

太极拳竞赛套路中英对照学练指导丛书

A Chinese-English Bilingual Series of Guide to Learning and
Practicing the Competition Routines of Tai Ji Quan

楊

式太极拳 竞赛套路

THE COMPETITION ROUTINE OF YANG STYLE TAI JI QUAN

主 编 / 张 山
执行主编 / 武 冬
英文主编 / 李 伟

Chief Editor / Zhang Shan
Executive Editor / Wu Dong
Editor of English Version / Li Wei

山西科学技术出版社

太极拳竞赛套路中英对照学练指导丛书

A Chinese-English Bilingual Series of Guide to Learning and
Practicing the Competition Routines of Tai Ji Quan

杨式太极拳 竞赛套路

THE COMPETITION ROUTINE OF YANG STYLE TAI JI QUAN

主 编 / 张 山

执行主编 / 武 冬

英文主编 / 李 伟

Chief Editor / Zhang Shan

Executive Editor / Wu Dong

Editor of English Version / Li Wei

山西科学技术出版社

图书在版编目(CIP)数据

杨式太极拳竞赛套路/张山等主编. —太原:山西科学技术出版社, 2003.3

(太极拳竞赛套路中英对照学练指导丛书)

ISBN 7-5377-2082-7

I. 杨… II. 张… III. 太极拳, 杨式—运动竞赛—套路(武术)—汉、英 IV. G852.111.9

中国版本图书馆 CIP 数据核字(2002)第 089451 号

杨式太极拳竞赛套路

作 者:主 编:张 山

执行主编:武 冬

英文主编:李 伟

出版发行:山西科学技术出版社

社 址:太原市建设南路 15 号

邮 编:030012

编辑部电话:0351-4922135

发行部电话:0351-4922121

E-mail: sxkjcbbs@public.ty.sx.cn

info@sxstph.com.cn

网 址: <http://www.sxstph.com.cn>

刷:山西新华印业有限公司人民印刷分公司

开 本:850×1168 1/32

字 数:109 千字

印 张:4.75

版 次:2003 年 3 月第一版

印 次:2003 年 3 月第一次印刷

印 数:1—5000 册

书 号:ISBN 7-5377-2082-7/Z·393

定 价:16.80 元

如发现印、装质量问题,影响阅读,请与发行部联系调换。

前 言

太极拳是一项让世界人民着迷的具有丰富内涵的运动。自从面世以来,就以其独特的运动形式、深邃的文化底蕴、显著的健身效果吸引着越来越多的人,特别是 21 世纪的到来,在高度文明、现代化的生活中,人们渴望自然、和谐的生活,健康、结实的体魄,太极拳恰好就是实现这些愿望绝好的运动。也正是因为如此,太极拳以其特有的方式发展着,从邓小平题词“太极拳好”到天安门万人太极拳表演,从城市到乡村,从中国到世界各地,到处都可以看到众多的太极拳习练者。现在,没有人能精确地计算出世界上到底有多少人在习练太极拳,世界上到底有多少个太极拳组织。然而,太极拳已经发展到世界每一个角落,阔步天下,是人所共知的。可是,由于种种原因,众多太极拳习练者往往因为没有好的教材而哀叹,特别是对世界各地的太极拳爱好者来说更是如此。太极拳竞赛套路是由国家颁布的一个规范的系列竞赛套路,同时也是一套健身的好教材。目前已经在中国乃至世界范围内推广开来。为了更好地配合世界各地的太极拳爱好者学好练好竞赛套路,我们特推出一套完整的、中英文对照的学练太极拳竞赛套路的指导丛书,以满足广大太极拳爱好者的需求。该丛书从学练太极拳的角度出发,高度概括出了行之有效的学练程序和手段,以简洁明快的语言直指动作的核心,大量的图解照片让

您能无师自通。不仅如此,我们还随书配带光盘,为您提供动态的学练环境。书和光盘中的动作示范者均为有相当水准的太极拳教练。这您一看便知,我们的目的只有一个,就是献给广大读者一个精品。

尽管我们很努力,书中仍难免有错误之处,恳请广大读者多多指正!

愿太极拳带给您一生的快乐和健康!

愿我们的这套书对您能有所帮助!

编 者

Preface

Tai Ji Quan, which captivates the people all over the world, is a sports with rich connotations. Ever since it is introduced to the world, it attracts more and more people with the unique forms, the profound cultural characteristics and the remarkable affection on people's health. In the high civilized and modern 21 century, people seek for a more natural and harmonious life and a strong and healthy physique which are the function and purpose of Tai Ji Quan. And just because of these, Tai Ji Quan is developing fast on its own way from Deng Xiao - ping's inscription "Tai Ji Quan is good" to the demonstration done by 10 000 people in Tian An Men Square, from the cities to the countries and from China to the other countries in the world. Nobody can tell exactly how many people are learning and practicing Tai Ji Quan and how many organizations of Jai Ji Quan there are in the world. Unfortunately, the participants feel sorry and disappointed for not having a good and practicable book for them to follow, especially for those foreigners who know little about Chinese and Chinese Wu Shu. The competition routine of Tai Ji Quan is issued and

standardized by the nation for the purpose of the competition and keeping fit which becomes quite popular both in China and in the world. In order to help the participants all over the world for learning and practicing this routine, we present this series of guide which is a Chinese – English bilingual edition to meet your needs. This series illustrate the easy and effective ways and procedures for learning and practicing Tai Ji Quan and points out the key techniques of the movements with simple and lively words together with the tremendous photographs. In addition, we also provide you the VCDs in which you can watch and follow the demonstrations done by the famous coaches. To present you an excellency is the only purpose of this series.

Although we try hard to avoid mistakes, we may have something that are not appropriate in this book and we sincerely hope that you can help us to find out.

May Tai Ji Quan bring you happiness and health!

May this series meet your needs!

Editor

目 录

1. 杨式太极拳竞赛套路简介	(1)
1.1 套路结构特点	(2)
1.2 技术风格特点	(4)
2. 杨式太极拳竞赛套路核心技术学练	(5)
2.1 太极拳桩功练习	(6)
2.2 核心技术动作练习	(13)
3. 杨式太极拳竞赛套路动作图解及要点	(17)
3.1 预备势	(18)
3.2 起势	(20)
3.3 揽雀尾	(21)
3.4 单鞭	(28)
3.5 提手上势	(32)
3.6 白鹤亮翅	(33)
3.7 搂膝拗步	(34)
3.8 手挥琵琶	(39)
3.9 搬拦捶	(41)
3.10 如封似闭	(43)
3.11 斜飞势	(44)
3.12 肘底捶	(46)
3.13 倒卷肱	(50)
3.14 左右穿梭	(53)
3.15 左右野马分鬃	(57)
3.16 云手	(59)



3.17	单鞭	(64)
3.18	高探马	(65)
3.19	右蹬脚	(67)
3.20	双峰贯耳	(69)
3.21	左分脚	(71)
3.22	转身蹬脚	(72)
3.23	海底针	(74)
3.24	闪通背	(76)
3.25	白蛇吐信	(77)
3.26	右拍脚	(79)
3.27	左右伏虎势	(81)
3.28	右下势	(84)
3.29	金鸡独立	(85)
3.30	指裆捶	(87)
3.31	揽雀尾	(89)
3.32	单鞭	(92)
3.33	左下势	(93)
3.34	上步七星	(94)
3.35	退步跨虎	(95)
3.36	转身摆莲	(97)
3.37	弯弓射虎	(100)
3.38	搬拦捶	(101)
3.39	如封似闭	(103)
3.40	十字手	(105)
3.41	收势	(106)
附录1	整个套路动作路线图	(109)
附录2	学练太极拳竞赛套路指南	(111)

Contents

1. A Brief Introduction to the Competition Routine of Yang Style Tai Ji Quan	(1)
1.1 The Characteristics in the Structure of the Routine	(2)
1.2 The Characteristics in the Technique of the Routine	(4)
2. Learning and Practicing the Key Techniques of the Competition Routine of Yang Style Tai Ji Quan	(5)
2.1 The Exercises of Tai Ji Quan Zhuang Gong	(6)
2.2 The Exercises of the Key Technical Movements ...	(13)
3. Photographs and Key Points of the Movements of the Competition Routine of Yang Style Tai Ji Quan	(17)
3.1 Yu Bei Shi (Preparing form)	(18)
3.2 Qi Shi (Commencing form)	(20)
3.3 Lan Que Wei (Grasp the peacock's tail)	(21)
3.4 Dan Bian (Single whip)	(28)
3.5 Ti Shou Shang Shi (Lift hands and step up)	(32)
3.6 Bai He Liang Chi (White crane spreads wings)	(33)
3.7 Lou Xi Ao Bu (Brush knee and twist steps on both sides)	(34)
3.8 Shou Hui Pi Pa (Hand strums the lute)	(39)
3.9 Ban Lan Chui (Parry and punch)	(41)



- 3.10 Ru Feng Si Bi (Apparent close up)..... (43)
- 3.11 Xie Fei Shi (Flying obliquely) (44)
- 3.12 Zhou Di Chui (Fist under elbow) (46)
- 3.13 Dao Juan Gong (Step back and whirl arms
on both sides) (50)
- 3.14 Zuo You Chuan Suo (Left and right working
with shuttles) (53)
- 3.15 Zuo You Ye Ma Fen Zong (Parting
the wild horse's mane on both sides) (57)
- 3.16 Yun Shou (Wave hands like clouds) (59)
- 3.17 Dan Bian (Single whip) (64)
- 3.18 Gao Tan Ma (Search high on the horse) (65)
- 3.19 You Deng Jiao (Right heel kick) (67)
- 3.20 Shuang Feng Guan Er (Strike the opponent's
ears with both fists) (69)
- 3.21 Zuo Fen Jiao (Left toes kick) (71)
- 3.22 Zhuan Shen Deng Jiao (Turn body and
heel kick) (72)
- 3.23 Hai Di Zhen (Needle at bottom of the sea) (74)
- 3.24 Shan Tong Bei (Deflect through the back) (76)
- 3.25 Bai She Tu Xin (White snake spits out
the tongue) (77)
- 3.26 You Pai Jiao (Slap foot on the right side) (79)
- 3.27 Zuo You Fu Hu Shi (Tame the tiger on both
sides) (81)
- 3.28 You Xia Shi (Right push down) (84)
- 3.29 Jing Ji Du Li (Golden rooster stands on
one leg) (85)

3.30	Zhi Dang Chui (Strike groin with fist)	(87)
3.31	Lan Que Wei (Grasp the peacock's tail)	(89)
3.32	Dan Bian (Single whip)	(92)
3.33	Zuo Xia Shi (Left push down)	(93)
3.34	Shang Bu Qi Xing (Step forward with seven stars)	(94)
3.35	Tui Bu Kua Hu (Step back and straddle the tiger)	(95)
3.36	Zhuan Shen Bai Lian (Turn body and lotus kick)	(97)
3.37	Wan Gong She Hu (Bend bow to shoot tiger)	(100)
3.38	Ban Lan Chui (Parry and punch)	(101)
3.39	Ru Feng Si Bi (Apparent close up)	(103)
3.40	Shi Zi Shou (Cross hands)	(105)
3.41	Shou Shi (Closing form)	(106)
Appendix 1	A Complete Chart of the Routine	(109)
Appendix 2	A Guide to Learning and Practicing the Competition Routines of Tai Ji Quan	(121)

1. 杨式太极拳竞赛套路简介

A Brief Introduction to the Competition
Routine of Yang Style Tai Ji Quan



1.1 套路结构特点

The Characteristics in the Structure of the Routine

1.1.1 继承性 Preservation of the tradition

杨式太极拳竞赛套路,是在传统杨式太极拳的基础上创编而成的,基本上保留了传统杨式太极拳的 37 个不重复动作。从套路编排到动作做法,都较好地继承了传统杨式太极拳套路的内容。

The competition routine of Yang style Tai Ji Quan was created based on the traditional Yang style. By implementing 37 different movements from the traditional one, it has kept the originality from the arrangement to the movements.

1.1.2 创新性 Creativity

杨式太极拳竞赛套路在继承的基础上,还有所创新,增加了“拍脚”动作,提高了分脚、蹬脚的高度要求,大胆地删减了过多的重复动作,套路结构也做了新的调整。

The competition routine of Yang style Tai Ji Quan not only created new movements such as the “slapping feet”, but also increased the height and difficulty of kicks. It reduced the number of repetitive movements and rearranged the sequence with a new structure.

1.1.3 合理性 Rationality

杨式太极拳竞赛套路在动作编排上,注意了动作的衔接与布局,考虑到了动作的难易程度,做了合理的编排。整个套路分为4段:

第一段:有9个动作,突出了揽雀尾、搂膝拗步等动作,以练习基本手法、进步为主。

第二段:有5个动作,主要以野马分鬃、玉女穿梭为主,重点是退步、分靠、架推的练习,动作左右对称,布局均衡。

第三段:有9个动作,难点动作是分脚、蹬脚的平衡以及高度的控制,锻炼稳定能力。

第四段:有17个动作,以下势、伏虎、转身摆莲为主,动作层次变化明显,起伏转折灵活多变,形成套路高潮。

The arrangement of movements in the competition routine of Yang style Tai Ji Quan focuses on the connection of the movements, the layout of the routine, the degree of difficulty and the rationality. The whole routine can be divided into 4 segments.

Segment 1 has 9 movements mainly stressing on “grasp the peacock’s tail”, and “brush knee and twist step”. It gives priority to the practice of the basic hands movements and the advancing step.

Segment 2 consists of 5 movements including “jade girl working with shuttles” and “parting the wild horse’s mane”. It emphasizes the practice of retreating, leaning and pushing. The movements are symmetrical and balanced.

Segment 3 contains 9 movements and the difficult movements are “toes kick” and “heel kick” which require the high de-



mands of balance and the control of height. These movements are designed to train the stability.

Segment 4 includes 17 movements mainly focusing on “push down”, “turn body and lotus kick” and “tame the tiger”. The movements are agile and flexible with various changes and transitions which form the climax of the routine.

1.2 技术风格特点

The Characteristics in the Technique of the Routine

杨式太极拳是太极拳的一个重要流派,其中,以杨式大架太极拳最为普及。杨式太极拳竞赛套路就是以杨式大架太极拳为蓝本创编而成的,其主要技术风格特点为:动作外形舒展大方,中正圆满;动作气势恢弘大度,浑厚凝重;动作衔接和顺自然,简洁连贯;动作劲力刚柔内涵,深藏不露;动作速度柔和缓慢,连绵不断。练法上由松入手,刚柔相济。

Yang style Tai Ji Quan is a major branch of Tai Ji among the different styles. The large routine of Yang style Tai Ji Quan which is the most popular one is the original version used to create the competition routine of Yang style. Its major characteristics are as the following: The movements are extended and stretched, upright and full, and vigorous and dignified; the connection between the movements is natural and coherent; the force of the movements is internal with tenderness and fierceness; the pace is gentle, slow and continuous. When practicing, start with the relaxation and coordinate the tenderness and fierceness.

2. 杨式太极拳竞赛套路核心技术学练

Learning and Practicing the Key
Techniques of the Competition Routine
of Yang Style Tai Ji Quan