



『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series

游身八卦掌

ROUND BODY EIGHT DIAGRAMS PALM

李素玲 主编
Chief Editor Li Suling

李惠 著
Compiler Li Hui

贾京霖 译
Translator Jia Jinglin

河南人民出版社 河南电子音像出版社

河南人民出版社 河南电子音像出版社



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

游身八卦掌

ROUND BODY EIGHT DIAGRAMS PALM

李素玲 主编

Chief Editor Li Suling

李 惠 著

Compiler Li Hui

贾京霖 译

Translator Jia Jinglin

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

游身八卦掌：汉英对照 / 李惠编著；贾京霖译. — 郑州：
海燕出版社，2008. 8
(中国民间武术经典)
ISBN 978-7-5350-3796-1

I. 游… II. ①李…②贾… III. 八卦掌(武术)
— 中国—汉、英 IV. G852. 16

中国版本图书馆CIP数据核字(2008)第077905号



游身八卦掌

ROUND BODY EIGHT DIAGRAMS PALM

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：6.75

字数：88千字

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 978-7-5350-3796-1

定价：30.30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 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!

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

吴必强 （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

郭笑丹 Guo Xiaodan



“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 Li Suling

副主编 Assistant Editor

李 惠	郭笑丹	贾大伟	毛景宇
Li Hui	Guo Xiaodan	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

毛景广 Mao Jingguang

动作示范 Illustrator

侯 雯 Hou Wen

摄 影 Photographers

贾大伟 Jia Dawei 林伟峰 Lin Weifeng



目 录

分解教学与图解

第一节 游身八卦学简介/003

第二节 游身八卦学动作说明与图解 /005

一、起式/005

二、倚马问路/006

三、鸿雁出群/007

四、青龙转身/007

五、青龙返首/010

六、左靠身掌/014

七、右靠身掌/015

八、白蛇伏草/016

九、仙人指路/018

十、灵猫扑鼠/019

十一、金龙合口/021

十二、拨云见日/022

Step Teaching and Diagram

Section I Brief Introduction of Round Body Eight Diagrams Palm / 003

Section II Movement Explanations and Diagrams of Round Body Eight Diagrams Palm / 005

1. Starting Form / 005

2. Reach out Palm / 006

3. Swan Goose Having Strayed from Its Flock / 007

4. Black Dragon Walking Circle / 007

5. Black Dragon Turns Its Head / 010

6. Left Push Palm in Back Cross-step / 014

7. Right Push Palm in Back Cross-step / 015

8. White Snake Hides in Grass / 016

9. Horizontal Cut Palm / 018

10. Horizontal Cut With Both Palms / 019

11. Step Forward and Push Palm / 021

12. Dispel the Clouds and See the Sun / 022

- 十三、败中取胜/024
- 十四、双截掌/026
- 十五、天王托塔/026
- 十六、黑虎掏心/028
- 十七、蛟龙出水/029
- 十八、青龙转身/031
- 十九、片旋掌/033
- 二十、御带横腰/033
- 二十一、猛虎拦路接螳螂
捕蝉/035
- 二十二、猿猴托桃/039
- 二十三、大鹏展翅/041
- 二十四、横扫千军/043
- 二十五、行步撩衣/044
- 二十六、大蟒翻身/046
- 二十七、燕子入林/047
- 二十八、猿猴坠枝/049
- 二十九、托枪打虎/050
- 三十、老僧披衣/051

13. Flash Palm in Horse-riding Step / 024
14. Step Forward and Push with Both
Palm / 026
15. Heavenly King Hold a Tower in the
Palm / 026
16. Backward Push Elbow / 028
17. Black Dragon Comes out of
Water / 029
18. Black Dragon Walking Circle / 031
19. Rotate Palm / 033
20. Hold Ball with Both Palm Walking
Circle / 033
21. Tiger Block the Way and Mantis Stalks
the Cicada / 035
22. Monkey Hold a Peach in the Palm / 039
23. Roc Spreads Its Wing / 041
24. Rolling Back the Enemy / 043
25. Turn Body Kick and Diving
Swallow / 044
26. Python Turns over / 046
27. Swallow Flies Into Woods / 047
28. Monkey Pulls Down Branches / 049
29. Raise Knee and Arc Palm / 050
30. Horizontal Cut with Both Palms / 051

三十一、青龙探爪/054

三十二、金龙盘玉柱/055

三十三、青龙转身/057

三十四、鹤子钻天/060

三十五、白蛇伏草/060

三十六、野马闯槽/061

三十七、刘海戏蟾/062

三十八、白蛇吐信/063

三十九、青龙返首/063

四十、拨云见日/065

四十一、左推山入海/067

四十二、右推山入海/069

四十三、猿猴托桃/070

四十四、金鸡撒膀/071

四十五、飞燕抄水/071

四十六、转身盘肘/072

四十七、倒拽风车/073

四十八、十字腿/074

31. Black Dragon Reaches out Its
Claw / 054

32. Turn Body & Heel Kick and Flash
Palm / 055

33. Black Dragon Walking Circle / 057

34. Sparrow Hawk Soars into Sky / 060

35. White Snake Hides in Grass / 060

36. Arc Palm in Horse-riding Step / 061

37. Thrust Palm in Bow Step / 062

38. White Snake Spits out Its
Tongue / 063

39. Black Dragon Turns Its Head / 063

40. Dispel the Clouds and See the
Sun / 065

41. Turn Body Push Palm Kneeling
Position (Left) / 067

42. Turn Body Push Palm Kneeling
Position (Right) / 069

43. Monkey Hold a Peach in the
Palm / 070

44. Golden Cock Ruffles Feathers / 071

45. Diving Swallow / 071

46. Turn Body and Hook Elbow / 072

47. Turn Windmill Back / 073

48. Cross Kick / 074

四十九、鹄子钻天接马上开弓/076

五十、走马观花/078

五十一、横扫千军/080

五十二、青龙返首/081

五十三、横扫千军/083

五十四、双截掌/084

五十五、左右风轮劈掌/086

五十六、脑后摘冠/091

五十七、鸿雁出群/093

五十八、收式/094

49. Sparrow Hawk Soars into Sky and
Push Elbow / 076

50. Look at Flowers While Riding a
Horse / 078

51. Rolling Back the Enemy / 080

52. Black Dragon Turns Its Head / 081

53. Rolling Back the Enemy / 083

54. Step Forward and Push with Both
Palms / 084

55. Left and Right Swing Arms / 086

56. Take off Hat behind Its Head / 091

57. Swan Goose Having Strayed from
Its Flock / 093

58. Closing Form / 094



STEP TEACHING AND DIAGRAM

第一节

游身八卦掌简介

BRIEF INTRODUCTION OF ROUND BODY

EIGHT DIAGRAMS PALM

第二节

游身八卦掌动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS

OF ROUND BODY EIGHT DIAGRAMS PALM

第一节

游身八卦掌简介

BRIEF INTRODUCTION OF ROUND BODY
EIGHT DIAGRAMS PALM

八卦掌是我国武术流派中的主要拳种之一。八卦一词最早见于《易经》。关于八卦掌的起源说法不一，一般认为它为清代武术家董海川所创。

八卦掌是以掌法变换和行步走转为主的拳术套路，又称“游身八卦掌”、“八卦连环掌”。其运动形式纵横交错，分为四正四隅八个方位；其运动特点是身捷步灵、沿圈走转、随机应变、以变应变、运动不息、变化不止。八卦掌属于“后发制人”的拳术，与对方交手时身体起伏拧转、敏捷多变，强调通过不停的走、转、变招，来避开对手的正面攻击，而以我之变化顺势打击对手的侧面或斜面，所以“避正打斜”，以“正”祛“邪”是八卦掌的主要技法特点，拳谚说它“形如游龙，视若猿守，坐如虎踞，转似鹰盘”。这套八卦掌内容丰富，变化多样，身法、腿法贯穿始终，是中国民间武术的经典套路之一。

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。

Round Body Eight Diagrams Palm is one of the most famous Chinese traditional Wushu. "Ba Gua" found in the first time in *Yi Jing*. The origin of this boxing has different versions, generally attributed it to the Wushu master of Dong Haichuan in Qing dynasty.

The change of Eight Diagrams palm consists of palm technique and step technique routines, also known as "Round Body Eight Diagrams Palm", "Eight Diagrams Linked Palm". The form of its campaign is divided into eight directions,



its movement is characterized by step round neatly and swiftly, adaptable to change. Eight Diagrams belongs to “defensive boxing”, stresses that non-stop through the walk, turn, change, to avoid the opponent’s frontal attack, and to change in making use of opponent’s power to against himself, boxing proverb that it “shaping as dragon, looking as ape, sitting as tiger, swaying as eagle hovering”. The boxing is rich, varied, is a classic Chinese folk martial arts routine.

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.

“游身八卦掌”是北方民间流传的一种传统武术，其特点为：步法圆活，身法矫健，手法多变，攻防兼备。习练此功，能强身健体，提高免疫力，对防治多种疾病有显著效果。本书详细介绍了该拳的历史渊源、基本功法、套路演练及实战应用，图文并茂，易于理解。全书共分八章，第一章讲述游身八卦掌的起源与流派，第二章至第八章分别介绍基本功、单式动作、组合套路、器械功法、实战技击及养生保健等内容。本书适合武术爱好者、健身人士及专业习武者阅读参考。

Round Body Eight Diagrams Palm is one of the traditional Chinese martial arts. It is characterized by its circular and agile movements, and its emphasis on the use of the eight trigrams. The practice of this art is believed to be beneficial for health and vitality, and it is a popular form of exercise in China. This book provides a comprehensive guide to the art, including its history, basic techniques, and various forms. The book is divided into eight chapters, each focusing on a different aspect of the art. Chapter 1 introduces the origins and styles of Round Body Eight Diagrams Palm. Chapters 2 through 8 cover the basic techniques, single movements, combinations, weapon techniques, practical applications, and health benefits. This book is suitable for martial arts enthusiasts, fitness enthusiasts, and professional practitioners.

第二节

游身八卦掌动作说明与图解 MOVEMENT EXPLANATIONS AND DIAGRAMS OF ROUND BODY EIGHT DIAGRAMS PALM

一、起式 Starting Form

1. 身体直立，双脚并拢，
两臂垂直，目视前方。
(图1)

Erect body with upright arms, the feet gather, gaze front. (Fig 1)

2. 左脚开步，与肩同宽，
两手交叉，掌心向里。
(图2)

The left leg takes a step with a width same to the shoulders, cross hands with palms inward. (Fig2)

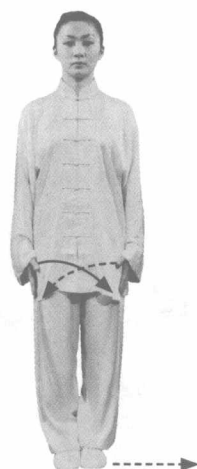


图1

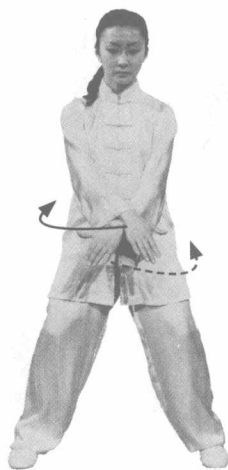


图2