



武松脫铐拳

WU SONG CAST-OFF-HANDCUFFS BOXING

李素玲 主编
Chief Editor Li Suling

凌长鸣 著
Compiler Ling Changming

贾京霖 译
Translator Jia Jinglin



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

武松脱铐拳

WU SONG CAST-OFF-HANDCUFFS BOXING

李素玲 主编

Chief Editor Li Suling

凌长鸣 著

Compiler Ling Changming

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

武松脱铐拳: 汉英对照 / 凌长鸣编著; 贾京霖译. — 郑州:
海燕出版社, 2008. 8
(中国民间武术经典)
ISBN 978-7-5350-3802-9

I. 武… II. ①凌…②贾… III. 拳术(武术)
— 中国—汉、英 IV. G852.1

中国版本图书馆CIP数据核字(2008)第077908号



武松脱铐拳

WU SONG CAST-OFF-HANDCUFFS BOXING

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: 5.25

字数: 64千字

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 978-7-5350-3802-9

定价: 25.80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!

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**

贾大伟 Jia Dawei



“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 嫖	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

代月胜 Dai Yuesheng

动作示范 Illustrator

孙永文 Sun Yongwen

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 武松脱铐拳简介/003

第二节 武松脱铐拳动作说明 与图解/005

- 一、预备式/005
- 二、马步上铐/006
- 三、左弓步开铐/008
- 四、右弓步开铐/009
- 五、提膝护铐/010
- 六、震脚开铐/011
- 七、上举铐飞脚/012
- 八、左右抡铐/013
- 九、左弓步前冲铐/014
- 十、马步击肘/014
- 十一、叉步击肘/016
- 十二、左弓步前冲铐/016

Step Teaching and Diagram

Section I Brief Introduction of Wusong Cast-off-handcuffs Boxing / 003

Section II Movement Explanations and Digrams of Wusong Cast-off-handcuffs Boxing / 005

1. Preparation Form / 005
2. Handcuffs in Horse-riding Step / 006
3. Cast-off-handcuffs in Left Bow
Step / 008
4. Cast-off-handcuffs in Right Bow
Step / 009
5. Golden Cock Stands on One Leg / 010
6. Stamp Foot and Cast-off-handcuffs / 011
7. Upper Handcuffs and Front Kick / 012
8. Arm Swings over Left and Right / 013
9. Thrust Handcuffs Forward in Left
Bow Step / 014
10. Hit Elbow in Horse Step / 014
11. Push Elbow in Back Cross Step / 016
12. Thrust Handcuffs Forward in Left
Bow Step / 016

十三、跳步云铐/017

十四、歇步盘铐/018

十五、踹脚/019

十六、跳步劈铐/020

十七、上步盖肘/021

十八、左掀肘/022

十九、左踹腿/023

二十、仆步穿铐/023

二十一、左下劈铐/025

二十二、右勾踹腿/025

二十三、后蹬腿前冲铐/026

二十四、左下劈铐/027

二十五、勾踢腿下劈铐/028

二十六、震脚插掌/028

二十七、马步缩身/029

二十八、右斜上撞铐/029

二十九、马步压肘/030

三十、顶肘接掀肘/031

13. Swing over Handcuffs in
Jumping Step / 017

14. Twist Handcuffs in Cross-legged
Step / 018

15. Kick Foot / 019

16. Jump and Smash Handcuffs / 020

17. Step Forward and Press Elbow / 021

18. Block Upward Elbow / 022

19. Kick Leg to the Left / 023

20. Horizontally Punch in Crouch
Step / 023

21. Smash Handcuffs Down-left / 025

22. Kick Leg Right / 025

23. Back Kick with Leg and Smash
Handcuffs Forward / 026

24. Smash Handcuffs Down-left / 027

25. Kick Leg and Smash Handcuffs
Down / 028

26. Stamp Foot and Thrust Palm / 028

27. Draw Body Back in Horse-riding
Step / 029

28. Horizontally Punch Handcuffs
in Bow Step / 029

29. Forward Step and Press
Elbow / 030

30. Block Upward Elbow / 031

- 三十一、左弹腿/032
- 三十二、虚步护铐/033
- 三十三、上步撩铐/034
- 三十四、跳步翻身劈铐/034
- 三十五、云铐扫腿/035
- 三十六、右缠丝腿接左勾
踹腿/037
- 三十七、跳步云铐/038
- 三十八、弓步撞铐/039
- 三十九、压铐弓步击铐/040
- 四十、十字劈铐/041
- 四十一、外摆腿/042
- 四十二、里合腿/042
- 四十三、仆步穿铐/043
- 四十四、上步撞铐/044
- 四十五、马步砸铐/044
- 四十六、罗汉撞式/045
- 四十七、后靠胯/046

31. Snap Kick Left / 032
32. Protect Handcuffs in Empty
Step / 033
33. Step Forward and Cut Upward
Elbow / 034
34. Turn Body and Smash Handcuffs / 034
35. Sweep Leg Forward / 035
36. Winding Silk Kick Right and Kick
Left / 037
37. Jump and Horizontally Swing
Handcuffs / 038
38. Bump Handcuffs in Bow Step / 039
39. Press Handcuffs and Hit in Bow
Step / 040
40. Smash Handcuffs Left and Right / 041
41. Swing Leg Outward / 042
42. Swing Leg Inward / 042
43. Pierce Handcuffs in Crouch Stance / 043
44. Step Forward and Bump Handcuffs / 044
45. Smash Handcuffs in Horse-riding
Step / 044
46. Head Strikes in Bow Step / 045
47. Buttocks Strike / 046

四十八、罗汉倒撞钟/047

四十九、后扫腿接前击铐/047

五十、上步飞腿接击铐/048

五十一、转身顶肘/050

五十二、上步横击肘/050

五十三、三开铐/051

五十四、插步搂砍掌/053

五十五、仆步穿掌/054

五十六、腾空飞腿接并
步拍地/00

五十七、弓步冲拳/057

五十八、震脚打虎式/059

五十九、左刁手勾踢/060

六十、右刁手勾踢/062

六十一、上步插掌/063

六十二、马步双撩掌/063

六十三、高虚步亮掌/064

六十四、背腿跳接拍地/065

48. Head Strikes Upper-rear / 047

49. Sweep Back Leg and Hit
Handcuffs / 047

50. Step Forward and Hit
Handcuffs / 048

51. Turn Body and Push Elbow / 050

52. Step Forward and Horizontally
Hit Handcuffs / 050

53. Cast-off-handcuffs Three
Times / 051

54. Chop Horizontally Palm in
Cross-step / 053

55. Pierce Palm in Crouch Stance / 054

56. Flying Kick, Feet Together and
Slap the Ground / 056

57. Punch Fist in Bow Step / 057

58. Stamp Foot and Upper Block
with Fist / 059

59. Hook Grasp and Kick Left / 060

60. Hook Grasp and Kick Right / 062

61. Step Forward and Thrust
Palm / 063

62. Cut Palms up in Horse-riding
Step / 063

63. Flash Palm in High Empty
Step / 064

64. Jump Roll Backward and Slap the
Ground / 065

六十五、弓步冲拳/067

六十六、打虎式/068

六十七、收式/068

65. Punch Fist in Bow Step / 067

66. Block with Fist in Horse-riding Step / 068

67. Closing Form / 069



STEP TEACHING AND DIAGRAM

第一节

武松脱铐拳简介

BRIEF INTRODUCTION OF WU SONG

CAST-OFF-HANDCUFFS BOXING

第二节

武松脱铐拳动作说明与图解

MOVEMENT EXPLANTIONS AND DIAGREMS OF

WU SONG CAST-OFF-HANDCUFFS BOXING



STEP TEACHING AND DIAGRAM

3-1-1

3-1-2

3-1-3

3-1-4

3-1-5

3-1-6

3-1-7

3-1-8



第一节

武松脱铐拳简介

BRIEF INTRODUCTION OF WU SONG CAST-OFF-HANDCUFFS BOXING

武松脱铐拳相传为明清时的武术家依据小说《水浒传》中“武松大闹飞云浦”的故事情节，并通过形象思维，模仿武松在披枷戴铐的情况下，运用武术的攻防技术，战胜敌人的形象而编创的拳术套路。

习练者双手相握向上、向两侧做拦、架、格动作，配合肘、腿部动作，并运用肩、肘、胯多种技击方法，表现武松双手被铐，但仍能利用枷铐来防守敌人的进攻。被铐之手，时而卷拳撞崩，时而扬掌劈砍，虽然双手相握，但招式依然明晰、刚健；脚法更为疾快灵活，变幻莫测的缠丝腿，风卷霹雳的旋风脚，弹、踢交替出击。当习练者从上向下，用全身凝聚之力，双手磕铐，脱开两手，以示武松“脱铐”，习练者双拳立刻恢复拳术的冲、劈、砸、撩、刁、拿、锁、扣等各种手法，挥舞自如，如虎添翼。

脱铐拳法是模仿双手被铐时，运用武术攻防动作的形象，但在技术内容、动作规范和特点上，仍与长拳相同。所不同的是以腿法为主，手法为辅，结构清晰，技法独特，突出实战。这是一套带有情节的别具一格的拳术套路。

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。

Wu Song Cast-off-handcuffs Boxing is based on the legend of “Wu Song kills bully in Feiyun Pu” of the *Outlaws of the Marsh*. Martial experts of Ming dynasty, imitated Wu Song handcuffed and flailed with the circumstances, by using offensive and defensive martial arts techniques to defeat the enemy, created the boxing routine.

Practicer hold the wrist of the other hand up to press, parry, block on both sideward, as Wu Song was handcuffed hands, but can still use flail handcuffed to defend the enemy's broadsword. The handcuffed hands, sometimes hit collapsing, sometimes smash and chop, sometimes strike forward, hands were closed, but still clear and vigorous. Feet action is more flexible, hitting and kicking out by turns, forcibly and quickly. The top-down with his hands on the knee means "bump handcuffed", when unlocked two hands to show Wu Song "from handcuffed". Since then, the practitioners, two fists wave free to hit, chop, smash, block, drill, clutch, lock, more powerful.

Boxing is handcuffed from imitating hands that were handcuffed, the use of offensive and defensive movement, but in technical content, action norms is characteristics, it is still the same as Chang Quan. The difference is mainly legs law, supplemented by practices, structural clarity, the unique technique, highlighted by the elbow. It is the unique set of circumstances with the Chinese Boxing routines.

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.