

Heirlooms of Chinese Secret Health-Preserving Skills

中国传世养生绝技丛书

Five-Animal Exercise

五禽戏

【主编 邬建卫 胡剑秋 / 主审 范昕建】

四川出版集团 · 四川科学技术出版社

Heirlooms of Chinese Secret Health-Preserving Skills

中国传世养生绝技丛书

Five-Animal Exercise

五禽戏

主编 邬建卫 胡剑秋 主审 范昕建

四川出版集团·四川科学技术出版社

图书在版编目(CIP)数据

五禽戏/邬建卫等主编. -成都:四川科学技术出版社,2009. 8
(中国传世养生绝技丛书)
ISBN 978 - 7 - 5364 - 6532 - 9

I. 五... II. 邬... III. 五禽戏(古代体育) - 基本知识 IV. G852.9

中国版本图书馆 CIP 数据核字(2008)第 121472 号

中国传世养生绝技丛书

五 禽 戏

主 编 邬建卫 胡剑秋
主 审 范昕建
责任编辑 杜 宇
封面设计 韩建勇
版式设计 康永光
责任校对 缪栋凯等
责任出版 周红君
出版发行 四川出版集团·四川科学技术出版社
成都市三洞桥路 12 号 邮政编码 610031
成品尺寸 220mm × 210mm
印张 7.7 字数 154 千
印 刷 四川联翔印务有限公司
版 次 2009 年 8 月成都第一版
印 次 2009 年 8 月成都第一次印刷
定 价 22.00 元
ISBN 978 - 7 - 5364 - 6532 - 9

■ 版权所有·翻印必究 ■

■ 本书如有缺页、破损、装订错误,请寄回印刷厂调换。
■ 如需购本书,请与本社邮购组联系。
地址/成都市三洞桥路 12 号 电话/(028)87734035
邮政编码/610031 网址:www.sckjs.com



本书编委会名单

主 编 邬建卫 胡剑秋

主 审 范昕建

副 主 编 张天虹 郑颂平 温川飙

编 委(排名不分先后)

卢凤武 李铁寒 林宗士

严小英 巫宗智 杨群茹

杨 蕾 陈 欣 陈宇壮

袁 渊 杜春林 张 超

赵恩庆 胡 尧 顾立宏

龚荣生 韩玉姬 阚红英

翻 译 叶 晓 陈 骥

动作示范 陈宇壮

丛书策划 杜 宇

序

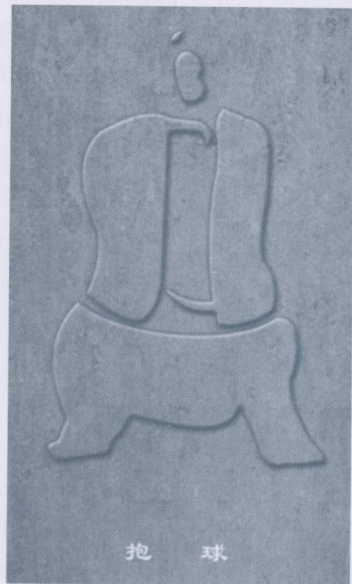
在漫长的人类发展历史中，健康与长寿一直是人们向往和追求的美好愿望，因而养生文化不断丰富和发展，遍布世界。相对于世界其他地区的养生文化而言，中国的养生理论与实践以古代哲学和中医基本理论为底蕴，显得尤为博大精深。它汇集了我国历代劳动人民防病健身的众多方法，揉合了儒、道、佛及诸子百家的思想精华，在预防与医治疾病、强身健体与延年益寿等方面积累了宝贵经验，总结出一整套养生保健的理论和方法，形成了具有鲜明民族特色的祖国医药学和中华养生保健学，堪称富有勃勃生机和浓厚东方神秘色彩的智慧结晶。

传统运动养生的方式既不受时间、场地、环境的困扰，又不增加练习者的经济负担，历来备受民众的欢迎。古代圣



贤先哲，如黄帝、岐伯、老聃、孔丘、庄周、华佗、葛洪、孙思邈等，不但丰富发展了养生保健运动的理论，而且身体力行，率先垂范。他们的大力推动，广大民众的积极发展，促进了形式多样、风格各异的中国传统养生运动的发展。从呼吸吐纳、引导，到太极拳、五禽戏、八段锦、易筋经，从屋前草地，到大学课堂，传统养生运动风风雨雨延绵至今，得到了广泛的传播和普及。

本书作者从事多年传统养生运动，整理归纳了我国多种传统运动养生功法，编写出本套系列丛书，旨在探索中国传统养生运动神秘的东方智慧之所在，弘扬传统文化，更重要的是使其独到的健身理论为更多的人受益。



朱忠元

2009年7月

Foreword

In the long history of human development, health and longevity have always been the long-cherished aspiration that people pursue, which has driven the ceaseless development of health culture all over the world. In comparison with different schools of health preservation culture in other regions of the world, the Chinese theory and practice, implied in the ancient philosophy and the basic theory of traditional Chinese medicine, is much more extensive and profound. The system of health care of Chinese people is a collection of various methods to ward off diseases and to keep fit inherited from generation to generation, which is also an integration of the essential thoughts of different philosophical schools, including Confucianism, Taoism, Buddhism, etc. As it develops, more and more valuable experience has been accumulated, especially in aspects of the prevention and treatment of diseases, strengthening the body and prolonging life span. All experiences have been summarized into a systematic set of theory and practice, which later evolves into the science of traditional Chinese medicine and the study of Chinese health preservation. For all its unique and distinctive Chinese features, its vitality and the special oriental mysteriousness it demonstrates, it is honored as the essential concentration of Chinese wisdom.

Traditional Chinese health preservation methods enjoy great popularity among the people because there are no specific requirements of time, place, and environment for practicing, nor does it demand much economic investment. The ancient masters and philosophers, such as the Yellow Emperor, Qi Bo, Lao-tzu, Confucius, Chuang-tzu, Hua Tuo, Ge Hong, Sun Simiao, etc. had made great contributions to further develop the theory of Chinese health preservation, and, by their own practicing, set good examples to later generations. With their promotion and the participation of the common people, there comes the emergence of a variety of health-care methods with different forms and styles. Evolving from the very first simple movements of exhalation and inhalation, DaoYinShu to the systematic TaiJiQuan, WuQinXi, YiJinJing and BaDuanJin, Chinese health preservation methods has gone through thousands of years with twists and turns. Nowadays, these methods are widely spread, being practiced by either the ordinary people in their own yards or by college students, making it the most widely accepted way to preserve health.

The author, having rich experience in the practice of all these methods for years, sorts out and sums up all these traditional exercises and hereby compiles this series of books. This series aims to explore the mysterious oriental wisdom manifested by the traditional exercises and to promote traditional Chinese culture. Ultimately, it is to serve the well-being of people all over the world by sharing the unique and sound health preservation effect of traditional exercises with them.

Zhang Zhongyuan
July, 2009

前 言

五禽戏是中国传统健身方法之一,由模仿五种动物的动作组成。五禽戏又称“五禽操”、“百步汗戏”等,在中国民间广为流传,同时也是流传时间最长的健身方法之一。其起源一说是由汉代名医华佗模仿熊、虎、猿、鹿、鸟五种动物的生活习性动作创编的一套防病、治病、延年益寿的医疗健身体操。另一说法认为华佗只是五禽戏的整理改编者,在汉代以前已经有许多类似的健身法。最早记载了“五禽戏”名目的是南北朝时期陶弘景的养生学著作《养性延命录》。

中医认为,五禽戏是一种行之有效的养生运动。现代医学也研究证明,五禽戏是一套使全身肌肉和关节都能得到舒展的医疗体操。它在锻炼全身关节的同时,不仅能提高肺功能及心脏功能,改善心肌供氧量,还能提高心脏排血力,促进组织器官的正常发育。在练习五禽戏的同时,它还能把肢体的运动和呼吸吐纳有机地结合到了一起,使体内紊乱的气血恢复正常状态,以促进健康。五禽中的虎、鹿、熊、猿、鸟还分别与人的肝、肾、脾、心、肺相关联,经常练习五禽戏,能够达到祛病强身、延年益寿的目的。

本书编委会

2009年7月



Brief Introduction

WuQinXi(Five-animal Exercise),one of the traditional Chinese fitness methods,is composed by movements imitated from five animals. It is widely spread among the Chinese folks and is one of the fitness methods with the longest history. There are two versions for its source. Some believe it is a medical fitness exercise for disease prevention, treatment and longevity created by Hua Tuo, a famous doctor in the Han Dynasty, through imitation of living habits and movements of bear, tiger, monkey, deer and crane. Others hold that Hua Tuo only arranged and adapted the five-animal exercise,because many similar fitness exercises had existed before the Han Dynasty. The earliest record of WuQinXi is in Catalogue of Life Cultivation and Longevity (Yangsheng Yanming Lu),a life-nurturing literature written by Tao Hongjing in the Northern and Southern Dynasties.

According to traditional Chinese medicine,WuQinXi is an effective exercise for health preservation. Modern medical research has proved it is a set of medical exercise that can relax the muscles and joints of the whole body. At the time of training the joints, this exercise also enhances pulmonary and cardiac functions, improves oxygen supply for myocardium, strengthens contraction of cardiac muscles and promotes normal development of tissues and organs. Meanwhile, practicing WuQinXi is able to integrate the movements of limbs with the respiration as well as resume a normal state of disordered Qi and blood, thus boosting health. Since the five animals,bear,tiger,monkey, deer, and crane, are considered in relation to the five-zang organs, liver, kidney, spleen, heart and lung, practicing WuQinXi regularly can treat diseases, build up physique, and achieve longevity.

Editorial Board of Five-animal Exercise

July, 2009

目 录

Contents

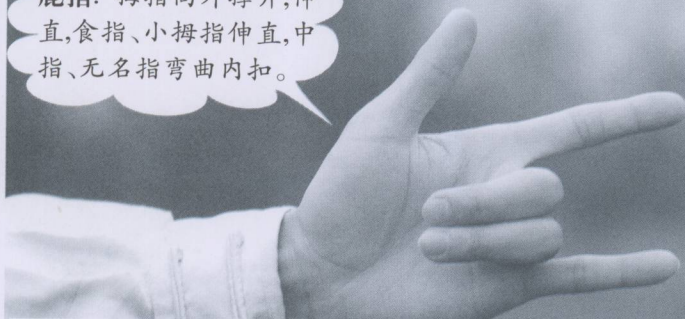


五禽戏手型	1
Hand Shapes	
虎 戏	2
Tiger Exercise	
鹿 戏	28
Deer Exercise	
熊 戏	56
Bear Exercise	
猿 戏	80
Monkey Exercise	
鸟 戏	103
Crane Exercise	

五禽戏手型

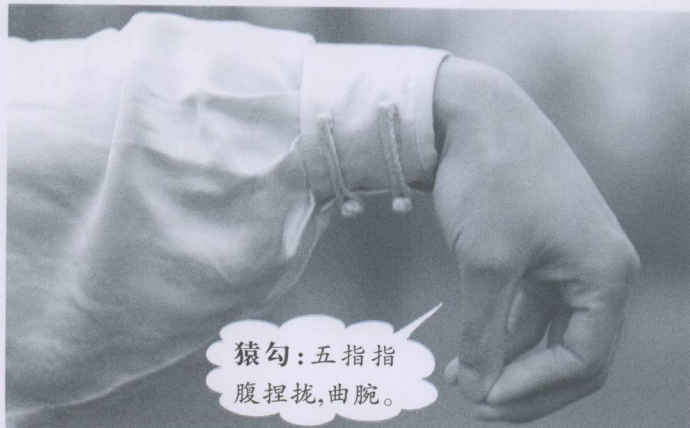
Hand shapes

鹿指: 拇指向外撑开, 伸直, 食指、小拇指伸直, 中指、无名指弯曲内扣。



Deer Finger: Stretch the thumb out, keep the thumb, index and little fingers straight, and inside bend the middle and ring fingers.

猿勾: 五指指腹捏拢, 曲腕。



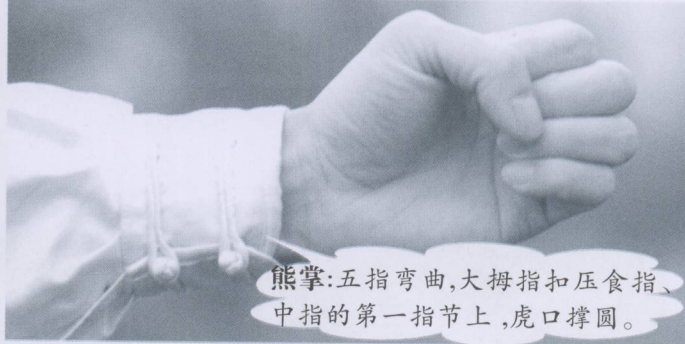
Monkey Hook: Pinch the finger faces together and bend the wrist.

Tiger Paw: Stretch the five fingers, keep the area between the thumb and index finger in round shape, and inside bend the first and second joints of all the fingers.

虎爪: 五指张开, 虎口撑圆, 第一、二指关节弯曲内扣。

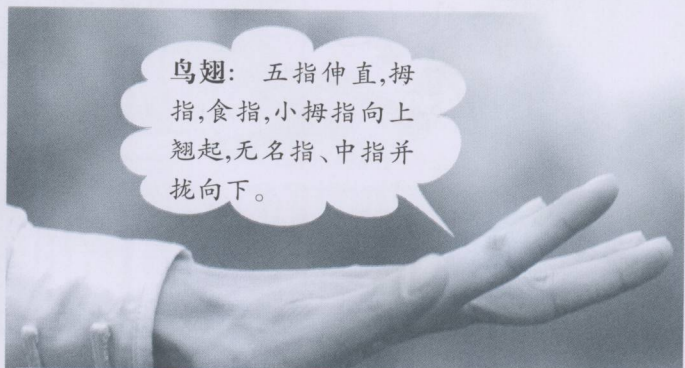


Bear Palm: Bend the five fingers, buckle the thumb on the first joint of the index and middle fingers, keep the area between the thumb and index finger in round shape.



熊掌: 五指弯曲, 大拇指扣压食指、中指的第一个指节上, 虎口撑圆。

鸟翅: 五指伸直, 拇指, 食指, 小拇指向上翘起, 无名指、中指并拢向下。

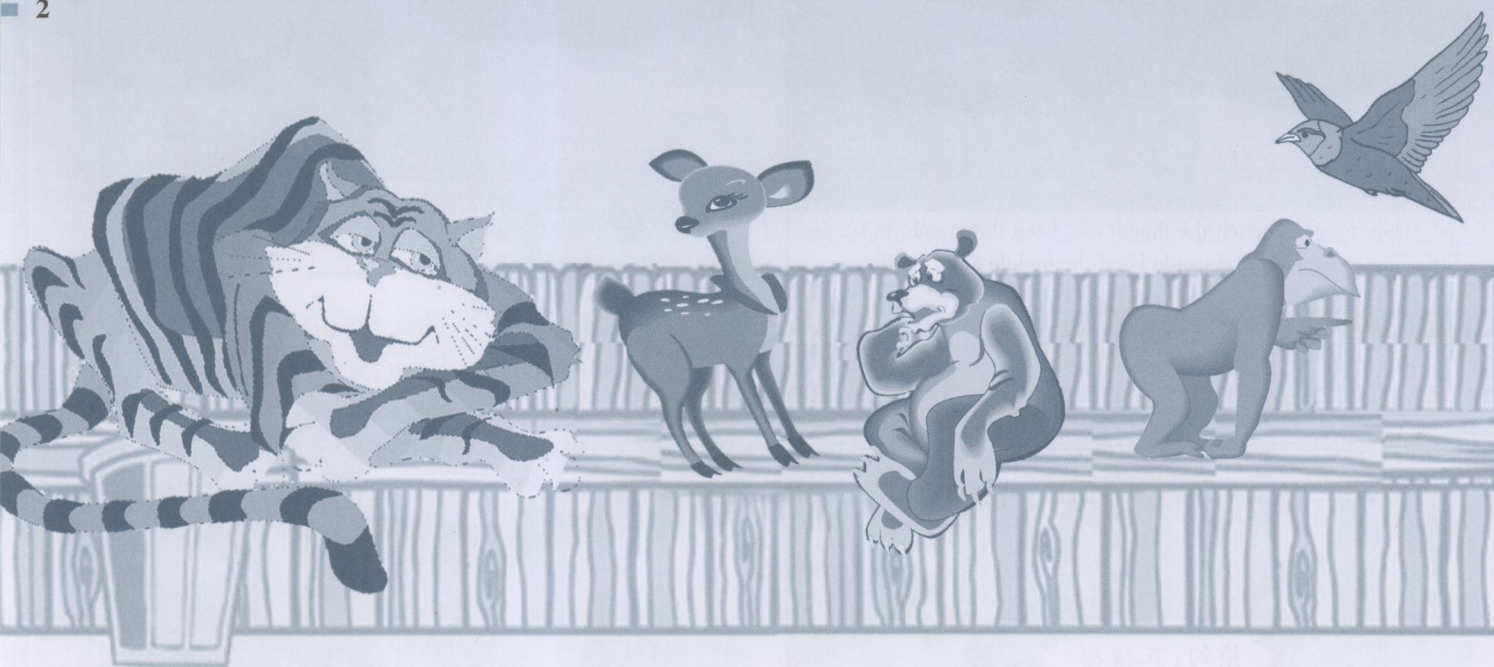


Crane wing: Stretch the five fingers straightly with the thumb, index and little fingers upwards and the ring and middle fingers jointly downwards.

虎戏

Tiger Exercise

2



第一式
虎
窥

Section One
Tiger Glowering



左右开弓

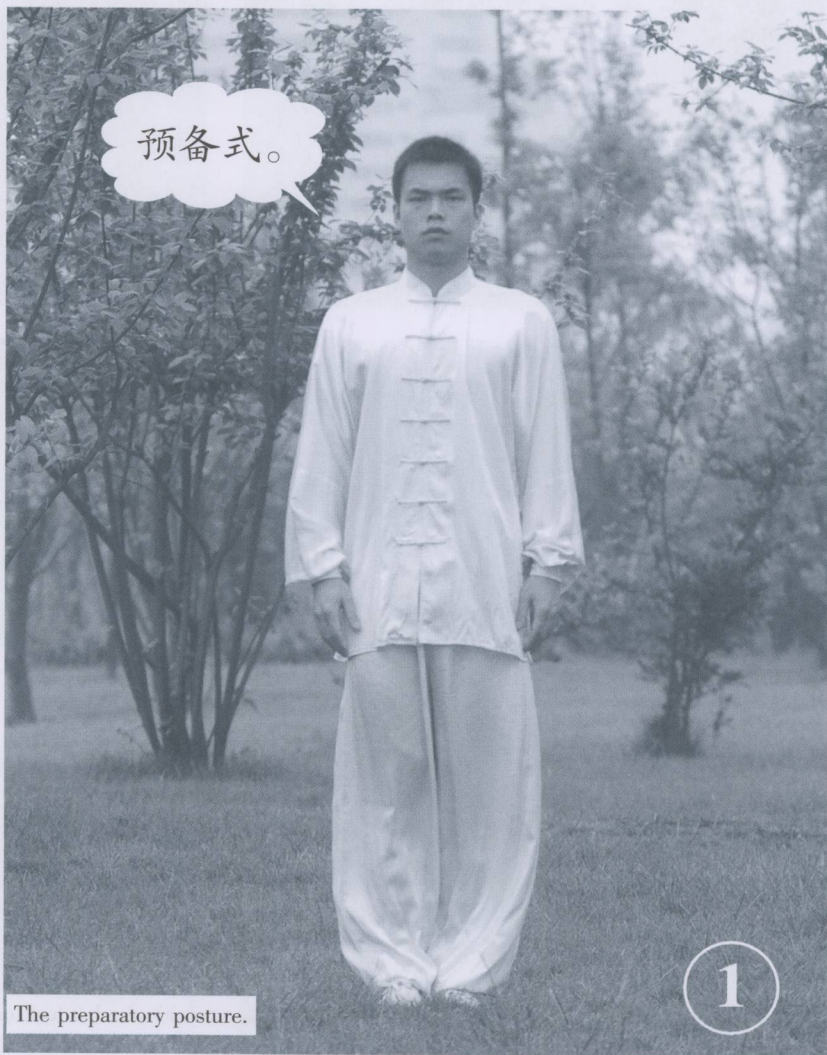
要表现虎的威猛,两掌下按时,意贯虎爪,力达指尖。目光炯炯,虎视眈眈。



练习要点

Key points

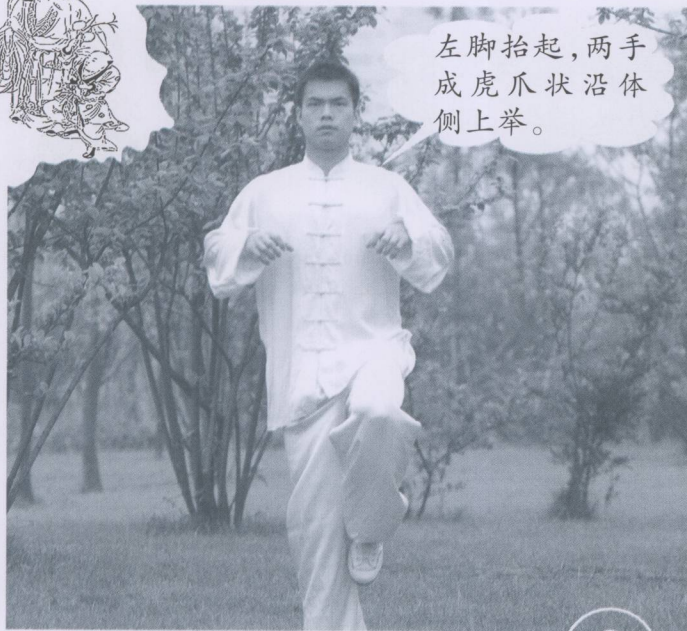
The practitioner should present the fierce of tigers, focus on the tiger-paw-like hands while press down two palms, lead strength to the fingertips and keep bright and staring eyesights.



The preparatory posture.

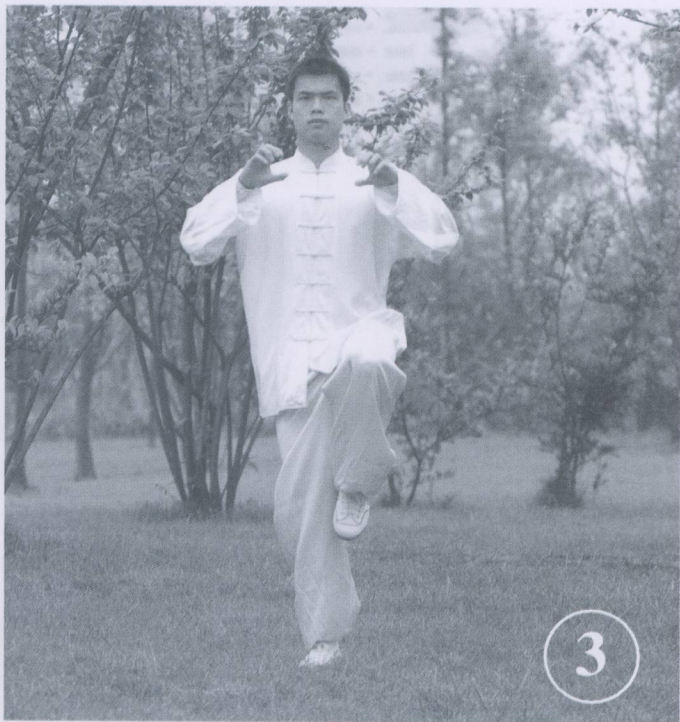


左脚抬起,两手成虎爪状沿体侧上举。

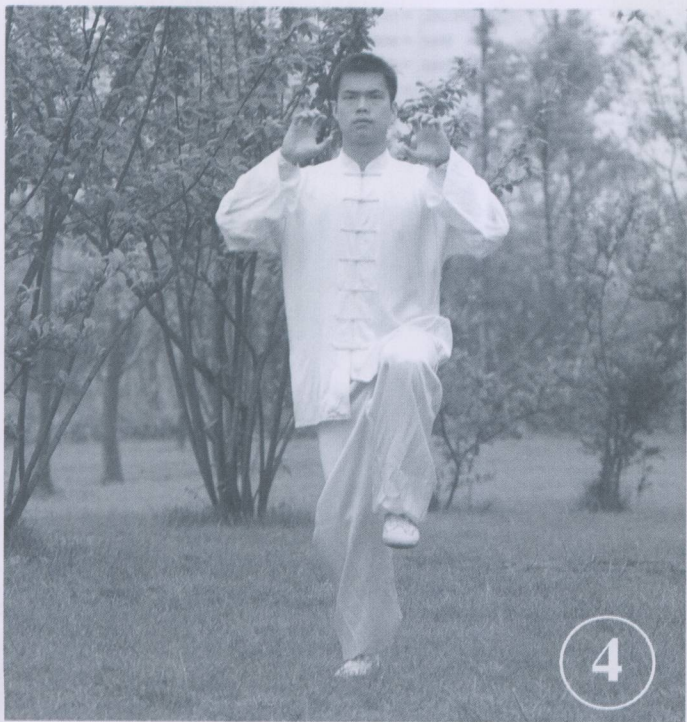


Lift the left foot and hold the hands up with palms like tigers paws.

2

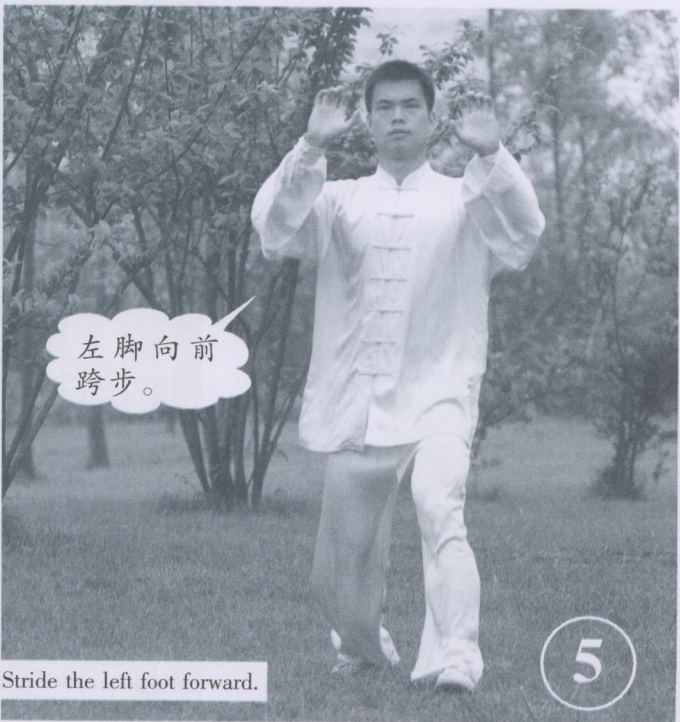


3



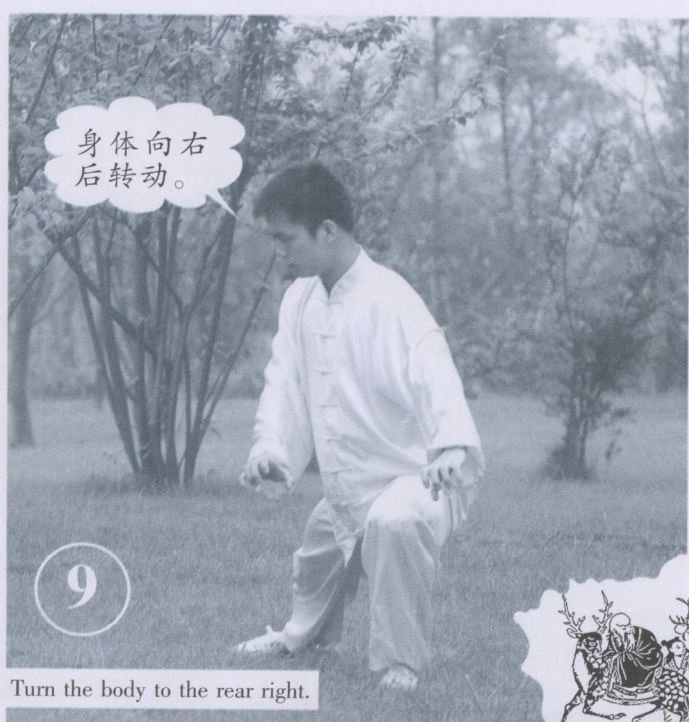
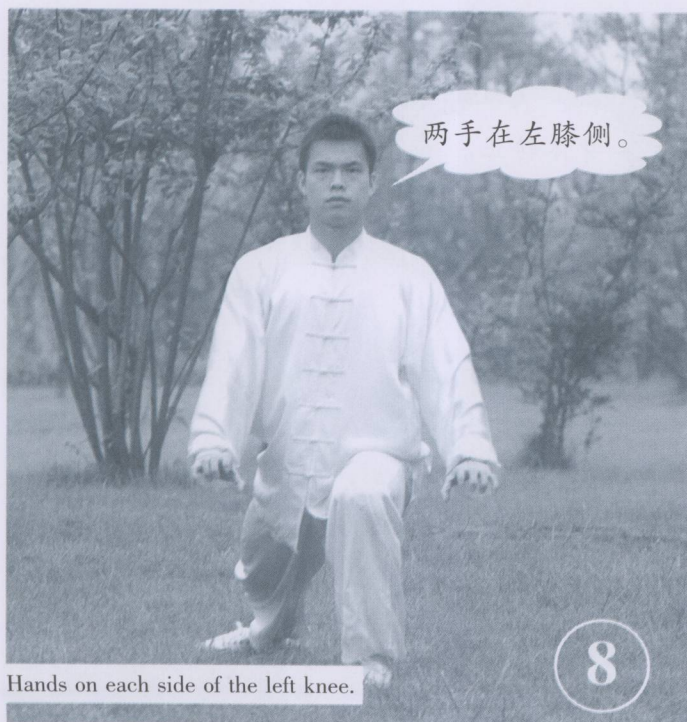
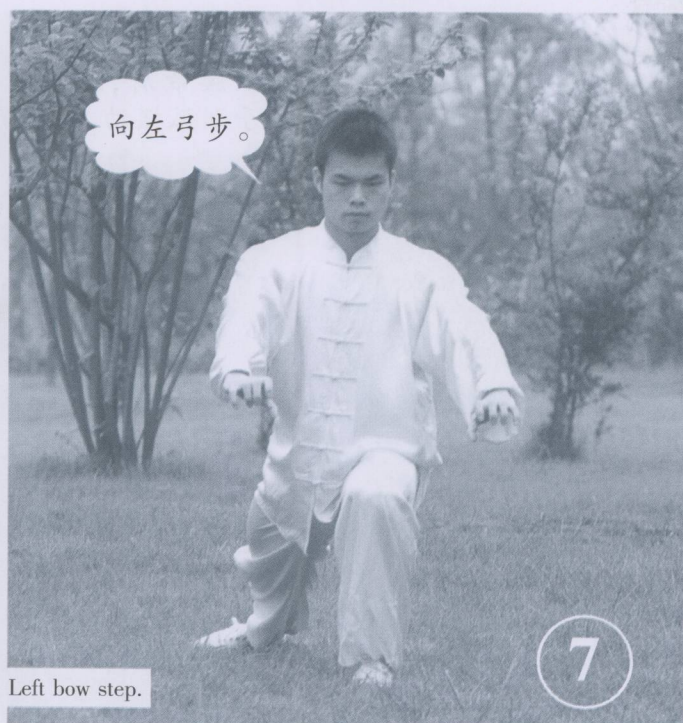
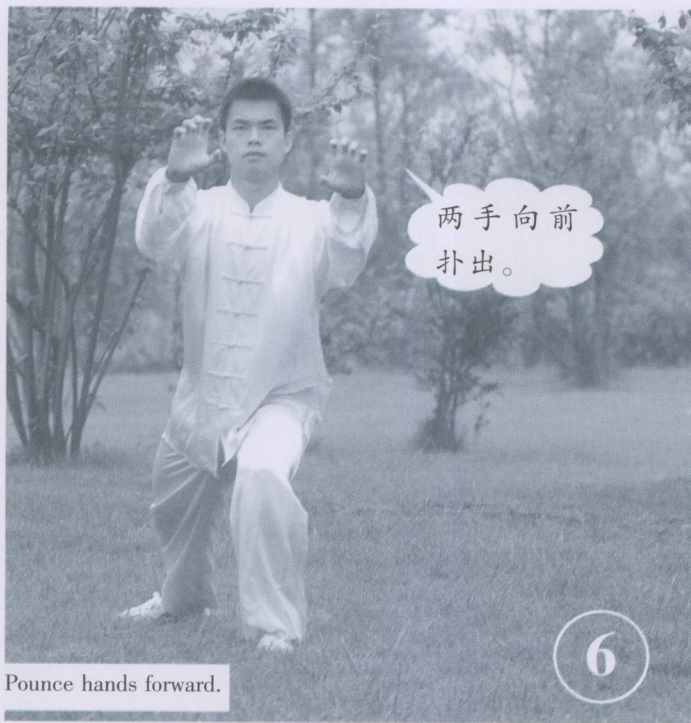
4

左脚向前跨步。



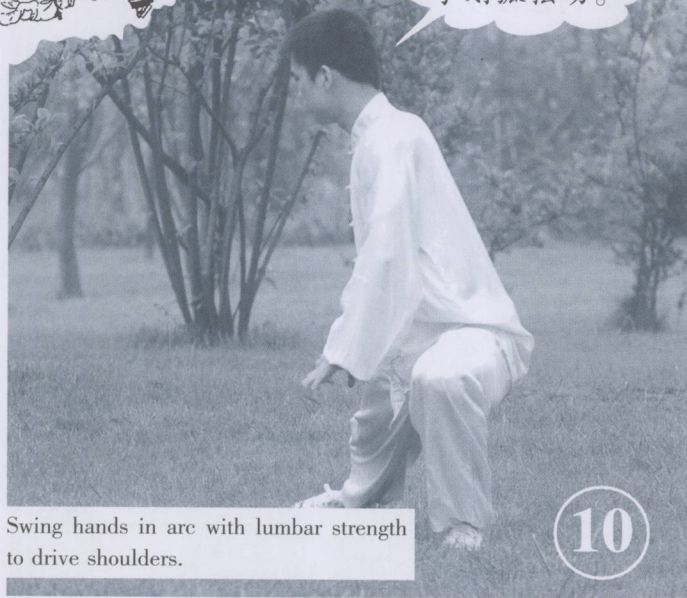
Stride the left foot forward.

5





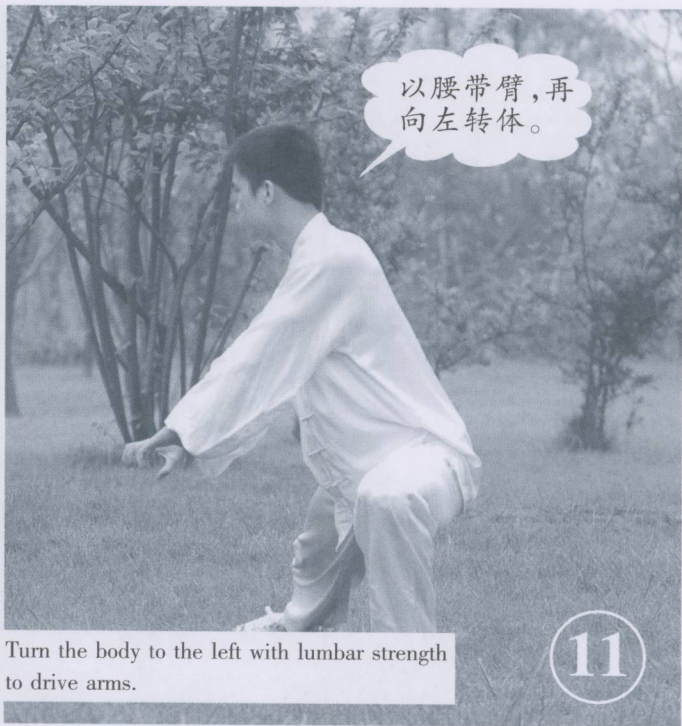
以腰带肩，两
手划弧摆动。



Swing hands in arc with lumbar strength
to drive shoulders.

10

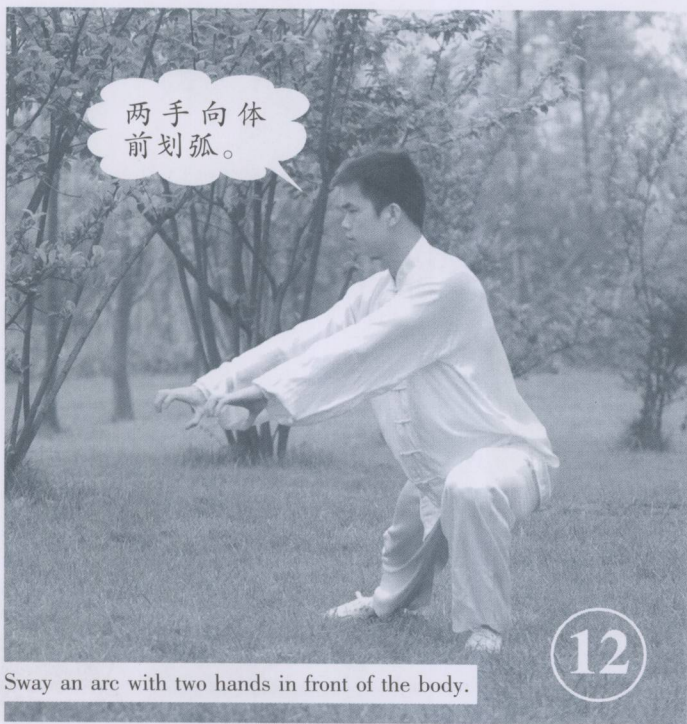
以腰带臂，再
向左转体。



Turn the body to the left with lumbar strength
to drive arms.

11

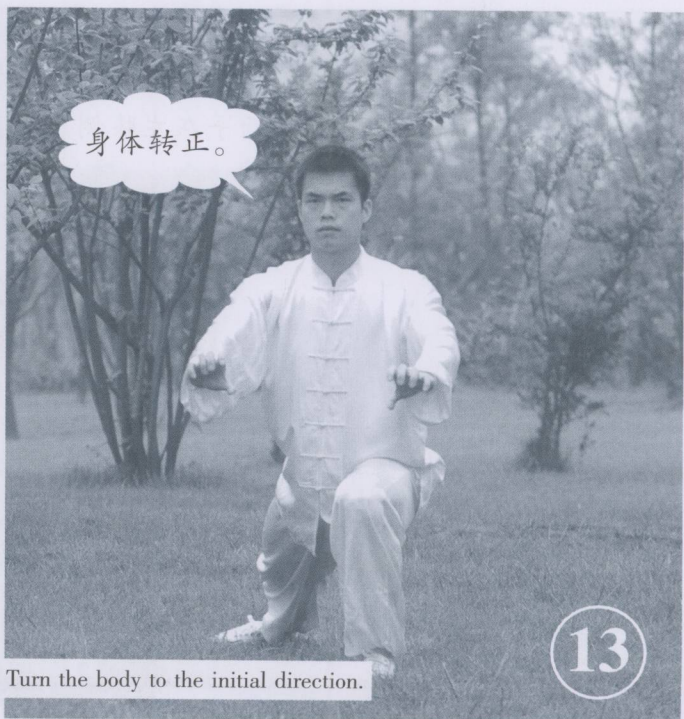
两手向体
前划弧。



Sway an arc with two hands in front of the body.

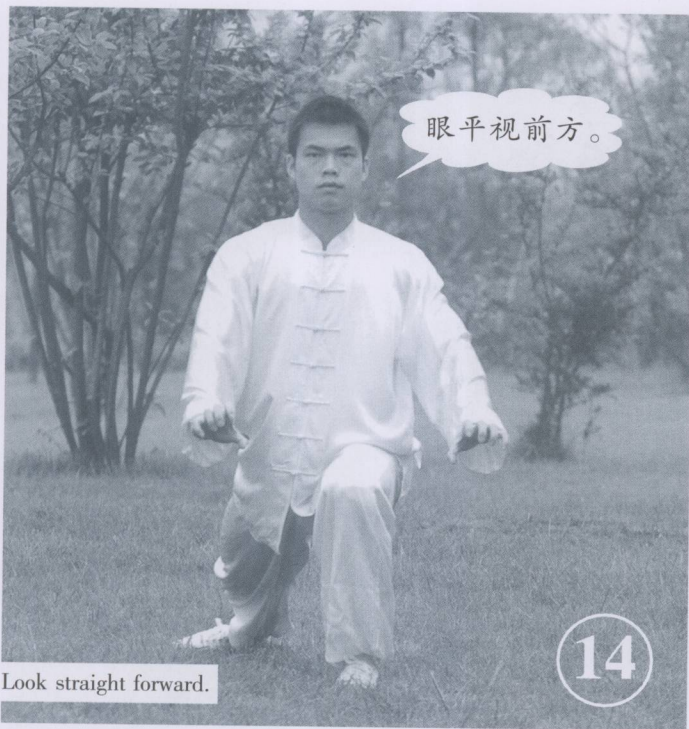
12

身体转正。



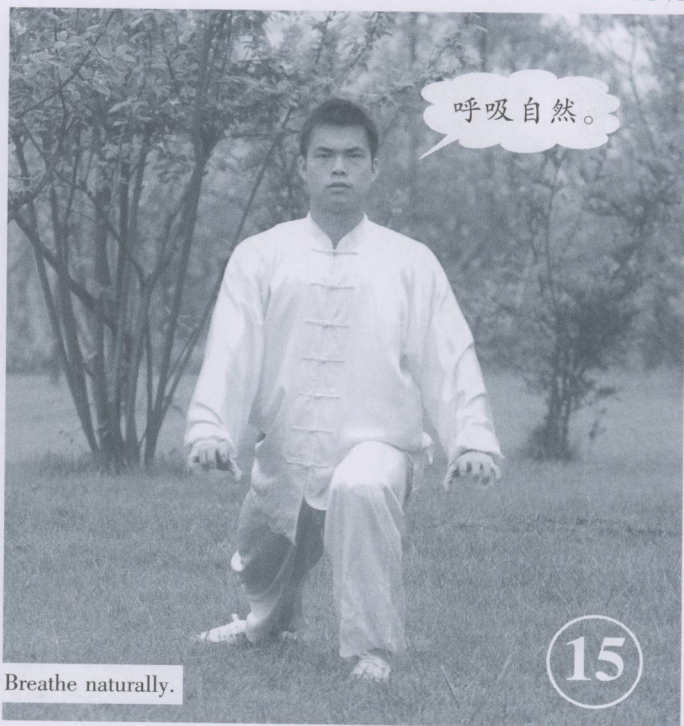
Turn the body to the initial direction.

13



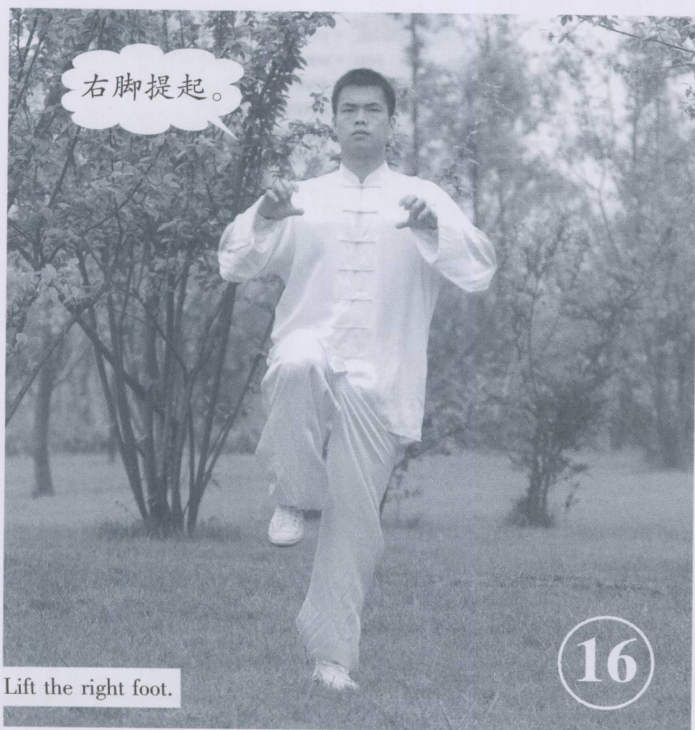
Look straight forward.

14



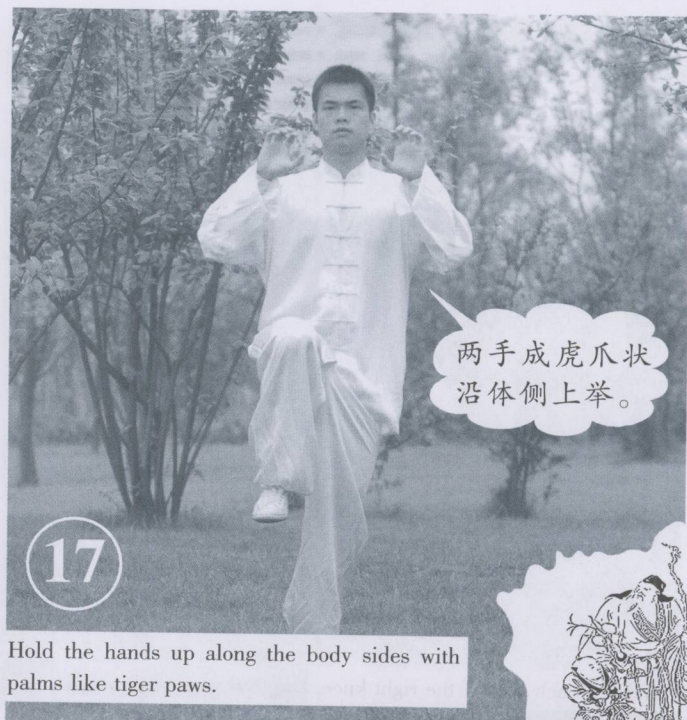
Breathe naturally.

15



Lift the right foot.

16



两手成虎爪状
沿体侧上举。

17

Hold the hands up along the body sides with palms like tiger paws.



