

Serial Bilingual Courses for Physical Education  
Courses Development Project of the Capital Institute of Physical Education

体育专业课程双语系列教材

首都体育学院教材建设项目

# 武术运动

## 英汉双语学与练

Learn and Practice Wushu  
Bilingual Instructions  
In English And Chinese

孟 涛◎主编



北京体育大学出版社

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# 编写说明

双语教学是将母语外的另一种外国语言直接应用于非语言类课程的教学,并使外语与学科知识同步获取的一种教学模式。为加强高等教育本科教学,提高人才培养质量,教育部开展了“双语教学示范课程”的评选工作,作为“高等学校本科教学质量与教学改革工程”中重要项目之一。

经过几年的推广,双语教学已经从局部有限范围的点上的“个别试验”推向一定范围的面上的“群体试验”。目前,双语教学在高等教育中日益发展,但由于双语课程还处于建设阶段,所以该领域中的教师、学生和研究人员越来越迫切需要全面的、系统的双语教材。

针对体育院校双语教学的实际,不断满足教师和学生对语言简洁、内容充实的教材迫切需要的现状,更好地适应高等教育国际化趋势发展的需要,鼓励教师深化教育教学改革,促进双语课程教材建设,提高双语教学水平,首都体育学院特组织编写并资助出版体育专业课程双语系列教材,本套系列教材的参编教师多年来从事体育专业课程教学工作,并在北京市教委的专项经费支持下在国外进行了双语教学的学习和研究,教材在多轮双语课程的教学中使用,获得学生的广泛好评。这套系列教材提供了适量、丰富的外文资料,融外语与学科知识教学于一体,主要涉及体育专业课程中篮球、武术、田径、体育社会学、奥林匹克教育、健康促进等课程,注重理论与实践的结合,内容实用、层次分明、语言流畅,具有时代性和实用性。本套教材可以作为体育专业双语课程的教学用书,也可以作为体育教师、体育专业学生、体育工作者及有关人士的参考用书。

在编写过程中,教材内容参考了国内外大量资料,并作了部分摘引,在此向作者表示感谢,教材中不完善之处,敬请专家学者予以指正。北京体育大学出版社对本套系列教材的出版给予了大力支持,深表谢意。

首都体育学院  
2009年8月8日

# Compiling Illustration

Bilingual Teaching is a teaching method to apply a foreign language to the teaching of Non – language courses so that the foreign language as well as the subject knowledge will be learned synchronously. In order to enforce the undergraduate education and improve the quality of personnel training in higher education , the Ministry of Education has initiated a selecting activity of " Demonstration Courses of Bilingual Teaching" , which is a part of much importance in "the Project of Undergraduate Teaching Quality and Reform in Colleges and Universities" .

With some years of experimental teaching , Bilingual Teaching has achieved a great advancement from " Limited Range" in a few education units to " Extended Range" in far more colleges and universities. As Bilingual Teaching has been increasingly developing in higher education , and relevant curricula are still under construction , an urgent need for comprehensive and systematic bilingual teaching materials has been long facing the teachers , students and reseachers in the respect.

Aiming at the current teaching situation in Institutes of Physical Education , a series of bilingual teaching mateirals are compiled and sponsored by the Capital Institute of Physical Education to meet teachers' and students' insistent need for consice language and abundant contents and encourage the teachers to deepen the bilingual teaching reform as to adapt to the international trend of higher education.

Teachers who take part in compiling the serial teaching materials have been undertak-

ing in physical education for years and have studied bilingual teaching abroad under the special financial support from Beijing Education Department. The teaching materials have been applied to bilingual courses in successive semesters and are extensively welcomed by students. The teaching materials provide appropriate but abundant foreign materials to reasonably connect foreign languages with subject knowledges, mainly referring to basketball, Wushu, track and field, sociology of Physical Education, Olympic education, health promotion, etc. The serial materials, with practical contents, clear arrangement, fluent language, and good combination of theories and practice, can be used as teaching materials for bilingual courses in Physical Education and also can be chosen as reference books for teachers, students, specialists and related personnel in physical education.

Most sincere thanks go to the authors of tremendous amount of foreign materials which are referred to and cited in the process of compiling. Criticism and correction to the insufficiency of the teaching materials from experts and scholars are earnestly welcomed. Sincere thanks also go to Beijing Sport University Press for the substantial support to the publication of the serial teaching materials.

The Capital Institute of Physical Education

August 8th, 2009



# 前言

## Preface

自 20 世纪 80 年代电影《少林寺》问世以来,中国武术逐步风靡世界,大量外国人通过各种途径到中国学习中国武术和寻根问祖,求访中国武术真谛。

什么是中国武术?什么是武术运动?以什么样的方式和内容介绍、推广武术是一个值得研究的重要课题。中国武术是中华优秀传统文化宝库中的奇葩,也是宣传中华优秀传统文化的重要载体之一。如何通过中国武术准确的向世界各国朋友宣传中华文明,推动武术运动健康发展,是我们编写这本武术双语教材的初衷。

本书共分五章:武术运动概述、主要拳种介绍、基本功与基本动作、武术套路选编和搏斗运动。

武术运动概述一章从武术的起源与发展、武术的特点与作用、以及武术的文化理念等方面对中国武术进行了学术论证,明确了武术的概念,武与术是两个概念,武是武,术是术。把武和术连在一起组成新词“武术”,并成为一个属于体育文化范畴的“武术”名词,始于晚清。

在概述基础上介绍了主要拳种。武术拳种纷纭、流派众多,不同拳种有不同的拳术和器械套路。本教材根据教学的需求对流传较广且具有代表性的、教学中常用的长拳、太极拳、南拳、形意拳、八卦掌、八极拳、翻子拳、螳螂拳等拳种进行了简要介绍。

拳术是在基本功与基本动作基础上完成的。基本功与基本动作是指武术技术动作和练习方法,通过基础练习,可使身体各部位得到较全面的训练,较快地发展武术专项身体素质,还可以有效地防止和减少练习过程中因动作不规范造成的对身体的伤害,为学习武术技术和提高演练水平打下良好的基础。本教材主要对长拳的基本手型、手法、步型、步法、平衡、腿法、跳跃等内容进行简要介绍。

套路选编一章对前面章节中介绍的主要拳种进行了套路的编创,所有的套路都是经过编写组认真讨论定稿的。套路短小精悍、易学易练,并能够充分体现各拳种的风格特点。

搏斗运动包括散打、短兵和推手,本教材从概说和运动特点等方面对这几个项目作了简单的介绍。

本教材动作示范主要是由首都体育学院武术教研室教师完成的,其中包括全运会男子长拳冠军赵庆建,亚洲锦标赛女子太极拳冠军杨静,以及丁传伟、李艳荣等武英级运动员。本教材还特聘了全国男子南拳冠军卡力进行南拳动作的示范。所有教师都具有多年的本科和留学生对外教学实践经验,保证了教材的准确性、实用性、针对性和规范性等特色。

本教材适用于民族传统体育专业学生、武术选修课学生、外国留学生及各类武馆武校教练员、运动员选用。

本教材是首都体育学院教材建设项目,在编写过程中得到了院各级领导的支持与帮助;本教材能够得以顺利完成还离不开著名武术前辈、金牌教练吴彬先生,民族传统体育学著名学者苏学良先生的精心指导;美籍专家裴康凯先生协助审阅了本书的英文部分;以及为本书付出辛勤劳动的各位朋友,在此一并表示诚挚的感谢。

Since the movie "Shaolin Temple" from 1980s, Chinese Wushu has become more and more popular all over the world. A lot of foreigners have come to China to seek the true essence of Chinese Wushu.

What is Chinese Wushu? What is Wushu Sports? How and what to introduce and promote Chinese Wushu is an important topic worth studying. Chinese Wushu is an amazing part and the carrier of traditional Chinese culture. How to introduce Chinese culture to friends from all over the world through Wushu and promote the development of Wushu is the prime purpose of this book.

This book has five chapters; the introduction of Wushu, the introduction of main sorts of Quan, basic skills and movements, Wushu routines and wrestling sports.

The chapter of the Introduction of Wushu discusses the origin and development of Wushu, its characters, functions and culture. Wu and Shu are actually two concepts. Wu means military which is the opposite of literary; shu means skills and methods. The word Wushu has gotten the meaning of sport culture since the late Qing Dynasty.

After the introduction this book introduces main sorts of Quan. There are many sorts of Quan in Wushu. Different sorts of Quan have different Quanshu routines and weapon routines. According to the demand of teaching, this book introduces sorts of popular and practical Quans: Changquan, Taijiquan, Nanquan, Xingyiquan, Baguazhang, Bajiquan, Fanziquan and Tanglangquan.

Basic skills and movements are the base of Quanshu. Basic skills and movements re-

fer to the movements and practice methods of Wushu. Basic practice trains all parts of the body, develops Wushu skills and reduces hurts from false practice. It also lays the foundation for learning Wushu skills and raising the practice level. This book introduces basic hand forms, hand techniques, step forms, step techniques, balance, leg forms and jumping skills.

The chapter of routines introduces the creation of routines of main Quans. All routines are discussed by the editing committee. Routines are short and easy to learn and reflect different styles of Quan.

Fighting sports includes Sanda, short weapons and pushing hands. This book briefly introduces these items.

The teachers from the Wushu Research Office at Capital Institute of Physical Education demonstrated key actions, such as Zhao Qingjian, the Changquan champion of National Sports Meeting, Yangjing, the Taijiquan champion, from Asian Championships and Ding Chuanwei and Li Yanrong, Wuying grade athletes. We also invited Ka Li, the Nanquan champion to demonstrate the movements. All teachers are experienced enough to guarantee the accuracy, practicalness, and standardization of this book.

This book is suitable for students of national traditional sports major, students who take Wushu optional class, foreign students and Wushu coaches and athletes.

This book is a project of Capital Institute of Physical Education. Leaders from all levels have supported and helped us during the writing. The book cannot be finished without the help from Mr. Wubin, a senior Wushu coach and Mr. Su Xueliang, a famous scholar of national traditional sports. Mr. Christopher Pei, an American expert checked the English part of the book. We hereby express our appreciation to all friends for their painstaking effort.

# 目 录

## Contents

### 第一章 武术运动概述

Chapter 1 Introduction of Wushu .....	(1)
第一节 武术的起源和发展	
Section 1 The Origin and Development of Wushu .....	(1)
第二节 武术的特点与作用	
Section 2 Wushu's Characteristics and Functions .....	(9)
第三节 武术运动的内容与分类	
Section 3 The Content and Types of Wushu .....	(14)
第四节 武术运动的文化理念	
Section 4 Wushu's Cultural Ideology .....	(16)

### 第二章 主要拳种介绍

Chapter 2 Introduction of Main Sorts of Quan .....	(23)
第一节 长 拳	
Section 1 Chang Quan .....	(23)
第二节 太极拳	
Section 2 Taiji Quan .....	(31)
第三节 南 拳	
Section 3 Nan Quan .....	(48)
第四节 形意拳	
Section 4 Xingyi Quan .....	(51)
第五节 八卦掌	
Section 5 Bagua Zhang .....	(53)

第六节 八极拳	
Section 6 Baji Quan .....	(57)
第七节 翻子拳	
Section 7 Fanzi Quan .....	(59)
第八节 螳螂拳	
Section 8 Tanglang Quan .....	(61)
第三章 武术基本功和基本动作	
Chapter 3 Basic Techniques and Movements .....	(65)
第一节 手型手法练习	
Section 1 Exercise of Hand Forms and Hand Techniques .....	(65)
第二节 步型步法练习	
Section 2 Exercise of Step Forms and Step techniques .....	(69)
第三节 平衡练习	
Section 3 Balance Exercise .....	(73)
第四节 腿法练习	
Section 4 Exercise of Leg Techinques .....	(76)
第五节 跳跃练习	
Section 5 Jumping and Leaping Exercise .....	(81)
第四章 套路选编	
Chapter 4 Taolu (Routine) Selection .....	(87)
第一节 基础长拳	
Section 1 Basic Chang Quan .....	(87)
第二节 太极拳(二十四式太极拳)	
Section 2 Taiji Quan(24-form Taiji Quan) .....	(107)
第三节 南拳	
Section 3 Nan Quan .....	(130)
第四节 形意拳——五形连环拳	
Section 4 Xingyi Quan—Wuxing Lianhuan Quan .....	(148)
第五节 八极拳	
Section 5 Baji Quan .....	(156)

第六节 八卦掌——基础八掌	
Section 6 Bagua Zhang—Basic Eight Palm Forms of the Bagua Zhang .....	(172)
第七节 翻子拳	
Section 7 Fanzi Quan .....	(182)
第八节 螳螂拳	
Section 8 Tanglang Quan .....	(198)
 第五章 搏斗运动	
Chapter 5 Fighting Sports .....	(214)
第一节 散打	
Section 1 Sanda .....	(214)
第二节 太极推手	
Section 2 Taiji Pushing Hands .....	(217)
第三节 短兵	
Section 3 Short Weapons .....	(220)
 参考文献	
Bibliography .....	(226)

# 第一章 武术运动概述

## Chapter 1 Introduction of Wushu

### 第一节 武术的起源和发展

#### Section 1 The Origin and Development of Wushu

##### 一、武术的概念

##### The definition of Wushu

从常识上讲:武与术是两个概念,武是武,术是术。“武泛指干戈军旅之事,与文相对。”术是技术、手段、方法。早期文献中常见的有“拳术”“剑术”和“枪术”等内容。“武术”一词在现今史料中最早出现在南朝宋的太子舍人,颜延之的四言诗中:“偃闭武术,阐扬文令。庶士倾风,万流仰镜。”意思是“废止武术,促进文学。使百姓佩服,大家仰慕好榜样”。但文中的“武术”是指军事,而不是指今天具有技艺技能的武术运动。把武和术连在一起组成新词“武术”,并成为属于体育文化范畴,并包含多种价值功能的技艺名称的“武术”名词,始于晚清。新中国成立后至今沿用了“武术”一词,“武术”这一称谓基本上被固定下来。

从20世纪30年代开始有关学者对武术概念就进行了理论研究。20世纪30年代初武术被称之为国术,其概念为:“国术原我国民族固有之身体活动方法,一方面可以供给自卫技能,一方面可作锻练体格之工具。”40年代国术被称为武术,其概念为:“所谓民族体育者,即我国固有之武术也……不独在运动上具相当之价值,且对于自卫上有显著之功效。”50年代在研究讨论武术概念时,增加了健身、技击、艺术内容,并强调了教育功能。60年代在中国高等体育院校本科讲义《武术》中把武术概念确定为:“武术是拳术、器械套路和有关的锻炼方法所组成的民族形式体育。它具有强筋壮骨、增进健康、锻炼意志等作用,也是我国具有悠久历史的一项民族文化遗产。”进入70年代末高校体育院系《武术》教材修定为:“武术是以踢、打、摔、拿、击、刺等攻防格斗动作作为素材,按照攻守进退、动静疾徐、刚柔虚实等矛盾相互变化的规律编成徒手和器械的各种套路。它是一种增强体质、培养意志、训练格斗技能的民族

形式的体育运动。”到了1983年高校体育院系《武术》教材又对武术概念作了新的补充,除保留了:“武术,是以踢、打、摔、拿、击、刺等攻防格斗动作为素材,按照攻守进退、动静疾徐、刚柔虚实等矛盾相互变化的规律编成徒手和器械的各种套路。”此外,又补充了“或在一定条件下遵照一定的规则,两人斗智斗力,形成搏斗,以此来增强体质、培养意志、训练格斗技能的体育运动”。1988年12月在北京召开了全国武术专题研讨会,会上对武术概念重新做出定义:“武术是以技击动作为主要内容,以套路和格斗为运动形式,注重内外兼修的中国传统体育项目。”90年代后出版的有关武术书籍大多数都沿用了这一概念。2003年8月由高等教育出版社出版的高等学校教材《中国武术史》一书中把武术概念界定为:“武术是以技击动作为主要内容,以套路和格斗包括功法练习为活动形式,注重内外兼修的中国传统体育项目。”此界定符合逻辑学要求并拓宽了定义范围,确定了武术的文化定位和文化特征、明确了武术的内在属性。

在不同的历史时期人们对它的认识也不尽相同,这是因为武术在发展的过程中,不但表现出它的历史延续性、阶段性,而且也会由于人们认识水平的限制表现出不稳定性。从历史与逻辑相统一的观点来看,武术的概念应该是一个不断发展和动态的变化过程。武术的内容、形式和价值功能的不断变化,以及不同的社会环境和不同认知水平差异等因素的存在,人们在对武术的概念定义时也就出现了不同的表述。从一个侧面反映了中华民族文化的光彩。

Wushu, or Chinese Martial Arts, actually composes of two concepts, Wu and Shu. Wu means military, and Shu refers to techniques, means or methods. There is content about “Quanshu (boxing skills)”, “Jianshu (sword skills)”, and “Qiangshu (spear skills)” in early bibliography. The earliest mentioning of the word Wushu is in a poem by Yan Yanzhi of the Song Kingdom of the Northern and Southern Dynasty (A. D. 420 – 479), which says “Discontinue Wushu; promote literacy; make everyone admire you as a good example.” But the “Wushu” here means military, not Martial Arts as a sport. Only since late Qing Dynasty has the word “Wushu” become a sport term which contains various meanings. The word “Wushu” has been used since the PR China was established.

Since the 1930s scholars have done some theoretical research upon the concept of Wushu, which was called Guoshu and was conceived as “the exclusive body exercise and health training method of our nation”, “a skill of self-protection, and a tool of body exercise.” In the 1940s Guoshu was called Wushu, the definition was “the national physical education and an exclusive style of sport of the Chinese nation… It is rather valuable



in sports training, and significantly effective in self protection.” In the 1950s, health training, attacking and defending, and arts were added to the content of Wushu, and the educational function was emphasized. In the 1960s, the undergraduate teaching materials of Wushu in sports institutions of higher learning defined Wushu as “national style of sport of the combination of Quanshu, Apparatus routine (Taolu), and other related training methods which build strength, make the body healthy and build willpower”, and a “national culture heritage with a long history.” In the late 1970s the Wushu teaching material of sports departments of the institutes of higher learning were modified, defining Wushu as “various bare-hand and apparatus Taolu (routines) of Ti, Da, Shuai, Na, Ji, Ci, etc. , edited in accordance with the contradictory and mutual convertible rules of attacking and defending, advancing and retreating, movement intense and stationary, fast and slow, strong and soft, hollow and solid. Some use weapons and some use only bare hands.” In 1983 some aspects of the definition have been added as “based on certain conditions and rules: two people fight a battle of wits and strength, wrestle, so as to increase strength, health, and willpower and practice their skills of combat.” In December, 1988, a Wushu seminar was opened in Beijing, which redefined Wushu as “a traditional Chinese sport focusing on the cultivation of health and spiritual power with combating movements as the main content, and with Taolu (Routine) and Gedou (combat) as the form”. After the 1990s, most published Wushu books had been using this definition. The Higher Education Press published a teaching material named History of Chinese Wushu (Martial Arts) in August 2003, and the book gave such a new definition of Wushu as “a traditional Chinese sport focusing on the cultivation of physical health and spiritual power, and with combating movements as the main contents, and with Taolu, Gedou and Gongfa as the form of practice”. This new definition meets logic requirement and has expanded the conceptual horizon of Wushu. The cultural orientation and characteristics of Wushu and Wushu’s interior attributes thus became evident.

During different times throughout history, people have different perceptions about Wushu, which is because Wushu’s development shows historical continuity and step change, and instability due to people’s limited perception capacity. From the combined perspective history and logic, Wushu’s concept is a process of constant development and dynamic change. The meaning, form and function of Wushu never stops developing. Due to the difference of social environment and of people’s perception capacity, the concept of