



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

翻子拳

FAN ZI QUAN

李素玲 主编
Chief Editor Li Suling

毛景宇 毛景广 著
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河南人民出版社 河南电子音像出版社

RENTAL FROM JIANPU.COM 9787229042106 9787229042106 9787229042106



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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

翻子拳: 汉英对照 / 毛景宇编著; 赵蕊译. — 郑州:
海燕出版社, 2008. 8
(中国民间武术经典)
ISBN 978-7-5350-3808-1

I. 翻… II. ①毛…②赵… III. 拳术(武术)
— 中国—汉、英 IV. G852. 19

中国版本图书馆CIP数据核字(2008)第077972号

翻子拳

FAN ZI QUAN

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

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印刷: 河南地质彩色印刷厂

开本: 850×1168 1/16

印张: 6.25

字数: 81千字

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 978-7-5350-3808-1

定价: 28.80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 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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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

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Chinese Folk Wushu Classic Series

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STEP TEACHING AND DIAGRAM

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翻子拳简介

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第二节

翻子拳动作说明与图解

MOVEMENT EXPLANATIONS AND

DIAGRAMS OF FAN ZI QUAN

第一节

翻子拳简介

BRIEF INTRODUCTION OF
FAN ZI QUAN

翻子拳是中华武术宝库中历史悠久的拳种，原名“八闪翻”，又名“翻子”“番拳”，是流传于我国北方的一种拳法。

翻子拳套路短小精悍、发力迅猛，严密紧凑，架势俯伏闪动，劲道讲求脆、快、硬、弹，基本套路有站桩翻、萃八翻、掳手翻、健中翻、六手翻、燕青翻、鹰爪翻、一字翻等招式。翻子拳的运动特点是以直拳摆拳为主，并以腰力贯穿其身法，一势多法、一法多用、多法合用、紧逼强攻、势如破竹、往返连环、步疾手快、上下翻转，双拳密集如雨，动作一气呵成，使人防不胜防，非常实用。故有“翻子一挂鞭”、“脆快一气呵成”、“发力迅猛道劲”之说法，被视为中华武林中的精华，并且被列为中国武术表演和比赛项目之一。本书重点介绍翻子拳的传统套路站桩翻和萃八翻。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此拳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。

Fanzi Quan, originally called “Flash over Eight”, also known as “Fanzi” and “Turning over Boxing”, is spread in northern China.

Fanzi Quan is a routine which is simple and essential, rapid, and tight compact. It falls down flashing, power emphasizes crisp, fast and hard. Its basic routines include stake-turn, craft-8-turn, grab-hand-turn, six-hand-turn, claw-turn and so on. Its movement is characterized mainly by straight fist and swaying fist, waist-power permeating its action. With a gesture with many methods, a methods with many usages, a usage with many methods, pushing urgently and attacking forcefully,

the momentum as strong as to cut bamboo, quick foot and swift hand, overturning from up to down, and both fists' movement as dense as rain, all its movement is accomplished at one go, makes it difficult for opponent to defend, so it is very practical. Thus, it has the saying of "both fists hitting like a string of firecrackers", "getting movement done without any letup" and "movement being swift, violent and powerful". It is regarded as the essence of Chinese Wushu and is listed as one of the performance and competition items. The book focuses on the traditional sets of Fanzi Quan, stake-turn and craft-8-turn.

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

翻子拳动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF FAN ZI QUAN



一、旗鼓式

Fending for Boxing

1. 并步直立，上体左转，
两掌上托，高与肩齐，
两臂伸直，收腹送肩，
目视双手。（图1、图2）

Stand straight with both feet together, turn upper body to left, raise both palms up to shoulders, both arms stretch straight, shrink abdomen and shift shoulders. Gaze on hands. (Fig 1, Fig2)

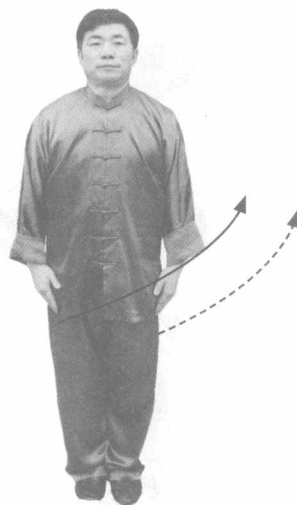


图1

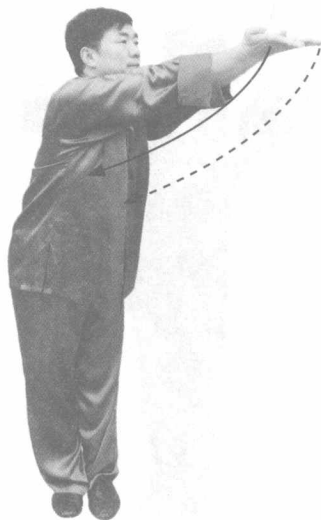


图2

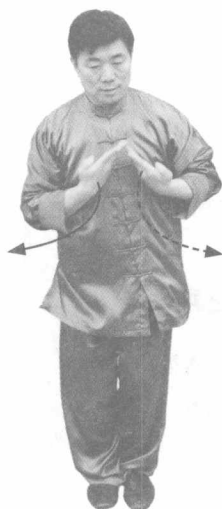


图3

2. 上体右转，重心下沉，
两臂屈肘，向下甩掌，
两臂分开，力达掌背，
向右摆头，目视右下。

(图3、图4)

Turn upper body right, lower body weight, bond both elbows, press palms down, and part two arms sideward, power reaches hands back, turn head right, look down-right. (Fig3, Fig4)

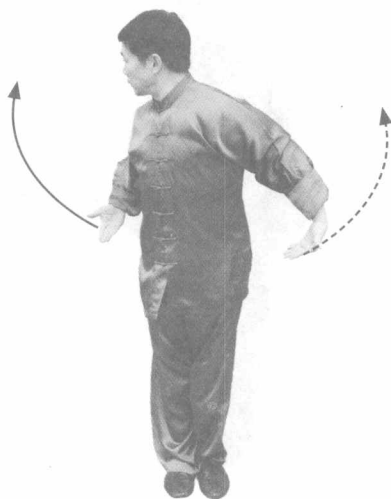


图4

3. 两掌上托，两臂伸展，
重心上提，头向上顶，
目视右掌。(图5)

Raise two palms, stretch two arms straight sideward, raise body weight, raise head and gaze on right hand. (Fig5)



图5

4. 两臂屈肘，两掌下插，
两腿并紧，屈膝下蹲，
掌背贴身，向下穿行，
上体左转，目视左下。

(图6~图8)

Bend elbows, both palms thrust down, place both legs together closely, knees squat, palm-back sticks on body and move downward. Turn upper body left. Look down-left. (Fig6-Fig8)