



『中国民间武术经典』丛书 *Chinese Folk Wushu Classic Series*

劈挂拳

PIGUA QUAN

李素玲 主编
Chief Editor Li Suling

王华锋 著

Compiler Wang Huafeng

王乐 译

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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!

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Chinese Folk Wushu Classic Series

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STEP TEACHING AND DIAGRAM

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第一节 劈挂拳简介

BRIEF INTRODUCTION OF PIGUA QUAN

一、劈挂拳的历史源流 The Origins of Pigua Quan

劈挂拳古称披挂拳，是我国武术流派中的重要拳种之一，明代即流行于民间，戚继光所著《纪效新书·拳经捷要篇》就有所论及。到清代中叶，在河北沧州发展成为两个支系：沧州南皮为一支，是由郭大发传授的劈挂拳，后传于郭长生；沧州盐山为另一支，由清朝左宝梅（人称左八爷，盐山小左庄村人）从一韩姓逃僧学得劈挂拳，后传于马凤图、马英图兄弟二人。南京国术馆成立后，郭长生与马英图二人均在国术馆任教，彼此敬服，结成莫逆，经常在一起交流技艺，切磋学问。

Pigua Quan is one of the important martial arts schools in China, and is popular in folk since Ming dynasty. It was written in *Ji Xiao Xin Shu* by Qi Jiguang, the famous general in Ming dynasty. In the middle of the Qing dynasty, Pigua Quan develops into two branches in Cangzhou city Hebei province, Guo Changsheng and Ma Yingtu, the two famous martial arts master from the one branch, often teach each other skills mutual, promote the development evidently.

至此，曾一度分成两支的劈挂拳，又合成一个整体。此后两位劈挂拳大师针对原来劈挂套路又进行了整理和修改，并共同编创了劈挂刀、疯魔棍等优秀套路。郭长生和马英图二位先师对劈挂拳的续承和发展作出了巨大的贡献，也给后人留下了宝贵的遗产。新中国成立后，劈挂拳遂被列为武术竞赛项目，现已习遍全国。1967年郭长生逝世以后，其子

瑞林、瑞祥继承父艺，传其家学。瑞林尤善技击，其弟子王柏生、何清贤曾多次在全国擂台赛中取得较好的名次；次子瑞祥文武兼备，桃李芬芳，其弟子王志海、王华锋二人在全国武术比赛和观摩交流比赛大会上共夺得十余枚金牌。

The two martial arts masters adapt the original Pigua Quan routines and do lots of supplement, create Pigua Broadsword and Crazy Sprit Cudgel and other outstanding routines as well. Now Pigua Quan is classified competition project in national game. After the death of Guo Changsheng in 1967, his son Guo Ruilin and Guo Ruixiang, inherited and developed the martial art. In partitatar, Guo Ruilin did well in attacking, whose disciple, Wang Baisheng and He Qingxian, have got good places in national competition for many times. The second son, Guo Ruixiang, was master of both the pen and the sword, and had many good disceptes. The two disciple, Wang Zhihai and Wang Huafeng have won a total of more than 10 gold medals in the National Wushu competitions.

二、劈挂拳的风格和特点

The Style and Characteristic of Pigua Quan

整理创编后的劈挂拳，在继承传统劈挂拳迅猛彪悍、大劈大挂的基础上，与通背二十四式的含蓄吞闯、疾步连环相结合，其势起落钻伏，伸收开合，蜿蜒蛇行，如大河流淌，起伏跌宕，疾风怒涛，一泻千里。

The adapted Pigua Quan absorbs Tongbei Quan. Ups and downs of potential striking, the avoiding of close, the outbreak of open, winding hunting as river flowing without stopping.

劈挂拳的特点是：快速、劲脆，舒长、实用，习练中突出活、快、多变、力沉长，即所谓“拳似流星，眼似电，腰似蛇行，足似钻”。劈挂拳动作舒展，疾速多变，整个套路虽无定势，但动静分明，节奏明显，故云：“势无定势，形无定踪，疾若奔涛滚浪，又似风雷搅顶，缓似清风拂柳，又像雄鹰盘旋。”此拳动中静，虽动犹静；静中动，静中蓄动；动以刚为实，静以柔为虚。