

Bilingual Textbook Series on Chinese Wushu Demonstration Project

中国武术运动双语教学展示工程系列教材

武术基本功

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The Basic Skills of Wushu
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内容简介

Introduction

武术基本功是初学者的入门功夫,更是武术教学的基础和关键。通过基本功和基本动作的练习,可使身体各部位都得到比较全面的训练,并能较快地发展武术运动的专项身体素质,为学习拳术和器械套路、提高运动技术水平打下良好的基础。但是,因为中国武术内容丰富,拳种流派众多,各门各派基本功的练习方法也不尽相同,所以本教材仅以长拳类的基本功练习方法为主,将武术基本功分为肩功、腰功、腿功、手形、手法、步形、步法、跳跃、平衡、跌扑滚翻和组合动作进行教学。

Wushu fundamentals are the rudiments of Wushu and it is the elements and key points of Wushu Education. You can gain comprehensive training of every part of your body and develop specialized qualities of Wushu quickly by exercising the fundamentals and basic movements. These will help you study boxing routines and weapon routines and promote your technical level. Since there are so many different schools of boxing and they all have different practice methods, this textbook will introduce the practice methods of Wushu fundamentals: shoulder movements, waist movements, leg movements, hand forms, hand positions, step forms, footwork, leap movements, balancing, tumbling and rolling movements and integrated movements, mainly based on the basic skills of Changquan.

《中国武术运动双语教学展示工程系列教材》采用图文教材与影视教材(DVD)相结合的主体教学手段,全方位地展现中华武术,由中国武术七段吴必强副教授与当今最高水平的全国武术冠军、正宗流派传人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。

“Bilingual Textbook Series on Chinese Wushu Demonstration Project” textbooks and teaching materials used Graphic video materials (DVD), which combines three-dimensional means of teaching all demonstrate the cultural essence of the Chinese Wushu. The Associate Wubiqiang, 7 Duan of Chinese Wushu, and National Wushu Championships, The authentic heirs to the famous Wushu Schools conduct teaching training and teaching demonstrations to ensure that the learners will grasp real Wushu techniques.

武术是“林彪”林不《林彪武学理论体系》双语言武术教材系列，由中国人民解放军总政治部编订，旨在向世界推广中国武术，普及武术知识，提高武术水平，增强民族凝聚力，促进中外文化交流。本系列教材由解放军总政治部编订，旨在向世界推广中国武术，普及武术知识，提高武术水平，增强民族凝聚力，促进中外文化交流。

Bilingual Textbook Series on Chinese Wushu Demonstration Project (Hereinafter referred to as "the series") is an excellent bilingual course of Wushu in both Chinese and English and it caters to the need to spread Chinese Wushu all over the world. For Wushu enthusiasts, professional sports and teachers and students in primary and secondary schools, Wushu coaches and athletes, teachers, students and various types of Wushu participants, as well as sports scientists, it's a good course from which to understand Chinese Wushu culture, to study and research Chinese Wushu.

中国武术源远流长，博大精深，是中华民族优秀传统文化的重要组成部分。本系列教材由解放军总政治部编订，旨在向世界推广中国武术，普及武术知识，提高武术水平，增强民族凝聚力，促进中外文化交流。本系列教材由解放军总政治部编订，旨在向世界推广中国武术，普及武术知识，提高武术水平，增强民族凝聚力，促进中外文化交流。

前言

Preface

《中国武术运动双语教学展示工程系列教材》(下称“教材”)是为适应中国武术运动全面走向世界的需要,为中外武术爱好者、体育专业和大中小学师生、武术教练员和运动员、各类武术学校师生和培训班学员,以及体育科研人员学习研究中国武术,克服语言障碍,了解中国武术文化的需求而创编的汉英双语武术精品教材。

Bilingual Textbook Series on Chinese Wushu Demonstration Project (Hereinafter referred to as “the series”) is an excellent bilingual course of Wushu in both Chinese and English and it caters to the need to spread Chinese Wushu all over the world. For Wushu enthusiasts, professional sports and the teachers and students in primary and secondary schools, Wushu coaches and athletes, teachers, students and various types of Wushu participants, as well as sports scientists, It's a good course from which to understand Chinese Wushu culture, to study and research Chinese Wushu.

中国武术源远流长,博大精深。教材采用深入浅出、易学易记、中英文对照的方法,将图文教材与影视教材(DVD)相结合,运用立体教学手段,以《武术基本功》《散打基础》《套路基础》《防身术》和《太极养生》为基础教材,全方位地展示中华武术文化精髓。每个部分均邀请全国武术冠军、武术搏击高手或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。由担任武术教学训练工作 30 余年的中国武术七段、武术副教授吴必强先生组织撰稿和拍摄工作,权威性地保证学习者获取原汁原味的武术技法传承。

Chinese Wushu has long, broad and deep culture. Materials are easy to use, and to remember. The series takes a bilingual approach, combining the teaching materials and video (DVD) together, using three-dimensional teaching methods, and taking “The Basic Skills of Wushu”, “Sanda Basics”, “Set Pattern Basics”, “Self Defense” and “Taiji and Health Building” as the basic materials, then displaying Chinese Wushu in all directions to show the essence of culture. We invite Wushu champions, Wushu master fighting genres or authentic schools successors and the famous Wushu experts to do the technical training and teaching demonstrations in each textbook. Associate Professor, Wushu 7 dan Wu Biqiang, who is responsible for the compiling and shooting, has been teaching and training Wushu more than 30 years, so as to ensure learners get authentic techniques heritage of the Chinese Wushu.

在教材的编写过程中,得到重庆大学体育学院、重庆大学美视电影学院、重庆大学出版社和重庆楠竹山旅游开发有限公司的大力支持,我们表示衷心的感谢!参加校对工作的人员还有吴亦乐、侯珍等,在此一并致谢!

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吴必强 许定国

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第一章 走进武林

中国武术,是以踢、打、摔、拿、击、刺等技击动作为素材,遵照攻守进退、动静疾徐、刚柔虚实等规律,组成套路,或在一定条件下遵照一定的规则,两人斗智较力,形成搏斗,以此来增强体质、培养意志、训练格斗技能的体育运动。中国武术,是中华民族在长期的历史演进过程中不断创造、逐渐形成的一种博大精深的民族传统体育运动项目,是中华民族在长期生活与斗争实践中逐步积累和丰富起来的一项宝贵的文化遗产。

在原始社会,兽多人少,自然环境十分恶劣,在“物竞天择,适者生存”的严酷斗争中,人们自然产生了拳打脚踢、指抓掌击、跳跃翻滚一类的初级攻防动作。后来又逐渐学会了制造和使用石制或木制工具作为武器,并且产生了一些徒手的和使用器械的搏斗捕杀技能,武术的萌芽由此产生。

从现有的考古发现中我们可以看到,在旧石器时代已出现了尖状石器、石球、石手斧、骨角加工的矛;而到了新石器时代末期,则出现了大量的石斧、石铲、石刀和骨制的鱼叉、箭簇,甚至还有铜钺、铜斧等,这些原始生产工具和武器,后来大部分成了武术器械的前身。“十八般兵器”、“十八般武艺”由此而来。

中国武术,集多种传统文化思想和文化观念于一体,讲究“外练筋骨皮,内练一口气”,注重内外合一,形神兼备,不但能使练习者外练肌肉、骨

Chapter | Entering Wushu World

Chinese Wushu takes kicking, punching, throwing, controlling, hitting, thrusting and other combative movements as its basic elements. Wushu is a kind of combating sports of offensive and defensive, the dynamic and static, energetic and flexible actions under certain conditions with certain rules. It is a combat between two people with wits and strength in order to strengthen the body, cultivate the will, and train the skills. Chinese Wushu is a deep-rooted traditional and national sport developing over a long history. It is a precious cultural heritage gradually accumulated and enriched by Chinese people for self-defense and survival throughout human history.

In the primitive society, with animals far outnumbering people, the severe natural environment and in the cruel battle of “natural selection and survival of the fittest”, people naturally acquired some primeval offensive and defensive skills like kicking, punching, palm striking, leaping and tumbling. Then they gradually learned how to fight with weapons made from stones and wood or bare-hand fighting. This is considered to be the origin of Wushu.

The existing archaeological discoveries indicate that in the Paleolithic Age, there existed a sharp-shaped stone, stone ball, stone hand axe, corn bone processed spear. By the end of the Neolithic Age, there were a large number of stone axes and stone spades, stone knives and bone harpoons, metal arrowheads, and even copper axes and so on. Most of these primitive tools and weapons become the predecessors of the Wushu equipments. They are the original “Eighteen Arms”, “Eighteen Martial Art Skills”.

Chinese Wushu, an integration of multi-traditional cultures in the ideological and cultural concept, stresses “the outside practicing of bones, mus-

髓,内练五脏六腑,还能修身养性。中国武术,寓技击于体育之中,突出武术的进攻或防守意识,体现习武者的“精、气、神”,具有独特的中华民族精神和文化底蕴。

中国武术,内容丰富多彩。按其价值功能可分为攻防技击类武术、艺术表现类武术和健身养生类武术,其运动形式有套路、搏斗、功力、养生等。套路运动有拳术、器械、对练、集体演练等运动形式;搏斗运动有散打、短兵、长兵、推手、防身术之分;功力形式有硬气功、绝技之说;健身养生则有太极、健身气功、导引养生功等;舞龙舞狮也是中国武术相关的内容。中国武术,无论是对抗性的搏斗运动,势势相承的套路运动,功力形式的绝技、硬功,还是健身养生的太极、导引、气功,都是以中国传统的技击方法为其技术核心。

为进一步推动武术运动的广泛开展,我们编辑出版了这套《中国武术运动双语教学展示工程系列教材》,希望能够为加快中国武术全球化进程和全人类的健康事业作出贡献。

下面,就让我们一起来认识中国武术,学练中国武术。请大家跟我们一起“走进武林”。

cles, skin, and inside training of Qi” and pays attention to internal and external, formal and spiritual combination. It not only enables practitioners to train muscles, bones, and viscera, but also moral self-cultivation. Chinese Wushu, as combative sports, accentuates offensive or defensive awareness and embodies the practitioner’s “essence, breath, and spirit”, a manifestation of a unique cultural heritage and the spirit of the Chinese nation.

Chinese Wushu is rich in content. It can be functionally divided into combative Wushu, performance arts and fitness arts. Sports forms include routine movement, combating, skill, fitness building and so on. Routine movement is in the form of Chinese boxing, weapon, sparring, and other group drilling. Combating movement can be divided into bare-hand boxing, short weapons, long weapons, hand pushing and self-defense techniques. The skill forms include Hard Qigong, unique skills and stunts. Fitness building has Taiji, fitness breathing and health Daoyin. Dragon and lion dance also belongs to Chinese Wushu. Chinese Wushu takes the traditional Chinese attacking and defensive techniques as its core skills regardless it is confrontational combating movement, the routine set movement, the form of gymnastic skill and hard work, or it is the fitness building of Taiji, Daoyin, Qigong.

In order to further promote Wushu, we published this “Bilingual Textbook Series on Chinese Wushu Demonstration Project” in hope of speeding up the process of globalization of Chinese Wushu and making contributions to the cause of promoting human health.

Now, let us start to learn and practice Chinese Wushu together. Please join us and “enter the Wushu world”.

第二章 武术基本功的概念、特点与作用

武术基本功是初学者的入门功夫,更是武术教学的基础和关键。通过基本功和基本动作的练习,可使身体各部位都得到比较全面的训练,并能较快地发展武术运动的专项身体素质,为学习拳术和器械套路、提高运动技术水平打下良好的基础。但是,因为中国武术内容丰富,拳种流派众多,各门各派基本功的练习方法也不尽相同,所以本教材仅以长拳类的基本功练习方法为主,将武术基本功分为肩功、腰功、腿功、手形、手法、步形、步法、跳跃、平衡、跌扑滚翻和组合动作进行讲解。

一、武术基本功的概念

武术基本功是指练习武术必须具备的身体活动能力、技术技巧能力以及心理素质等基础。训练基本功时,有一系列专门的综合性练习的方法和手段可以提升人体内、外各部位功能。这些方法和手段,突出了武术运动的专项要求,具有鲜明的内外兼修的运动特点。基本功包括腿功、腰功和肩功等主要内容。腿功表现的是腿部的柔韧性、灵活性和力量等功夫;腰功表现的是腰部灵活性、协调控制上下肢运动的能力和身法技巧的功夫;肩功表现的是肩关节柔韧性、活动范围的大小以及力量等方面的功夫。

Chapter II The Concept, Characteristics and Functions of Wushu Basic Skills

Wushu basic skills are the rudiments of Wushu and they are the primary elements and key points of Wushu Education. You can gain comprehensively training of every part of your body and develop specialized qualities of Wushu quickly by exercising the fundamentals and basic movements. These will help you study boxing routines and weapon routines and promote your technical level. Because there are so many different schools of boxing and each of them has different practice methods, this textbook will introduce the practice methods of Wushu basic skills as shoulder movements, waist movements, leg movements, hand forms, hand techniques, step forms, step techniques, leap movements, balance movements, tumbling and rolling movements and combination movements, mainly based on the basic skills of Long Fist.

I. Concept of Wushu Basic skills

Wushu basic skills foundations of Wushu such as physical performance, technical ability and psychological quality that are required in exercising Wushu, including a series of special comprehensive methods and means to promote function of every part of human body. These methods and means stress the specific requirements for Wushu and have a distinct feature that possesses both the outside practice of bones, muscles, skin, and inside training in one breath. The basic skills include main contents such as leg movements, waist movements and shoulder movements, etc. Leg movements reflect pliability, flexibility and strength of the leg. Waist movements reflect flexibility of the waist, ability to control upper and lower limb movements in coordination and skills of body positions. While shoul-