

【少林传统功夫系列丛书】

Shaolin Traditional KungFu Series Books

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Seven-star Small Frame

耿军 著

Written by Geng Jun

人民体育出版社

PEOPLE'S SPORTS PUBLISHING HOUSE

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中叶武水源遠流長 門生張學良

我國人民幸福源泉之一 少雄書

西華初師史，言乃林武正子，其弟一人。

世道其治乃禮。張氏之治。亦步。

以人生在界外二語慨然因武王，政事以舉

明(宋)周必大為字少珠。少植志。所小

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欽定四庫全書

第①圖 文目雖・夏・外司 後占於其地事

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張輝 甲申初九

## Preface

Chinese Wushu is originated from ancient time and has a long history. It has various styles.

Shaolin Wushu named from the Shaolin Temple of Songshan Mountain, it is one of the famous styles in the Chinese boxing genre. Shaolin temple has more than 1500 years of history since its establishment in the 19th year of North Wei Taihe Dynasty. No one genre of Shaolin Wushu is created solely by any person or monk, but completed gradually by Buddhist monks and common people from generation to generation through long-lasting living course according to the requirements of life. As recording of Record of Shaolin Temple, many Shaolin Buddhist monks had already got a mastery of Wushu before they became a Buddhist monk, they came to Shaolin for tonsure to be a Buddhist monk due to many reasons such as admiring for the name of Shaolin, or by force of life or seeing through the vanity

of life. The Shaolin Temple always promotes Wushu and frequently appoints Wushu Buddhist monks to go down the mountain to roam around for searching masters and learning Wushu from them. It also invites Wushu experts to come to the temple, such as Buddhist monk Fujia of Song Dynasty, it once invited Wushu famous experts of 18 schools to come to the temple to make skill interchange, which promoted the development of Shaolin Wushu and made it absorb advantages of all other schools.

The author learned from many famous experts such as Suxi, Sufa and Li Zhanyuan of Mantis Boxing, he studied Chinese boxing eagerly in Shaolin Temple, and got lots of awards both at home and abroad, he also set up the Mengzhou Shaolin Wushu Institute, which is one of the most famous Wushu institutes around China. He makes demonstration and

teaching in the 36 volumes teaching VCD of Shaolin Traditional Wushu, which have been published by Peoples sports Audio Visual publishing house.

There are more than 30 traditional Shaolin routines and practical techniques in this series of books, which are the main content of Shaolin Wushu, and part of which is the original things learned by the author, it is worthy of reading. The series books adopt Chinese and English versions, make foreign fans have no language barrier, and make contribution to Shaolin Wushu going to the world, which is delighting and congratulating thing.

Titled by Zhang Yaoting



▲ 作者在台湾  
Author in Taiwan.



▲ 武术杂志上的耿军  
Geng Jun on the Cover of Wushu Magazine



▲ 作者访问中东武术总会

The Author is visiting the Middle East Wushu Federation



▲ 作者已出版的教学光盘

The Author's Teaching VCDs which have been published.





▲ 作者与原国家武术协会主席张耀庭  
The Author and the former Chairman of the Chinese Wushu Association  
Zhang Yaoting



▲ 作者指导儿子耿鹏飞练功  
The Author is coaching his son Geng Pengfei to practise his skill



## 作者简介

耿军（法号释德君），1968年11月出生于河南省孟州市，系少林寺三十一世皈依弟子。中国武术七段、全国十佳武术教练员、中国少林武术研究会副秘书长、焦作市政协十届常委、济南军区特警部队特邀武功总教练、洛阳师范学院客座教授、英才教育集团董事长。1989年创办孟州少林武术院、2001年创办英才双语学校。先后获得河南省优秀青年新闻人物、全国优秀武术教育家等荣誉称号。

1983年拜在少林寺住持素喜法师和著名武僧素法大师门下学艺，成为大师的关门弟子。后经素法大师引荐，又随螳螂拳一代宗师李占元、金刚力功于宪华等大师学艺。在中国郑州国际少林武术节、全国武林精英大赛、全国武术演武大会等比赛中6次获得少林武术冠军；在中华传统武术精粹大赛中获得了象征少林武术最高荣誉的“达摩杯”一座。他主讲示范的36集《少林传统功夫》教学片已由人民体育音像出版社出版发行。他曾多次率团出访海外，在国际武术界享有较高声誉。

他创办的孟州少林武术院，现已发展成为豫北地区最大的以学习文化为主，以武术为办学特色的封闭武、寄宿制学校，是中国十大武术教育基地之一。

## Brief Introduction to the Author

Geng Jun (also named Shidejun in Buddhism), born in Mengzhou City of Henan Province, November 1968, is a Buddhist disciple of the 31st generation, the 7th section of Chinese Wu shu, national "Shijia" Wu shu coach, Vice Secretary General of China Shaolin Wu shu Research Society, standing committee member of 10th Political Consultative Conference of Jiaozuo City, invited General Kungfu Coach of special police of Jinan Military District, visiting professor of Luoyang Normal University, and Board Chairman of Yingcai Education Group. In 1989, he established Mengzhou Shaolin Wu shu Institute; in 2001, he established Yingcai Bilingual School. He has been successively awarded honorable titles of "Excellent Youth News Celebrity of Henan Province", "State Excellent Wu shu Educationalist", etc.

In 1983, he learned Wu shu from Suxi Rabbi, the Abbot of Shaolin Temple, and Grandmaster Sufa, a famous Wu shu monk, and became the last disciple of the Grandmaster. Then recommended by Grandmaster Sufa, he learned Wu shu from masters such as Li Zhanyuan, great master of mantis boxing, and Yu Xianhua who specializes in Jingangli gong. He won the Shaolin Wu shu champion for 6 times in China Zhengzhou International Wu shu Festival, National Competition of Wu lin Elites, National Wu shu Performance Conference, etc., and one "Damo Trophy" that symbolizes the highest honor of Shaolin Wu shu in Chinese Traditional Wu shu Succinct Competition. 36 volumes teaching VCD of Shaolin Traditional Wu shu has been published and issued by People's Sports Audio Visual Publishing House. He has led delegations to visit overseas for many times, enjoying high reputation in the martial art circle of the world.

Mengzhou Shaolin Wu shu Institute, established by him, has developed into the largest enclosed type boarding school of Yubei (north of Henan Province) area, which takes knowledge as primary and Wu shu as distinctiveness, also one of China's top ten Wu shu education bases.

## 序 言

中华武术源远流长，门类繁多。

少林武术源自嵩山少林寺，因寺齐名，是我国拳系中著名的流派之一。少林寺自北魏太和十九年建寺以来，已有一千五百多年的历史。而少林武术也决不是哪一人哪一僧所独创，它是历代僧俗历经漫长的生活历程，根据生活所需逐步丰富完善而成。据少林寺志记载许多少林僧人在出家之前就精通武术或慕少林之名而来或迫于生计或看破红尘等诸多原因削发为僧投奔少林，少林寺历来倡武，并经常派武僧下山，云游四方寻师学艺。还请武林高手到寺，如宋朝的福居禅师曾邀集十八家武林名家到寺切磋技艺，推动了少林武术的发展，使少林武术得诸家之长。

本书作者自幼习武，师承素喜、素法和螳螂拳李占元等多位名家，当年如饥似渴在少林寺研习功夫，曾多次在国内外大赛中获奖。创办的孟州少林武术院亦是全国著名的武术院校之一，他示范主讲的36集《少林传统功夫》教学VCD已由人民体育音像出版社发行。

本套丛书的三十多个少林传统套路和实战技法是少林武术的主要内容，部分还是作者独到心得，很值得一读，该书还采用中英文对照，使外国爱好者无语言障碍，为少林武术走向世界做出了自己的贡献，亦是可喜可贺之事。

张耀庭题

甲申秋月

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## 说 明

(一) 为了表述清楚, 以图像和文字对动作作了解析说明, 练习时应力求连贯衔接。

(二) 在文字说明中, 除特别说明外, 不论先写或后写身体的某一部分, 各运动部位都要求协调活动、连贯衔接, 切勿先后割裂。

(三) 动作方向转变以人体为准, 标明前后左右。

(四) 图上的线条是表明这一动作到下一动作经过的线路及部位。左手、左脚及左转均为虚线 (-----→); 右手、右脚及右转均为实线 (——→)。

### Instructions

(I) In order to explain clearly, figures and words are used to describe the actions in multi steps. Try to keep coherent when exercising.

(II) In the word instruction, unless special instruction, each action part of the body shall act harmoniously and join coherently no matter it is written first or last, please do not separate the actions.

(III) The action direction shall be turned taking body as standard, which is marked with front, back, left or right.

(IV) The line in the figure shows the route and position from this action to the next action. The left hand, left foot and turn left are all showed in broken line (-----→); the right hand, right foot and turn right are all showed in real line (——→).

## 基本步型与基本手型

### Basic stances and Basic hand forms



图 1



图 2



图 3



图 4



图 5



图 6



图 7



图 8



图 9



图 10



图 11



图 12





图 13



图 14



图 15



图 16



图 17



图 18



图 19



图 20



图 21

## 基本步型

少林武术中常见的步型有：弓步、马步、仆步、虚步、歇步、坐盘步、丁步、并步、七星步、跪步、高虚步、翘脚步 12 种。

弓步：俗称弓箭步。两腿前后站立，两脚相距本人脚长的 4~5 倍；前腿屈至大腿接近水平，脚尖微内扣不超过  $5^{\circ}$ ；后腿伸膝挺直，脚掌内扣  $45^{\circ}$ 。（图 1）

马步：俗称骑马步。两脚开立，相距本人脚长的 3~3.5 倍，两脚尖朝前；屈膝下蹲大腿接近水平，膝盖与两脚尖上下成一条线。（图 2）

仆步：俗称单叉，一腿屈膝全蹲，大腿贴紧小腿，膝微外展，另一腿直伸平仆接近地面，脚掌扣紧与小腿成  $90^{\circ}$  夹角。（图 3）

虚步：又称寒鸡步。两脚前后站立，前后相距本人脚长的 2 倍；重心移至后腿，后腿屈膝下蹲至大腿接近水平，脚掌外摆  $45^{\circ}$ ；前腿脚尖点地，两膝相距 10 厘米。（图 4）

歇步：两腿左右交叉，靠拢全蹲；前脚全脚掌着地，脚尖外展，后脚脚前掌着地，臀部微坐于后腿小腿上。（图 5）

坐盘步：在歇步的形状下，坐于地上，后腿的大小腿外侧和脚背均着地。（图 6）