本图书馆CIP数据核字(2008)第077974号



中国武术入门之初级枪术

THE BASIC FORM OF CHINESE WUSHU PRIMARY SPEAR PLAY

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

地址：河南省郑州市经五路66号

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

印刷：河南地质彩色印刷厂

开本：850×1168 1/16

印张：4.75

字数：61千字

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 978-7-5350-3784-8

定价：24.30元

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





“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

编写委员会 Writing Committee

主任 Director

高明星 (河南电子音像出版社社长、编审)

Gao Mingxing, Proprietor, Copy Editor of Henan Electronic & Audiovisual Press

副主任 Assistant Director

李 惠 (河南省体育局武术运动管理中心副主任)

Li Hui, Assistant Director of Wushu Center of Henan Province Physical Education Office

杨东军 (河南电子音像出版社总编辑、编审)

Yang Dongjun, Chief Editor, Copy Editor of Henan Electronic & Audiovisual Press

段嫩芝 (河南电子音像出版社编审)

Duan Nenzhi, Copy Editor of Henan Electronic & Audiovisual Press

李素玲 (江南大学体育学院副教授)

Li Suling, Associate Professor of Institute of Physical Education of Jiangnan University

委员 Commissioner

马 雷 (公安部中国前卫搏击协会秘书长)

Ma Lei, Secretary-general of Chinese Advance Guard Defy Association of Ministry of Public Security

郭笑丹 (河南龙腾多媒体技术制作有限公司经理)

Guo Xiaodan, General Manager of Henan Dragon Television Production Company

吴兆强 （重庆大学体育学院副教授）

Wu Biqiang, Associate Professor of Institute of Physical Education
of Chongqing University

凌长鸣 （江苏信息职业技术学院体育部主任、副教授）

Ling Changming, Sports Department Deputy Director, Associate Professor
Technology College of Information Vocational of Jiangsu Province

杨 琦 （江苏省武术协会常务理事、无锡市体育运动学校副校长）

Yang Qi, Managing Director of Wushu Association Jiangsu Province
Vice-Chancellor of Sports School Wuxi City

总策划 Chief Producer

高明星 Gao Mingxing

责任编辑 Editor in Charge

赵 建 Zhao Jian



“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

作者名单 Author List

主 编 Chief Editor

李素玲 郭笑丹

Li Suling Guo Xiaodan

副主编 Assistant Editor

李 惠 贾大伟 毛景宇

Li Hui Jia Dawei Mao Jingyu

编 委 Members of the Editorial Board (以姓氏笔画为序 Name of a Sequence of Strokes)

马 雷 代小平 丛亚贤 纪秋云 刘海科

Ma Lei Dai Xiaoping Cong Yaxian Ji Qiuyun Liu Haike

乔 燦 何义凡 许定国 杨 华 杨玉峰

Qiao Biao He Yifan Xu Dingguo Yang Hua Yang Yufeng

张亚东 张学谦 张希珍 高秀明 袁剑龙

Zhang Yadong Zhang Xueqian Zhang Xizhen Gao Xiuming Yuan Jianlong

潘 艳 孙永文 郑爱民 杜金山 李秀娟

Pan Yan Sun Yongwen Zheng Aimin Du Jinshan Li Xiujuan

李 瑞

Li Rui

视频示范 Video Performer

刘 铮 Liu Zheng

动作示范 Illustrator

赵阳阳 Zhao Yangyang

摄 影 Photographers

贾大伟 Jia Dawei 林伟峰 Lin Weifeng



目 录

第一章 概述

第一节 基本技术/003

一、手型/003

二、步型/004

三、手法/007

四、腿法/011

五、平衡/017

第二节 枪术的基本动作与方法/019

一、枪的各部位及其名称/019

二、基本枪法/020

第二章 分解教学与图解

第一节 初级枪术简介/043

第二节 初级枪术动作说明 与图解/045

预备式/045

Chapter I Overview

Section I Basic Technique / 003

1. Hands Forms / 003

2. Stances / 004

3. Hand Techniques / 007

4. Leg Techniques / 011

5. Balances / 017

Section II Spear Technique / 019

1. Parts of Spear and Names / 019

2. Basic Spear Techniques / 020

Chapter II Step Teaching and Diagram

Section I Brief Introduction of Primary Spear Play / 043

Section II Movement Explanations and Diagrams of Primary Spear Play / 045

Preparatory Form / 045

一、左虚步拨枪/046

二、左弓步平扎枪/046

三、跳步拦拿平扎枪/047

四、挑把转身拿扎枪/048

五、右弓步拉枪/050

六、绕上步右弓步平扎枪/051

七、叉步拦拿平扎枪/052

八、转身左弓步平扎枪/054

九、并步点枪/055

十、上步右弓步推枪/056

十一、左仆步劈枪/057

十二、弓步平扎枪/058

十三、马步盖把枪/058

十四、马步单手平扎枪/059

十五、退步拦拿左弓步平扎枪/060

十六、盖把舞花转身拿扎枪/061

十七、收式/065

1. Parry Downward with Spear in an Empty Step / 046

2. Thrust Spear in a Left Bow Step / 046

3. Parry Outward & Inward & Thrust in a Jumping Step / 047

4. Tilt End & Parry & Thrust While Turning Body / 048

5. Parry Spear in Right Bow Step / 050

6. Thrust Spear in a Curve & Right Bow Step / 051

7. Parry & Thrust in Cross Step / 052

8. Turn Body & Thrust Spear in Left Bow Step / 054

9. Point Spear with Feet Together / 055

10. Push Spear in Forward & Right Bow Step / 056

11. Chop in a Left Crouch Step / 057

12. Thrust in Bow Step / 058

13. Cover the End in Horse Step / 058

14. Thrust Horizontally Spear with One Hand / 059

15. Parry in Backward Step & Thrust in Left Bow Step / 060

16. Wave Figure-8 in a Front-cross Step, Turn Body while Parrying with Spear / 061

17. Closing Form / 065



OVERVIEW

第一节

基本技术

BASIC TECHNIQUE

第二节

枪术的基本动作与方法

SPEAR 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

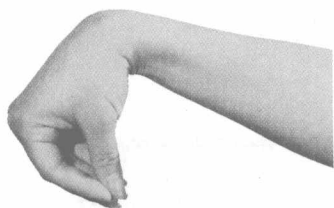
2. 掌 Palm

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

手腕，五指撮拢。（序图3）

Wrist bends and five fingers gather.
(Picture 3)

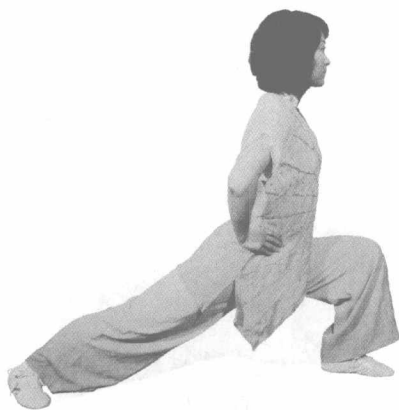
二、步型 Stances



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)

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)



序图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)

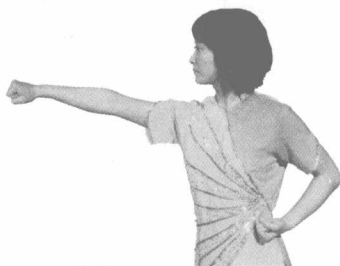
Uppercut fist: Arm bends slightly, punches forward from down to up, fist no higher than head, fist-back forward, power to fist-face. (Picture 15)



序图12



序图13



序图14



序图15