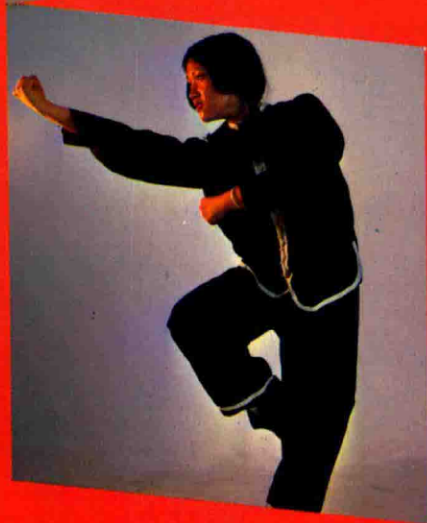
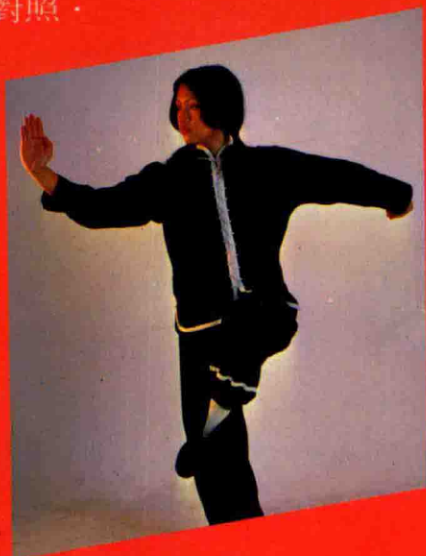
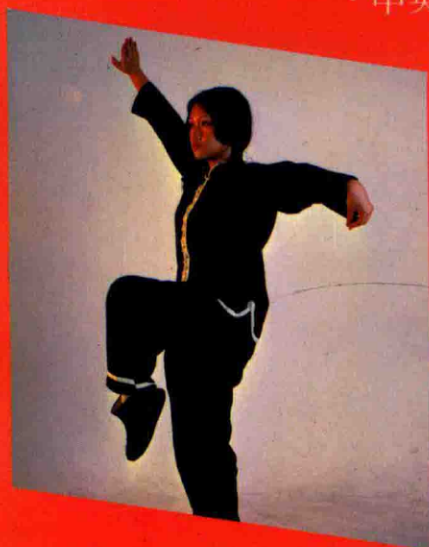


WOMEN'S CHANG CHUAN ILLUSTRATED

# 圖解女子長拳

·中英對照·



薛雄飛編·萬里書店出版

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· 中英對照 ·

Chinese-English

薛雄飛編      By H. F. Xue

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## 前 言

長拳是中國寶貴的文化遺產之一，長期以來，在民間廣泛地流傳着。在近年來，這一種具有悠久歷史和民族傳統的體育項目，更得到了發展，內容更加豐富。

長拳和其他的武術套路一樣，是以跳躍、平衡、步型、腿法、轉折，以及手法、眼神、身法、步法和勁力等作為技術基礎，自有其不同的風格和特點，正確地掌握各項要點，便能發揮武術的鍛練價值，和促進身體的全面發展。

長拳是一項強度的武術運動，難度也較大，爲了照顧性別特點，編了這一套女子長拳，適合一般女子練習。書中所述，是揉合了傳統的技術內容和新的技術創造，姿式優美。全書每個動作均有圖片說明（書中圖片由冼孟豪師傅的高足陳安瑩小姐演式），一目了然，可以單獨練習，也可以集體練習。

## INTRODUCTION

Chang Chuan (Stretching Pugilism) is one of the Chinese valuable cultural heritages, which has been widely popular with the people for a long time. In recent years, this sport, with an age-old history and a national tradition, has been further developed and its contents have been further enriched.

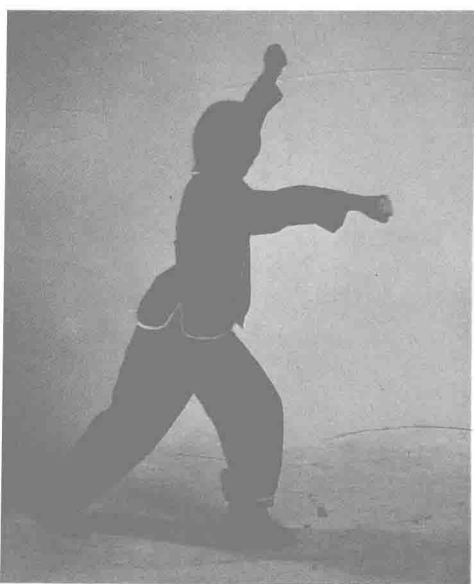
Like other Chinese feats of arms, Chang Chuan is technically based on springs, balance, stepping manners, leg-moving techniques, turns, hand-moving techniques, looks of eyes, body-moving techniques, stepping techniques and body strength. All the feats of arms have their different styles and characteristics respectively. The right mastery of various main knacks for each of them can give full play to the training values of the feats of arms and give an impetus to the overall development of the body.

Chang Chuan is a feat of arms with greater intensity and greater difficulty. To give due consideration to the characteristics of the female, this set of women's Chang Chuan has been composed and it is suitable for general women and girls to exercise. What this book describes combine the traditional techniques and newly created ones together. Every posture in this book is illustrated with photos (in which the posture is demonstrated by Madam Chan On Ying, Louise) and they are self-explanatory. This set of Chang Chuan can be exercised singly or collectively.

# 目 錄

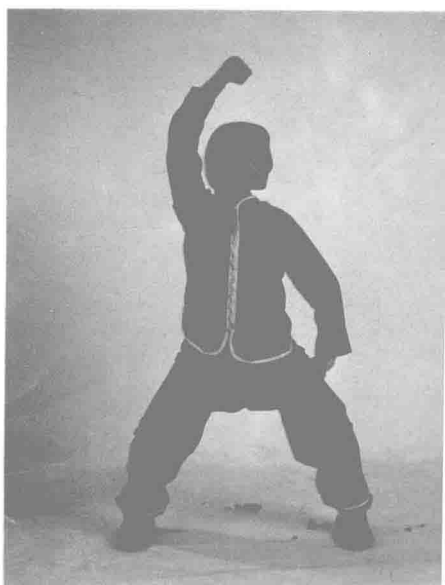
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◀ 抓手擺掌撲腿弓步上架衝拳

Clenching a fist, swing a palm, stretching a leg almost levelly, bowing a leg forward, laying a palm above the head and rushing the other fist out



▲ 震脚馬步架栽拳

Dropping a foot by shaking it, squatting half down as if riding a horse and laying the fists seperately above the head and on one knee

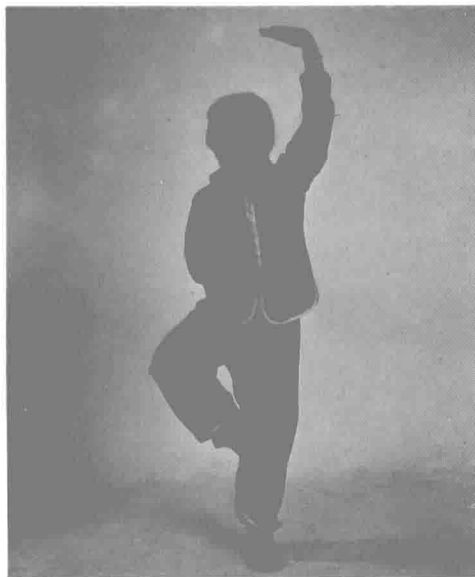


◀ 轉身鈎手抄掌

Turning the body, making a hooked hand and moving a palm up like scooping something

▶ 提膝盤肘亮掌

Lifting a knee up, curving an arm and showing a palm

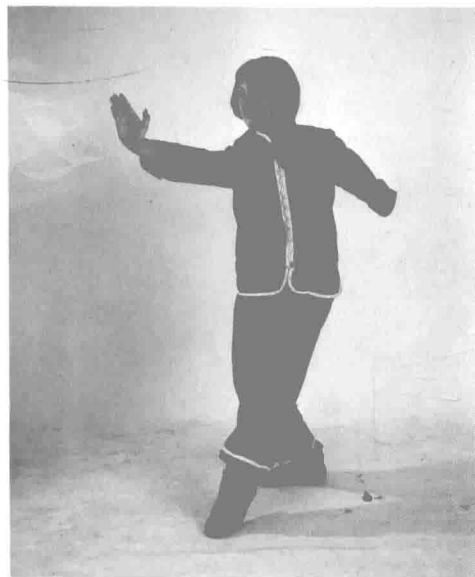


▲ 轉身鈎手抄掌

Turning the body, making a hooked hand and moving a palm up like scooping something

▶ 穿掌圓形行步

Threading a palm out and stepping in a circle





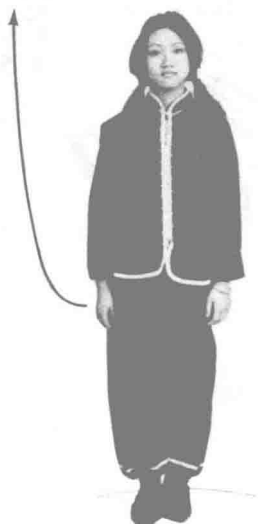


圖 1

## 第一段

### 預備式

兩腳並步站立，兩手五指並攏直臂貼靠兩腿外側（圖 1）。

注：實線表示右手和左脚下一個動作的路線，虛線表示左手和右脚下一個動作的路線。

## SECTION I

### PREPARATORY GESTURE

Stand upright with two feet brought together, both hands put close to the lateral sides of both legs with the five fingers of each hand brought close to one another and each arm straightened. (Fig. 1)

Note: A full line shows the path of the next movement of the right hand or the left foot, while a dotted line represents the path of the next movement of the left hand or the right foot.



圖 2



圖 3



圖 4

### 一、虛步穿手亮掌

(1)右臂外旋，從右側向右、向上直臂弧形上舉，手心朝左。眼看右手（圖 2）。

(2)右脚向右後方斜退一步，右臂繼續外旋、屈肘，從左肩前下降，落於左腋近側，手心朝上；同時，左手由身前屈肘從右臂裏面向上穿出，手心朝後。眼隨右手（圖 3）。

(3)右手從左腋處向下、向右、向上直臂弧形繞行，至頭頂時屈腕成橫掌，屈肘橫架，掌心朝前；同時左手相應地從上向左、向下、向身後直臂弧形繞行，至身後時五指捏攏屈腕成鉤手，反臂斜舉，鉤尖朝上。在兩手繞行的同時，左脚從左移向右脚前，兩腿屈膝成虛步。眼隨右手，當右手成橫掌時，轉臉向左側平視（圖 4）。

## 1. MAKING A FALSE STEP, THREADING A HAND OUT AND SHOWING A PALM

(1) Turn the right arm outward and lift the right hand archwise with the arm straightened from the right, to the further right and then upward, the palm facing left. The eyes are looking at the right hand. (Fig. 2)

(2) Draw the right foot back a step slantingly to the right, turn the right arm further outward, bend the elbow and drop the right hand by the left shoulder to under the left armpit, the palm facing upward. At the same time, thread the left hand out, with the elbow bent, from before the body, by the inner side of the right arm and then upward, the palm facing backward. The eyes are following the right hand. (Fig. 3)

(3) Revolve the right hand archwise, with the arm straightened, from under the left armpit, downward, to the right and then upward. When it comes above the head, bend the wrist and lay the palm levelly with the elbow also bent, the palm facing forward. At the same time, revolve the left hand archwise correspondingly, with the arm straightened, from above to the left, downward and then to the backside of the body. When it reaches there, bring the five fingers together to make a hooked hand, turn the arm and hold the "hook" up slantingly with its tip pointing upward. While revolving both hands, move the left foot from the left to before the right one and bend both legs with the tip of the left foot slightly touching the ground to make a false step. The eyes are following the right hand, but when the right palm is laid levelly, turn the face and look levelly to the left. (Fig. 4)



圖 5



圖 6

## 二、上步並腿對拳

(1) 右臂外旋使掌心朝上，從上向身前直臂下降；同時左鈎手變掌，臂外旋使掌心朝下，從身後向下、向身前直臂平舉，兩掌心均朝上。右腿隨即伸直，左腳離地準備向前上步（圖 5）。

(2) 左腳向前上步落地，右腳離地準備繼續向前上步。在左腳上步的同時，兩掌一齊從身前向下、向兩側身後直臂繞行（圖 6）。

(3) 右腳向前上步落地，左腳離地，同時兩掌從後向左右兩側上舉（圖 7）。

(4) 左腳向前與右腳並步靠攏，兩腿並立，同時兩掌變拳，從兩側斜上方屈肘經胸前向下降落，停於腹前，拳面相對，拳心朝下。在上步時，兩眼向前平視，至並步時轉臉向左側平視（圖 8）。

## 2. MAKING A STEP FORWARD, BRING BOTH LEGS TOGETHER AND CONFRONTING BOTH FISTS

(1) Turn the right arm outward and make the palm face upward, and drop it, with the arm straightened, from above the head to the level of the shoulder before the body. At the same time, turn the left hooked hand into a flat palm, turn the arm outward and make the palm face downward and lift it up archwise



圖 7



圖 8

from the backside of the body, downward and then to the level of the shoulder before the body, the arm straightened. Both palms are facing upward. Then straighten the right leg and lift the left foot up from the ground, ready to make a step forward. (Fig. 5)

(2) Move the left foot a step forward and drop it on the ground. Then lift the right foot up from the ground, ready to make another step forward. While moving the left foot forward, revolve both palms concurrently with the arms straightened from before the body, downward, by both sides of the body and then to the backside. (Fig. 6)

(3) Move the right foot a step forward and drop it on the ground. Lift the left foot up from the ground. At the same time, lift both palms up from the backside of the body to both sides of the head. (Fig. 7)

(4) Move the left foot forward and bring it together with the right one. Stand upright with both legs brought together. At the same time, clench both fists and drop them, with the elbow bent, from both sides of the head, by the chest and then downward to before the abdomen, their knuckle sides facing each other but their finger sides facing downward. While moving forward, the eyes are looking forward levelly, but when both feet are brought together, turn the face and look levelly to the left. (Fig. 8)

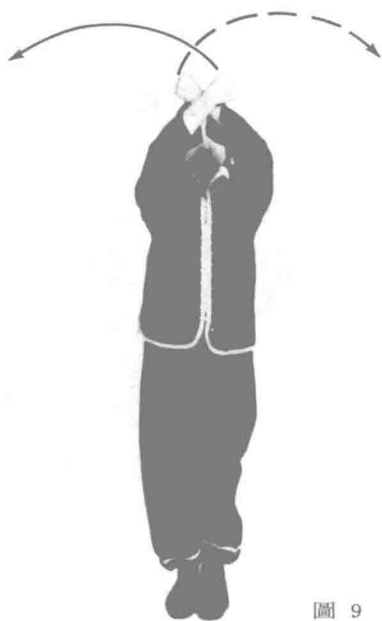


圖 9



圖 10

### 三、提膝雙劈拳

(1) 兩拳在腹前交叉，左拳在外，右拳在裏，隨即向上舉起，左臂在裏，右臂在外。臉轉向正前方（圖 9）。

(2) 右腿屈膝在身前提起，脚背绷直，脚尖朝下，左腿伸直站立。同時，兩拳分向兩側直臂平劈，拳眼朝上。眼看右拳（圖 10）。

### 3. LIFTING A KNEE UP AND THE FISTS DOING THE SPLITS

(1) Cross both fists in front of the abdomen, the left fist outside and the right one inside. Then lift them up and cross the forearms in front of the forehead, the left arm inside and the right one outside. Turn the face to the very front. (Fig. 9)

(2) Bend the right leg and lift the knee up before the body with the back of the foot stretched and its tip pointing downward. Stand with the left leg straightened. At the same time, both fists do the splits, with the arm straightened, to both sides of the body at the level of the shoulders, the "eyes" (The openings formed by the thumbs and the forefingers) facing upward. The eyes are looking at the right fist. (Fig. 10).





圖 11



圖 12



圖 13

#### 四、震脚馬步架栽拳

(1) 右脚向左脚裏側跺地震脚落步，左脚隨即離地，屈膝提於右腿後側。在震脚的同時，右拳屈肘從右側向臉前、向左、向下繞行，拳心朝下（圖11）。低頭、眼看右拳。

(2) 右拳繼續向右直臂繞行，臂外旋使拳心朝前；左拳隨即屈肘從左向上、向右繞行，拳心朝後。同時，左脚向左侧落步，兩腿屈膝。眼隨右拳（圖12）。

(3) 左拳繼續從右屈肘向下、向左繞行，至左侧時成栽拳附於左膝上面，拳心朝後；同時右拳繼續從右向上直臂繞行，至上方時屈肘橫架於頭頂，拳心朝前，拳眼朝下。兩腿隨即屈膝半蹲成馬步。眼隨右拳，當右拳橫架時，轉臉向左平視（圖13）。



#### 4. DROPPING A FOOT BY SHAKING IT, SQUATTING HALF DOWN AS IF RIDING A HORSE AND LAYING THE FISTS SEPARATELY ABOVE THE HEAD AND ON ONE KNEE

(1) Drop the right foot on the ground by stamping and shaking it to the inner side of the left foot. Then lift the left foot up from the ground and hold it up with the knee bent on the backside of the right leg. While shaking the right foot, revolve the right fist, with the elbow bent, from the right, by the face, to the left and then downward, the finger side facing downward. (Fig. 11) The head is hanging down and the eyes are looking at the right fist.

(2) Continue to revolve the right fist, with the arm straightened, to the right, turning the arm outward and make the finger side face forward. Then revolve the left fist, with the elbow bent, from the left, upward and then to the right, the finger side facing backward. At the same time, drop the left foot to the left and bend both knees. The eyes are following the right fist. (Fig. 12)

(3) Continue to revolve the left fist, with the elbow bent, from the right, downward and then to the left. When it comes to the left of the body, lay it upright on the left knee, the finger side facing backward. At the same time, continue to revolve the right fist up from the right with a straightened arm. When it comes above the head, lay it levelly there with the elbow bent, the finger side facing forward and the "eye" facing downward. Then bend both knees to squat half down as if riding a horse. The eyes are following the right fist, but when the right fist is laid levelly, turn the face and look levelly to the left. (Fig. 13)