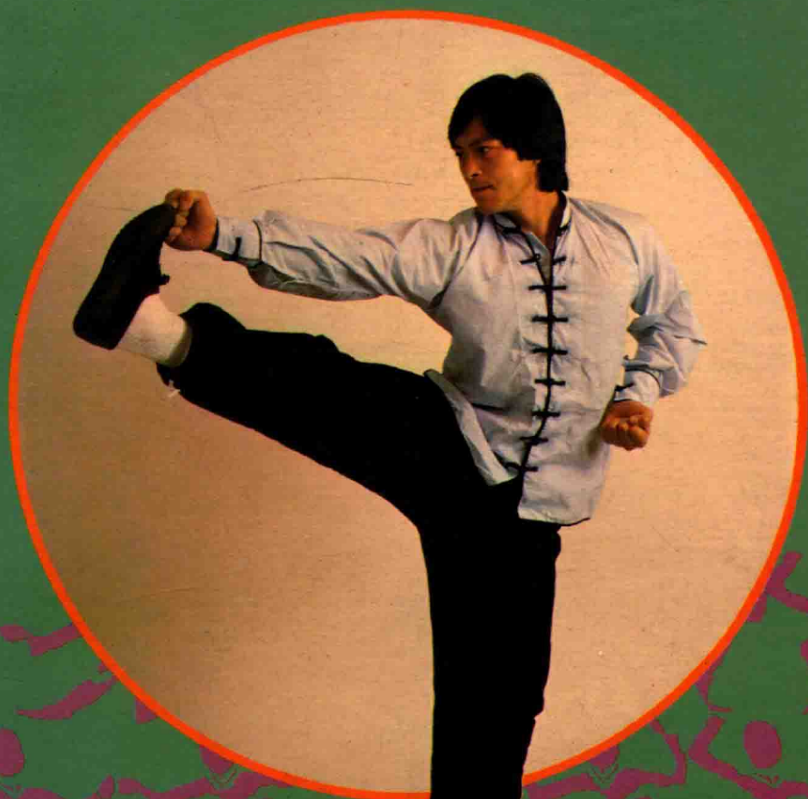


# BASIC CHINESE BOXING

# 武術基本訓練圖解

· 中英對照 ·



蔡雲編著 · 萬里書店出版

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## BASIC CHINESE BOXING

· 中英對照 ·

Chinese-English

蔡 雲編著      By Cai Yun

香 港 萬 里 書 店 出 版

PUBLISHED BY  
WAN LI BOOK CO., LTD.  
486, KING'S ROAD, 2/F,  
HONG KONG

First Published..... September 1981  
Reprinted..... May 1982

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出版者：萬里書店有限公司  
香港北角英皇道486號三樓  
電話：5-632411 & 5-632412

承印者：金冠印刷有限公司  
香港北角英皇道499號六樓B座

定價：港幣二十元

版權所有 \* 不准翻印

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(1981年9月初版·1982年5月重印本)

## 前 言

武術，是以踢、打、摔、拿、擊、刺等攻守格鬥動作爲主要內容，按照攻防進退、動靜疾徐、剛柔虛實等矛盾的對立統一規律編成徒手的和器械的套路，以此來鍛鍊體質、培養意志、訓練格鬥技能的民族形式的體育運動。

在長期的發展過程中，武術已經提煉出一套比較系統的鍛鍊方法。這種比較完整的科學的鍛鍊方法，不僅是有助於練習者在鍛鍊過程中少走許多彎路，有助於武術運動水平的迅速提高，同時也有助於身體素質的全面發展。

本書是介紹基本拳術的訓練，分爲拳掌鉤爪的訓練、彈腿的訓練、功力的訓練和短打的訓練共四部分。全部套路由黃劍鋒先生演式，讀者依照圖文所示，認真練習，是能夠自學成功的。

## INTRODUCTION

Wushu is a national-style sport used to build up one's good physique, temper his willpower and train his fighting ability with such fighting movements of attack and defence as kicking, striking, throwing, grasping, ramming and thrusting as its main contents. The free-standing sets and the sets on apparatus of which have been compiled in accordance with the law of contradiction of the unity of opposites in practices, i.e. the attack and defence, advance and retreat, movement and stillness, quickness and slowness, firmness and gentleness, falseness and trueness, etc..

In the course of its long-term development, Wushu has refined a set of rather systematic training methods. These rather perfect and scientific training methods are helpful not only to the prevention of the practisers from making detours in the course of training but also to the rapid improvement of the standard of Wushu. They are also beneficial to the all-round improvement of the physical quality.

This book introduces the training in basic Chinese boxing. The book is divided into four parts, i.e. the training in striking with fists, palms, "hooks" or "claws", the training in snapping legs, the training in strength and the training in hand-to-hand fights. The whole set is demonstrated by Mr. Wong Kim Fung.

Readers who practise earnestly in accordance with the illustrations will be able to master the set for themselves.

# 目次

## Contents

前 言.....	I
Introduction	
基本拳術訓練.....	5
The Training in Basic Chinese Boxing	
第一章 拳、掌、鈎、爪.....	8
Chapter I Fists, Palms, Hooks and Claws	
1. 拳.....	8
I. Fists	
2. 掌.....	10
II. Palms	
3. 鈎.....	14
III. Hooks	
4. 爪.....	16
IV. Claws	
第二章 彈 腿.....	18
Chapter II Leg-snapping	

第一路 衝 拳.....	18
Sequence I Rushing Fists Out	
第二路 十字腿.....	30
Sequence II Crossing the Legs	
第三路 劈 砸.....	34
Sequence III Cutting and Smashing	
第四路 撐 掙.....	40
Sequence IV Propping Up and Branching Out	
第五路 架 打.....	48
Sequence V Laying One Fist above the Head and Ramming the Other Fist Out	
第六路 雙 展.....	54
Sequence VI Revolving Both Arms	
第七路 單 展.....	58
Sequence VII Revolving a Single Arm	
第八路 蹬 踹.....	62
Sequence VIII Two Feet Kick Up in Turn	
第九路 碰 鎖.....	70
Sequence IX Patting and Locking	
第十路 箭 彈.....	74
Sequence X Springing Up like an Arrow Shooting Out	
第十一路 鈎 挂.....	80
Sequence XI Holding a Palm Up and Lifting a Foot Up	

第十二路 披身拳·····	86
Sequence XII Turning the Body and Knocking a Fist Down	
第三章 功力·····	92
Chapter III Strength Boxing	
第四章 短打·····	162
Chapter IV Hand-to-Hand-Fight Boxing	
第一段·····	162
Section I	
第二段·····	184
Section II	
第三段·····	192
Section III	
第四段·····	204
Section IV	
第五段·····	224
Section V	
第六段·····	234
Section VI	





◀ 右蹬端

One foot kicks up, right mode.



▲ 馬步雙衝

Bowing a leg forward and rushing both fists out.



◀ 撐掌鈎掛

Holding a palm up and lifting a foot up.

## 馬步挑擊

Squatting half down as if riding a horse and picking up and rushing out the hands.



## 歇步栽拳▶

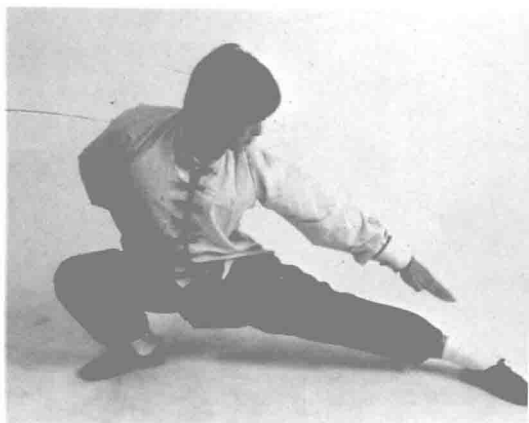
Squatting leisurely with both legs crossed and knocking a fist down.





### ◀ 托掌衝拳

Holding a palm up and rushing a fist out.



### ▲ 摟膝推掌

Dragging one palm over a knee and pushing the other palm out.



### ◀ 仆步單鞭

Stretching a leg almost levelly and forming a posture just as holding a whip.

踏步騰空飛脚

Setting a foot on the ground, springing up into the air and snapping a foot forward.



馬步托肘▶

Squatting half down as if riding a horse and rushing an elbow forward.



## 基本拳術訓練

武術在套路運動方面，分徒手和器械兩種，包含着輕快飄逸的、雄偉渾厚的、跌撲翻滾的、舒展勁拔的、短小緊削的、柔的、剛的、慢的、快的等等不同的內容與形式。經過基本功和基本動作訓練之後，獲得了運動條件，掌握了運動技巧，按中國武術的教學程序（僅指武術的套路運動，不包括散手、擊劍、刺槍等搏鬥運動）來說，就可以開始進行套路運動的練習了。中國武術的訓練是要經過條件培養、技巧訓練和套路練習這三個階段的。當然這三個階段也不是截然劃分，它們還可以交叉進行。

武術的套路運動是很多的。單就華拳、查拳、太極拳、形意拳等這幾個比較普遍流行的拳種來說，套路就有二、三百項。在這麼多的套路裏面，有簡易的、複雜的；有初級的、高級的。在開始初步練習套路運動的時候，一般都是從簡易的初級徒手拳術訓練着手，然後循序漸進，由簡入繁，由初級到高級，由徒手到器械，由單人練習到兩人或三人以上的對練。彈腿、功力拳和短打拳，都是最基本的拳術，在這些基本拳術的基礎上進一步練習其他類似華拳和查拳拳種的各種拳術或器械，將會是有益的。

武術運動的徒手拳術中，包含着拳、掌、鈎、爪四種不同的“手型”，即使最基本的拳術也含有前面的三種手型。初學拳術，如果先掌握了這四種手型的幾個基本變化，以後再學起各種拳術套路來就比較容易了。下面就是這些“手型”的說明和三套最基本的拳術：彈腿、功力拳和短打拳。

## THE TRAINING IN BASIC CHINESE BOXING

Wushu falls into free-standing sets and sets on apparatus, including distinct contents and forms such as brisk and elegant, imposing and vigorous, falling, springing, turning and tossing, unfolding and powerful, short and compact, firm, gentle, slow or fast, etc.. After the training in basic skills and basic movements, one has attained his qualification for the sport and has mastered the techniques of the sport, and according to the teaching sequence of Chinese Wushu (only referring to the sets of boxing in Wushu and not including such fighting sports as random skill, fencing, spearing, etc.), one can then start his training in the sets of boxing. The training in Chinese Wushu must undergo three stages: qualification attaining, techniques mastering and boxing training. Of course, these three stages are not completely separated and they can be carried on in an overlapping way.

There are numerous sets of Wushu. Merely in the few rather popular schools of Chinese boxing, such as Hua Chuan, Cha Chuan, Tai Chi Chuan, Hsin Yi Chuan, etc., there are two or three hundred sets. Among so many sets of boxing, there are simple or complicated ones; primary or advanced ones.

In general, the preliminary exercise in the sets of boxing starts with the simple training in primary free-standing boxing and then one can advance step by step from the simple to the complicated, from the primary to the advanced, from the free-standing to those on apparatus and from sole training to face-to-face training between two persons or among more than three persons.

Leg-snapping, strength boxing and hand-to-hand-fight boxing are the most basic techniques of boxing. It will be helpful to further practise various techniques of boxing or sets of Wushu on apparatus which are similar to such schools of boxing as Hua Chuan and Cha Chuan on the basis of these basic techniques.

In the free-standing sets of boxing in Wushu, there are four different

“types of hands”, i.e. fists, palms, hooks and claws. Even the most basic boxing contains the former three types of hands. When one begins to learn boxing, if he has first mastered several basic changes of these four types of hands, it is easier to learn various sets of boxing afterwards. The following are the explanations of the types of hands and the three sets of the most basic techniques of boxing: legsnapping, strength boxing and hand-to-hand-fight boxing.

# 第一章 拳、掌、鈎、爪

## 1. 拳

五指捲攏握緊爲拳。握拳的方法，就是五指先併攏伸直，然後將食指、中指、無名指和小指的第二、三節指骨（有指甲的一節爲第三節指骨）向內彎屈，再將第一節指骨向內彎屈，最後，彎屈大拇指使它的第二節指骨緊壓在食指和中指的第二節指骨上。

### (1) 拳的定位（圖 1）

拳心——手心的一面，也即是五指彎屈的一面。

拳背——手背的一面，也即是拳心的反面。

拳面——食指、中指、無名指和小指第一節指骨互併形成的平面。

拳眼——拇指一邊的圓孔。

拳輪——小指一邊的圓孔。

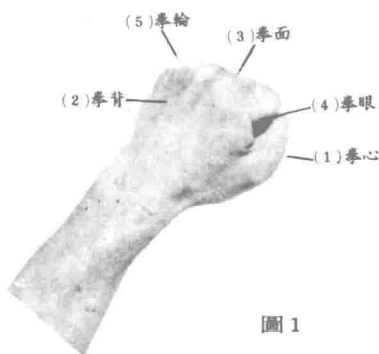


圖 1



## CHAPTER I FISTS, PALMS, HOOKS AND CLAWS

### I. FISTS

A fist is a hand which is tightly closed by bending five fingers and then bringing them together. The method of clenching a fist is as follows: Bring the five fingers together, stretch them, bend the second and third sections (the third section means that with a nail) of the index, middle, ring and small fingers inward, then bend the first sections inward and finally bend the thumb, pressing its second section tightly on the second sections of the index and middle fingers.

#### 1. The Naming of the Parts of a Fist: (Fig. 1)

(1) The centre of a fist: the side of the palm, that is, the side to which the five fingers are bent.

(2) The back of a fist: the side of the back of the hand, that is, the reverse side of the centre of the fist.

(3) The face of a fist: the plane formed by bringing the first sections of the index, middle, ring and small fingers together.

(4) The eye of a fist: the round hole formed on the side of the thumb.

(5) The wheel of a fist: the round hole formed on the side of the small finger.