

中国民间武术经典丛书

Chinese Folk Wushu Classic Series



苗刀

MIAO BROADSWORD

李素玲 主编

Chief Editor Li Suling

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Compiler Wang Zhikai

王乐 译

Translator Wang Le

苗刀 (Miao Broadsword)

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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.

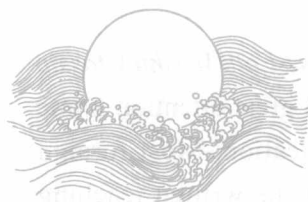
We express our heartfelt gratitude to Wang Yulong, vice-chairman of Chinese Wushu Association for his support and help in the process of compiling these books. We also thank Zhang Qingchuan, Shao Jia, Wang Hao, Shao Qian, Han Xiaoning for their careful work in revising our books. Thanks a lot!

编者

Editor

二〇〇七年七月大暑

July 2007 Summer





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Chinese Folk Wushu Classic Series

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Chinese Folk Wushu Classic Series

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第一节 苗刀简介

BRIEF INTRODUCTION OF MIAO BROADSWORD

苗刀，古称单刀或长刀。因是条形长刀并以双手握刀为主，在流传过程中，后世武术家们为了区别于一般的单手刀，习称苗刀。

苗刀是中华民族的宝贵文化遗产，是闻名中外的传统刀技，它刀身修长，兼有刀、枪两种兵器之特点，且可单、双手变换使用，临阵杀敌，威力极大。中国历史档案馆保存的重要历史资料《苗刀考证》中这样写道：

“苗刀用以冲锋陷阵，远胜单刀及其他短兵。明代戚继光将军，改铸精绝，传之其部下，杀敌致果，斩将擎旗，赖以刀法，威震华夏。”

中国苗刀有一套完整的技法，它内涵丰富，结构严谨，刀法凌厉，技击性强，具有很高的科学性、实战性与锻炼价值。近代武术大师刘玉春（河北独流人）及其徒中央国术馆郭长生教授（郭燕子）在苗刀中糅进了通臂拳的步法和劈挂拳的身法以后，苗刀更显势法精粹，刀法雄健凌厉，步法疾速灵活多变，连击性更为突出，实战威力更大。

一、苗刀的源流

历史上的苗刀，有势，有法，而无名。1621年，明代武术家程宗猷为使这一珍品便于记忆，流传久远，便依势取象，撰其名，法其势，著成了《单刀法选》。

清初武术家吴殳，对此刀又作了一番研究和整理，他以左右撩刀为基础，吸收了“渔阳老人剑法”中“砍削粘杆”的要法，编写了双手刀《十八势》和《单刀图说》。清末河北连锁杨氏（其名不详）于东北得此刀法，后传桑园镇谢晋汾，谢又传当时闻名南北的著名武术家刘玉春，后河北郭长生得刘玉春通臂、劈挂、苗刀的真传。苗刀原只有一路，郭长生集前人苗刀之精华，糅进了通臂二十四式的疾绞连环步，创编了二路

苗刀，此外还创编了苗刀进枪等器械对练套路，使苗刀的技艺水平和实战威力得到了进一步的提高。

二、苗刀的风格特点

苗刀以双手握刀为主，势法朴实，结构严密，运动起来身催刀往，刀随腰转，逢进必跟，逢跟必进，进退连环，动作剽悍雄健，势如破竹。在攻防上，善于连续进攻，防中有攻，攻中有防，技法变化如明代武术家程宗猷在《单刀法选》一书中所说：“其用法，左右跳跃，奇诈诡秘，人莫能测，故长技每每败于刀。”可知苗刀的技法变化多端。

两路苗刀除有共同的风格特点外，还具有各自独特的风格。一路苗刀也叫原路，多基本刀势，是苗刀的基础套路，一招一势势厚矫健，大劈大砍。二路苗刀也叫新路，是郭长生在一路的基础上，将苗刀攻防用法糅进通臂二十四式中的疾绞连环步法，动作大劈大砍，左右辗转，疾速多变，连击性强。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此刀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。

Miao broadsword, is called single or long Broadsword. Because its shape is long and it is hold by both hands, in order to distinguish with general one-handed broadsword, it is named Miao broadsword.

Miao broadsword blade is slender, with characters of both broadsword and spear, and can be used in single or two hands, has great power to opponent, belongs to the traditional broadsword skills. Chinese History and Archives preserves the important historical information, *Miao Dao Kao Zheng* wrote: "Miao broadsword has great power in battlefield, much better than single broadsword and other short weapon. The Ming dynasty General Qi Jiguang improved and spreaded it wildly." It is the valuable cultural heritage of the China.

Miao broadsword has a complete set of techniques, rich content, well-structured and high-technology, is of high scientific and value of training and actual combat. Miao broadsword has absorbed the steps of Tongbi Quan and body technique of Pigua Quan, the technique of Miao broadsword is essence, stronger, more flexible, more powerful to combat.

First, the origin of miao broadsword

The origin history of the Miao broadsword has no name, Cheng Zongyou of Ming dynasty (1621) in order to preserve it, wrote the book of *Dan Dao Fa Xuan*, so



leave the later generations a valuable historical martial arts.

Many martial arts masters add much technique to Miao broadsword, so it is supplied the technique of sword play and Tongbi Quang, Pigua Quan and other Gongfu, the skills and combat power of Miao broadsword has been greatly enhanced.

Second, the style features of Miao broadsword

Miao broadsword play is strict, simple and strong, player moves body to drive broadsword, player and weapon become one, co-ordinative and smooth, can defeat everything before it. It has the ability of continuously attack, attack in defense, the ever-changing techniques. It has rich connotations and well-structured, sharp, high-technology, be of high scientific and value of training and actual combat.

Routine of Miao Broadsword has an old skills series and a new, all have their own unique style. The old routine consist of the basic skills and technique, the new absorbs 24-form chains step, moving and changing rapidly, more offensive, more defensive stronger.

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.