



『中国民间武术经典』丛书

*Chinese Folk Wushu Classic Series*

# 疯魔棍

CRAZY SPIRIT CUDGEL

李素玲 主编  
Chief Editor Li Suling

王华锋 著

Compiler Wang Huafeng

王乐 译

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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

疯魔棍：汉英对照 / 王华锋编著；王乐译. — 郑州：  
海燕出版社，2008. 8  
(中国民间武术经典)  
ISBN 978-7-5350-3783-1

I. 疯… II. ①王…②王… III. 棍术(武术)  
— 中国—汉、英 IV. G852.25

中国版本图书馆CIP数据核字(2008)第077971号



## 疯魔棍

## CRAZY SPIRIT CUDGEL

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：4.75

字数：59千字

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 978-7-5350-3783-1

定价：24.30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





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*Chinese Folk Wushu Classic Series*

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## STEP TEACHING AND DIAGRAM

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## 第一节 疯魔棍简介

### BRIEF INTRODUCTION OF CRAZY SPIRIT CUDGEL

#### 一、疯魔棍的源流

#### The Origin of Crazy Spirit Cudgel

疯魔棍因其动作矫健敏捷，快速迅猛，棍行有声，脚底生风，如疯似魔而得名。又因其棍法泼辣，交手中对手有眼难避，使人眼花缭乱，如同盲人一般，故又名“瞎子棍”。

此棍法系20世纪30年代初，由郭长生、马英图等武林先辈共磋技艺，潜心研究，集群羊棍、梨花枪和苗刀之特点，吸收了通臂二十四式之步法，整编而成。

The routine cudgel gains its name for the agile and swift movements which are like sound and wind and also for its speed and power which make the enemies dazzling and unable to avoid. It has another name as “Blind Stick”, because the enemies are as if they were blind while fighting.

This set of cudgel is created by Wushu predecessors, Guo Changsheng and Ma Yingtu in the early 1930s, who concentrate on their studies, gathers the essence of Sheep Stick, Pear Flower Spear and Miao Broadsword. It also absorbs the step characters of 24 forms Tongbi Quan. It has a very rich content, unique style, characterised technique of attacking and defending and massive power in real practice.

## 二、疯魔棍的风格特点

### Crazy Spirit Cudgel Style Features

疯魔棍，棍法朴实，不崇花招，动作迅猛，变化多端，快慢相间，攻防有度。演练时，如疯似魔，棍走风响，两脚生烟；进身走步钻、粘、连；腰身辗转快如电。形无定势，动无虚招，势如“大河奔流，起伏跌宕，一泻千里，势不可当”。

疯魔棍的全套动作，集刀法、枪法之特点，交替贯穿始终，结构独特，方法巧妙，时而“枪扎一线”，时而“棍打一片”。棍法的滚、劈、拧、转和步法的进、退、趋、避，要求身械协调、发力迅猛、灵活多变。

The main characteristics are: simple and practical, rapid and nimble, defensive and offensive. While exercising, you are as fast as lightening, the cudgel moves at a dazzling speed with no fixed gestures, no fixed form, just like the roaring river moving down with an irresistible power.

Crazy Spirit Cudgel of a full set of movements, set the techniques broadsword and spear to one, make it unique structure, sometimes “poke frontline like spear” and sometimes “sweep all direction like cudgel”. Co-ordinate body with weapon to one with rapid, powerful and flexible.

## 三、疯魔棍的基本方法

### The Basic Method of Crazy Spirit Cudgel

#### 1. 步法、身法 Foot and Body Technique

疯魔棍的步法，多取通臂二十四式的连环步，且吸收了通臂、劈挂中拧腰切胯、肩沉气按的调势、调气方法，演练起来，虽速度快，力量爆，但下盘稳健，连击性较强。这种步法粘连绞织，互为子母，步步相连，环环相套，走起场来越走越快，使人防不胜防。它的具体方法是：两腿稍屈，切胯合膝，前脚踏实，后脚跟稍抬起。运动中要求逢进(步)必跟(步)，逢跟(步)必进(步)，相依相生。



疯魔棍的身法吸收了劈挂中的大开大合，大劈大挂，含胸拔背，拧腰切胯，使之步走腰随棍紧跟。要求腰、胯、腿、膝、肩、肘、臂、腕和棍的运用贯通一气，协调自然。

Foot technique of Crazy Spirit Cudgel comes from the 24-form Tongbi Quan, and absorbs Pigua Quan and other Quan. When exercising, pace fast and explosive power, but it is stronger and steadily. If one foot steps forward, the other must follow, both feet depend on each other.

Crazy spirit cudgel request that steps closely follow waist with hand holding cudgel. All parts Co-ordinate into one naturally.

## 2.棍法 Cudgel Technique

棍长以高出身高8~10厘米为宜，分前、中、后三个部分。演练时，力点要准确，梢把要分清，起止、虚实要分明。

正确的握棍方法是：大拇指与食指紧扣，其他手指松握，要做到握而不死，活而有力，以便于旋腕、移把和换把，做到与身法、步法协调自然。

疯魔棍的演练要突出把法的运用，有“棍法本身就是把法”之说。把法包括移把、换把、握把。移把分前移（滑）、后移（滑），换把分左、右换把。

Length of cudgel is 8-10cm higher than the man, cudgel consists of tip part, middle part, handle part. When exercising, force point should be precise, to distinguish the beginning and the end, the actual and virtual situation to clear.

The correct method holding cudgel is: the thumb and index finger hold closely, the other fingers hold, but not stiff, so twist wrist flexible.

Crazy Spirit Cudgel technique highlight the application the law of how to hold cudgel, including the technique of shift, change, grip and hold.