



中国民间武术经典丛书

Chinese Folk Wushu Classic Series

# 醉剑

DRUNK SWORD

李素玲 主编  
Chief Editor Li Suling

李素玲 著  
Compiler Li Suling

贾京霖 译  
Translator Jia Jinglin

河南人民出版社  
HENAN PEOPLE'S PUBLISHERS

地址：郑州市经二路五号  
ADDRESS: 5 HENAN ELECTRONIC & INFORMATION



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HENAN ELECTRONIC & AUDIOVISUAL PRESS

图书在版编目(CIP)数据

醉剑：汉英对照 / 李素玲编著；贾京霖译. — 郑州：  
海燕出版社，2008. 8  
(中国民间武术经典)  
ISBN 978-7-5350-3797-8

I. 醉… II. ①李…②贾… III. 剑术(武术)  
— 中国—汉、英 IV. G852.24

中国版本图书馆CIP数据核字(2008)第077903号



## 醉 剑

### DRUNK SWORD

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：6.25

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 978-7-5350-3797-8

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!

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*

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责任编辑 Editor in Charge

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“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

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Zheng Aimin

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Li Rui

视频示范 Video Performer

孙永文 Sun Yongwen

动作示范 Illustrator

孙永文 Sun Yongwen

摄 影 Photographers

贾大伟 Jia Dawei

林伟峰 Lin Weifeng





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## STEP TEACHING AND DIAGRAM

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#### 醉剑简介

### BRIEF INTRODUCTION OF DRUNK SWORD

### 第二节

#### 醉剑动作说明与图解

### MOVEMENT EXPLANATIONS AND DIAGRAMS

#### OF DRUNK SWORD



## 第一节 醉剑简介

### BRIEF INTRODUCTION OF DRUNK SWORD

醉剑，是酒文化浸润的剑术，它的风格独特，是以武术剑法动作为素材，用醉态形式来表现的另类剑法套路。它的运动特点是“奔放如醉，在徐还疾，往复奇变，忽纵忽收，似醉非醉，似醒非醒，忽快忽慢，步履踉跄，外示沉迷，内藏杀机，巧移重心，攻其不备，扑跌滚翻中透出狠手，形醉意不醉，步醉心不醉，醉中有剑，剑法似醉，剑法的核心在于一个“醉”字，以醉取势，以醉感人，以醉进招”。是一套不可多得的民间武艺绝活。此套路由著名武术家、醉派大师孙荣一先生创编，孙先生曾多次获得全国武术比赛金奖。

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。

Drunk Sword, which is soaked in wine culture, is a special sword play. It is distinctive style, which is based on sword act, using drunkenness as an alternative form of sword performance. Drunk Sword is characterized by “unrestrained as drunk, slowly also fast, reciprocating and surprising change, looking drunk not true, sometimes drawling sometimes swift, walk hobbling, the appearance of indulgence containing death warrant, shifting the focus smartly, attacking where the enemy is unprepared, showing drunk but wittily, drunk containing sword play, drunk in the sword, sword play lies in a ‘drunk’, with drunk to take advantage, to touch others and to attack.” It is a rare folk Wushu skill. This set was created by the famous Wushu master, Mr. Sun Rongyi, who has won several national Wushu competition gold medals.

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

醉剑动作说明与图解  
MOVEMENT EXPLANATIONS AND  
DIAGRAMS OF DRUNK SWORD

## 一、起式

## Starting Form

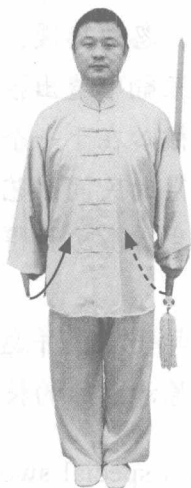


图1

1. 身体正直，并步站立，  
两臂体侧，直臂下垂，  
左手持剑，剑身贴臂，  
右手剑指，目视前方。

(图1)

Stand steadily with feet together. Arms come down naturally at sides. Left hand holds sword and sword sticks to arm, right hand forms "sword finger" (straighten forefinger and middle finger with thumb and the others bent). Gaze forward. (Fig1)



图2

2. 体微前倾，并步站立，  
向左甩头，两肘上提，  
目视左方。(图2)

Body leans forward slightly, stand steadily with feet together, turn head to the left, two elbows lift up, look leftward. (Fig2)

3. 上动不停，重心前移，  
体再前倾，肘微上提，  
两手收至，左右腰间，  
目视左方。（图3）

Keep moving, shift body weight forward slightly, body leans forward slightly again, two elbows lift slightly, draw hands at waist, look leftward. (Fig3)

4. 左手持剑，经下向侧，  
缓缓抬起，双手平举，  
挺胸立腰，目视左方。  
（图4）

Left hand draws the sword downside and extends forward slowly, throw out chest and straighten waist, look leftward. (Fig4)

5. 重心上移，两脚立起，  
两臂上举，顶天立地，  
挺胸直腰，目视前方。  
（图5）

Shift body weight up, stand straight and raise arms upward, throw out chest and straighten waist, look ahead. (Fig5)

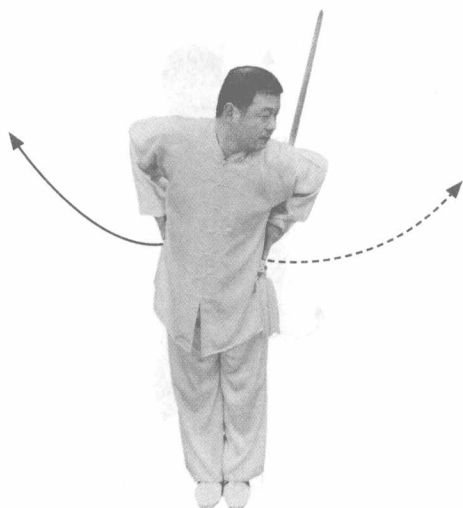


图3

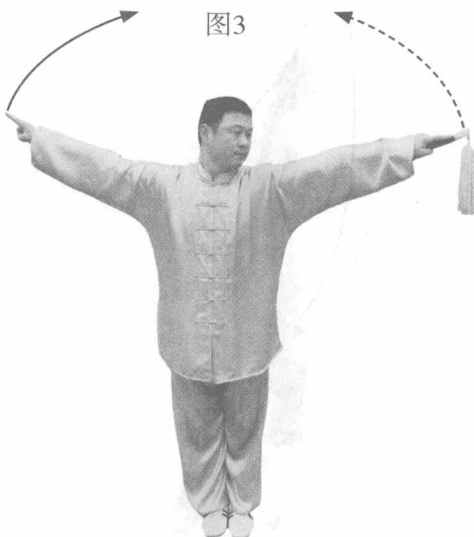


图4



图5

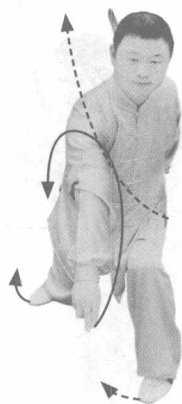


图6

6. 右脚后撤，左腿屈膝，  
成左弓步，左手持剑，  
垂直下落，右手剑指，  
前下指出，目视前方。

(图6)

Right foot steps backward, bend left knee, make left bow step, left hand holds sword and falls down, right "sword finger" points down-forward, look ahead. (Fig 6)

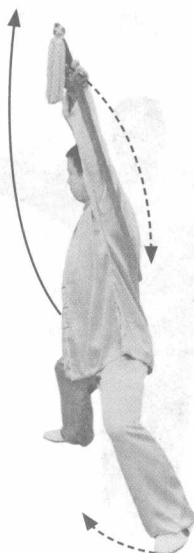


图7

7. 身体右转，重心右移，  
两腿屈膝，左手持剑，  
向上摆起，剑贴手臂，  
右手剑指，收于腰间。

(图7)

Turn body right and shift body weight right, bend two knees, left hand draws sword upward, the sword sticks to the arm, right "sword finger" draws to the waist. (Fig 7)



图8

8. 重心上移，左脚回收，  
贴靠右脚，丁步站立，  
左手持剑，屈臂后背，  
右手剑指，向上指出，  
挺胸立腰，目视前方。

(图8)

Shift body weight upward, withdraw left foot to near right foot and form T-step, left hand holds sword, bend left arm behind back, right "sword finger" points upward, throw out chest and straighten waist, look forward. (Fig 8)