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**Eighteen Essences
of Chen Style
Taijiquan**

精要十八式

陈式太极拳



列

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内 容 简 介

陈式太极拳精要十八式由陈式太极拳第十一代传人陈正雷先生根据陈式太极拳大架的拳势风格特点，在陈式太极拳老架一路基础上创编而成。它除了具有传统陈式太极拳的基本特点之外，还具有较为突出的健身性、休闲性等风格特征，简洁，直观，易学、易练，尤其适合青少年与大学生群体，在当代各高等院校流行较为广泛。本书首先简要介绍陈式太极拳历史源流与传承状况，分析陈式太极拳技术特点与技术体系，阐释陈式太极拳手型、步法等基础概念，之后重点对陈式太极拳精要十八式进行了文字阐释与图片展示等综合描述与分析。

本书主要适合高等院校的体育专业师生，社会各界太极拳爱好者，各国在华留学生及我国涉外机构人员，政府相关教育、文化部门特别是孔子学院等参考和使用。

Brief Introduction to the Book

The Eighteen Essences of Chen Style Taijiquan created by 11th generation descendant Chen Zhenglei, referencing to the boxing style of Big Frame and basing on Routine One, Old Frame of Chen Style Taijiquan. It has not only the basic features of traditional Chen Style Taijiquan, but also the outstanding characteristics of fitness and entertainment. It is succinct, intuitive, easy to learn and practice, especially for teenagers and college students, hence it is popular in colleges and universities. This book firstly briefly introduces the historical origin and development of Chen Style Taijiquan, and then it analyzes the technical characteristics and systems, and describes the basic concepts of hand shapes, foot stances and so on. It finally focuses on the description and analysis of Eighteen Essences of Chen Style Taijiquan employing word interpretation and picture illustration.

This book is suitable for the students majored in sports, Taijiquan enthusiasts in all sectors of the community and foreign students in China. It is also suitable for the people in foreign-related institutions, the educational and cultural sectors in governments, especially in Confucian Institutes and so forth.

序

以党的十八大为标志，当代中国正在迈入中华民族伟大复兴的历史新阶段。毫无疑问，中华民族的伟大复兴同时也是民族传统文化的传播与弘扬，在当代中华文化软实力建设中，包括中国武术在内的优秀民族传统文化正面临着一种挑战与机遇并存的宏观时代场景。武术是中华文化的经典代表，民族伟大复兴赋予了中华武术珍贵的发展机遇和广阔的发展空间；武术也是中华文化对外传播的特色窗口，世界各国人民正在越来越多地喜欢上充满中华魅力的武术文化。然而，无可否认的是，为了更好地服务于当代民族伟大复兴战略，以及全球无数热爱中华武术的各界人群，当代中华武术仍然有许多迫切需要完善与提升之处，面向跨文化传播的双语著作便是其中急需进行的一个重要方面。

如果把中国传统文化比作绚丽多彩的项链，那么，历史悠久、博大精深的中华武术显然就是项链之上光华照人的珍珠。用双语的方式，使中华武术简洁直观地融入到当代全球文化洪流之中，便于喜爱武术的世界各国人民阅读、练习，让内涵丰富的武术文化更加广泛地造福人类，是当代武术工作者不容推脱的责任与义务，也是我们编著本套“中华武术跨文化传播系列”丛书的初衷。从编著团队所处的河南省焦作市的地域特点出发，陈式太极拳便自然而然地成为本套丛书的第一个系列主题。

河南省焦作市是著名的“太极圣地”，是享誉世界的陈式太极拳发源地。多年来，伴随着太极拳的蓬勃发展，世界各地无数的太极拳爱好者日益感知到太极



拳所承载的中华文化的精彩与魅力，越来越多的人无比期待着能够尽量全面、详细地了解这一中华民族的特色文化载体与开启人类心智的独特文化桥梁。然而，当前的太极拳乃至武术发展仍明显地存在着理论建设与技术传播不够同步的现象，有关太极拳及武术的双语著作是一个突出瓶颈，因为语言而导致的系列问题已经是国内外太极拳与武术习练者公认的一道明显的障碍，同时这一问题也是包括太极拳在内的当代中华武术进行国际传播所面临的重要短板。

陈式太极拳是当代流行的各大太极拳流派的主要拳学母体，在陈式太极拳基础上衍生的杨、武、吴、孙、和等各大太极拳流派皆以陈式太极拳为主要源泉。近年来，陈式太极拳的发展状态蒸蒸日上，成为当代太极拳界影响深远的主干力量，陈式太极拳的海外传播盛景需要技理交融、深入浅出的双语文献载体。这一现实不仅是陈式太极拳繁荣发展的客观需要，而且也是当代中华武术进行全球传播所面临的共性诉求之一。这一问题的有效解决，无疑需要武术人士和社会各界，特别是通晓传统文化的翻译界力量之间的密切合作。

河南理工大学位于焦作市，具有百余年的办学历史，以陈式太极拳为主体的太极拳特色教育伴随着学校的百年历程而风雨无阻。学校不仅有太极拳学院、高水平的太极拳运动队、全国首家太极文化发展研究中心、河南省非物质文化遗产研究基地、河南省高校人文社会科学重点研究基地、河南省太极拳教学团队、河南省高校哲学社会科学创新团队等高端专业平台机构，而且现有的四万多名在校学生全部普修过陈式太极拳法。陈式太极拳也是焦作市“一山一拳”战略的核心要素、中原武术文化的两大品牌之一和中原经济区建设的特色引擎，其对于当代中华文化核心竞争力建设乃至中华民族国际形象塑造的战略意义显著。

2016年12月9日，第十一届孔子学院大会开幕之际，孔子学院总部在昆明召开了中医、太极等中华文化对外交流座谈会。教育部体育卫生与艺术教育司、国家体育总局、国家中医药管理局、有关省（自治区、直辖市）教育厅、全国三十余所中医药和体育院校、部分孔子学院中方承办院校与北京同仁堂集团等机构的负责同志参加了会议。时任教育部副部长郝平出席并发表讲话指出，党的十八大



以来，以习近平同志为核心的党中央高度重视中医、太极等中华文化对外交流工作。中医、太极文化是中华民族的瑰宝，也是全人类的共同财富。要切实增强使命感和责任感，积极统筹协调各方资源，推动中医、太极等中华文化走向国门、传播普及。要支持各国孔子学院开设更多中华文化课程，推动所在大学开设相关专业，举办更多社区推广活动。要大力发展和开设中医、太极等具有中华文化特色的孔子学院，充分发挥示范引领作用。要面向来华留学生大力开展中医、太极等中华文化教学和推广，加大奖学金支持力度。要加强中华文化国际推广的师资培养、培训和派出力度，研发、翻译、出版更多语种的教学资源。要切实加强组织领导，建立健全体制机制，广泛动员政府、学校、组织、企业等各方面力量，共同努力做好这项工作。本套丛书出版所可能具有的积极意义与现实价值，也从太极拳发展这一重要事件中可见一斑。

“中华武术跨文化传播系列”之陈式太极拳包括《陈式太极拳精要十八式》《陈式太极拳老架一路》《陈式太极拳老架二路》等三部相互独立又浑然一体的双语著作，全书由申国卿教授总体统筹，杨素香博士翻译。本系列三部著作的具体编著信息为：《陈式太极拳精要十八式》杨素香12.4万字，王一鸣6万字；《陈式太极拳老架一路》吕振宇10.2万字，杨素香15万字；《陈式太极拳老架二路》杨素香6万字，桑守惠10万字。鲁延召博士和胡建平副教授也为本书的出版付出了积极努力。

由于太极拳内涵阐释与双语翻译具有众所周知的难度与挑战，目前又极缺相关资料，再加上第一次进行如此规格的跨文化战略工程，时间比较仓促，其中难免存在不足之处，我们也将随时完善。

作 者

2016年12月

Preface

Marked by the 18th National Congress of the Communist Party of China, contemporary China is now on the new historical progress toward great rejuvenation of Chinese nation. Undoubtedly, the great rejuvenation of Chinese nation also contains the communication and promotion of traditional national culture. In the construction of the soft power of Chinese culture, the excellent traditional national culture including Chinese martial arts faces both challenges and opportunities in the macro historical era. Martial arts are the classic representatives of traditional Chinese culture, and the great rejuvenation of Chinese nation bestows Chinese martial arts with precious development chances and broad development space. Martial arts are the special windows of the international communication of Chinese culture, and people all over the world are increasingly fond of the martial arts with its charming Chinese culture. However, it is no doubt that various aspects of Chinese martial arts need to be improved and promoted urgently in order to serve the strategy of the great rejuvenation of Chinese nation, and to serve the countless people all over the world who love Chinese martial arts. The bilingual works for international cultural communication are especially needed.

If comparing traditional Chinese culture to a spectacular necklace, the Chinese martial arts with its long history and huge varieties are the splendid pearls on the necklace. By using both English and Chinese, we can directly blend Chinese martial



arts into the contemporary global cultures so that the worldwide peoples who love martial arts can read and practice Taijiquan without language problems. It is martial art workers' duty-bound responsibility and obligation to make the martial arts which are rich in cultural connotation benefit mankind, and it is also our original intention to compile and translate this Chinese Martial Arts Intercultural Communication Series. Considering the compilers' geographical location, Jiaozuo, Henan Province, Chen Style Taijiquan is naturally our first choice in this series.

Jiaozuo, in Henan Province, is the well-known Holy Land of Taijiquan and the cradle of world-renowned Chen Style Taijiquan. For many years, with the vigorous development of Taijiquan in the world, numerous enthusiasts of Taijiquan all over the world increasingly aware the glamour and charm of Chinese culture carried in Taijiquan, and more and more people look forward to learning in detail about the characteristic cultural carrier of Chinese nation and the unique culture bridge which can open our minds. However, there exists the phenomenon of non-synchronization between theory construction and technique communication in Taijiquan, even in martial arts. The lack of bilingual books about Taijiquan along with martial arts is an obvious bottleneck, and myriad related problems caused by languages are apparent obstacles universally acknowledged by the practitioners of Taijiquan or martial arts at home and abroad. At the same time, it is also the serious shortcoming of the international communication of Chinese martial arts including Taijiquan.

Chen Style Taijiquan is the matrix of contemporary popular Taijiquan approaches, therefore, the Yang Style, Wu Style, Wu Style, Sun Style and He Style are all based on Chen Style Taijiquan. In recent years, the development of Chen Style Taijiquan particularly grows more and more prosperous and becomes the far-reaching influenced main force in contemporary Taijiquan circle. The prosperous oversea communication of Taijiquan needs the bilingual literature carriers which combine the techniques with

theories and explain the profound issues concisely and clearly. This is not only the objective demands to promote the prosperous development of Taijiquan, but also one of the common appeals about the international communication of Chinese martial arts. To meet this goal, it needs the close cooperation of martial art workers and people in all walks of life, especially the people in translation circle who should have a good knowledge of traditional culture.

Henan Polytechnic University, located in Jiaozuo City, has experienced over a hundred year. In this university, the teaching of Taijiquan as a special education passes over one hundred year and has never stopped. There are high level professional platforms and institutes in the university, such as the School of Taijiquan, High Level Taijiquan Sports Team, the first National Research Center of Taijiquan Culture Development, Henan Intangible Cultural Heritage Research Base, Henan Province High Education Human Arts and Social Science Key Research Base, Henan Taijiquan Teaching Team, Henan Province High Education Philosophy and Social Science Creative Team, and so forth. The existing forty thousand students are all required to learn Chen Style Taijiquan. Chen Style Taijiquan is the core strategic element, “One Mountain, One Boxing”, in Jiaozuo City, and it is one of the two branches of Zhongyuan martial arts culture and featured engine of Zhongyuan economic construction. It is of significant and strategic meaning to the construction of the core competence of contemporary Chinese culture, even to the international image establishment of Chinese nation.

Before the 11th Confucian Institute Conference, the headquarter of Confucian Institutes held a symposium on Chinese culture including Chinese medicine and Taijiquan on December 9, 2016 in Kunming. Department of Physical, Health and Arts Education in Ministry of Education, General Administration of Sport of China, State Administration of Traditional Chinese Medicine, related provincial Offices of

Education, over 30 colleges and universities of Chinese medicine and sports, Chinese sponsor colleges of Confucian Institutes and some leaders from Beijing Tongrentang Groups attended the conference. The vice Minister of Education, Hao Ping, attended the conference and gave an speech. He pointed out that since the 18th National Congress of the Communist Party of China, the Central Committee with Comrade Xi Jinping at the core think highly of the outside communication of Chinese culture including Chinese medicine and Taijiquan. Chinese medicine and Taijiquan culture is the treasure and the common wealth of the whole human beings. We should strengthen the sense of mission and the sense of responsibility, coordinate all resources actively, and propagate Chinese culture such as Chinese medicine and Taijiquan to go abroad. We should support Confucian Institutes to offer more courses about Chinese culture, promote the cooperating colleges to open relative majors, and hold more community activities. We should strive to open Chinese cultural courses and play a leading and demonstrating role. We should teach and spread Chinese culture to international students in China and strengthen the scholarship-supporting force. We should strengthen the forces of teacher development, teacher training and teacher dispatching abroad, and at the same time, research, develop, translate and publish more multilingual teaching materials. We should practically organize, lead and establish complete institutions, and broadly mobilize all governments, schools, organizations and enterprises in every walk of life to get this work done well. The positive meaning and realistic meaning about Taijiquan development could be seen in this important conference.

Chinese Martial Arts Intercultural Communication Series—Chen Style Taijiquan contains three books: *Eighteen Essences of Chen Style Taijiquan*; *Routine One, Old Frame of Chen Style Taijiquan*; *Routine Two, Old Frame of Chen Style Taijiquan*. They are bilingual works, which are independent from each other as they deal with different contents and are separate books, but they are unified entity as they are parts of the whole

Chinese Martial Arts Intercultural Communication Series. The whole series are overall planed by Prof. Shen Guoqing and translated by Dr. Yang Suxiang. The specific writing tasks of the three books are as follows: Eighteen Essences of Chen Style Taijiquan, Yang Suxiang, 124 thousand words, Wang Yiming, 60 thousand words; Routine One, Old Frame, Chen Style Taijiquan, Lü Zhenyu, 102 thousand words, Yang Suxiang, 150 thousand words; Routine Two, Old Frame, Chen Style Taijiquan, Yang Suxiang, 60 thousand words, Sang Shouhui, 100 thousand words. Dr. Lu Yanzhao and Associate Prof. Hu Jianping offered their active efforts for the publication of the books.

Due to the difficulties and the challenges of the interpretation and translation of the connotation of Taiji culture, and the lack of related reference books, additionally, considering the related factors such as the time limitation in the first comparatively large scale intercultural strategic projects, there might be some shortcomings, we will improve them timely.

Authors

December, 2016

目 录

序 / i

第一章 陈式太极拳发展概述 / 001

太极拳起源主流观点 / 002

陈式太极拳的技术特点 / 036

陈式太极拳的技术体系 / 048

第二章 陈式太极拳基础概念 / 054

陈式太极拳术语释义 / 055

陈式太极拳手型步法 / 057

手型 / 057

步型 / 059

第三章 陈式太极拳精要十八式套路图说 / 061

- 第一式 起势 / 062
- 第二式 金刚捣碓 / 066
- 第三式 懒扎衣 / 074
- 第四式 六封四闭 / 078
- 第五式 单鞭 / 083
- 第六式 白鹤亮翅 / 089
- 第七式 斜行 / 091
- 第八式 搂膝 / 098
- 第九式 拗步 / 100
- 第十式 掩手肱拳 / 105
- 第十一式 高探马 / 108
- 第十二式 左蹬一根 / 111
- 第十三式 玉女穿梭 / 114
- 第十四式 云手 / 123
- 第十五式 转身双摆莲 / 126
- 第十六式 当头炮 / 129
- 第十七式 金刚捣碓 / 132
- 第十八式 收势 / 135

Contents

Preface / v

Chapter One Development Overview of Chen Style Taijiquan / 001

Mainstream Views on Taijiquan's Origin / 003

Technical Characters of Chen Style Taijiquan / 037

Technical System of Chen Style Taijiquan / 049

Chapter Two Basic Concepts of Chen Style Taijiquan / 054

Explanations of the Terms of Chen Style Taijiquan / 055

Hand Shapes and Step Stances of Chen Style Taijiquan / 057

Hand Shapes / 057

Step Stances / 059



Chapter Three Illustrations of the Forms of Eighteen Essences of Chen Style Taijiquan / 061

- Form 1 Beginning Form / 062
- Form 2 Buddha's Warrior Attendant Pounds Mortar / 066
- Form 3 Lazily Belt Clothes / 074
- Form 4 Six Sealings and Four Closings / 078
- Form 5 Single Whip / 083
- Form 6 White Crane Spreads Wings / 089
- Form 7 Oblique Posture / 091
- Form 8 Brush Knees / 098
- Form 9 Twist Stance / 100
- Form 10 Cover Hands and Strike with Fists / 105
- Form 11 Pat High on Horse / 108
- Form 12 Kick with Left Heel / 111
- Form 13 Jade Girl Works at Shuttles / 114
- Form 14 Wave Hands / 123
- Form 15 Turn Around and Double Swing Lotus / 126
- Form 16 Strike Face Like Cannon / 129
- Form 17 Buddha's Warrior Attendant Pounds Mortar / 132
- Form 18 Closing Form / 135

第一章 陈式太极拳发展概述

Chapter One Development Overview of Chen Style Taijiquan

作为中华优秀传统文化的一项珍贵遗产，太极拳至今已经在世界各地深入人心。伴随着太极拳的广泛传播，有关太极拳发展历史及其传承概况的问题也日益为人们津津乐道。了解太极拳的历史演进及其传承概况，不仅应该是自身的分内之事，而且也是我们发展、弘扬中华优秀传统文化的客观要求。陈式太极拳是太极文化中的一朵奇葩，同时也是中华太极文化的中流砥柱，因此，学习陈式太极拳，传播陈式太极拳文化，非常有必要关注以陈式太极拳为核心的太极拳历史源流及其传承概况。

As a precious heritage of traditional Chinese culture, Taijiquan has been known by people all over the world. With the wide spread of Taijiquan, the issues concerning the history and succession of Taijiquan has become hot topics. It is our own duty as well as an objective requirement for developing and promoting traditional Chinese culture to learn about the historical development and succession of Taijiquan. Chen Style Taijiquan is not only a treasure of the Taiji culture, but also the mainstay of Chinese Taiji culture. Therefore, it is also very necessary for us to pay attention to the historical origin and succession of Taijiquan, with Chen Style Taijiquan being at its core, if we want to learn and promote Chen Style Taijiquan.