



陈正雷老师正在习练
静养功

Practising the Chen
Style Taichi Qi Gong



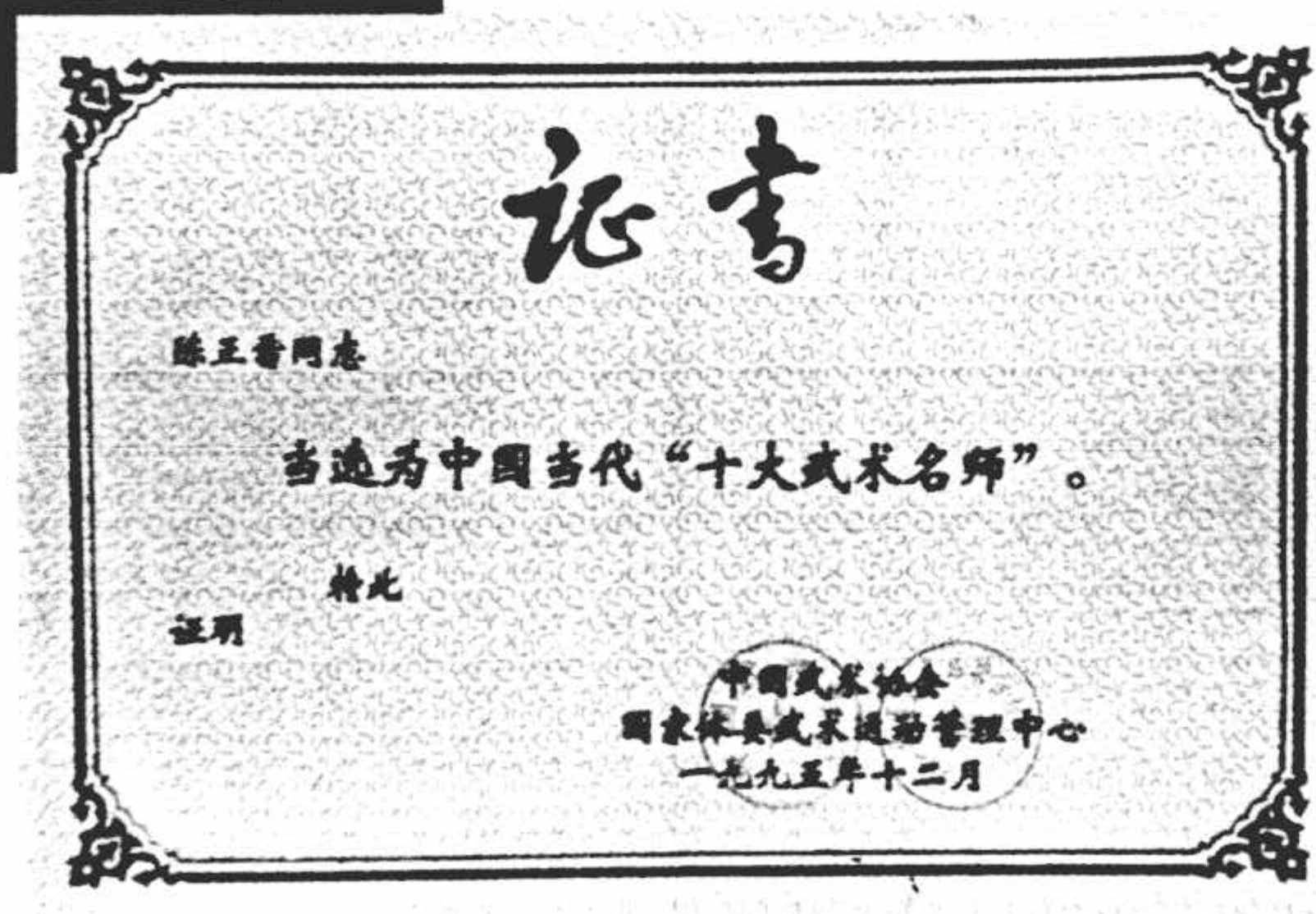
作者近期拳照

Author's Latest Photo



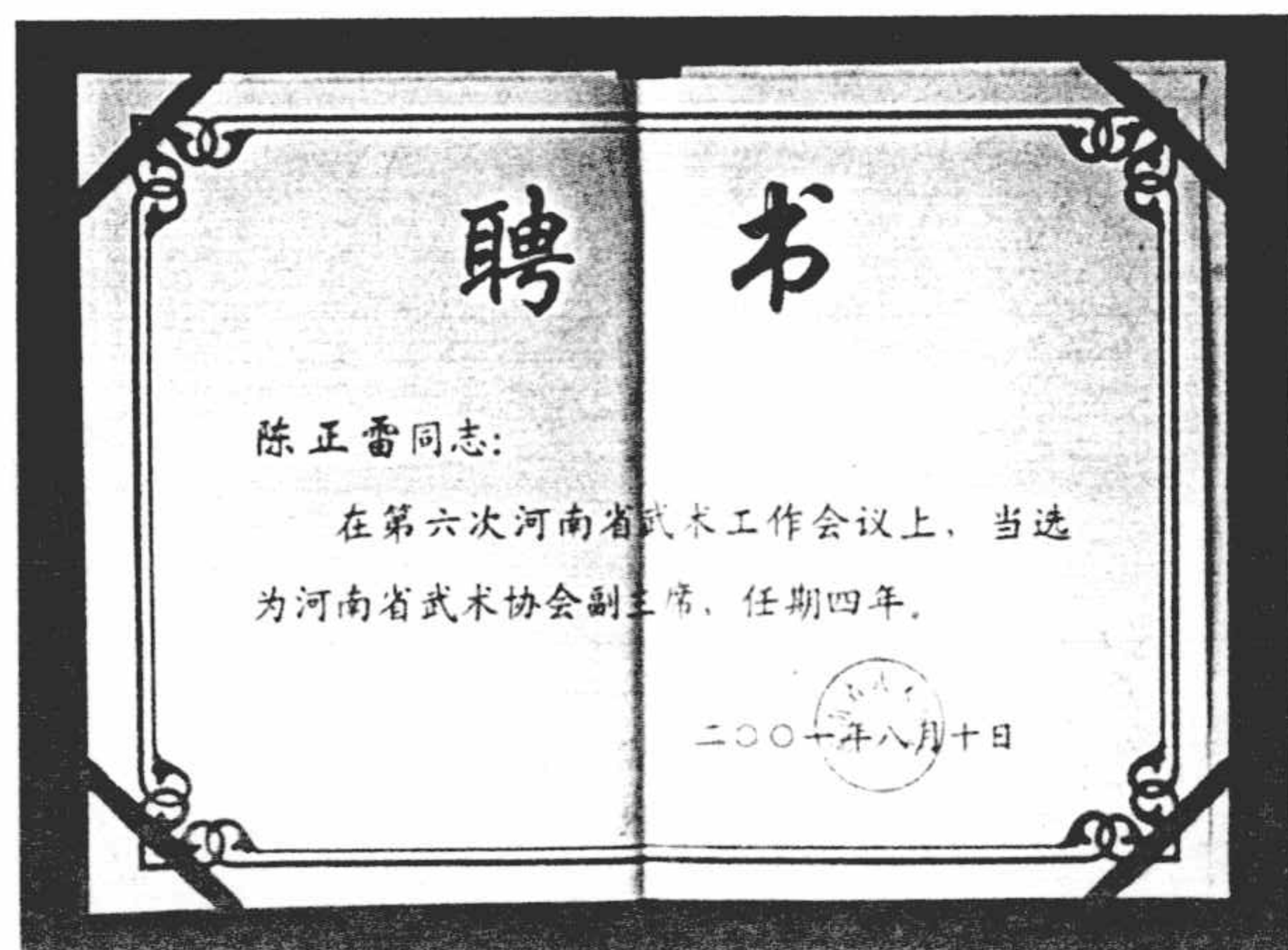
2001 年同儿子陈斌在太行山练习推手

Pushing hands with his son, chen Bin,
in Tai Hang Mountain, 2001



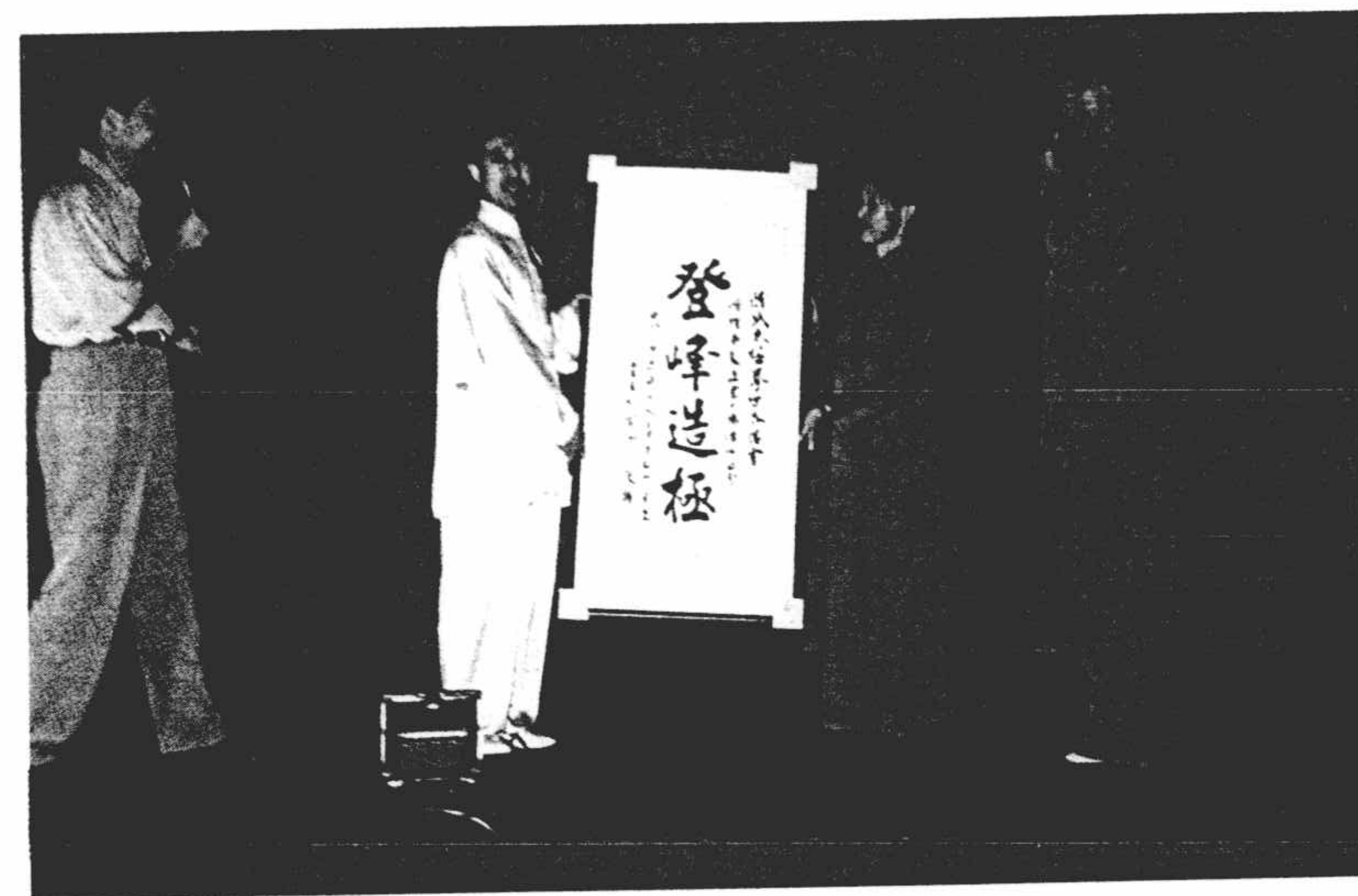
1995 年被中国武术协会评为《中国当代十大武术名师》称号

Be awarded the title of "Ten Famous Top Masters of Wushu of present China" by Chinese Wushu Association in 1995.



2001 年被选为河南省武术协会副主席

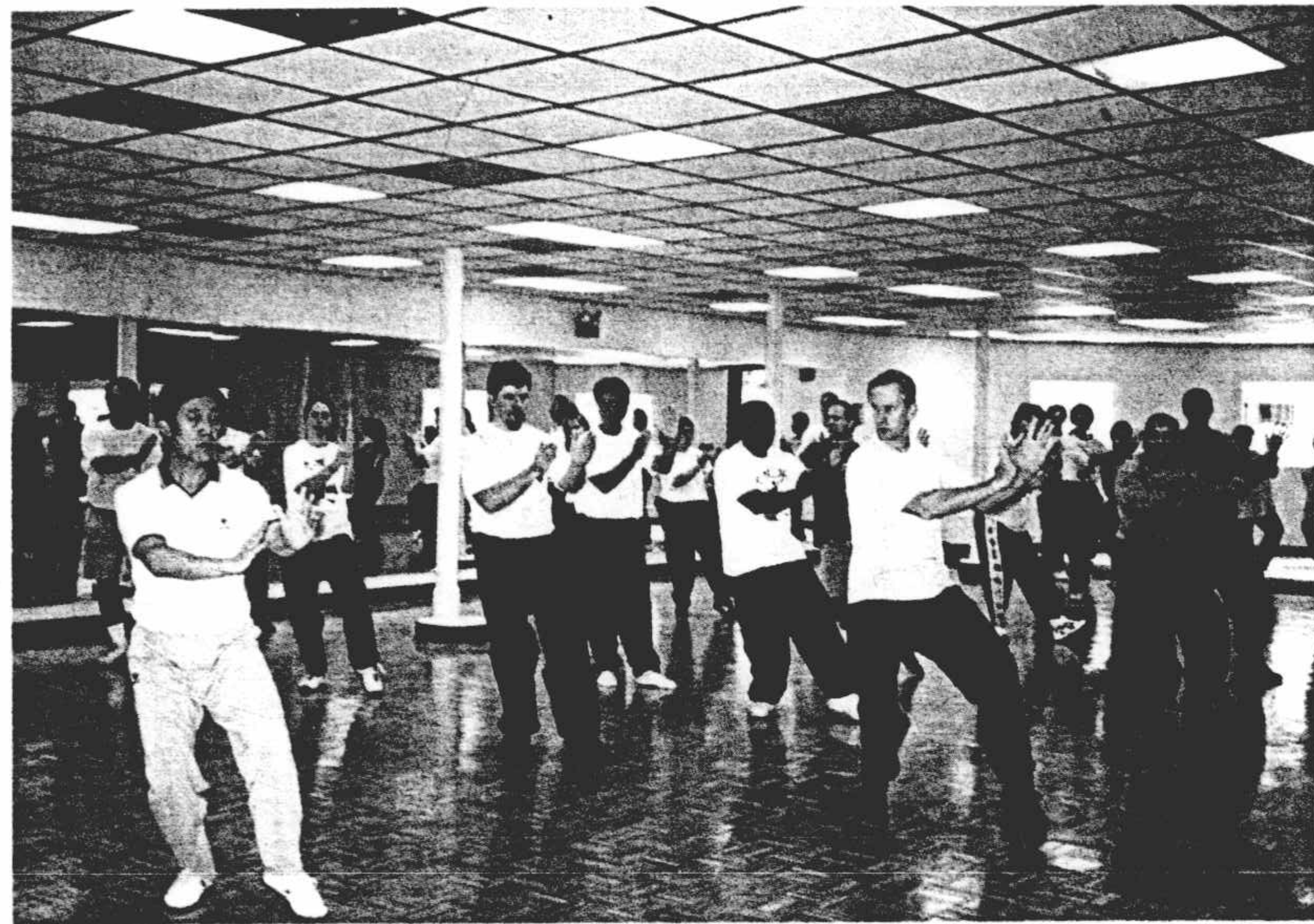
Be elected Vice Chairman of Henan Wushu Association



1994 年（在台湾讲学）被台湾武术界誉称“登峰造极”
Be awarded the title of "The Peak of Taiji" by Taiwan Wushu circle in 1994



1998 年在英国讲学照
Teaching in the UK in 1998



2000 年在美国讲学照
Teaching in the US in 2000



1999 年在意大利讲学照
Teaching in Italy in 1999



1993 年在马来西亚讲学照
Teaching in Malaysia in 1993



2001 年陈正雷老师参加香港太极拳万人大汇演
Performance on the ceremony of HK Mass Taiji
Practice in 2001



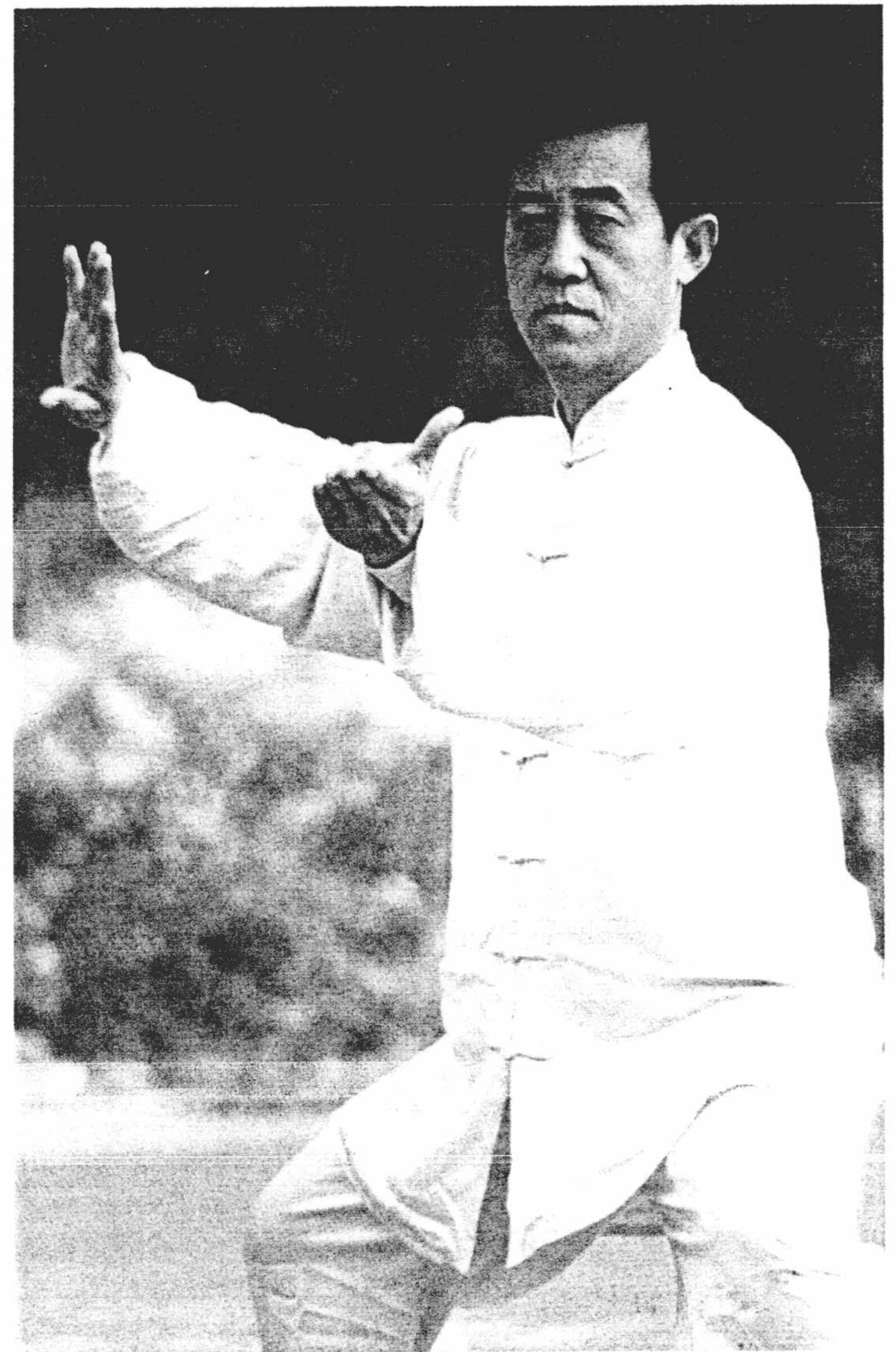
The Chen-Style Taijiquan
For Life Enhancement

陈氏太极拳养生功

Written by Chen Zhenglei

Translated by Xu Hailiang

陈正雷 著
徐海亮 译



作者近期拳照

Author's Latest Photo



Contents

Chapter One The Principles of the Chen-style Taijiquan for Life Enhancement (1)

Section I The Feature of the Exercise (2)

Section II The Functions of Health Improvement and Strengthening Body (3)

1. Preserving health of the nerve system, improving the ability of reacting to external stimulation (3)

2. Adjusting the structure of bones, joints and muscles, improving the ability of physical exercise (7)

3. Strengthening the digestive system, improving the respiration functions (10)

4. Strengthening the functions of heart, improving the working ability of system (12)

5. Drumming the internal vital energy, smoothing the Jingluo (13)

Section III The Main Points of Exercising and Detailed Request (16)



- 1. Easy and quiet, nature and obeying (16)
- 2. Vital energy following will, forms integrating with spirit to one (17)
- 3. Staying upright, discriminating from the emptiness and the solidity (18)
- 4. Practicing time and movement amount (19)

Chapter Two The Basic Training (21)

Section I The Exercise of Joint Movement (21)

Section II Training of Twining Power (36)

- 1. Wave the Single Hand (36)
- 2. Wave the Both Hands (41)
- 3. Twining the Hand in the Side of Body (42)
- 4. Deflect Backward in Both Sides of Body (45)
- 5. Twining Both Hands (47)

Section III Training Methods of Step (49)

- 1. Forward Step (49)
- 2. Backward Step (51)
- 3. Side Step (53)
- 4. Wave the Hands with Feet Together (56)
- 5. Wave Hands in Back Cross-Step (58)



Chapter Three The Taiji Skills of Preserving Energy

..... (61)

Section I Sitting-quietly Method (62)

Section II Stake Exercise (72)

- 1. The method of taking vital energy (72)
- 2. The method of grasping vital energy (75)
- 3. The method of transport Dantian (77)
- 4. Hunyuan Stake (79)
- 5. Drawing in Exercises (80)

Chapter Four The Cream Eighteen Forms of the Chen-

style Taijiquan (81)

Section I The Names of Movements in the Cream Eighteen Forms of Chen-style Taijiquan (81)

Section II Diagrams of The Cream Eighteen Forms of Chen-style Taijiquan (83)



目 录

第一章 陈氏太极拳养生功功理	(1)
第一节 功法特点	(2)
第二节 健身养生作用	(3)
一、保健神经系统,提高应激反应能力	(3)
二、改善骨骼、关节和肌肉的结构,提高运动能力	(7)
三、锻炼消化系统,增强呼吸机能	(10)
四、增强心脏功能,改善脉管系统的工作能力	(12)
五、鼓荡内气,畅通经络	(13)
第三节 练功要领及具体要求	(16)
一、松静安逸,自然顺遂	(16)
二、意气相随,形神合一	(17)
三、立身中正,分清虚实	(18)
四、练功时间及运动量	(19)
第二章 基本功训练	(21)
第一节 关节活动操	(22)
第二节 缠丝劲训练	(36)



一、单云手	(36)
二、双云手	(41)
三、侧面缠丝	(42)
四、左右后摆	(45)
五、前后双手缠丝	(47)
第三节 步法训练	(49)
一、前进步	(49)
二、后退步	(51)
三、左右开步	(53)
四、并步云手	(56)
五、插步云手	(58)
第三章 太极培元养气法	(61)
第一节 静坐养气法	(62)
第二节 桩功聚气法	(72)
一、采气法	(72)
二、抓气法	(75)
三、丹田内转运气法	(77)
四、浑元桩	(79)
五、收功	(80)
第四章 陈氏太极拳精要十八式	(81)
第一节 动作名称	(81)
第二节 动作图解	(83)



陈氏太极拳 养生功

陈 正 雷 著
徐 海 亮 翻译

中州古籍出版社

Developing the Traditional Life Enhancement from China (Preface)

By Mr. Xu Cai, ex-chairman of
Asian Wushu Federation

Writing the preface of the *Chen-Style Taijiquan for Life Enhancement* written by Chen Zhenglei, I recalled the coincidence ten years ago in Chenjiagou. It was still cold March that I ran into an American youth. During the conversation, I knew that he was an English teacher in Huanghe University and he loved Taijiquan deeply that he had lived there for almost two months. Then I asked him if he could adapt to the living condition, the fair-hair youth answered that in order to learn Taijiquan better he was able to surmount the poor condition. His words touched me deeply—to pursue Chinese Wushu culture a foreigner beared such poor living condition and learned Taijiquan earnestly. How commendable it is! It was a pity that our conversation was quite short, and I shook him good-bye in the abstruse contemplation. During the last ten years, Chenjiagou, the original place of the Chen-Style Taijiquan, has welcomed numerous foreign friends to practice Taijiquan. Furthermore, Wenxian In-



ternational Taijiquan Annual Meeting has been held for several times, and nowadays Chen-Style Taijiquan is getting more and popular in the world. I believe, as the host of Taijiquan, Chenjiagou, Wenxian County, China should stick to contributing the fruits of Wushu culture to the world. Chen Zhenglei making the inherited Taiji Qigong public is a new fruit of exploiting and collecting Taijiquan culture, which is worthy congratulating.

All the time, I regard Taijiquan as a gem for stronger body as well as a new star for health building. There is a saying from foreign scholar that the future century is health-building century, which is quite reasonable. Viewing from the tendency of the social development, the longevity of humans is getting longer and longer. Our country owning 1,200 million populations will enter the period of aged society. There is an old Chinese saying that it is rare that when people get 70 years old, however, presently more and more people are older than 70. Japan is the life-longest country in the world, where female are averagely 80 and male are 75. Besides, people are averagely over 70 in many places in China. Indeed, the longevity of humans is growing with the development of society. At present, many scientists are studying the limitation of humans' longevity from different aspects. Some scientists hold that the longevity of humans should be 125 to 175 from the view of the growth period of animals, yet some believe that humans should be older than 120 years with calculating the times of cell division. Although this is just some scientific calculation, the real life is telling



us that human longevity is getting longer and longer. Because of this tendency, health building and life enhancement has turned into a significant worldwide topic. In the health-building century, to practice Taijiquan is an excellent way for personal health building.

14 years ago, John Naisbitt, the famous American futurologist wrote a book named *Megatrends*. In his book, when describing the new health-building prospect he mentioned that people would turn from being assisted by medical instruments into self-help, and carry out self-dependent self health building. At that time, he didn't refer to Taijiquan the gem for self health care. However, in his new book *Megatrends of Asia* completed last October, when mentioning "the eastern and western harmony", he told us "the West was inputting the thought mode and conventional concept", "yoga and Chinese medicine occupy the most energy of about 50-year-old house women", and "80-year-old eastern people and 30-year-old western people practice Taijiquan together" in the park. He also said "the real East fans have entered the second level of the Eastern intelligence". In the items of the book he also asked to "Sitting-quietly method of Taoism, not to mention Qigong the 4-thousand-year enhancement method for inside energy". Nowadays, as the Eastern intelligence, the traditional techniques of health building and life enhancement— Taijiquan, Qigong, Sitting-quietly method, etc. is much more acknowledged and enjoyed by the West.

The resource of traditional Chinese life enhancement is traced



at least back to the late primeval society. In the early Qin Dynasty, Laozi and Zhuangzi claimed tranquil could cultivate spirits, and Hanfeizi claimed that movement could build form and Tuna, Daoyin could benefit health and regimen. At that period, the concept of being in harmony with nature, actively adjusting for health and longevity primarily formed the system of conventional Chinese health building. In the idea of traditional regimen, energy, Qi, spirit are regarded as the three treasures of body. People who study Wushu for life enhancement take "cultivating energy, Qi and spirit inside, exercising hands, eyes, and body outside" as the motto and also emphasize cultivating as well as strengthening inside and outside, which is exactly traditional Chinese complete view of keeping-fit and health care. Taijiquan is not only the regimen technique for removing disease and health building, but also the combat skill for strengthening body and self-protection. In the age of health-building century, people pay much more attention to the function for removing disease and health building of Taijiquan. Chen Zhenglei systematizes Chen-Style Taijiquan for health building and life enhancement, absorbing the essence of Chen-Style Taijiquan in the aspects of health building and medicine, integrating will, Qi, form and respiration, making people and nature sense each other so as to reach consistency. Without doubt, this set of techniques of health building and life enhancement will bring benefit to people inside and outside China. I earnestly wish besides practicing and teaching exercise, masters of Chinese Wushu and Qigong, regimen scholars make dee-



per researches into traditional Chinese health building and greater contribution to humans' health care!

March 1996 Beijing



弘扬祖国传统养生术

(序)

徐 才

在提笔为陈正雷先生所著《陈氏太极拳养生功》作序时,我想起了十年前在陈家沟的一次偶遇。那时还是寒意未消的阳春三月,我在陈家沟练功房前边的一间小屋里碰上一位美国青年,搭起话来,知道他是在黄河大学教授英语的老师,因酷爱太极拳在这里已经住了快两个月了。我当即问他,这里居住和饮食条件你都能适应吗?这位金发碧眼的年轻人说,为了学好太极拳,能够克服艰苦的生活条件。听后我很感动。我想,一个外国人为了追求中国的武术文化,竟能忍受艰苦生活,孜孜不倦地习练太极拳功夫,真是难能可贵。可惜我们的对话时间甚短,我带着一缕深沉的思索同他握别了。十年来,陈氏太极拳发源地的陈家沟,每年都迎来众多的外国朋友习练太极拳,温县国际太极拳年会也已办了数届,陈氏太极拳正在世界风靡。我以为,作为太极拳发源地的陈家沟、温县、中国,需要不断地拿出武术文化的结晶献给世界。陈正雷先生把祖传的太极内功(气功)养生法公诸于世,这是挖掘整理太极拳文化的一个新成果,值得祝贺。

我一直认为太极拳是今日人类增进健康的一块瑰宝,又是明日人类保健的一颗新星。国外有的学者说,未来的世纪是保



健的世纪,这是颇有道理的。从社会发展的趋势看,人的寿命越来越长。我们这个拥有 12 亿人口的国家,到下世纪初也将进入老龄化社会。古话说,人生七十古来稀,现在则是人生七十今来多了。日本是最长寿命的国家,女性平均寿命已达 80 岁,男性已达 75 岁。我国许多地方人均寿命也已超过 70 岁。的确,人类的寿命随着社会的进步在不断增长。世界上许多科学家,从不同的角度研究人类的寿限。有的科学家从动物生长期角度研究人的寿命,认为人的寿限应是 125—175 岁。有的科学家从细胞分裂次数推算人的寿命,认为人的寿限应在 120 岁以上。尽管这只是一些科学推算,但现实生活昭告我们,人类的寿龄确是在不断增长。随着这种趋势的发展,人类的保健养生就成为一个世界性的重要课题。老年人需要保健,中年人、青年人以及少年、儿童都需要保健。在保健的世纪,太极拳是个人们自我保健的良好手段。

美国著名的未来学家约翰·奈斯比特 14 年前在一度轰动全球的《大趋势》一书中,描绘“新的保健图景”时提出,人们将从依赖医疗机构帮助转变到自助,“实行自力更生的自我保健”。当时他没有提到太极拳这个自我保健的瑰宝。但在去年 10 月完成的他的新著《亚洲大趋势》中说到“东西方的和谐”时指出,“西方人正在从东方‘进口’思维方式和传统观念”,“瑜伽和中医占去了 50 岁左右家庭妇女的多半精力”,“公园里 80 岁的东方人和 30 岁的西方人一起打着太极拳”。他还进一步说到西方人从东方“进口”的范围远不止这些,“真正的东方迷们已经进入东方智慧的第二层次”。他在条例中提到“研究道家的打坐,更别提那已有四千年历史的内功修炼方法——气功了”。



是啊,太极拳、气功、打坐等中国传统的自我保健养生术,作为东方智慧越来越被西方人认识和享用了。

中国传统养生术的起源,至迟可以追溯到原始社会末期。到了先秦时期,老子、庄子主张清静养神,韩非子等主张动以养形,以吐纳、导引保健养生。那个时期提出的顺应自然,主动调摄,以求康寿的观点初步形成了中国传统养生学的体系。在传统养生思想中,把精、气、神视为人身的三宝。习武养生者把“内练精气神,外练手眼身”当作座右铭,强调内外兼修,壮内强外。这正是中国传统的整体健身观和养生观。太极拳既是祛病保健的养生功夫,又是强身防身的技击功夫。如今在保健的世纪向我们走来的时刻,人们越来越重视太极拳的祛病保健养生的作用了。陈正雷先生整理的陈氏太极拳养生功,摄取了陈氏太极拳在健身养生及医疗保健方面的精华,把意、气、形和呼吸有机地结合在一起,使人与自然相互感应,达到天人合一。相信这套功法是会给中外人士保健养生带来福音的。我衷心祝愿我国的武术家、气功家、养生家在练功、授功之余,深入挖掘整理祖国的传统养生术,为人类的保健做出更大的贡献!

一九九六年三月于北京



Foreword

With the development of reform and opening and the progress of social economy, people's living standard is continuously improving, and daily work and lives gradually electricitize, computerize, automatize, which greatly lessens people's physical exercises. Whereas, as physical exercises are getting fewer, the body function of men is getting worse and worse. Therefore, recently the tide of learning Wushu and Qigong is approaching.

In last centuries, Taijiquan, occupying an extremely important status in people's minds, has been widely favored because of the function of health building and self-protection, it even has spread overseas. It is well known that Taijiquan is able to practice bones and muscles, smooth Jingluo (main and collateral channels in the body), adjust nerves and remove diseases. I practice Taijiquan since I was a child, so I know the essence of Taijiquan is its special Qigong, which obviously help to health building. Hence, although this internal exercise is seldom spread outside, in order to improve the health quality of people, it can promote all citizens to take part in exercises, serve society and people, I especially publish the regimen of family inherited Taiji Qigong, and hope to contribute to the



health of humans.

Taiji, born from Wuji (polelessness), it was divided into Liangyi, changed into Sancai, appeared Sixiang, finally evolved the Eight Diagrams to the infinity. Qigong is the new term appeared in recent years, which is synonymy with internal exercise in the Wushu theory. In the prevalence of Taiji Wushu, the internal exercise (Qigong) of Taijiquan has been emphasized by Taiji masters and is the stress of Taijiquan. Ancestors always claimed Taijiquan was internal school boxing, which required the practicers Wushu to collect air so as to cultivate energy, to hold the energy to Dantian, to make use of inside vigor change to spirit, to return to void, to return to original purity and simplicity, and to return to emptiness. Heaven, earth and human integrating into one, the merger of Yin and Yang and heaven, earth and human is joined with nature is the ultimate goal of training internal exercise (Qigong).

There is an old saying "cultivating the root, leaves get exuberant by itself, moistening the resource, a stream become longer by itself". The internal exercise of Taiji is based on the same reason. I wish to share and study it with Taiji fans together.

This book introduces *The Chen-Style Taijiquan for Life Enhancement*, *The Taiji Skills of Preserving Vital Energy (The Sitting Method, The Stake Exercise Method)* and *The Cream Eighteen Forms of Chen-Style Taijiquan*. In addition, in this book, the methods are clear and the words are concise, making it easy to learn. Taijiquan especially takes better effect to the people who suffer from

chronic diseases like neurasthenia, high blood pressure, heart disease, indigestion, arthritis, etc. without much ginger.

Chen Zhenglei
February 1996





前言

随着改革开放的逐步深入,社会经济的长足发展,人民的生活水平正在不断提高,日常工作和生活正在逐步向电器化、电脑化、自动化发展,它大大减轻了人们的体力劳动,然而文明病也随之而来,由于身体活动少,人们的体质机能逐渐下降。因此,近些年来掀起了学武健身及气功热的高潮。

数百年来,一直在人们心目中占有极重要地位的“太极拳”,以其健身养生与技击防身的良好作用,深受人们喜爱,且已流传于海内外。其活络筋骨、疏通经络、调解神经、祛病延年之功效,已得世人所公认。笔者自幼习练太极拳,深知太极拳精髓之内家气功,对健康人体之功效显著。为此,虽本功法鲜少外传,但为提高人们健康素质,促进全民健身运动,服务于社会大众,特将祖传的太极内功(气功)养生法公诸于世,希望能为人类的健康事业做出贡献。

太极始于无极,再分两仪而化三才,由三才显四象,演变八卦于无穷,气功者乃近几年之新名词,原在武学中内功同义,在太极武术流传中,太极内功(气功)一直为历代太极先师所重视,亦为太极拳术中重心所在,故人常称太极拳为内功拳,旨在要求练拳者懂得采气培元,守丹起功,由体内精气化神还虚,以求能返朴归真,由太极而归于无极。所谓天地人合一,阴阳合



融,天地人与大自然混为一体,即是为太极内功(气功)修炼之终极目标。

古人云:“培其根则枝叶自茂,润其源则流脉自长。”太极内功则为“培根润源”之良方,愿能与热爱太极之人士共同参研分享。

本书所介绍的陈氏太极拳养生功、太极培元养气法(静坐养气法、桩功聚气法)以及陈氏太极拳精要十八式,方法清晰,言简意赅,简便易学,尤对神经衰弱、高血压、心脏病、消化不良、关节炎等慢性病效果甚佳,能起到事半功倍之良效。

作者 陈正雷

一九九六年二月



Introduction to the Chen-style Taijiquan

In the late Ming Dynasty, Taijiquan was created by a garrison commander Chen Wangting the ninth generation of the Chen Family in Chenjiagou, Wenxian County in Henan Province. Based on the inherited family Wushu and the theory of Yin and Yang in *Yijing*, combining Chinese medicine Jingluo Theory, Daoyin and Tuna, Chen Wangting comprehensively initiated a set of Taijiquan, which not only has the quality of Yin and Yang, but also is characterized that with activity and looseness, some movements were energetic while others were gentle, and some rapid while others slow. As being in correspondence with human physiology and the nature operation rules, it was named as "Taijiquan". It is unknown that Taijiquan originally was passed down only in the Chen Family. Until the fourteenth generation when Chen Changxing handed down to Yang Luchan, it began to spread widely in the society. In the long run, Taijiquan developed into four representative, different main styles, including Yang style, Wu style, Wu style, and Sun style.

In the last centuries, Chen-style Taijiquan has still kept the characteristics of ancient Taijiquan, which is characterized that hardness and softness moving in harmony, equaling stress the



quickness and slowness, jumping and leaping, relaxing and nimble, springing and shaking, and with the practice method of twining force. It is celebrated in the Wushu field for its distinctive value of health building and actual combat technique, also favored enthusiastically by people. At present, Chen-style Taijiquan has spanned China and gone forward to the world, becoming the important bridge between Chinese and foreign friends. The ancient Chen-Style Taijiquan takes a new look and uniquely promoted the outstanding fruits of conventional Chinese culture to people all around the world. Besides it also takes active effects in flourishing economy. Certainly, the Chen-style Taijiquan will make greater dedications to the health of whole human being, and finally becoming the shared treasure of whole human being.



陈氏太极拳简介

太极拳是明末战将,河南温县陈家沟陈氏第九代陈王庭,在家传拳术的基础上,依据“易经”阴阳之理,中医经络学说及导引、吐纳术,综合性地创造了一套具有阴阳性质、刚柔相济、快慢相间,松活弹抖的特色,以及符合人体生理规律和大自然的运转规律的拳术运动,故名“太极拳”。起初,太极拳只在陈氏家族内部流传,鲜为人知。到陈氏十四代陈长兴时,传给河北永年人杨露禅,以后在社会上慢慢流传开来。太极拳在长期流传发展中,逐步演化成具有代表性、风格特点又各不相同的杨、吴、武、孙四大流派。

数百年来,陈氏太极拳仍保留着古太极拳那种刚柔相济、快慢相间、窜蹦跳跃、松活弹抖的特色以及缠绕螺旋的运气方法,并以其卓越的健身养生与技击价值著称于武坛,深受人们喜爱。现在,陈氏太极拳已跨出国门,风靡世界,成为中国人民与世界人民友好交往的重要桥梁。古老的陈氏太极拳正以其崭新的风貌、独有的方式向世界各族人民传播中华民族传统文化的优秀成果,并在繁荣经济方面发挥着积极作用。陈氏太极拳必将为全人类的健康事业做出更大贡献,成为全人类的共同瑰宝。



Chapter One The Principles of the Chen-Style Taijiquan for Life Enhancement 第一章 陈氏太极拳养生功原理

The Chen-Style Taijiquan for Life Enhancement originates from the Chen-Style Taijiquan, which is the essence of the Chen-Style Taijiquan in the aspects of medical treatment and health protection. It adopts the special method of taking energy, collecting energy, condensing energy, condensing will of the traditional Chen-Style Taijiquan, and it combines will, energy, action and breath together. At the same time it gets rid of the hardest actions in the former Chen-Style Taijiquan, therefore it has the advantages of getting energy quickly, feeling energy strongly, removing diseases and building body effectively, etc. This exercise has no mistakes, no side effects, and is beneficial to cure the chronic diseases such as high blood pressure, heart trouble, arthritis, neurasthenia, gastric ulcer, and so on. Exercising Taijiquan isn't restricted by place and time, whether old or young.

陈氏太极拳养生功(以下简称养生功),源于陈氏太极拳,是陈氏太极拳在健身养生及医疗保健方面的精华。它择取陈氏