

Heirlooms of Chinese Secret Health-Preserving Skills

中国传世养生绝技丛书

Limbering-up Exercise for the Tendons

易筋经

【主编 邬建卫 杜小安 / 主审 范昕建】

四川出版集团 · 四川科学技术出版社

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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

易筋经是一种内外兼练的医疗保健养生功法，相传为梁武帝时代天竺和尚达摩所创。达摩老祖内功深厚，他在嵩山五乳峰面壁9年，以致于石壁上都留下了他的身影，达摩走后，少林僧人在洞中发现了一个铁盒，盒上没有锁却打不开。聪明的僧人用火一烤，铁盒就开了，原来上面有蜡，以防水汽侵蚀。铁盒中有两部书：《易筋经》和《洗髓经》。《洗髓经》为内修之典，未传于世；《易筋经》为外修之书，留于少林寺流传至今。经现代考古资料证明，《易筋经》实为明末天台紫凝道人所创。

易筋经的“易”指变通、改换、脱换之意，“筋”指筋骨、筋膜，“经”则带有指南、法典之意。《易筋经》就是指改变筋骨的方法，内容包括了练习所能达到的理想效果和具体的练习方法两方面，初学者应注意对自身协调能力和柔韧性练习。熟练后，练习动作时应做到：精神放松，形意合一；呼吸自然，贯穿始终；刚柔相济，虚实相兼；循序渐进，以人为本。经常练习《易筋经》可以收到防治疾病、延年益寿的效果。

道光年间后的武侠小说常常提到《易筋经》，极力地渲染了练成后的神奇功用，这对我们认识和理解易筋经的功能上造成了一些误解和分歧。此书编委意在还原《易筋经》内外兼练、强身健体的养生功法实质，强调其防治疾病、延年益寿的效果，便于更多的功法养生爱好者学习和掌握。

本书编委会

2009年7月

Brief Introduction

YiJinJing (Limbering-up Exercise for the Tendons) is a health-preserving qigong with therapeutic effects on strengthening the body and adjusting Qi. As legend goes, it was a creation of an Indian monk called Bodhidharma in Emperor Wu's reign of Liang dynasty (464-549). With profound knowledge of qigong, monk Bodhidharma kept practicing Buddhism in Wuru peak of Song Mountain and even left his image on the wall. After he left, monks from Shaolin temple found an iron box which is tightly closed without lock in his cave. The intellectual monks finally managed to open it by putting it on fire. It turns out that the master sealed the box in wax to prevent it from being eroded by air. There were two boxes inside: Canon of Marrow Washing (Xi Sui Jing), which was exclusively kept from the world and lost in history, and Limbering-up Exercise for the Tendons (Yi Jin Jing), which was passed down in the temple. However, it was finally proved by archaeological materials that YiJinJing was composed by a Taoist priest called Zi Ning in Tiantai Mountain in late Ming dynasty.

The character "Yi" in YiJinJing means "to be reborn"; "Jin" refers to the tendons and bones and "Jing" indicates guidelines or canon; thus "YiJinJing" means "the canon of making tendons and bones to be reborn". Its content covers both the ideal effects and specific ways of practicing. Beginners should focus on the practice of body coordination and flexibility. With key points digested, practitioners should notice the following requirements when they are practicing the exercise: relaxing and concentrating the mind; regulating the breath throughout the exercise; blending softness with hardness, hollowness with solidity, making progress step by step and taking the individual constitute into consideration. A disease preventing and longevity maintaining effect will be achieved if it's frequently practiced.

Since the reign of Emperor Daoguang (1782-1850) in Qing dynasty, many swordsman fictions kept deifying and exaggerating the magic effects of this book and left us misunderstanding and dispute of this regard. For the convenience of its practitioners, our editorial board intends to restore its substance of health care and emphasize its therapeutic effects.

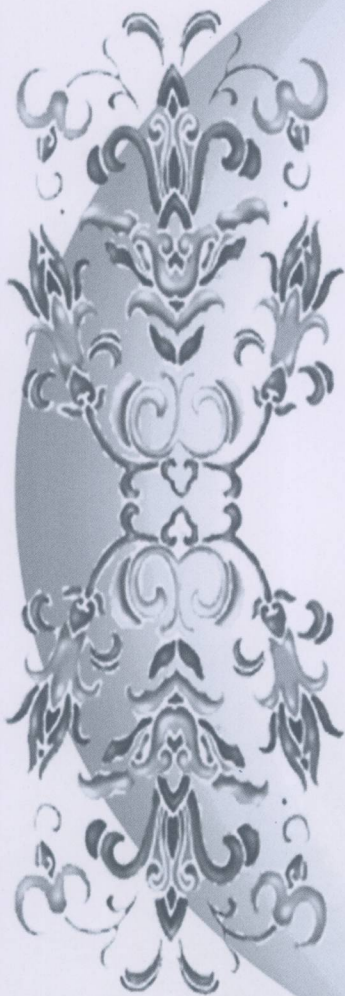
Editorial board of Limbering-up Exercise for the Tendons

July, 2009

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第一式
拱手环抱

Section One
Cupping Two
Hands in Front of
the Chest



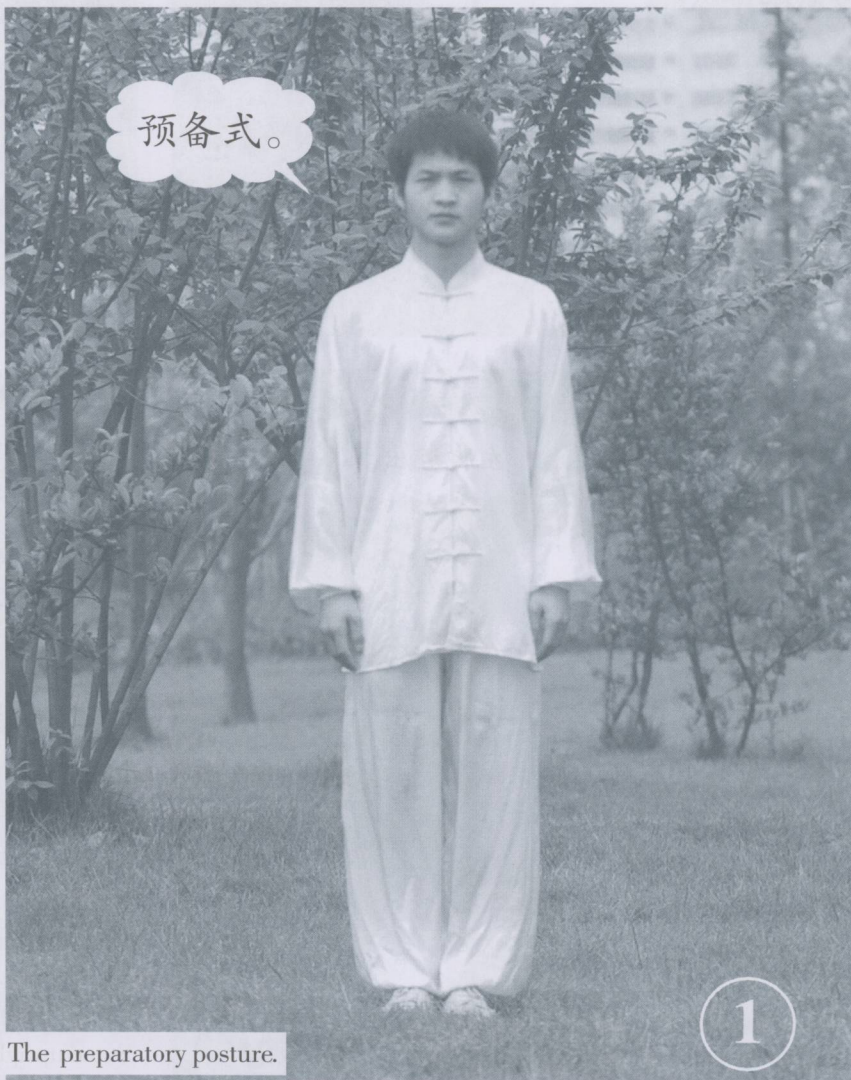
金鸡独立

宽胸实腹，气沉丹田，
动作要缓慢，速度均匀。

Dispensing the chest, flourishing the abdomen, descending qi to the lower abdomen by slow movement with an even speed. Expanding the chest, flourishing the abdomen, descending qi to the lower abdomen



练习要点
Key points



The preparatory posture.



降低重心。

2

Lower down weight the feet .

2

移动重心。

3

Shift Weight .

左脚迈出。

4

Take one step left .

两脚开立。

5

Stand upright with feet apart .



Lift two hands frontly with palms upward .



Bend elbows inward .



Drop shoulders and elbows .

This movement has a good effect on removing anxiety and stable mood, making mind tranquilized, to obtain communication of heart and kidney, balance of Yin and Yang, and achieve sound spirit and general comfort.

消除内心焦虑,稳定不安情绪,使心平气和心肾相交,阴阳平衡,精神内收,遍体舒畅。



健身作用

Health-caring
Functions





第二式
两臂横担

4

Section Two

Extending Two Arms
Sideward Horizontally



左右开弓

动作要匀速缓慢，呼吸自然，展中寓合，合中寓展。

With a slow and even movement, a smooth breath, the coverage is implied in extension, vice versa.



练习要点

Key points



Hold two hands with palms upward.

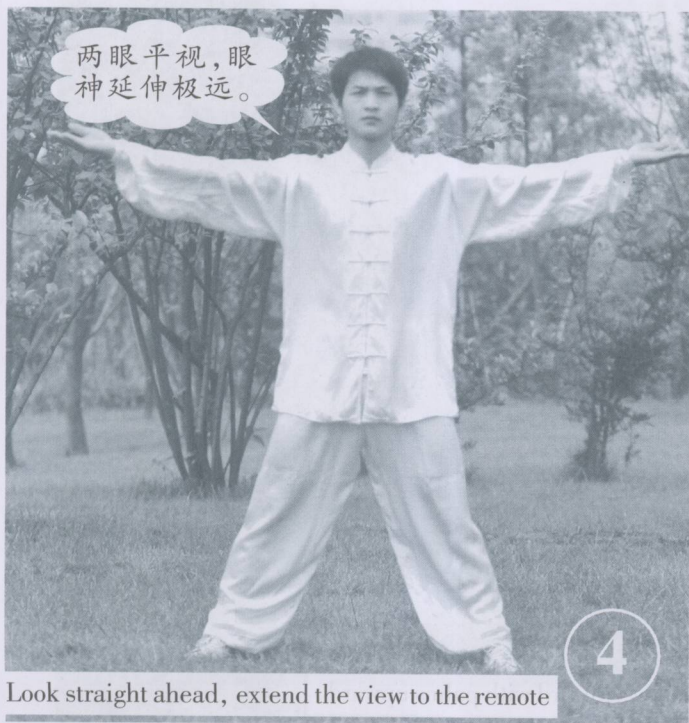
1



Open two arms to the lateral sides .



Lift two hands higher than shoulder, drop and relax the shoulder .



Look straight ahead, extend the view to the remote

This movement has a good effect on dispersing chest, regulating qi movement, strengthen Lung to obtain qi. Stretching the limbs can improve the deformed spine, promote the heart and the lung, which is also beneficial to emphysema, pulmonary heart disease and myocardial ischemia.

舒胸理气，健肺纳气。展臂舒体，能矫正腰背畸形，有助改善心肺功能，对肺气肿、肺心病及心肌缺血有一定的疗效。



健身作用

Health-caring
Functions





身体和上肢动作舒松，提踵时，两膝伸直内夹，可以提高动作的稳定性。



练习要点

Key points

The movement of the body and limbs should be relaxed but maintaining internal strength, while lifting up the heels, straighten the knees inward to get balance of the movement .

第三式
掌托天门

Section Three

Two palms
Supporting the Sky



Bend and rotate the elbows inward with palms upward .

1



抱球



