32式太极剑学与练

李寿堂 编著
张连友 校订

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第七辑

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风格突出
内容充实
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易学易懂 有益于健身
去掉了原传统套路中过多的重复拳势动作
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张润梅演示的32式太极剑

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作者李秀堂和张连友的练功照

32 式太极剑学与练

Study and Practice of 32-form Tai Chi Sword

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前 言

太极剑是属于太极拳系统的一种剑术套路，它兼有太极拳和剑术的特点，具有与太极拳相同的健身价值。本书介绍的这套32式太极剑是20世纪60年代初由国家体委组织老一辈太极拳名家在传统杨氏太极剑套路基础上改编的。全部动作除“起式”和“收式”之外，共选定了32个主要姿势动作。整个套路分为四组，每组八个动作，从起式到收式往返两个来回，练习时间需要三分钟左右。动作中包括（抽、带、撩、刺、击、挂、点、劈、截、托、扫、拦、抹等）13种主要剑法和各种身法、步法。既可单人独练，又可集体练习。通过这些主要姿势动作的练习，一可强身健体，二可为练习难度较大的剑术套路打下基础，同时，可以表演，增强练习者的锻炼兴趣。32式太极剑是全民健身运动中的一项很好的健身运动项目，是中国武术段位制“四段”太极剑考评技术。

Preface

Tai Chi sword is born from Tai Chi Chuan. It has the features of both Tai Chi and sword skills, and provides the same health benefits of both. Based on Yang style Tai Chi, the 32-form Tai Chi Sword introduced in this book was created at the beginning of the 60's by experienced masters, who were organized by Chinese Sports Committee. Excluding the opening and closing movements, the entire set includes 32 movements, which are divided into four groups of eight. To finish the routine, from the Opening to the Closing, go back and forth twice. In this form, there are 13 types of sword techniques and slide sideward, and various body movements and steps. It can be practiced individually or in a group. Going through these main postures and movements does not only promote one's health, but it can also be used in performance. At the same time it forms a foundation for further practice of more difficult sword forms. 32-form Tai Chi Sword is a valuable sport for improving one's health. It's also certified as a Level Four technique by the Chinese Wushu Certification System.

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第 1 章

剑的结构、各部名称及规格

Chapter 1 Structure, Component Names, and Standard of the Swords

剑是我国很古老的一种兵器，被誉为“百兵之君”。

The sword is an ancient weapon in China, given the name “the king of weapons”.

剑在我国出现很早，至今有三千多年的历史。剑的外形构造及制造材料随时代的发展不断地变化。其外形由剑身、剑柄两大部分组成，剑身为双刃，有剑尖、剑锋、剑脊，剑柄有护手、剑柄、剑首。古代剑较短，形如匕首，随时代的发展由短变长，到战国后期普遍为 1 米以上；制造材料随时代的发展经历了由青铜、铁到钢的过程。

The sword has been used in China for approximately three thousand years. Its appearance, structure and material have been continually changing. A sword consists of two parts: a sword blade which includes a tip, double edges and a spine; a hilt that includes a guard, a grip and a pommel. An ancient sword was much shorter and resembled a dagger. Over the years, it became longer and longer. By the end of the Warring States Period, it was more than a meter long. Developed over the ages, the material used for sword also experienced changes from bronze to iron to steel.

剑作为一种古老的兵器，曾在古代战争中发挥了重要的主导作用，但随着时代的发展，兵器种类的增多，其在军事上的作用相对有所下降。

剑作为权贵身份的象征，文人、雅士、达官贵人均配挂剑器，其剑术与舞蹈相结合成为一种娱乐表演、观赏的项目。到现代，剑及其剑术已附属于各拳种、各门派器械，失其早年的主体地位。当今的击剑、舞剑，成为习武思奋、健身、表演、抒情的全民健身的重要运动项目。

As a weapon, the sword had always played a major role in warfare. However, with constant development of new weapons, the sword's functions as a military weapon gradually weakened as time passed, and instead was worn by scholars, gentlemen, bureaucrats, and aristocrats as a decoration and a symbol of social status. Swordplay, combined with dance, became a performance for entertainment and appreciation. The sword had lost its early eminent position as a weapon and has become an equipment of Wushu sports. Nowadays, swordplay has become a sport for performance, the improvement of health, and the building of characters.

太极剑是近百年来在太极拳的基础上产生的，其风格特点与太极拳一脉相承。现将当今普遍使用的太极剑结构各部名称及一般规格要求介绍如下。

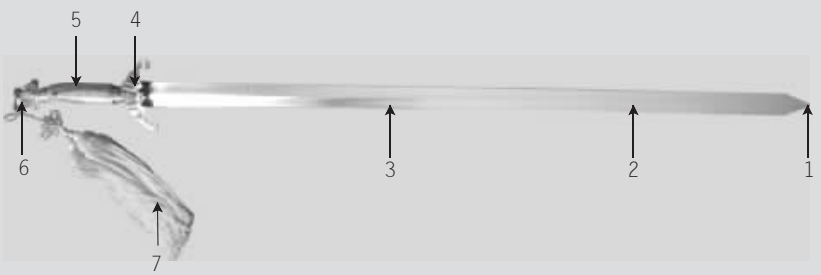
Based on Tai Chi Chuan, Tai Chi sword has developed for hundreds of years and inherited all the features of Tai Chi. The following are the standard and component's names of the sword that are generally used today.

一、剑的结构和各部名称（图 1-1）

1. The structure and components of the sword (Figure 1-1)

二、当今常用太极剑在武术比赛中的规格

1. 剑的长度



1.剑尖（tip） 2.剑脊（spine） 3.剑刃（edge） 4.护手（guard）
5.剑柄（grip） 6.剑首（pommel） 7.剑穗（tassel）

图 1-1

以直臂垂肘反手持剑的姿势为准，剑尖不得低于本人的耳上端。

2. The standards of Tai Chi sword used for competition

（1）Size

Let the arm hang down and hold the sword pointing up. The tip of the sword should not be lower than the upper edge of the ear.

2. 剑的重量

包括剑穗，供成人男子使用的剑不得轻于 0.6 千克，供成年女子使用的剑不得轻于 0.5 千克，供少年儿童使用的剑不限重量。

（2）Weight

Including the tassel, the sword for an adult man should not be lighter than 0.6 kg and 0.5kg for an adult woman. There is no restriction for children.

3. 剑身的硬度

剑垂直倒置，剑尖触地，剑身不得弯曲；或以剑尖至剑柄 20 厘米处为测量点，测量点距地面的垂直距离不得少于 10 厘米（图 1–2）。

（3）Hardness

Hold the sword with the tip pointing downward and touching the ground. The sword should be able to support itself without bending. The other way to measure it is at about 20cm from the tip. The measure point should never be less than 10cm from the ground（Figure 1–2）.

4. 剑穗

长短、颜色无限制。

（4）Tassel

There is no demand for the color and size.

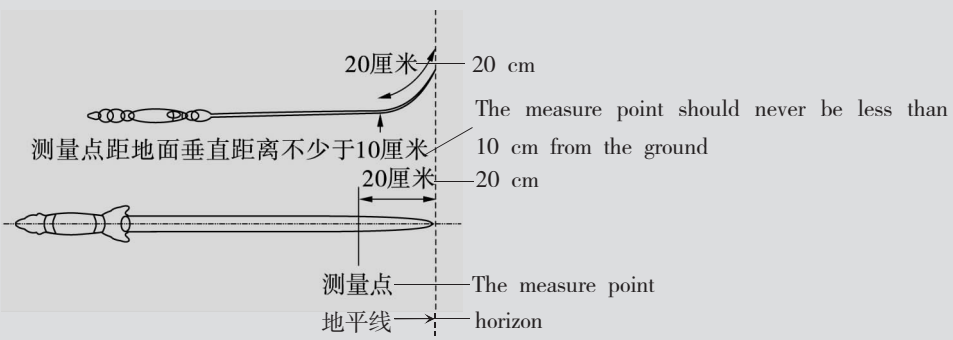


图 1–2

第 2 章

32 式太极剑的基本技术

Chapter 2 Basic Technique of 32-form Tai Chi Sword

第一节 手型与手法

Section 1 Hand Forms and Hand Movements

一、手 型

太极剑的手型主要是剑指，即中指和食指伸直并拢，其余三指屈于手心，拇指压在无名指和小指第一指节上（图 2-1）。

要 领

中指与食指要并拢伸直，不要分开。

1. Hand Forms

The main hand form is the Sword Fingers (Jian zhi). To form the Sword Fingers, extend the index finger and middle finger together and bend the other two fingers to the palm with the thumb pressing on their first knuckle (Figure 2-1).

Key Points

The middle finger and the index finger should be close to each other. They cannot be apart.

二、手 法

太极剑的手法包括持剑和握剑两种方法。

1. 持剑

手心紧贴护手，食指附于剑柄，拇指和其余三指扣紧护手两侧，剑脊轻贴于小臂后侧（图 2–2a、图 2–2b）。

要　领

手应紧握剑，使剑身与地面基本垂直，注意剑刃不要触及身体。

2. Hand Movements

Hand Movement in Tai Chi Sword means the ways of holding a sword. There are two ways: carrying and gripping.

（1）Carrying

The palm presses around the hand guard of the sword tightly with the index finger resting on the handle, the thumb and other three fingers supporting sides of the hand guard. The spine of the sword contacts with the backside of the arm (Figure 2–2a, Figure 2–2b).

Key Points

The hand should hold the sword tightly, keeping the sword blade perpendicular to the ground. Do not touch one's body with the edges of the sword.

2. 握剑

握剑主要是指右手灵活运使剑的方法。右手握剑主要有以下几种具体方法。

（2）Gripping

The sword gripping here refers to the methods for the right hand to use a sword flexibly during the movements. Several methods are described here.

（1）螺把握剑。手握剑柄，虎口对准剑上刃，食指、中指、无名指和小



图 2–1



图 2–2a



图 2–2b

指第一指节紧扣剑柄，依次成“螺旋”型，拇指紧扣于食指第一指节上，以食指第二指节紧靠护手（剑格），腕关节微下屈（图 2-3）。

a. Gripping Spirally

Grip the handle of the sword with “tiger mouth”(the part between the thumb and the first finger) against the hand guard, aligned with the edge of the blade. Grasp the handle with four fingers and bend the thumb to press tightly on the first knuckle of the index finger. The second knuckle of the index finger is close to the hand guard. Bend the wrist down slightly (Figure 2-3).

（2）满把握剑。虎口正对护手（剑格），五指如同平握拳环握剑柄，拇指屈压于食指第三指节上，腕部挺直（图 2-4）。

b. Fully Gripping

With the “tiger mouth” (the part between the thumb and the first finger) against the hand guard, the four fingers grip the handle. The thumb bends, pressing on the third knuckle of the index finger. The wrist is stretched (Figure 2-4).

（3）钳把握剑。虎口靠近护手（剑格），以食指、拇指和虎口的夹持之劲将剑柄钳住，其余三指自然附于剑柄（图 2-5）。

c. Clamping the Sword

With “tiger mouth” close to the hand guard, the index finger and the thumb clamp the handle while the other three fingers attaching to the handle naturally (Figure 2-5).

（4）垫把握剑。其方法与螺把握剑基本相同，只是拇指伸直，紧扣于剑柄，食指伸直附于护手上，其余三指屈握剑柄（图 2-6）。



图 2-3



图 2-4



图 2-5

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