



『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series

双节棍

TOW-SEGMENTED CUDGEL

李素玲 主编
Chief Editor Li Suling

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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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Chinese Folk Wushu Classic Series

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目 录

分解教学与图解

第一节 双节棍简介/003

第二节 双节棍动作说明与图解/005

一、起式/005

二、翻山越岭/007

三、苏秦背剑/010

四、翻山越岭/013

五、左右舞花劈棍/013

六、跳转身扫摆腿/015

七、转身侧踹腿/017

八、迎头横扫/018

九、左踹腿/018

十、转身平抡藏棍/019

十一、腕花/020

十二、翻山越岭接苏秦背剑/022

Step Teaching and Diagram

Section I Brief Introduction of Tow-segmented Cudgel / 003

Section II Movement Explanations and Diagrams of Tow-segmented Cudgel / 005

1. Starting Form / 005

2. Tramp over Hill and Dale / 007

3. Su Qin Backs Sword / 010

4. Tramp over Hill and Dale / 013

5. Wave in Circle and Chop Stick
from Left to Right / 013

6. Jump and Turn Around to Sweep Leg / 015

7. Turn Round to Kick Up Sideward / 017

8. Sweep Away Directly / 018

9. Kick Leftward / 018

10. Turn Around to Sweep and
Hide Stick / 019

11. Twist Wrist to Wave in Circle / 020

12. Tramp over Hill and Dale and
Back Sword of Su Qin / 022

十三、左右抡劈/026

十四、转身藏棍/027

十五、前滚翻/028

十六、腕花藏棍/029

十七、正蹬脚/029

十八、左右撩棍/030

十九、击步腕花藏棍/031

二十、腕花藏棍踹腿/033

二十一、转身平抡藏棍/035

二十二、左右云棍/036

二十三、翻山越岭/038

二十四、腕花/041

收式/042

13. Chop Left and Right / 026

14. Turns Around to Hide Stick / 027

15. Overturn Forward / 028

16. Twist Wrist to Wave in Circle to
Hide Stick / 029

17. Kick Foot Forward / 029

18. Upper Cut Stick at the Left
and Right / 030

19. Twist Wrist to Wave in Circle
and Hide Stick / 031

20. Twist Wrist to Wave in Circle
and Hide Stick and Kick Up / 033

21. Turn Around and Sweep
and Hide Stick / 035

22. Wave Stick Left and Right / 036

23. Tramp over Hill and Dale / 038

24. Twist Wrist to Wave in Circle / 041

Closing Form / 042



STEP TEACHING AND DIAGRAM

第一节

双节棍简介

BRIEF INTRODUCTION OF TOW-SEGMENTED CUDGEL

第二节

双节棍动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF TOW-SEGMENTED CUDGEL

第一节

双节棍简介

BRIEF INTRODUCTION OF TOW-SEGMENTED CUDGEL

双节棍又称为双截棍、二节棍，是武术项目中短兵器的一种。它是一种软中带硬、柔中带刚的兵器，使用中能收能放，能长能短，携带方便，近战时威力无穷。

双节棍是一种很好的防身健体器械，经常练习，能增强腕力，协调身手，而且还能大大地提高身体的灵活性和敏捷性，又可以锻炼胆识，培养坚韧自律的美德。难怪国内外许多武术爱好者，特别是广大青少年对双节棍情有独钟，格外喜欢。

传说双节棍是宋太祖赵匡胤创始的，原称大盘龙棍（近代北方又称大扫子）和小盘龙棍（小扫子）。但当时的大盘龙棍一端较短，一端较长，专用来扫击敌军马脚，破甲兵或硬兵器类。后来这种兵器南传至菲律宾，东传至日本。由于历史的变迁，双节棍被改为现在的样子：全长72厘米，棍身每节长约30厘米，中间由一铁链或尼龙绳联结，长约12厘米。李小龙的双节棍，就是这种标准的72厘米的双节棍，区别于传统的大小盘龙棍。

截拳道自功夫之王李小龙先生创立以来素以动作刚劲迅猛而著称于世，双节棍更是其精华之所在。李小龙的双节棍技术炉火纯青，登峰造极，迅猛异常。双节棍在不用时，可将两节叠在一起插在腰间，在衣服的掩盖下从外面是看不到的，可以说是防身武器，其作用与匕首相仿，但威力比匕首大得多。因为它可长可短，可以将双节棍叠在一起拿着使用，亦可以拿着任何一端使用。使用起来运动如飞，有如狂风扫落叶，所向披靡。双节棍的技术分为攻击、防守、反击三部分，动作变化无穷，其招法分为劈、扫、打、抽、提、拉等。它不但可以攻击对方的上三路、中路，而且对下三路（即脚踝上下5寸的部位）的攻击尤为厉害，凡被击中者疼痛难忍，终至倒地不起，失去抵抗能力。此外，它还可以绞夺敌方之兵

器，是深受武家推崇的致命武器。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此棍法权威人士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。

Two-segmented cudgel, also known as two sticks, is a short Wushu weapon. It is a hard band of soft, flexible band in the weapons, can be let out and drawn in, easy to carry, nearly infinite power in short striking.

In fact, Two-segmented cudgel stick is a good self-defense equipment. It is not only easy to learn, easy to carry and use regularly, not only to enhance the wrist force, co-ordination skill, but also greatly enhances the flexibility and physical agility, exercises courage and cultivates the virtues of self-tolerance, no wonder many domestic and foreign Wushu enthusiasts, especially the young people like it.

Two-segmented cudgel is created by Zhao Kuangyin, the first emperor of Song dynasty, firstly was known as Pan-long stick. But it was one part long and one part short, dedicated to anti horse-shank of enemy in order to make him loss combat effectiveness. Later such weapons spread to the Philippines and spread to Japan. Due to historical changes, two-segmented cudgel was changed to look like the moden form: a total length of 72cm, the length of each stick of 30cm, a middle link chain or nylon rope, about 12cm. Bruce Lee's two-segmented cudgel is the standard of 72cm of two sticks, it is different from the traditional stick.

As is known, King of Kung Fu Bruce Lee's two-segmented cudgel is rapid and vigorous offensive. The skill of his stick technology reaches the peak of perfection. Spread by Bruce Lee's film, it is popular in the world. Two-segmented cudgel is a practical weapon, it is practical and simple. The use of it is equal as lengthening arms. When it is not used, fold it together into the waist, it can not be seen from the outside, can be described as self-defense weapons, similar to the role of dagger, but it is more powerful. Because it can be long and short, like wind sweeping leaves, it is the best weapon to break through the opponent. Two-segmented cudgel stick technology is sorted into attack, defense, counter-attack three parts. It Changes infinitely, such as splitting, sweeping, beating, pumping, and so on. It can attack every part of opponent. Where pain who was hit, eventually fall on the ground to lose resistance. In addition, it may be able to pressure and twine the enemy's weapons. It is commended as a vital weapon by Wushu experts.

This book adpots the three-dimensional teaching method of diagram, words and video. The authoritative are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.

第二节

双节棍动作说明与图解

MOVEMENT EXPLANATIONS AND DIAGRAMS OF TOW-SEGMENTED CUDGEL

一、起式

Starting Form

1. 并步直立，左手为掌，
右手持械，目视前方。

(图1)

Stand at attention, hold left palm, right hand holds weapon, gaze front. (Fig 1)



图1

2. 右脚后撤，前后开立，
上体直立，目视前方。

(图2)

Withdraw right foot, stand with feet apart and left leg in front, erect upper body, gaze front. (Fig2)



图2



图3

3. 左脚后撤，成开立步，
脚宽于肩，目视前方。

(图3)

Withdraw left foot, stand with feet apart in a line, the width of feet is a little wider than shoulders, gaze front. (Fig3)



图4

4. 身体右转，左掌前推，
五指分开，目视指尖。

(图4)

Turn right, push left palm forward, five fingers apart, gaze on finger-tip. (Fig4)



图5

5. 成右弓步，左前推掌，
屈臂持械，目视前方。

(图5)

Stand in right bow step, push left palm front-left, bend right arm with weapon, gaze front. (Fig5)



二、翻山越岭 Tramp over Hill and Dale

1. 重心上移，右手放棍，
右后舞花，目随身转。
(图6)

Shift up body weight, right hand puts stick and form wave stick in circle backward, keep eyes follow the movement of body. (Fig 6)



图6

2. 上体右转，两腿直立，
舞花屈臂，左手接握。
(图7)

Turn right upper body, straighten two legs, wave in circle and bend arms, grasp stick left down. (Fig 7)



图7

3. 两腿直立，右前舞花，
收棍腋下，左掌推出。
(图8)

Straighten legs, wave in circle front-right, stick stops in armpit, push left palm forward. (Fig 8)



图8

