

『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series



# 陈氏太极齐眉棍

EYEBROW-LEVEL STICK OF CHEN-STYLE TAIJI



丛书主编 陈自强

Chief Editor Chen Ziqiang

编著 陈自强

Compiler Chen Ziqiang

翻译 郭勇 王青云

胡大鹏 约瑟夫·戴维(英国)

Translators Guo Yong Wang Qingyun

Hu Dapeng Joseph Davey (Great Britain)

海燕出版社

河南电子音像出版社

PEIYU PUBLISHING HOUSE

HENAN ELECTRONIC & AUDIOVISUAL PRESS

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

# 陈氏太极齐眉棍

EYEBROW-LEVEL STICK OF CHEN-STYLE TAIJI

丛书主编 陈自强

Chief Editor Chen Ziqiang

编 著 陈自强

Compiler Chen Ziqiang

翻 译 郭 勇 王青云 胡大鹏 约瑟夫·戴维(英国)

Translators Guo Yong Wang Qingyun Hu Dapeng Joseph Davey(Great Britain)

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

陈氏太极齐眉棍：汉英对照 / 陈自强著；郭勇等译. — 郑州：  
海燕出版社，2008.8  
(中国民间武术经典)  
ISBN 978-7-5350-3794-7

I. 陈… II. ①陈…②郭… 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077901号



陈氏太极齐眉棍  
EYEBROW-LEVEL STICK OF CHEN-STYLE TAIJI

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, Zhengzhou, Henan Province, P.R.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：6.625

字数：85千字

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 978-7-5350-3794-7

定价：29.90元

“中国民间武术经典”丛书

*Chinese Folk Wushu Classic Series*

## 前言

## Foreword

中华武术源远流长，各门各派均有其精华之奥妙，同是中华民族的宝贵遗产。而太极拳是我国武术百花园中的一枝奇葩，并逐渐普及到世界的每一个角落，深受人们的喜爱。

陈家沟陈氏第九世祖陈王廷，在祖传拳械基础上依据传统阴阳辩证哲理，结合中医经络学、导引吐纳术，又采众家之所长，创编出一套具有刚柔互济、快慢相间、缠丝连绵、松活弹抖、风格独特、深具民族文化底蕴、符合人体生理与自然运转规律一系列的拳法。其拳理阴阳、理根太极，故名：太极拳。

陈氏太极拳是各派太极拳的始源，从陈家沟陈氏第九世祖陈王廷创编太极拳以来，几百年世代沿袭，历久不衰，并不断发展，又相继演变出杨、吴、武、孙各派的太极拳。

为了世人更好地了解陈氏太极拳，为了能对初学者起到引导作用，同时也为了适应教学，在听取父辈和广大学员的意见和要求的基础上，总结了教学经验。希望广大太极拳爱好者提出宝贵意见，以便今后修改订正。

Chinese Wushu has a long history and the marvelous essence of various schools has been priceless legacy of Chinese people. As a wonderful work of Chinese Wushu, Taijiquan is spreading throughout the world and winning much popularity.

Chen Wangting, the 9th generation ancestor of Chen family in Chenjiagou, according to the traditional negative (*Yin*) and positive (*Yang*) dialectical philosophy, meridian knowledge of



traditional Chinese medicine, Taoist breathing exercise method and learning from various schools, created a series of boxing techniques and weapons on the basis of ancestral boxing and weapons. It is unique in style, rich in national cultural elements and is abiding by body physiological and nature operating law which is featured by coupling hardness with slow movement continuous silk reeling energy and action with relaxation and flexibility. Its boxing theory comes from the negative (*Yin*) and the positive (*Yang*) and the root of the theory comes from Supreme Ultimate (Taiji), hence its name Taijiquan.

Chen Family Taijiquan is the origin of Taijiquan of various schools and since the creation of Taijiquan by the 9th generation, Chen Wangting, it has been carried on for several centuries. During the course of its development, it evolved into Taijiquan schools of Yang style, Wú style, Wǔ style and Sun style.

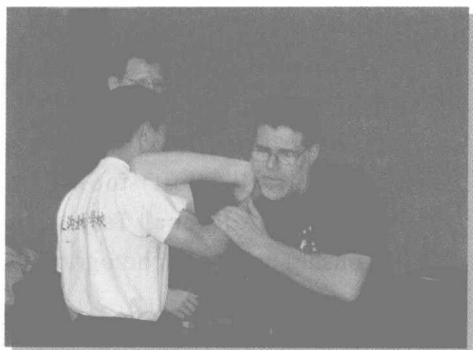
This book aims to make people know more about Chen Family Taijiquan and serves as guidelines for beginners. Meanwhile, in order to make it suitable for teaching, opinions and requirements from people of father's generation and learners have been collected. We hope that Taijiquan enthusiasts can provide suggestions for future revision.

陈自强

Chen Ziqiang

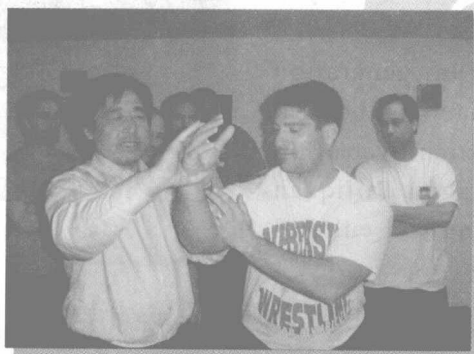
2008年6月

June 2008



作者陈自强（中）在德国教授警察局局长练习陈氏太极推手。

The author Chen Ziqiang (the center) is teaching pushing-hands in Germany to the head of police.



陈家沟太极拳学校校长陈小星大师（左一）在美国教授拳术。

The headmaster of Chenjiagou Taijiquan School Chen Xiaoxing (the first from the left) visits America to teach Taijiquan.



陈家沟陈氏太极拳第十九世掌门人陈小旺大师（右一），在美国传授太极拳“四两拨千斤”功夫时的情景。

The 19th generation grandmaster of Chen-style Taijiquan, Chen Xiaowang (the first from the right) teaches Taiji in America.



2000年，作者陈自强（左）参加河南省举办的太极拳锦标赛。

In the year of 2000, the author Chen Ziqiang (the left) took part in the Henan Provincial Taijiquan Championship and were photographed together.

2003年，陈家沟陈氏第十九世掌门人陈小旺大师，率领30多个国家的代表回访学校，交流切磋合影留念。

In 2003, the 19th generation grandmaster Chen Xiaowang brought the representatives from over of 30 countries to Chenjiagou Taijiquan School for discussion and cultural exchange.



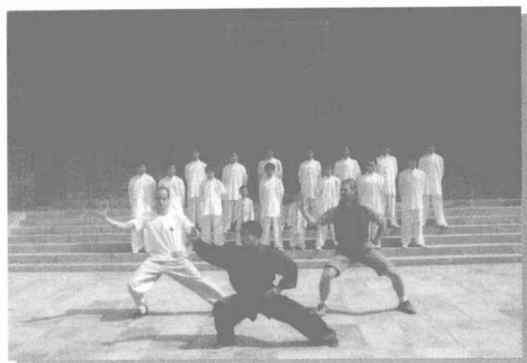
全国政协副主席陈奎元在视察陈家沟太极拳学校时与部分师生合影留念。

Vice chairman of the Chinese Peoples' Political Consultative Conference, Chen Kuiyuan, is photographed with students while visiting Chenjiagou Taijiquan School.

陈家沟太极拳学校参加在八达岭举办的“同一个世界同一个梦想”的揭牌仪式。

Chenjiagou Taijiquan School joins the opening ceremony of celebrating "One world, One dream" on the starting point of the Great Wall.



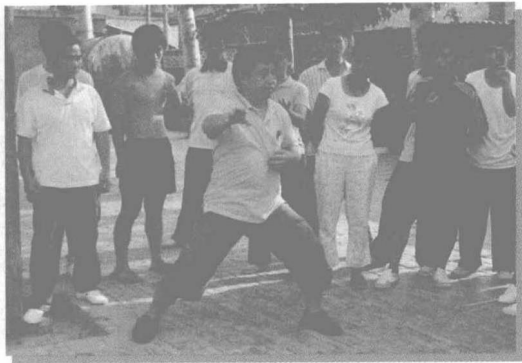


在纪念陈氏太极拳祖师爷陈王廷诞辰400周年年会上，作者陈自强（前排中）带领学员为来宾表演陈氏太极拳。

Under direction of the author Master Chen Ziqiang (front center), the students of Chenjiagou celebrate the Chen Wangting's 400th birthday with a special performance.

作者陈自强（前排左一）带领外国学员在中央电视台“乡村大世界”栏目表演陈氏太极拳。

The author Chen Ziqiang (front, the first from the left) leads foreign students in a Taiji performance for “Country World” broadcasted by CCTV.



陈小星校长为学生做动作示范。

The headmaster Chen Xiaoxing demonstrating forms for students.



作者陈自强（中）在陕西佛教圣地法门寺传授陈氏太极拳。

The author Chen Ziqiang (the center) teaching Taijiquan in the Buddhist Famen temple in Sha'anxi Province.



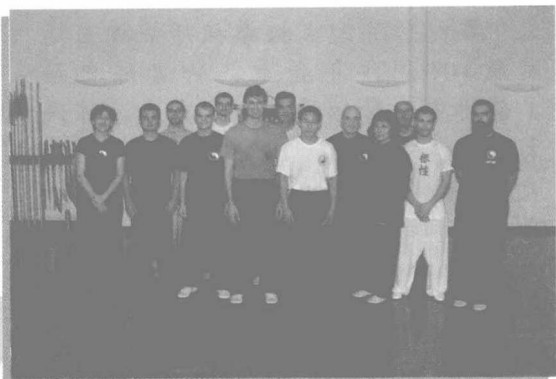


作者陈自强（左五）在德国汉堡教授太极拳时与学员合影。

The author Chen Ziqiang (the fifth from the left) with students in Hamburg, Germany while teaching Taijiquan.

作者陈自强（左五）在西班牙教授陈氏太极拳时与学员合影。

The author Chen Ziqiang (the fifth from the left) with students in Spain while teaching Chen-style Taijiquan.



陈家沟太极拳学校校长陈小星（左四），偕学校部分师生与美国著名摇滚歌星Lou Reed（左五）合影，左一为作者。

The headmaster of Chenjiagou Taijiquan School Chen Xiaoxing (the fourth from the left) along with students of the school were photographed with Rock and Roll legend Lou Reed (the fifth from the left). The author is standing among them (the first from the left).

在马鞍山国际太极拳交流大赛中，陈家沟太极拳学校获奖学员合影。

The students from Chenjiagou Taijiquan School were awarded the winners in the Ma'anshan International Taijiquan conference.





“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

编写委员会 Editorial Board

主任 Director

高明星 (河南电子音像出版社社长、编审)

Gao Mingxing, Proprietor and Copy Editor of Henan Electronic & Audiovisual Press

副主任 Assistant Director

陈自强 (陈家沟陈氏太极拳学校副校长兼总教练)

Chen Ziqiang, Vice President and General Coach of Chenjiagou Taijiquan School Education Office

杨东军 (河南电子音像出版社总编辑、编审)

Yang Dongjun, Chief Editor and 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 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

总策划 Chief Producer

高明星 Gao Mingxing

责任编辑 Editors in Charge

刘聪玲 管淑娟

Liu Congling Guan Shujuan



“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

陈自强 Chen Ziqiang

编 委 Members of the Editorial Board

崔武装	陈 炳	郑广济	崔恒全	陈 恩
Cui Wuzhuang	Chen Bing	Zheng Guangji	Cui Hengquan	Chen En
任广义	单 伟	朱建军	曾卓儿	
Ren Guangyi	Shan Wei	Zhu Jianjun	Zeng Zhuoer	

视频示范 Video Performers

陈自强	陈自军	陈 辉	岳建勇
Chen Ziqiang	Chen Zijun	Chen Hui	Yue Jianyong
阎予腾	赵艳芳		
Yan Ziteng	Zhao Yanfang		

动作示范 Illustrator

陈自强 Chen Ziqiang

摄 影 Photographer

林伟峰 Lin Weifeng



## 目 录

### 第一章 陈氏太极拳概述

#### 第一节 陈氏太极拳渊源、 发展及演变/003

#### 第二节 陈氏太极拳歌诀/006

##### 一、长短句/006

##### 二、拳经总歌/007

##### 三、太极拳十大要论/008

##### 四、用武要言/017

#### 第三节 陈氏太极拳历代 传承简介/023

##### 一、陈氏先辈门规戒律/023

##### 二、历代陈氏太极拳 传递表/027

#### 第四节 陈氏太极拳对身体 各部位的要求/029

##### 一、头颈部/029

##### 二、躯干部/031

##### 三、上肢部/035

### Chapter I Overview

#### Section I The Origin, Development and Evolution of Chen-style Taijiquan / 003

#### Section II Formulas of Chen-style Taijiquan / 006

##### 1. Long and Short Phrase / 006

##### 2. A General Formula of Pugilism / 007

##### 3. Ten Important Theories on Taijiquan / 008

##### 4. Important Words on Martial Applica- -tions / 017

#### Section III The Main Lines of Transmission of Chen-style Taijiquan / 023

##### 1. Rules and Commandments of Chen Clan / 023

##### 2. Table for Each Generation Holder of Chen Family Taijiquan / 027

#### Section IV Chen-style Taijiquan's Require- ment on Every Part of Human Body / 029

##### 1. Requirement on Head and Neck / 029

##### 2. Body / 031

##### 3. Arms / 035



#### 四、下肢部（腿部）/040

### 第五节 陈氏太极拳的 独特方法/046

一、把拳术与引导、吐纳术  
相结合/046

二、把武术和中医经络学  
相结合/047

三、创编了双人推手技法/047

四、创编了双人刺枪和杆梢  
对练方法/048

五、对陈氏太极拳的理论  
认定/048

### 第六节 陈氏太极拳的技击 作用/050

### 第七节 陈氏太极拳的螺旋 缠丝劲/058

### 第八节 陈氏太极拳历代 人物介绍/060

## 第二章 分解教学与图解

### 第一节 陈氏太极齐眉棍简 介/071

### 第二节 陈氏太极齐眉棍动作 说明与图解/072

#### 4. The Lower limbs (Legs) / 040

### Section V Uniqueness of Chen-style Taijiquan / 046

1. Combining Boxing Techniques  
with Daoyin and Tuna Practice / 046

2. Combining Wushu with Chinese  
Medicine Theories of Jingluo / 047

3. Creating Partner Push-hands  
Technique / 047

4. Creating partner spear-thrusting  
and Long-pole pair practice /048

5. Theoretical Acknowledge of  
Chen-style Taijiquan / 048

### Section VI Combat Function of Chen- style Taijiquan / 050

### Section VII The Silk Reeling-internal Spiral Energy of Chen-style Taijiquan / 058

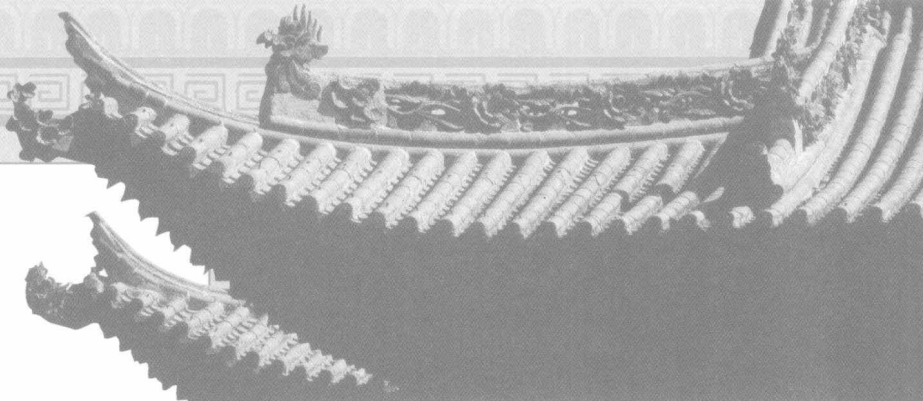
### Section VIII The Important Characters of Chen-style Taijiquan for Ages / 060

## Chapter II Step Teaching and Diagram

### Section I A Brief Introduction to Eyebrow-level Stick of Chen-style Taiji / 071

### Section II Movement Explanations and Diagrams of Eyebrow-level Stick of Chen-style Taiji / 072





一、起势/072

二、盘腿背山/074

三、棍扫中原/075

四、泰山压顶/077

五、反手棍/078

六、猿猴缩身/079

七、横扫千军/081

八、开山辟地/083

九、缠手枷棍/084

十、转腰戳棍/085

十一、顶天立地/086

十二、齐眉腿/087

十三、秋风扫落叶/088

十四、收势/090

陈家沟太极拳学校简介/092

1. Starting Form / 072

2. Crossing the Legs and Carrying the Mountain / 074

3. The Stick Sweeps over the Central Land / 075

4. The Tai mountain Is Pressing Overhead / 077

5. The Backhand Stick / 078

6. The Ape Draws Back / 079

7. Sweeping Transversely over a Thousand Soldiers / 081

8. Splitting the Mountain and the Land / 083

9. Stick in Hand Is like Yoke / 084

10. Turn Hip and Stab with Stick / 085

11. Standing between Earth and Sky / 086

12. Legs Lifted to Level of Eye-Brow / 087

13. The Autumn Wind Sweeps away the Falling Leaves / 088

14. Closing Form / 090

A Brief Introduction to Chenjiagou Taijiquan School / 092

## OVERVIEW

### 第一节 陈氏太极拳渊源、发展及演变

#### THE ORIGIN, DEVELOPMENT AND EVOLUTION OF CHEN-STYLE TAIJIQUAN

### 第二节 陈氏太极拳歌诀

#### FORMULAS OF CHEN-STYLE TAIJIQUAN

### 第三节 陈氏太极拳历代传承简介

#### THE MAIN LINES OF TRANSMISSION OF CHEN-STYLE TAIJIQUAN

### 第四节 陈氏太极拳对身体各部位的要求

#### CHEN-STYLE TAIJIQUAN'S REQUIREMENT ON EVERY PART OF HUMAN BODY

### 第五节 陈氏太极拳的独特方法

#### UNIQUENESS OF CHEN-STYLE TAIJIQUAN

### 第六节 陈氏太极拳的技击作用

#### COMBAT FUNCTION OF CHEN-STYLE TAIJIQUAN

### 第七节 陈氏太极拳的螺旋缠丝劲

#### THE SILK REELING-INTERNAL SPIRAL ENERGY OF CHEN-STYLE TAIJIQUAN

### 第八节 陈氏太极拳历代人物介绍

#### THE IMPORTANT CHARACTERS OF CHEN-STYLE TAIJIQUAN FOR AGES



## 第一节

### 陈氏太极拳渊源、发展及演变

#### THE ORIGIN, DEVELOPMENT AND EVOLUTION OF CHEN-STYLE TAIJIQUAN

太极拳是中华民族武术宝库中一颗璀璨的明珠，它以其高超的技击性、绝妙的健身性和精美的艺术性，越来越受到世界各国人民的青睐。而具有阴阳转换、刚柔互济的太极拳究竟起源于哪里，这是很多人所关注的问题。

研究武术的名家唐豪同志，曾于1930至1932年间，三下陈家沟调查考证太极拳的起源，历时数月之久。其间，唐豪同志查阅了《中州文献辑》、《温县县志》及《三三六》拳谱，并拍摄了陈氏太极拳历代人物的遗像、遗物、碑文，以及陈家沟世代流传至今的陈氏太极拳拳照。经考察多方面历史资料证实，太极拳的创始人就是明末清初河南省温县陈家沟陈氏第九世祖陈王廷。

陈家沟陈氏始祖陈卜，原籍山西泽州郡（今山西晋城），明朝洪武五年（1372年）迁至河南沁阳县（今温县武德镇）。因陈氏始祖为人忠厚，谦诚待人，德高望重，深受乡里拥戴，故将其居住地命名为陈卜庄，沿用至今。后因地势低洼，不宜居住，搬到了位于温县城东青风岭上的常阳村。随着陈氏人丁兴旺，常阳村遂改名为陈家沟。

始祖精通拳械，历世相传直至清乾隆十九年（1754年），始立《陈氏家谱》，距迁来之时已逾三百年。其间人物事迹缺乏文字记载，有关拳术也无著述。第九世祖陈王廷晚年开始隐居造拳，但其有关著作因年代久远多遭遗失，现仅存《拳经总歌》和《长短句》辞一首。辞中说：

“蒙恩赐，枉徒然，到而今年老残喘，只落得《黄庭》一卷随身伴。闷来时造拳，忙来时耕田，趁余闲，教下些弟子儿孙，成龙成虎任方