

# PA TUAN CHIN

CHINESE HEALTH-GIVING EXERCISE

## 圖解 八段錦

· 中英對照 ·



薛雄飛編 · 萬里書店出版

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## Pa Tuan Chin

Chinese health-giving Exercise

·中英對照·

Chinese - English

薛雄飛編 By H.F.Xue

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## 寫在前面

八段錦是中國民間廣泛流傳的一種健身體操，據有關文字記載已有八百多年的歷史，歷來深受人們所喜愛，被比做精美的錦（絲織品），故名八段錦。

八段錦經過漫長歲月的發展，形成了許多流派，但都大同小異。

本書介紹的四套八段錦，由黃俊明醫師演式，這四套八段錦是經過調查研究，參考古今有關八段錦的資料整理而編成。這四套動作，難度不同，繁簡不一；有三套是馬風閣、卓大宏、唐豪整理的站式八段錦，有一套是馬風閣編的坐式八段錦，人們可根據自己的具體情況選練。

## Foreword

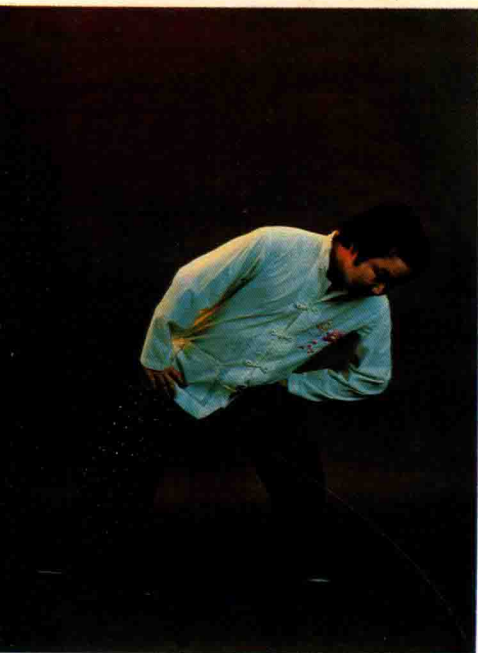
Pa Tuan Chin (Eight-Section Brocade) is a health-giving exercise which is extensively popular with the Chinese people. According to the literal record, Pa Tuan Chin has a history of over eight hundred years. It is a favourite with the people from age to age. It is generally compared to the delicate brocade (a silk fabric) and therefore designated as Eight-Section Brocade (Pa Tuan Chin).

The long-term development of Pa Tuan Chin has resulted in many schools of it, but they are mostly the same in the main. The four sets of Pa Tuan Chin introduced in this book have been compiled through our investigations and reference to both ancient and modern data of Pa Tuan Chin. These four sets of postures are different in hardness and easiness or in complexity and simplicity. Three sets among them are Pa Tuan Chin in the standing position and the remaining one is Pa Tuan Chin in the sitting position. People may select any set or sets in accordance with their individual specific conditions.

# 目 錄

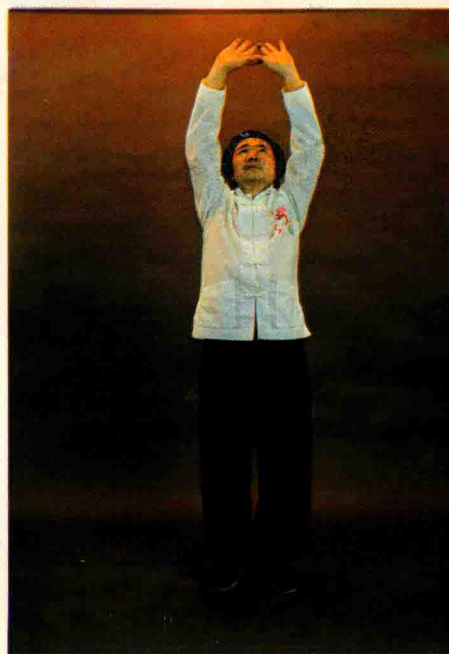
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◀ 搖頭擺臀去心火

Rolling the Head and Oscillating the Buttocks Removes the Heart Heat.



▲ 兩手托天理三焦

Both Hands Supporting the Sky Regulates all Internal Organs.

◀ 左右開弓似射雕(第一套第二段)

Drawing a Bow Towards Both Sides Resembles Shooting an Eagle.



◀ 左右開弓

Drawing a Bow Towards  
Both Sides.



▲  
◀ 左右開弓似射雕 ( 第二套第二段 )

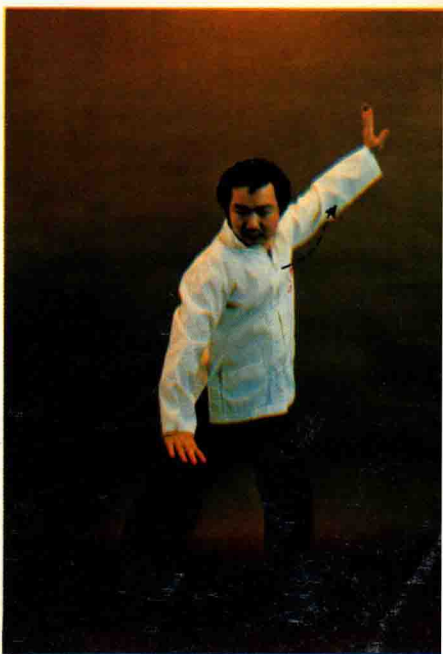
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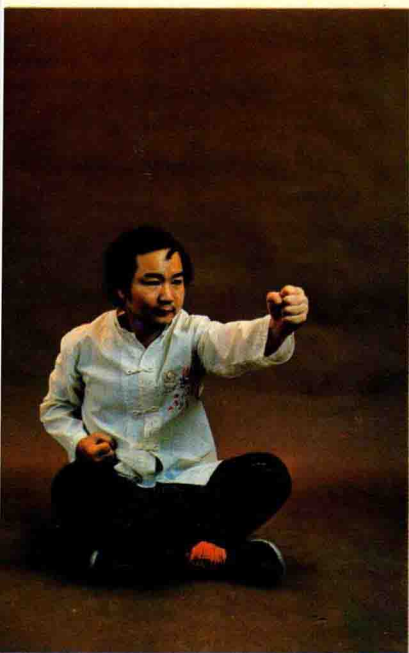


- ▶ **調理脾胃臂單舉 (第一套第三段)**  
**Holding Up a Single Hand**  
**Regulates Spleen and Stomach.**



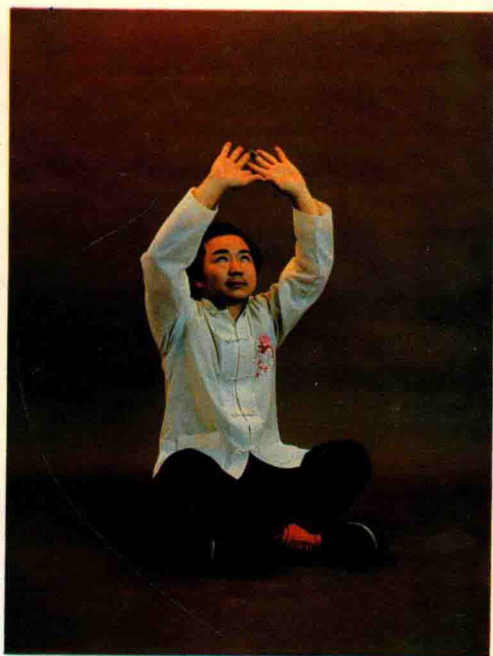
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▶ **健理脾胃單舉臂 (第三套第三段)**  
**Holding Up a Single Hand Strengthens and Regulates the Spleen and Stomach.**





◀ 交替衝拳

Thrusting Each Fist  
Alternatingly



▲ 托天按頂

Supporting the Sky and  
Pressing on the Top.



◀ 雙手搬足除心疾

Picking Up the Foot with  
Both Hands Removes Heart  
Diseases

# 八段錦鍛煉要領

## 一、鍛煉身體的態度

要練好身體，首先要端正態度。如有的人，不能正確對待疾病，終日惶恐不安，在這種情況下再怎樣鍛煉也是不會收到理想效果的。又如有的人，經過一個時期鍛煉，病好了就不再堅持鍛煉，結果疾病又發。還有的人以為自己無病，就不必堅持鍛煉。為了練好身體、增強體質，我們必須循序漸進，長期堅持體育鍛煉，不能兩天打魚三天晒網。

## 二、剛柔結合

練功時，全身肌肉、神經都要放鬆，然後輕緩用力做動作，這對消除腦力和體力疲勞幫助極大。柔和剛，鬆和緊是相對的，練功始終要求在鬆中有緊，柔中有剛，切不可用僵力。換句話說，也只有做到鬆，使出的勁才會柔中有剛，剛中有柔，不致僵硬。這是中國古代各種健身法的一個最基本的共同要求。八段錦是如此，五禽戲、易筋經、太極拳等也莫不如此，這點必須充分注意。

### 三、意守丹田

全身放鬆之後，精神也要放鬆，並微微用意想着肚臍（意守丹田）。必須注意，微微用意就是不要過分用意，否則會適得其反，反而造成神經緊張，嚴重時甚至可能引起神經過度緊張等不良後果。

### 四、呼吸均勻

練功前，可先做幾次深呼吸。練功當中，呼吸要自然，平穩；最好用鼻，也可口鼻並用，但不可張口喘粗氣，而要悠悠吸氣，輕輕呼氣，自己都聽不見。練功最好到空氣新鮮的地方去進行，如果在室內練，要先開窗換氣。做到上述幾項要求以後，做起動作來會自然形成腹式呼吸，使橫膈上下運動幅度加大，腹肌收縮有力，對內臟很有好處。但腹式呼吸要自然形成，切不可強呼硬吸。

### 五、講究衛生

1. 要練好身體，必須注意衛生，光練功不行，還必須和飲食、起居、工作、生活習慣等各個方面配合起來。例如，吸煙對人體有害，應該戒掉；酒也不宜多喝等等。

2. 飯後一小時內，不宜鍛煉，以免影響呼吸和消化。衣服要鬆寬，以免妨礙動作。

3. 為使身體得到全面鍛煉，除練八段錦以外，還可根據身體的情況選一些其它體育項目（如長跑、游泳、冷水浴、日光浴等）進行鍛煉。至於運動時間和次數等，要因人因時因地制宜，量力而行，一般以練到微微出汗為適宜。

# The Important Points in the Exercises in Pa Tuan Chin

## 1. The Attitude Towards Training the Body

To train the body well, the attitude must, first of all, be righted. If someone cannot deal correctly with a disease and he is panicky all day long, he will never attain ideal effects under such circumstances no matter how he trains himself. Some people may have trained themselves for a certain period, but do not persist after they have recovered from their diseases. As a result, they may have been attacked by the diseases again. Some other people may not persist in training themselves because they think themselves to be healthy. All the aforesaid are incorrect.

In order to train the body well and strengthen the physique, we must persist in gradual and protracted physical training and should not be laborious for several days but idle for more days.

## 2. The Combination of Rigidity and Flexibility

In the exercises, the muscles and nerves of the whole body must be relaxed. Then the posture is begun gently, slowly and powerfully. This greatly helps the removal of the mental and physical fatigues. Rigidity and flexibility or slackness and tightness are relative. It is always required in the exercises that the slackness is accompanied

by tightness and the flexibility is accompanied by rigidity. It is strictly undesirable to use stiff strength. In other words, only if the relaxation is accomplished can flexibility be accompanied by rigidity or vice versa in the strength put forth and can the strength be not stiff. This is a most essential common requirement of various physical training techniques in ancient China. It is so with Pa Tuan Chin (八段錦) and it is so, too, with Wu Chin Hsi (Five Birds' Plays 五禽戲), Yi Chin Ching (易筋經) and Tai Chi Chuan (太極拳). Full attention must be paid to this.

### 3. The Mind Orientated to the Centre of Body

After the whole body is relaxed, the mind must also be relaxed, but be slightly orientated to the navel (the centre of body). It must be noted that slight orientation means that the mind must not be excessively orientated, otherwise the result may be just to the contrary. Nervous tension may then result from it. In serious cases, such unwholesome results as the over-tension of the nerves may even be created.

### 4. Even and Smooth Respiration

Before the exercises, several deep respirations can be taken. In the course of the exercises, the respiration must be natural and smooth. It is better to use the nose, but both nose and mouth can also be used at the same time. But you should not gasp heavily with the mouth opened wide. You must breathe in with ease and breathe out slightly. The respiration should be inaudible to yourself. You had better do this exercise at the place where the air is fresher. If you do it indoors, you must first open the windows to change the air. After the above-mentioned requirements are attained, abdominal respiration will

naturally be created in the course of the posture so as to enlarge the magnitude of the upward and downward movements of the diaphragm and reinforce the contraction of the abdominal muscles, which can do much good to the internal organs. However, the abdominal respiration must be created naturally and should not be developed forcedly and pressedly.

## 5. Sanitation be Cared About

1. To train the body well, attention should be paid to the sanitation. It will not do to simply do the exercise, but it must be coordinated with all the aspects of diet, daily life, work and living habits. For example, smoking is harmful to a human body and so must be avoided. You should not drink much wine as well.

2. It is not recommended to do the exercise within one hour after a meal, lest respiration and digestion should be affected. Your clothes must be loosened, lest the action should be obstructed.

3. In order to make the body be comprehensively trained, besides training in Pa Tuan Chin, you may select some other sports (such as long distance run, swimming, cold water bath, sunbath, etc.) for training yourself. With regard to the time and frequency of training, they must be adapted to the very person, to the very time and to the very place. The exercises must be done according to the strength. In general, it is suitable to train until slight perspiration.





八段錦動作

The Postures of Pa Tuan Chin