42式太极剑学与练

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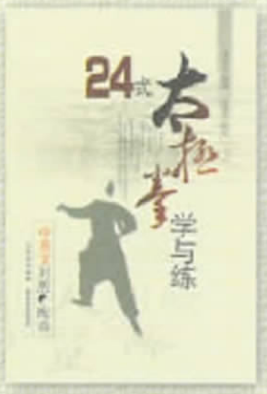
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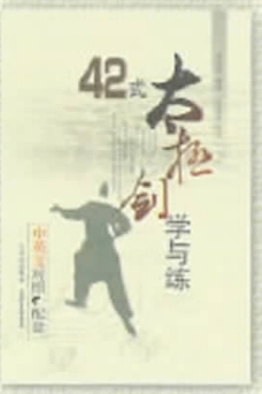
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第七辑

42式太极剑学与练

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风格突出
内容充实
动作讲解规范
意念引导清晰
图文并茂 中英文对照
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
集中了传统套路中的主要结构和技术内容



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作者李寿堂和张连友的练功照

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孙国庆演示的42式太极剑

42 式太极剑学与练

Study and Practice of 42–form Tai Chi Sword

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前 言

42式太极剑套路分四段42个动作，演练时间为3至4分钟。其中包括十八种不同剑法，五种不同步型，三种不同组别的平衡，三种腿法和三个不同的发劲动作。这套太极剑是国家体委武术研究院于20世纪90年代初组织国内武术名家以“继承、发展、创新”为目的，以“传统性、科学性、健身性、竞赛性”为原则进行创编的。42式太极剑既保留了传统太极剑的风格特点，又有所创新；不仅内容充实，动作规范，结构严谨，编排新颖，布局合理，而且动作数量、组别和时间等都符合竞赛规则的要求，目前已成为国内外武术比赛的项目之一。

Preface

42-form Tai Chi Sword is divided into 4 groups, including 42 movements, taking 3 to 4 minutes to complete. There are 18 sword strokes, 5 step forms, 3 stances, 3 leg movements and 3 force-launching actions involved in this form. Supported by the Wushu Institution of the Chinese Sports Committee, this set of Tai Chi Sword was created at the beginning of 90s in 20th century by famous Wushu experts for the purpose of inheriting, developing and innovating traditional Wushu culture. It follows the principle of inheriting tradition, complying with science, benefiting health and also suitable for competition. The 42- form Tai Chi Sword has retained the styles and features of traditional Tai Chi sword as well as gained new characteristics. It has rich content, standardized action, sound structure, original arrangement and rational layout. The number of movements, groups and the time it takes are all compliant with the requirements of competitions. Thus, it now has become an event in both national and international Wushu games.

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42式太极剑的基本动作规格

Basic Techniques of 42-form Tai Chi Sword

一、手型和手法

手型——太极剑的手型就是指剑指。即中指、食指并拢伸直，其余三指屈于手心，大拇指压在无名指及小指第一指节上。

手法——手法是指握剑的方法。

1. Hand Forms and Hand Movements

Hand Forms

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

Hand Movements

Hand Movement in Tai Chi Sword means the ways of holding a sword.

1. 持剑

手心贴紧护手，食指附于剑柄，拇指和其余手指扣紧护手，剑脊轻贴前臂后侧。

(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 sword spine makes slight contact with the backside of the arm.

2. 握剑

正握剑——立剑(刃向上下)，小指侧刃在下。

反握剑——立剑，小指侧刃在上。

俯握剑——平剑(刃向左右)，手心向下。

仰握剑——平剑，手心向上。

(2) Gripping

Forhand Gripping (Zheng Wo Jian)

Grip a sword with one edge up and one edge down. The edge at the same side with the fingers is facing down.

Backhand Gripping (Fan Wo Jian)

Grip a sword with one edge up and one edge down. The edge at the same side with the fingers is facing up.

Palm Down Gripping (Fu Wo Jian)

Grip a sword with the blade flat. Palm is facing down.

Palm Up Gripping (Yang Wo Jian)

Grip a sword with the blade flat. Palm is facing up.

要　领

(1)手腕要松，手指要活，手心要空。

(2)握剑以拇指、中指和无名指为主，食指、小指配合，随动作灵活掌握，时松时紧，顺其自然。

Key Points

(1) When gripping the sword, keep the wrist relaxed, the fingers flexible and the palm empty (a bit away from the handle).

(2) The force of the grip comes mainly from the thumb, the middle finger and the third finger, with the index finger and little finger co-operating. Connect the motions naturally; do not be rigid.

二、步型和步法

1. 步型

(1)弓步。前腿全脚着地，脚尖向前，屈膝不得超过脚尖，最好与涌泉穴上下相对；后腿自然伸直，避免僵直硬挺，脚尖斜向前约 45°，全脚着地，两脚横向距离 10~20 厘米。

2. Foot Positions and Foot Movements

(1) Foot Positions

a. Bow Step (Gong Bu)

Place the entire front foot on the ground, the toes pointing forward. Bend

the knee without over the toes; it is about perpendicular to the toes. The other leg stretch naturally straight, but avoid being stiff. And the toes point at about 45° inwards with foot planted on the ground. The feet are on parallel lines, which distance is about 10 to 20 cm.

(2)马步。两脚左右开立,约脚长的三倍;脚尖正对前方,外撇不超过30°,屈膝半蹲。膝与脚尖同方向。

b. Horse Step (Ma Bu)

The feet stand apart with the distance between them about three times of the foot length (about 60cm). The toes point forward or outward less than 30°. Bend knees in a half squat and in the same directions with the toes.

(3)虚步。一腿屈膝半蹲,全脚着地,脚尖斜向前 45°;另一腿微屈,以前脚掌或脚跟点地于身前,两脚之间距离不小于一脚。

c. Empty Step (Xu Bu)

Bend one knee with the entire foot placed on the ground and toes outward 45°. Bend the other knee slightly with either only the forefoot or only the heel of the foot on the ground. The distance between the feet should not be less than a foot (about 20 cm).

(4)仆步。一腿屈膝全蹲,膝与脚尖稍外展;另一腿自然伸直,平铺接近地面,脚尖内扣,两脚全脚着地,不可掀起。

d. Crouch Stance or Step (Pu Bu)

One leg bends in a squat, the knee and toes pointing slightly outwards. Extend the other leg close to the ground, toes pointing inward. Both feet are fully placed on the ground.

(5)丁步。一腿屈膝半蹲,全脚着地;另一腿屈膝,以脚前掌或脚尖点于支撑腿脚内侧。两脚距离小于一脚。

e. T-shape Step (Ding Bu)

Bend one leg in a half squat with the foot placed on the ground. Bend the other knee with its forefoot or toes touching the ground at the inside of the supporting foot. The distance between the feet should not be over a foot.

(6)歇步。两腿屈膝全蹲,前脚尖外展,全脚着地;后脚尖向前,膝部

附于前腿外侧，脚跟离地，臀部接近脚跟。

f. Low Squat with Crossed legs (Xie Bu)

Bend the two legs in a squat. The front toes turns outward with the sole fully touching the ground. The knee behind attaches to the inside of the front knee with the toes pointing forward and the heel is lifted off the ground. The buttocks should be close to the heel as if sitting on it.

(7)独立步。一腿自然直立，支撑站稳；另一腿在体前或体侧屈膝提起，高于腰部，小腿自然下垂，脚面展平，脚尖不可上跷。

g. One Leg Stand or Independent Step (Du Li Bu)

One leg stands straight naturally, supporting the weight. The other one lifted with the knee bent in front or at side of the body at waist level, and the lower leg droops down naturally. The foot should be stretched and the toes pointing downward naturally.

(8)平行步。两脚分开，脚尖向前，屈膝下蹲，两脚外缘与肩同宽。

h. Parallel Step (Ping Xing Bu)

Place the feet apart at the shoulder width, toes pointing forward and knees bent in a half squat.

2. 步法

(1)上步。后脚经支撑腿内侧向前上一步或前脚向前半步。

(2)活步。前(后)脚随动作稍做移动。

(3)退步。前脚经支撑腿内侧后退一步。

(4)撤步。前(后)脚退半步。

(5)盖步。一脚经支撑脚前横落。

(6)插步。一脚经支撑脚后横落。

(7)跳步。前脚蹬地跳起，后脚前摆落地。两脚同时有一瞬间的腾空。

(8)行步。腿微屈，两脚连续上步，步幅均匀，重心平稳，不得起伏。

(9)摆步。上步脚落地时脚尖外摆，与后脚成八字步。

(10)扣步。上步脚落地时脚尖内扣，与后脚成八字步。

(11)跟步。后脚向前跟进半步。

(12)碾步。以脚跟为轴，脚尖外展或内扣，或以脚前掌为轴，脚跟外展。

各种步法进退转换要做到轻灵稳健，虚实分明。前进时，脚跟先着

地;后退时,前脚掌先着地,万万不可滞重突然。重心移动要平稳、均匀、充分、清楚。两脚距离和跨度要适当。脚掌脚跟辗转要适度,膝部自然松活,直腿时不可僵直。

(2) Foot Movements

a. Forward Step (Shang Bu)

The back foot takes a step forward, past the inside of the supporting foot or the front foot takes a half step forward.

b. Moving Step (Huo Bu)

Keep the front or the back foot moving during the movement.

c. Backward Step (Tui Bu)

The front foot takes a step backward, past the inside of the supporting foot.

d. Withdraw Step (Che Bu)

The front (or back) foot takes a half step backward.

e. Crossover Step (Gai Bu)

One foot steps forward crossing over the supporting foot.

f. Crossover Backward Step (Cha Bu)

One foot steps back crossing over the supporting foot.

g. Jump Step (Tiao Bu)

The front foot jumps up and the back foot swings forward and lands on the ground.

h. Walking Step (Xing Bu)

The legs bend slightly and the feet move forward alternately with even steps. Meanwhile shift the weight steadily without up and down.

i. Toes Out Step (Bai Bu)

Step forward with one foot. When the foot is placed on the ground, turn the toes outward to form a "\ /" shape with the back foot.

j. Toes In Step (Kou Bu)

Step forward with one foot. When the foot is placed on the ground, turn the toes inward to form a "/ \" shape with the back foot.

k. Follow Up Step (Gen Bu)

The back foot follows the front foot by half a step.

l. Pivoting Step (Nian Bu)

Pivoting on the heel, turn the toes either inward or outward depending on the movement. Or, pivot on the forefoot and turn the heel outward or inward.

Various steps should be flexible and steady with distinction between empti-

ness and solidness. When stepping forward, the heel touches the ground first; When stepping backward, the forefoot touches the ground first. The movements should never be sluggish or abrupt. Shift the weight stably, evenly, completely and distinctly. The span between the feet should be appropriate and the pivoting movement of the heels or palm should be comfortable and smooth. The knee should be kept naturally relaxed; do not be rigid when stretching the legs.

三、身型与身法

1. 身型

(1)头。向上虚虚领起,下颌微微内收,不可偏歪和摇摆。

(2)颈。自然竖直,肌肉不可紧张。

(3)肩。保持松沉,不可耸肩,不可后张前扣。

(4)肘。自然下坠,不可僵直、外翻、扬起。

(5)胸。舒松自然,不要外挺、内缩。

(6)背。自然放松,舒展拔伸,不可弓背。

(7)腰。自然放松,不后弓、前挺,运转灵活,以腰为轴,带动手足。

(8)脊。保持正直,不可左右歪斜、前挺后弓。

(9)臀、胯。臀要收敛,不可凸臀;胯要松、缩、正,不可左右歪扭。

(10)膝。伸屈柔和自然。

3. Body Form and Body Technique

(1) Body Form

a. Head

Upright; do not lean or swing. The chin is tucked in slightly.

b. Neck

Naturally upright and muscle relaxed.

c. Shoulders

Maintained relaxed and sunken. Do not lift them up or push forward or stretch backward.

d. Elbows

Sunken naturally. Do not be rigid or turned outward.

e. Chest

Naturally relaxed. Avoid straightened or tucked.

f. Back

Naturally relaxed, upright and stretched. Do not stoop.

g. Waist

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