



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

双手剑

DOUBLE-HANDED SWORD

李素玲 主编
Chief Editor Li Suling

毛景宇 著
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Compiler Mao Jingyu Mao Jingguang

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DOUBLE-HANDED SWORD

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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 materials to 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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STEP TEACHING AND DIAGRAM

第一节

双手剑简介

BRIEF INTRODUCTION OF DOUBLE-HANDED SWORD

第二节

双手剑动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF DOUBLE-HANDED SWORD

第一节

双手剑简介

BRIEF INTRODUCTION OF DOUBLE-HANDED SWORD

双手剑是剑法运用的一种特殊形式，是以双手抓握剑柄（剑身与剑把均较长）进行剑法套路演练的剑术。

双手剑动作简朴、威武，劲力遒劲、勇猛，气势可与刀法媲美，在充分施展以剑尖击刺的同时，又特别注重发挥剑身的劈、抹、拦、格等技巧，形成了神形融合、内外相应、身剑合一的独特技法和运动风格。双手剑剑法怪异，变化莫测，动作多以古典剑法为主，兼收众家剑法之长，静如处子，动似游龙，舞似飞凤，有秦汉之威，盛唐之韵。

双手剑刚中有柔，柔中见刚是力的神韵；刺劈云抹，吞吐开合是剑的灵魂。“一柄长刃洋洋洒洒，三尺龙泉凛凛威风。”粗犷中见洒脱，威猛中见悠扬，是一套不多得的民间武艺经典。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此剑法权威人士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。

Double-handed Sword is a special form in swordsmanship. The blade is lengthened, and the play is changeable. Within this form are found both boldness and careless grace, both mightiness and ease.

Double-handed Sword action is simple, powerful and brave, can be comparable to momentum of broadsword, especially pays attention to chopping, slicing, blocking, cutting, and other techniques to form a spirit-shaped fusion, the corresponding internal and external, so it is sword-one of the unique technical strokes and movement style.

A song sings: Long long a sword, might him powerful like a waterfall, both hard and soft as a sword, strike, smash, sweat and slice, the sword every bond. That is a sword.

This book adopts the three-dimensional teaching method of diagram, words and video. The authoritative are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.

第二节

双手剑动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF DOUBLE-HANDED SWORD



预备式 Preparatory Form

并步直立，右手握剑，
立剑胸前，目视前方。
(图1)

Stand with feet together and erect
body, right hand holds sword in front of
chest, look ahead. (Fig 1)



图1



一、笏牙剑 Huya Sword

1. 体微右转，左臂屈肘，
剑指上提，右前伸出，
左脚前上，上体左转，
剑提左摆，目视左手。
(图2、图3)

Turn upper body right, bend left
elbow, raise sword-finger and stretch out



图2



图3



图4



图5

right-front, step left foot forward, turn upper body left, raise sword and swing to the left, look at left hand. (Fig 2, Fig 3)

2. 右脚绕上，身体左转，收并左脚，立剑左摆，置于胸前，剑指平摆，屈肘收回，附于右手，目视剑身。（图4~图5附）

Step right foot forward in arc, turn body left, withdraw left foot, sway sword left and put in front of chest, sway sword-finger flatly, bend and withdraw elbow to attach to right hand, look at sword-blade. (Fig 4 - Fig 5App)

二、螳螂抖翎

A Mantis Stretching Antenna

1. 上体前探，身稍右转，两手握剑，带剑前撩，目视剑尖。（图6、图7）



图5附