


# 广铸德业 导引人生

Amass the Merit  
Guide the Life

 高等教育出版社



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阅 览

# 广铸德业

## 导引人生

Amass the Merit  
Guide the Life



高等教育出版社



谨以此书

献给导引养生功创始人张广德先生八十寿辰

The book is sincerely dedicated to the 80th birthday of Mr. Zhang Guangde,

the founder of Daoyin Yangsheng Gong













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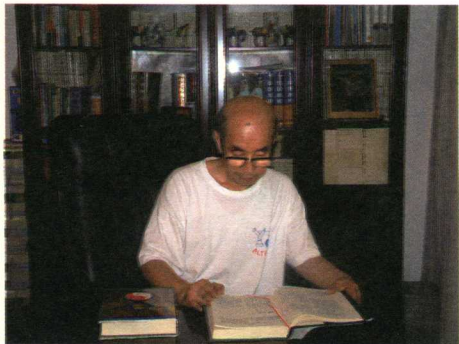




## 序

## 有志者 事竟成

——祝贺张广德先生八十华诞暨《广铸德业 导引人生》一书出版



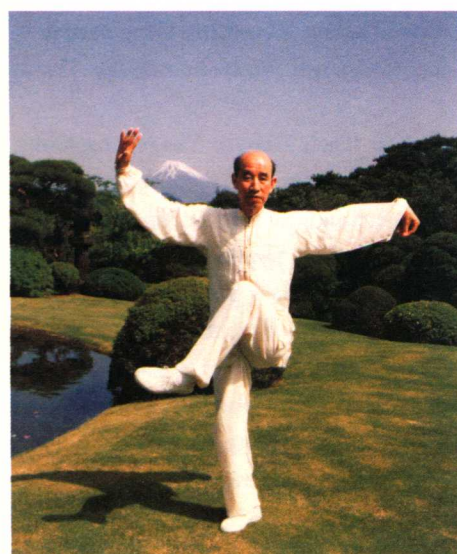
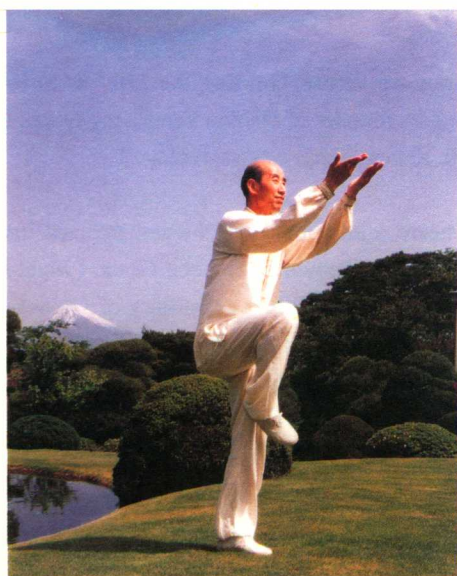
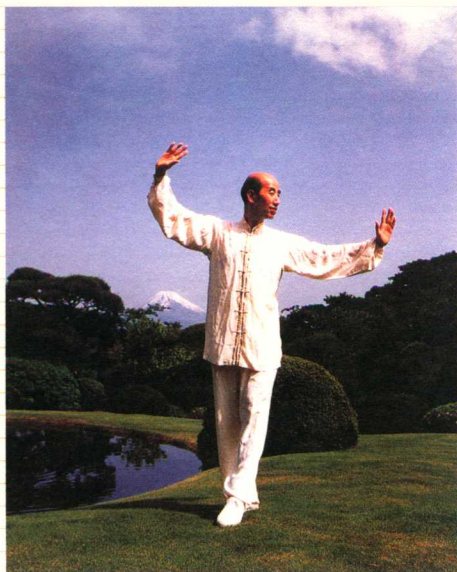
欣闻我国导引养生功创始人张广德先生八十寿辰、其传记画册《广铸德业 导引人生》即将出版，在这双喜临门的日子，除了欣慰之外，往事浮现于心头。

我和张先生相识于20世纪80年代，当时他为导向养生功的功法研究、推广多次与我交换意见。我深知张先生的学识和人品，很支持在中国高等教育学会下设立导引养生功专业委员会，供他深入进行研究。高校体育界也是很赞同的。

张广德先生是我国第一代武术研究生，在北京体育大学求学时，他勤学苦练，练就了扎实的武术功底，毕业后，怀着振兴我国武术的满腔热情留校任教，深受学生欢迎。正当他踌躇满志地全身心投入事业时，一场危及生命的重病将他推向死亡边缘；当医疗救助已无力回天的时候，他没有绝望，更没有放弃，而是坚强地向死神宣战，与病魔抗争。他开始忘我地研读祖国传统医学经典，探求病理治则，并结合古代养生理论和武术知识，日积月累、呕心沥血，创编了导引养生功体系。凭着这套导引养生功，他的病奇迹般地康复了。

成功“自救”后，张先生怀着“助人”的目的开始传授导引养生功，经过数十年的艰苦磨炼、推广实践和临床应用证明，其功法在人们无病时可用于预防，有病时可用于治疗，病后又可用于





康复。其术之简易，其用之宏大，得到了专家、学者与广大实践者的充分肯定和我国政府的正式承认：于1992年荣获国家体育科学技术进步奖，至今仍是中國气功界唯一获此殊荣的气功流派。除此之外，导引养生功课程已成为北京体育大学等高等院校的特色课程，列入本科生和研究生的正式教学计划，1996年被国家确定为首批全民健身计划推广项目，被国家体育总局健身气功管理中心列为国家重点推广功法，并且传播到世界近70个国家和地区。目前，海外已成立5所养生大学及传播机构，全世界导引养生功的习练者达500万之多。

导引养生功被誉为武术运动的新发展、武术的金项链。张广德先生在教研之余，还在世界各国和地区传播中国养生文化，受到广大国际友人的热情欢迎，为促进国际间友好往来和东西方文化交流作出了积极贡献。

当代导引养生功的诞生是中国体育医疗事业的一个创举，是中华传统养生学的一项新发展，是对人类健康事业的一大贡献。我衷心祝愿张先生心康体健、益寿延年；祝愿导引养生功事业欣欣向荣、惠海无边，造福于人类！

邹时炎

(原国家教委副主任)





## Prologue



### When there is a will, there is a way

— Congratulations to the 80th birthday of Mr. Zhang Guangde and the publication of “Amass the merit, Guide the Life”



I'm so delighted to know that the book “Establishing the Virtue, Guiding the Life” is to be published around the 80th birthday of Mr. Zhang Guangde, founder of Daoyin Yangsheng Gong. I still vividly hold memory of the time I worked with Mr. Zhang, like it was yesterday .

I have known Mr. Zhang since the 1980s. I've heard a lot about his achievements and his wonderful characters before he visited me for the research of Daoyin Yangsheng Gong. I highly supported him to establish the Daoyin Yangsheng Gong Committee, a subsidiary of Chinese Association of Higher Education. Mr. Zhang Guangde is one of the first generation who obtained post-graduate degree of Wushu in China. He has gained solid Wushu foundation through diligent training during his college years in Beijing University of Physical Education. Mr. Zhang has remained in the university since his graduation. He worked with a great enthusiasm, helping advocate Chinese Wushu. However, when he was all geared up to devote to his career, a life-threatening disease pushed him to the brink of survival. Mr. Zhang has never lost hope or given up on fighting against his illness when he was informed that he could not be treated medically. He undertook a deep research on traditional Chinese medicine, seeking the therapies for the illness. Working with great effort for years, Mr. Zhang has created Daoyin Yangsheng Gong system by combining Chinese ancient Yangsheng (health preserving) theory and Wushu knowledge. Thanks to this system, he made a miraculous recovery.

After the successful self-cure, Mr. Zhang started to teach Daoyin Yangsheng Gong, hoping more people can benefit from it. Through 30 years of experimental practice and clinical application, Daoyin Yangsheng Gong has been proven a system that can help to improve people's health, heal diseases and recuperate patients from illnesses. It's easy to practice and it produces striking effects that it has been highly regarded by experts and scholars and recognized by our country with many awards, including the China's National Sports Science and Technology Progress Prize in 1992. It is the only Qigong style that was granted this award. It has been added to the curriculum of Beijing University of Physical Education and become a famous physical health course. It was among the first national health fitness programs suggested by our country in 1996. Being determined as a key method of fitness by the Health Qigong Management Center of the General Administration of Sport of China, Daoyin Yangsheng Gong has been promoted





worldwide among 70 countries and regions. Currently there are 5 oversea Daoyin Yangsheng Gong institutions and more than 5 million practitioners globally.

Daoyin Yangsheng Gong is a milestone of Wushu sport and a golden necklace on Wushu. Besides teaching and researching, Mr. Zhang has travelled around the world to advocate Chinese Yangsheng philosophy. He was warmly welcomed wherever he visited. He has made positive contributions to the cultural exchanges between the East and the West.

Daoyin Yangsheng Gong is a pioneer in the Chinese health care system. It's a new development of traditional Chinese Yangsheng theory. It's a remarkable contribution to human health care. I sincerely wish Mr. Zhang good health and promising longevity and wish Daoyin Yangsheng a great prosperity!

Zou Shiyan

(The former Vice minister of State education Commission)







## 生涯



人生追求—— 不争春荣，笑迎秋霜

崇尚名言—— 欲明人者先自明

张广德，字飞宇，号鹤龄燕人，1932年3月出生于河北唐山。中华武林百杰，中国武术八段，新中国第一代武术研究生。享受国务院政府特殊津贴。北京体育大学武术学院教授，北京体育大学导引养生中心名誉主任。中国高等教育学会导引养生学专业委员会理事长，国际导引养生功总会主席，中国导引养生功研究会会长，国家体育总局健身气功管理中心顾问。

张广德先生以易学的哲理及祖国医学中的脏腑经络学说、阴阳五行学说和气血理论为指导，以强身健体、防治慢性疾病为目的创编的当代导引养生功体系，被国家确定为优秀健身气功和全民健身计划推广项目，在全国各地推广与普及，现已成为北京体育大学的一项著名品牌。北京体育大学已设立了体育养生专业，面向全国招生(本科生、研究生)，该专业目前已进入国内外多所高等院校。

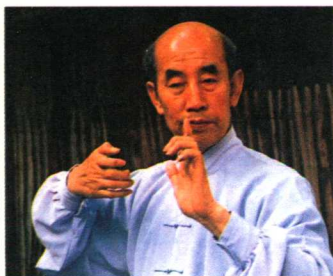
张广德先生荣获的奖项颇多：1985年国家体育运动委员会授予他新中国体育开拓者荣誉证书，1992年他所创编的当代导引养生功荣获国家体育科学技术进步奖，1993年国务院为他颁发“为高等教育事业做出突出贡献”荣誉证书等等。

张广德先生在教研之余还在世界各国和地区传播中国养生文化，受到广大国际友人的热情欢迎，为促进国际间友好往来和东西方文化交流作出了积极贡献。





## Career



**Lifelong Pursuit — Seeking struggling result instead of vanity**

**Favorite Proverb — One who understands things has things understood**

Mr. Zhang Guangde, style named Feiyu and alternative named Heling Yanren, was born in March 1932 in Tangshan City, Hebei Province, China. Being one of the Top One Hundred Wushu Masters and holding the 8th Grade of Chinese Wushu Federation, Mr. Zhang is one of the first generation in modern China to be awarded a post-graduate degree in the field of Wushu. He was granted a special allowance from the State Council. As a professor at Wushu College of Beijing Sport University, Mr. Zhang is not only an impressively credentialed scholar but also holds many important positions—Founder and Honorary Director of Daoyin Yangsheng Gong Center of Beijing University of Physical Education, Chairman of Daoyin Yangsheng Gong Committee of Chinese Association of Higher Education, President of International Institute of Daoyin Yangsheng Gong, Chairman of China Daoyin Yangsheng Gong Research Council, and Consultant of Health Qigong Management Center of State Sport General Administration.

By combining Yijing (I-Ching) Philosophy, Zangfu Jingluo Theory (vessel and internal organ system in Traditional Chinese Medicine), and Yinyang 5-Element Theory, Mr. Zhang Guangde has developed a modern Daoyin Yangsheng system to improve health and prevent and heal chronic diseases. Being recognized by the State as an outstanding health Qigong, the method of Daoyin Yangsheng Gong has been incorporated into China's fitness program and promoted countrywide. It has become a renowned physical health major in Beijing University of Physical Education, enrolling undergraduate and post-graduate students nationwide. Many higher education institutions worldwide also added Daoyin Yangsheng Gong as a part of their curricula.

Mr. Zhang Guangde has won many awards. He was awarded an honorary certificate of Pioneer of Modern China by the State Physical Culture and Sports Commission (now the State Sport General Administration) in 1985. His Daoyin Yangsheng Gong was awarded China's National Sports Science and Technology Progress Prize in 1992. The State Council awarded him an honorary certificate of Outstanding Contribution for Higher Education ...

Besides teaching and research, Mr. Zhang Guangde travels around the world to introduce and promote the Chinese Yangsheng (Life-Nourishing) Theory. He actively contributes to the exchanges between Eastern and Western cultures and is warmly welcomed internationally.





## 目 录 Contents



### 导引养生功

Daoyin Yangsheng Gong .....013



### 孕育·创编

Cultivation Creation .....033



### 发展·辉煌

Development Resplendence .....069



### 多彩生活

Colorful Life .....121





# 导引养生功

Daoyin Yangsheng Gong





## 导引养生功



什么是导引养生呢？导引是气功的古称。导，有通导之意，是指导气；引，有伸展之意，是指引体。古人告诉我们，导气令和，引体令柔，意思就是把我们的生活当中的自然呼吸疏导成为细、匀、深、长的腹式呼吸，把我们人体的四肢锻炼得柔软、坚韧和结实。养生，顾名思义，就是保养身体，以期健康长寿。

中国养生学主张“节”与“和”，以充分调动人体内潜在的生命力，使我们人体内各种机能不受伤害为其主要特点。张广德先生创编的导引养生功，就是在此理论指导下，以人体神经、循环、呼吸、消化、生殖、泌尿、内分泌、运动八大系统发病的病因、病理为依据，以中医的整体观念、辨证施治为精髓，广泛吸收中医学、西医学、生理学、解剖学、哲学、心理学、教育学、美学、音乐及武术传统文化等有关内容，又经过大量的临床应用和实验室研究并总结社会推广经验逐渐编成的；它是把导引和养生、肢体锻炼和精神修养融为一体的经络导引术，是通过意识的运用、呼吸的控制和形体的调整，从而使生命优化的自我经络锻炼方法。

导引养生功体系的关键技术是辨证施治，其创新点是对症练功，概括起来，具有五大特点：功医结合，对症施功，具有针对性；中西结合，医理科学，辨证施治，具有哲理性；养练结合，尤重养生，修身养性，具有





全面性；动静结合，三调一体，形神共养，具有整体性；神艺结合，动作优美，语言形象，音乐高雅，具有艺术性。

导引养生功，自20世纪70年代中期初创以来，到如今，已经健康地度过了三十多个春秋。它从无到有，从小到大，从国内到国外，逐渐发展，不断壮大，在强身健体和防治一些慢性疾病上收到了良好的效果，受到五大洲朋友的热烈欢迎，得到了有关专家学者的承认和我国政府的肯定。

三十多年来的推广实践和临床应用均证明：导引养生功，人们无病时可以用于预防，愉悦身心；有病时有助于治疗，减少疾病；病后又可以用于康复，增补元气。可以这样说，导引养生功是人们通往身心健康、延年益寿的自我锻炼的系列文化。

当代导引养生功的诞生是中国体育医疗事业的一个创举，是中华传统养生学的一项新发展，是对人类健康事业的一大贡献。