

Heirlooms of Chinese Secret Health-Preserving Skills

中国传世养生绝技丛书

Eight-Section Brocade Exercise

八段锦

【主编 邬建卫 刘 涛 / 主审 范昕建】

四川出版集团 · 四川科学技术出版社

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图书在版编目(CIP)数据

八段锦/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 - 6535 - 0

I. 八... II. 邬... III. 八段锦 - 基本知识 IV. G852.9

中国版本图书馆 CIP 数据核字(2008)第 121475 号

中国传世养生绝技丛书

八 段 锦

主 编 邬建卫 刘 涛
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 5.3 字数 110 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 15.00 元
ISBN 978 - 7 - 5364 - 6535 - 0

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邮政编码/610031 网址:www.sckjs.com



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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。

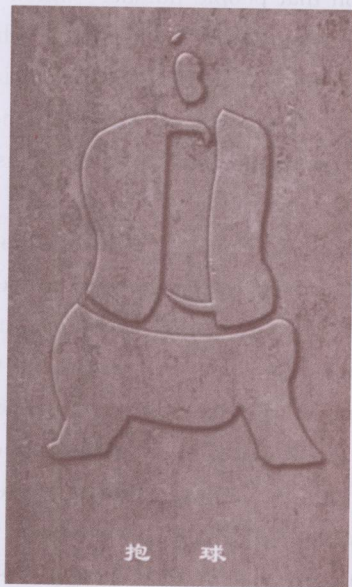
传统运动养生的方式既不受时间、场地、环境的困扰，又不增加练习者的经济负担，历来备受民众的欢迎。古代圣



金鸡独立

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。



抱球

练忠元

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

健康生活,幸福人生,这是千百年来人类追求的共同目标。在历史悠久的祖国传统养生保健学发展过程中,衍生出了许多各具特色、功能各异且健身效果较好的功法和套路,但在众多的套路和功法中,能调整人体呼吸,能调节人体五脏六腑和四肢百骸功能,以达到强身健体、怡养心神、益寿延年、防病治病目的的功法和套路,八段锦无疑是其中功能和效果较好的一种。

八段锦是中华民族自古相传至今的一种健康运动。《中国气功大成》认为八段锦是由唐代的钟离拳所创编,后来魏晋时期著名道士许逊所著书中也记载有八段锦。八段锦的锦字有三层含义,一是从金从钅,金表示贵重物品,钅在古代代表色彩鲜艳的丝织品,这也表示这个练习是比较珍贵华丽的。二是锦代表织锦,织锦的特点是连绵不断的,说明这个联系需要连绵不断地匀速进行。三是锦有集锦的意思,表示八段锦是把前人总结的练习手段和方法进行了提炼的。另外八段锦的“八”字可能和八段锦产生的年代与八卦盛行有关。总而言之,八段锦是由八种如“锦”缎般优美、柔顺的动作组成,更是国术精华之集“锦”。八段锦在现代养生保健生活中具有独特的作用,经常练习八段锦可以达到强身健体、怡养心神、益寿延年、防病治病的效果。前人将每段锦的功能和要领都浓缩成七个字,作为该段锦的名称,简单易记。

本书编者详细地描述了八段锦的功法特点以及动作变换和学习方法,并配以详尽的插图,便于学习和掌握。

本书编委会

Brief Introduction

A healthy and happy life is universally pursued by people in the history. In the long-term development of Chinese health-preservation methods, numerous qigong and routines of unique effects evolved into being. However, among them BaDuanJin (Eight-Section Brocade Exercise) undoubtedly ranks the highest by adjusting the respiration and functions of all organs and achieving the effect of strengthening the body, tranquilizing the mind, maintaining longevity and warding off diseases.

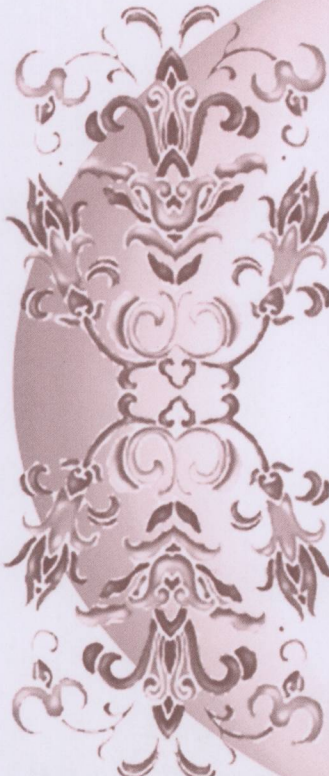
BaDuanJin is a healthy sport passed down from generation to generation by Chinese nation. As Compendium of Chinese Qigong (Zhongguo Qigong Daquan) holds, it was composed by Zhong Liquan in Tang dynasty. It was also collected in a book of a famous Taoist priest and health-preservationist Xu Xun in Wei and Jin dynasties. The character "Jin" can be explained in three ways: 1. Jin refers to gold and exquisite embroidery which reflects the preciousness and luxury of this exercise; 2. Jin indicates weaving silk which features successiveness. It indicates that this exercise requires to be practiced successively in the same speed. 3. Jin means collections or compendium. BaDuanJin summarized the exercises and routines practiced by predecessors. "Ba" probably indicates the relation between its time of origin and the prevalence of "Ba Gua" (eight diagrams) at that time. Altogether BaDuanJin is a compendium of Chinese qigong consisting eight exercises as elegant and smooth as silk. It plays a unique role in health-preservation for people in modern society by strengthening the body, tranquilizing the mind, maintaining longevity and warding off diseases if it's practiced frequently. Our forefathers abbreviated the functions and key points of each section to seven Chinese characters to name each of them and make them simpler to remember.

This book not only elaborates upon the characteristics, movement alternation and learning methods, but also collects illustrations for the convenience of its practitioners.

Editorial board of Eight-Section Brocade Exercise

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两手上托，掌根用力上顶，腰部充分伸展，精神集中，意守丹田。



练习要点

Key points

Lift up the two arms with the palm heels propping up strongly, fully stretch the waist and the back, keep the spirit in the lower abdomen with concentration.

第一式

两手托天理三焦

Section one

Holding the Hands High

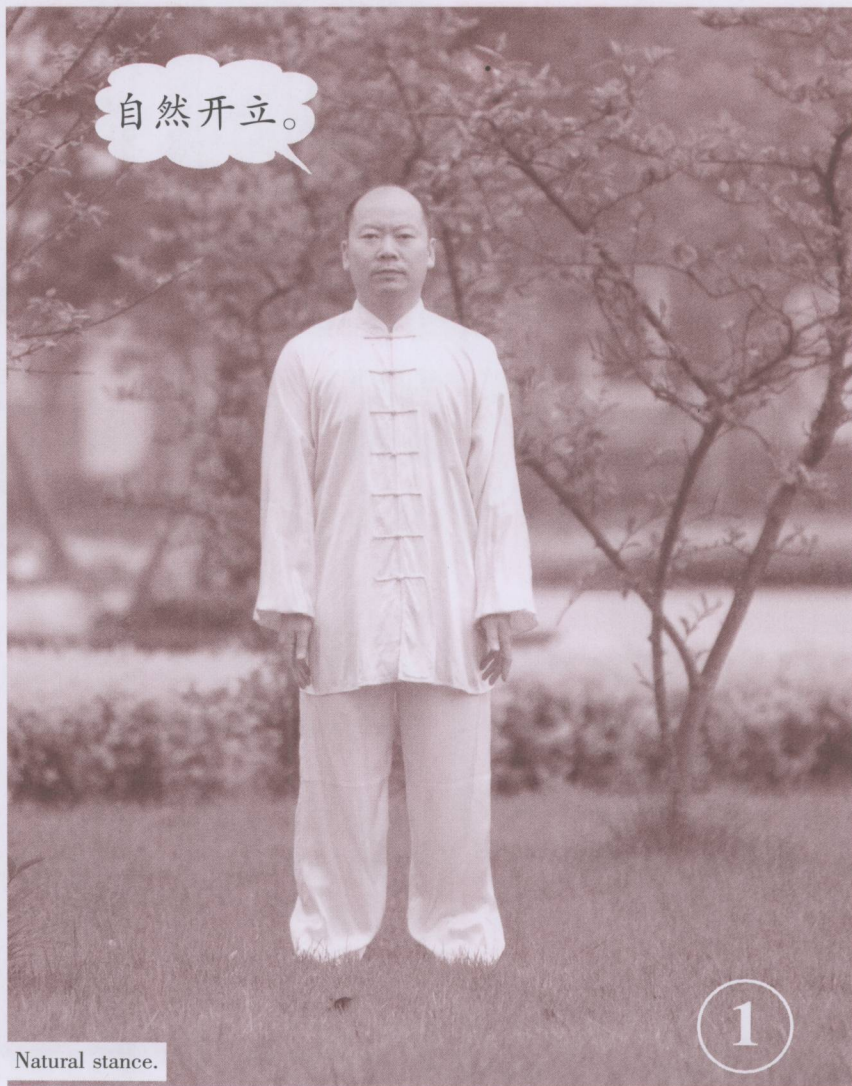
With palms up to

Regulate Sanjiao



金鸡独立

自然开立。



Natural stance.

1



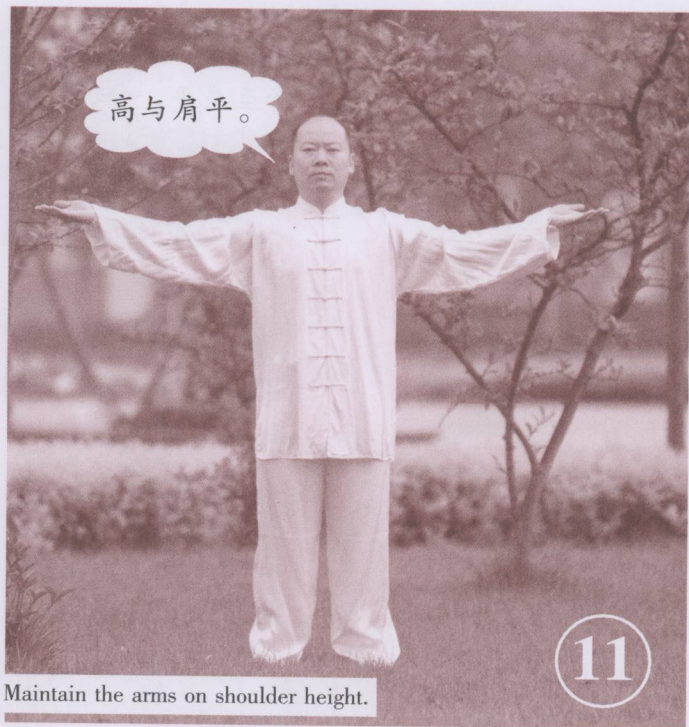
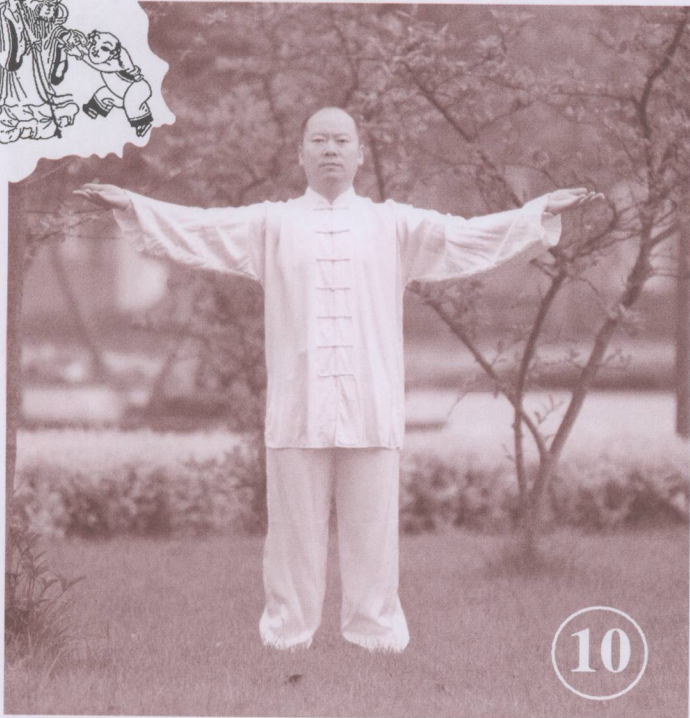
两手向前
抬起。



2 Raise hands forward.





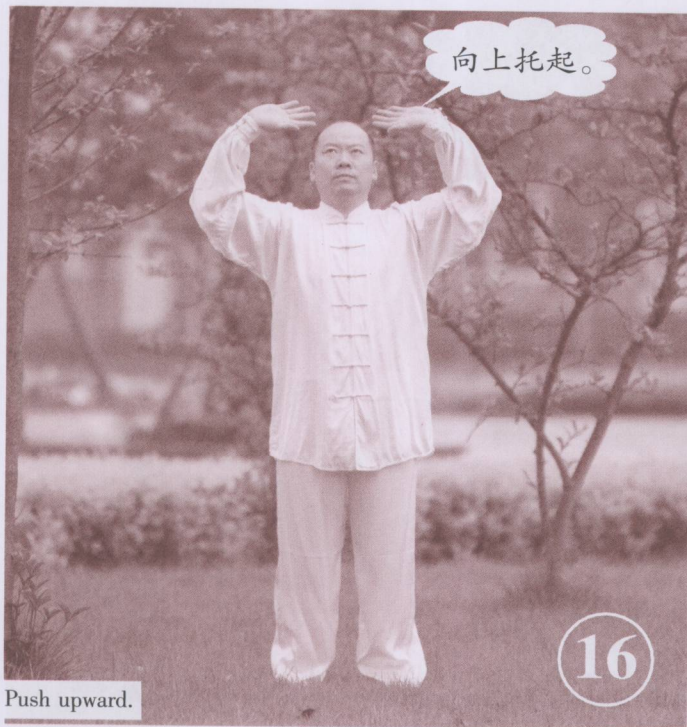
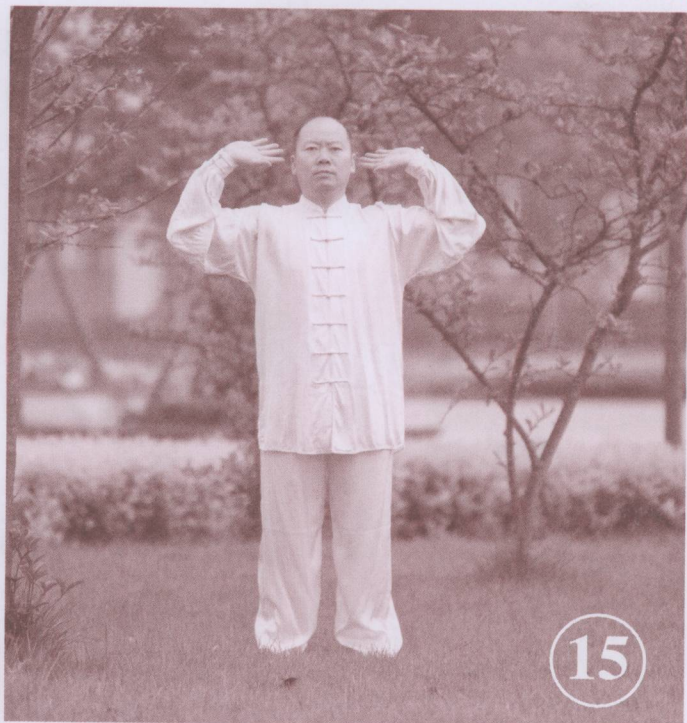
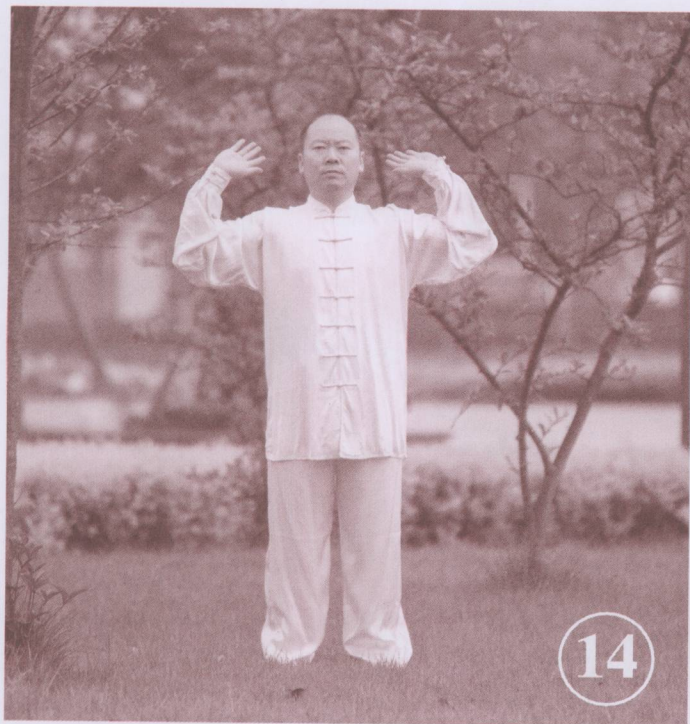


Maintain the arms on shoulder height.



Move both hands in circles to the ears.



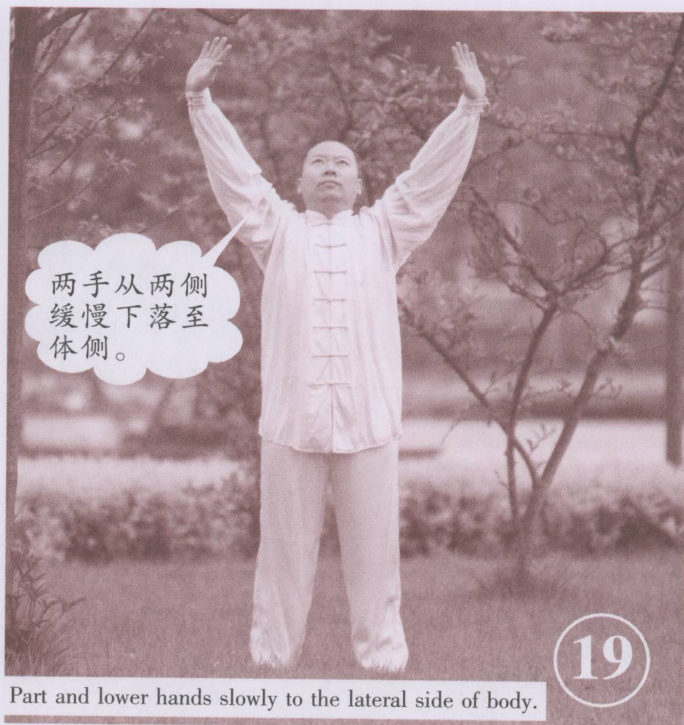


Push upward.

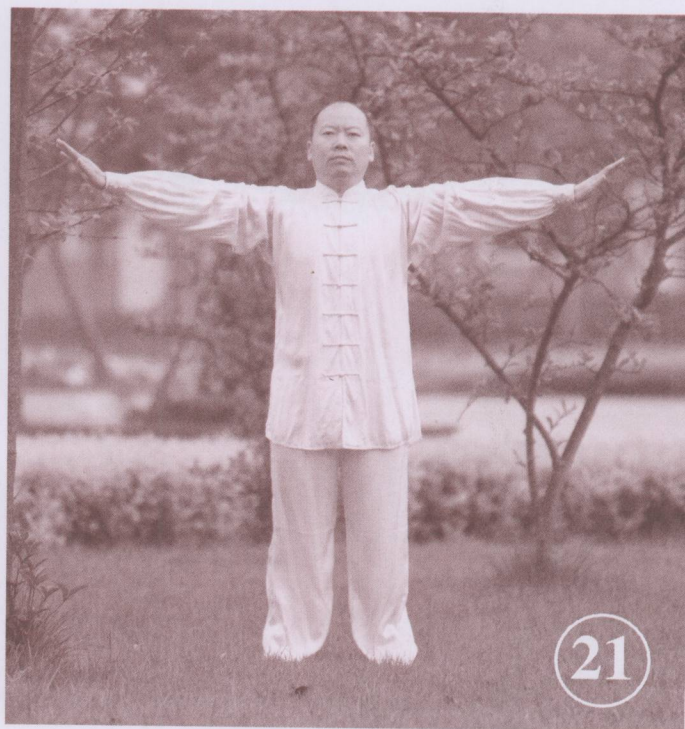
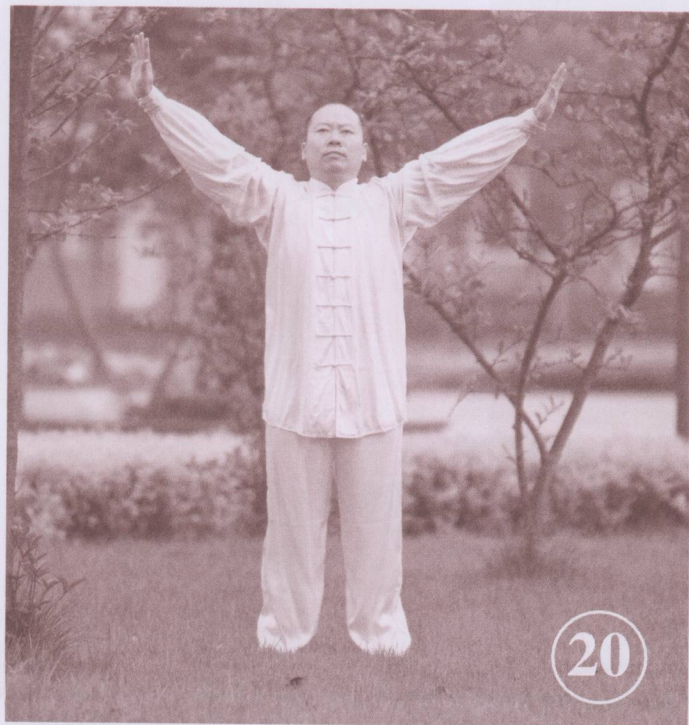


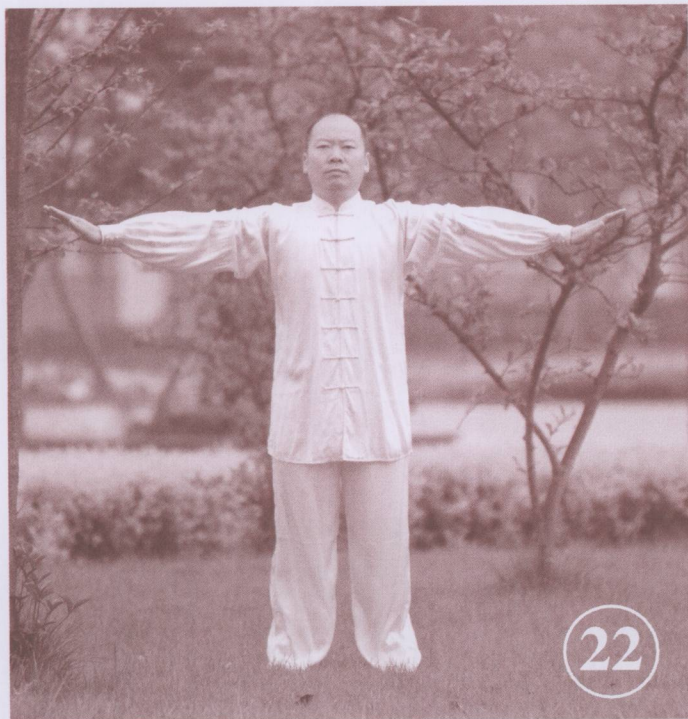


6 Eyes look upward while raising heels.



Part and lower hands slowly to the lateral side of body.







8



抱球

