

# Shaolin Kung-fu

编 著：冯永臣 王跃进

# 少林功夫



中国旅游出版社

# Shinobi Day In

By: [illegible]





责任编辑：吕大千

Edited by Lv Daqian

bjldq@sina.com



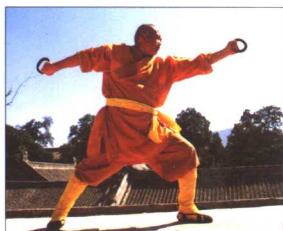
少林神威  
The power of Shaolin



白衣殿拳谱壁画—徒手对练  
Bare-hand exercise, the mural painting of Shaolin  
Boxing manual in the White Clothes Hall



白衣殿拳谱壁画—器械对练  
Duel practice, the mural painting of Shaolin  
Boxing manual in the White Clothes Hall



少林袖圈  
Shaolin Sleeve Rings



大刀破枪  
Broadsword vs. spear



枪对拐  
Spear vs. stick



阴手棍  
Yinshou (Negative-hand) Cudgel



镇山棍  
Zhenshan (Safeguarding the Hill) Cudgel



双钩进枪  
Double hook vs. spear

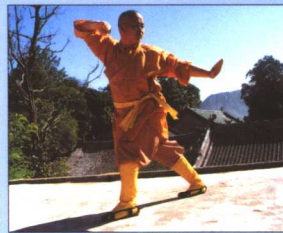




月牙铲勇战方天戟  
Crescent shovel vs. halberd



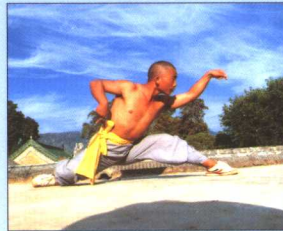
内功心意棒  
Heart-and-mind Boxing, a kind  
of internal exercise



少林易筋经  
Shaolin Yijin Jing (The Boxing of Limbering up  
Muscles and Joints)



拨云望月  
Dispelling the clouds and viewing the moon



神龙傲空  
Like a dragon roaming in the sky



大洪拳  
Dahong Boxing



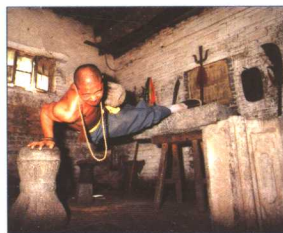
格斗  
Fist fighting



鹰落嵩山  
Hawk resting on the Songshan Mountain



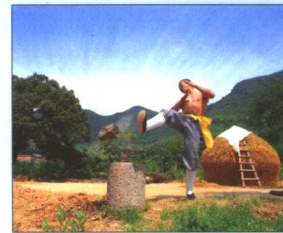
莲花神掌  
Magic palm



悬空卧虎  
Tiger crouching in the air



斩魔剑  
As sharp as a sword



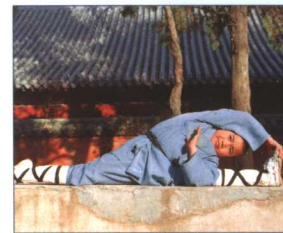
飞脚开石  
Smashing a piece of stone by a flying kick



相持  
Confronting each other



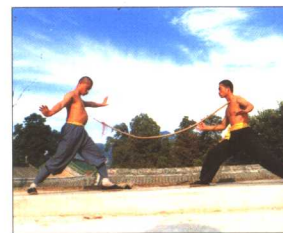
铁布衫  
The Belly Exercise



少林童子功  
The Exercise for Boys



卧虎功  
The Crouching Tiger Exercise



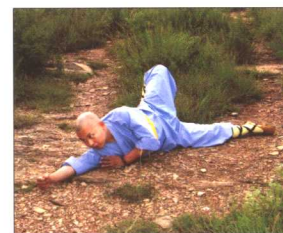
布袋功  
The Abdomen Exercise



铁指入木  
Drilling the trunk with fingers



梅花桩  
Plum-blossom Stakes



地趟拳  
Ditang (Lying) Boxing



塔上飞腿  
Fighting on pagodas



# Shaolin Kung-fu

# 少林功夫

编 著：冯永臣 王跃进



中国旅游出版社  
China Travel & Tourism Press

主 编：冯永臣 释永信

副 主 编：王跃进 释延裕

编 著：冯永臣 王跃进

英文翻译：程春方 冯永臣 任 瑛

插 图：吕大千

装帧设计：王 源 顾泊潮

责任印制：冯冬青

Chief Editors: Feng Yongchen and Shi Yongxin

Deputy Chief Editors: Wang Yuejin and Shi Yanyu

Compiled by: Feng Yongchen and Wang Yuejin

Translated by: Cheng Chunfang, Feng Yongchen and Ren Ying

Illustrated by: Lv Daqian

Designed by: Wang Yuan and Gu Bochao

Printing supervised by: Feng Dongqing

---

### 图书在版编目 (CIP) 数据

少林功夫 / 冯永臣, 王跃进编著. —北京: 中国旅游出版社, 2007.1

ISBN 7-5032-2966-7

I. 少... II. ①冯...②王... III. 武术 - 简介 - 中国 - 汉、英 IV. G852

中国版本图书馆 CIP 数据核字 (2006) 第 111173 号

---

书 名：少林功夫

---

编 著：冯永臣 王跃进

出版发行：中国旅游出版社

(北京建国门内大街甲 9 号 邮编：100005)

<http://www.cttp.net.cn> E-mail: cttp@cnta.gov.cn

电话：010-85166717 85166504

制 版：北京燕泰美术制版印刷有限责任公司

经 销：全国各地新华书店

印 刷：北京顺诚彩色印刷有限公司

版 次：2007 年 1 月第 1 版 2007 年 1 月第 1 次印刷

开 本：889 毫米 × 1194 毫米 1/16

印 张：10

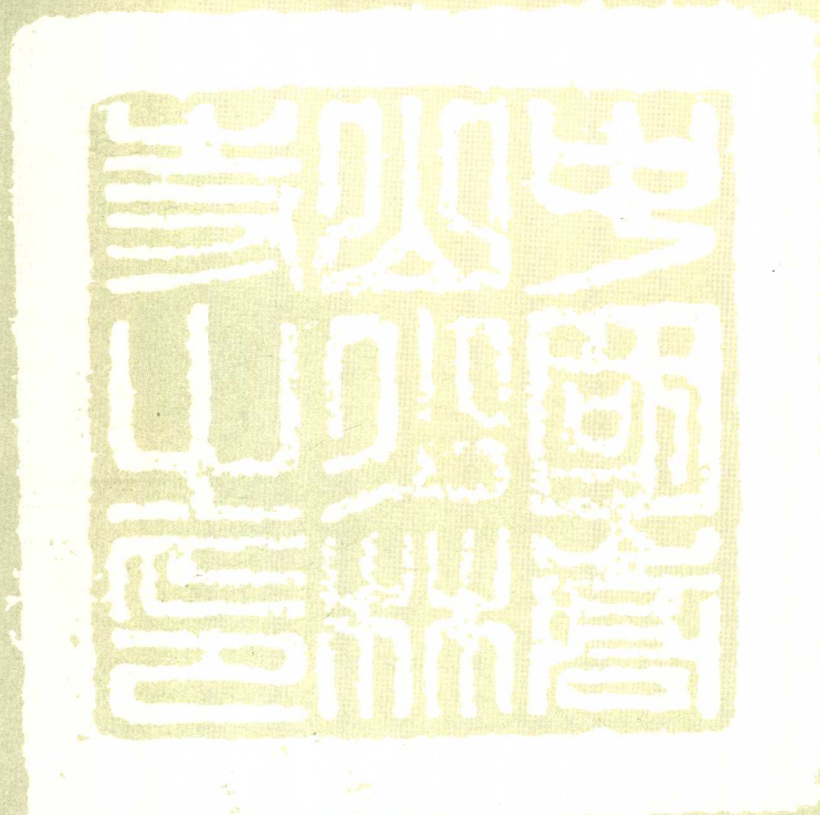
定 价：98.00 元

书 号：ISBN 7-5032-2966-7/G · 818

---

版权所有 翻印必究



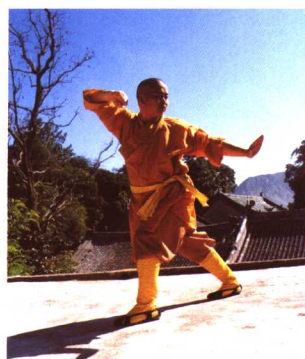






# 目录

## CONTENTS



前言 .....	07
Preface .....	08
少林十八般兵器 .....	19
The 18 Types of Shaolin Weapons .....	19
少林刀 .....	23
Shaolin Broadsword .....	23
少林枪 .....	27
Shaolin Spear .....	27
少林剑 .....	28
The Shaolin Sword .....	28
少林棍术 .....	30
Shaolin Cudgel .....	30
少林钩 .....	35
Shaolin Hook .....	35
少林九节鞭 .....	38
Shaolin 9-Section Whip .....	38
少林铲 .....	40
Shaolin Shovel .....	40
少林飞镖 .....	44
Shaolin Flying Dart .....	44
少林一路单刀 .....	46
Shaolin Single Broadsword .....	46
少林梅花枪 .....	47
Shaolin Meihua (Plum-blossom) Spear .....	47
少林风火棍 .....	48
Shaolin Fenghuo (Wind and Fire) Cudgel .....	48
少林功夫 .....	51
Shaolin Kung-fu .....	51
易筋经十二式 .....	58
The 12 Styles of Yijin Jing (The Boxing of Limbering up Muscles and Joints) .....	58
少林易筋经十二式图解 .....	59
Illustration of the 12 Styles of Yijin Jing (The Boxing of Limbering up Muscles and Joints) ..	59
少林拳 .....	60
Shaolin Boxing .....	60
实用手法 .....	61
The Hand Exercise .....	61
象形拳 .....	76
Xiangxing (Imitative) Boxing .....	76
大洪拳 .....	81
Dahong Boxing .....	81
少林大洪拳图谱 .....	83
Illustration of Shaolin Dahong Boxing .....	83
小洪拳 .....	87
Xiaohong Boxing .....	87
少林小洪拳图谱 .....	88
Illustration of Shaolin Xiaohong Boxing .....	88

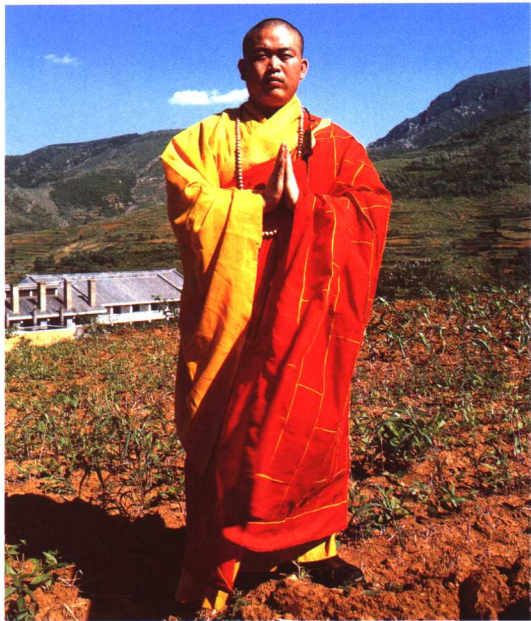
# 目录

## CONTENTS



少林罗汉十八手图解 .....	93
Illustration of the 18 <sup>th</sup> Routine of Luohan (Arhat) Boxing .....	93
少林擒拿法 .....	95
The Capturing Skills of Shaolin Kung-fu .....	95
钉上鹰爪功 .....	97
Dingshang Yingzhao Gong (Eagle's Claws on Nails — The Exercise of Fingers) ....	97
掌 .....	100
The Palm Exercise .....	100
斩魔剑 .....	102
Zhanmo Jian (The Sword of Killing Devil — The Palm Exercise) .....	102
千钧脚 .....	105
Qianjun Jiao (The Feet Exercise) .....	105
铁头功 .....	108
Tietou Gong (The Iron Head — The Exercise of Head Training) .....	108
卧虎功 .....	114
Wohu Gong (The Crouching Tiger — The Exercise of Legs and Feet) .....	114
排打功 .....	116
Paida Gong (The Exercise of Beating Every Part of the Body) .....	116
少林童子功 .....	118
Shaolin Tongzi Gong (The Exercise for Boys) .....	118
布袋功 .....	120
Budai Gong (The Abdomen Exercise) .....	120
玉带功 .....	122
Yudai Gong (The Arm Exercise) .....	122
一指金 .....	124
Yizhijin (The Exercise of Standing on the Ground with One Finger) .....	124
千斤坠 .....	127
Qianjin Zhui	
(The Exercise of Hafting a Big Stone Attached to the Testes with a Rope) .....	127
拔钉功 .....	128
Bading Gong (The Exercise of Pulling out Nails from a Wood Plate) .....	128
吊功 .....	129
Diao Gong (The Exercise of Hanging from a Tree with a Rope around the Neck) ...	129
少林火功 .....	130
Shaolin Fire Exercise (The Exercise of Licking a Burning Hot Iron Shovel) .....	130
梅花桩 .....	134
The Plum-blossom Stake Exercise .....	134
阴阳气吸功 .....	139
Yin-Yang Qixi Gong (The Exercise of Attracting Objects on the Belly by Qi ) .....	139
轻身术 .....	151
The Light Exercise .....	151
健身十二法 .....	154
The 12 Methods of Being Healthy and Strong .....	154





公元5世纪末，正是我国北魏孝文帝太和年间，西域高僧跋陀来到中国，受到虔信佛学的孝文帝的礼敬。跋陀高僧“学务静摄，博通经文”，且又“性爱幽栖，林毅是托”。于是，孝文帝敕令在林木茂盛、景色幽美的少室山阴建造少林寺，请跋陀高僧在此落迹传教。一时间，四面八方虔心向佛的人们闻风而至，纷纷投到少林门下。跋陀不仅注重佛法的传教，还在众弟子中造就了一批聪慧精干、善好武技的弟子。其中慧光和僧稠备受跋陀青睐，前者能在井栏边上反踢毽子连续五百下之多，后者则一身武功超绝于世。可见少林寺建寺之日，亦正是少林寺僧人习武之风开始之时。

后来，另一印度高僧达摩从天竺来到嵩山，在少林寺初传禅宗，并在寺后五乳峰上面壁九年。由于禅宗注重坐禅壁观，修炼时不免筋骨困顿，于是寺僧们便自创出一些舒络筋骨的武功套路，以便在长时间坐禅后演练一番，从而消除困顿，强身健体，如易筋经、先天罗汉拳、十八手等等，可能是少林寺最早的几种功夫了。

隋朝末年，朝廷风雨飘摇，烽烟四起，少林寺亦曾养起护寺僧兵。此后，以志操、惠瑒、昙宗为首的寺僧们救助秦王李世民，生擒王仁则，逼降王世充，立下了赫赫战功。李世民做皇帝后，在少林寺封官赐爵，并明令少林寺可以豢养僧兵，至今少林寺内碑勒尚在。唐末五代，少林寺曾一度衰颓，至南宋又复中兴。明代的少林寺僧，普遍习武，“以搏名天下”。当时，少林寺僧也曾参加沿海御倭之战。“骁勇雄杰”，数年屡立战功。

明人王士性在《嵩游记》中说，少林“寺僧四百余，武艺俱绝”，演出时，“拳棍搏击如飞”。从中可略见当年少林众僧习武演武之盛况。少林寺后殿专为寺僧练武之用，设有兵器架，架上十八般兵器俱全，供练武僧人随时取用。由于年复一年的练功，后殿砖地表面已磨出脚窝，至今仍清晰可见。白衣殿南北山墙上有清代绘制的各种拳式的壁画，有拳术对练和各种器械对练，生动地描绘了寺僧练武的情景，突出了少林拳手、眼、法、步和攻防要领。

少林寺附近民众练武之风也极盛，并对少林武功的发展起了促进的作用。上千年来，中国各拳术门派的精华融汇于少林寺，少林寺实际成了武术集散地，并在长期发展中形成了少林派。少林寺也因此而名扬天下，所谓“武以寺名，寺以拳显”，也不无道理。

少林拳术有套路172种之多（器械除外），并有三十六外功和三十六内功，合称七十二艺。原有木刻版拳谱留存寺内，但在1928年少林寺遭到历史上第三次火焚，武功典籍已烧毁殆尽。由于少林武术确已形成系统，所以大部分仍能留传至今。

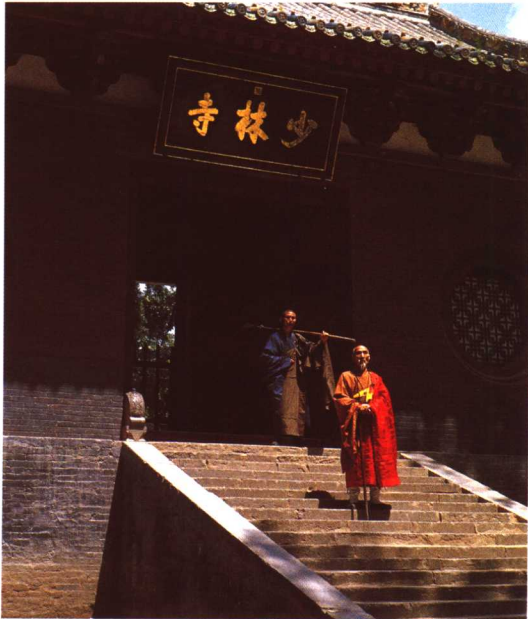
今天，少林武术又为世人所重视，并引起海外大批武术爱好者的瞩目。新一代的少林武僧，正在挖掘失传的绝艺，继承、发扬少林功夫。更有一批有识之士，搜集资料，潜心研究，出版各类有关少林武术的典籍。我等僧众，看到古老的少林武术能重放异彩，是何等的欣慰。

中国嵩山少林寺方丈

釋  
永  
信



# Preface



By the end of the 5th century, an Indian monk called Ba Tuo came to China and was highly respected by Emperor Xiao Wen of the Northern Wei Dynasty (386-534), who piously believed in Buddhism. Ba Tuo was conversant with Buddhist classics and fond of living in a peaceful and secluded place with forests around. Hence Emperor Xiao Wen gave an order to build the Shaolin Temple for Monk Ba Tuo to disseminate Buddhism at the foot of the Shaoshi Mountain, where forests were luxuriant and the landscape was fine. From then on, many Buddhists came to the temple one after the other from all over the country. Ba Tuo laid stress not only on imparting and teaching Buddhism, but also on bringing up a large number of disciples who were intelligent, capable, and good at martial arts, among them, Hui Guang and Seng Chou were his favorite, because Hui Guang could kick a shuttlecock over 500 times in a row on the rails around a water well, and Seng Chou was armed with superior Kung-fu. This obviously showed that the days of the founding of the Shaolin Temple was the beginning of monks to practice martial arts.

Later on, another Indian monk called Bodhidharma arrived at the Songshan Mountain and taught the Zen at the Shaolin Temple. Facing the cliff on the peak behind the Temple, he sat in meditation for nine years. Long time sitting in meditation caused the monks very tired, so they created a series of martial arts by themselves to stimulate the circulation of blood and to limber up their muscles and joints, Yijin Jing (The Boxing of Limbering up Muscles and Joints), Arhat Boxing, Shiba Shou (18-Style Hand Exercises) were probably the earliest Shaolin Kung-fu.

By the end of the Sui Dynasty (581-618), the Imperial Court was tottering. In order to safeguard the temple, a guard monk army was organized at the Shaolin Temple. Later on, the Shaolin guard monks headed by Zhi Cao, Hui Xi and Tan Zong rescued Li Shimin (598-649), the Qin Prince, captured Wang Renze, and forced Wang Shichong to surrender. After taking the throne of the Tang Dynasty (618-907), Li Shimin offered official posts upon the Shaolin monks, and issued an order that the Shaolin Temple might have guard monks. This is recorded in an inscription on a stone tablet at the Shaolin Temple. From the end of the Tang Dynasty to the Five Dynasties (960), the Shaolin Temple became weak and degenerated, but revived in the Southern Song Dynasty (1127-1279). During the Ming Dynasty (1368-1644), all monks at the Shaolin Temple practiced martial arts, and Shaolin martial arts became well known nationwide. In addition, the Shaolin guard monks also took part in the fight against the Japanese invaders in the coastal areas then, and won several victories.



According to the description of *Songshan Travel Notes* written by Wang Shixing of the Ming Dynasty, “There are over 400 monks in the Shaolin Temple, and all of them are good at martial arts.” During demonstration, “the wrestling with fists and cudgels are flying in clouds.”

The rear hall of the Shaolin Temple is specially used by the monks to practice martial arts. Inside the hall, there are weapon frames on which 18 types of weapons are available for monks. On the brick floor of the hall, there are many footprints which were shaped by the monks’ stamps after years of practicing.

On the north and the south walls of the White Clothes Hall, there are two murals of various Shaolin Boxing postures painted in the Qing Dynasty (1644–1911). The murals vividly depict not only the scenes of the Shaolin monks’ practicing martial arts but also the essentials of hands, eyes, bodies, steps, and offensive-defensive of Shaolin Boxing.

The martial arts training of villagers near the Shaolin Temple became very popular then, which on the other hand, promoted the development of Shaolin Kung-fu. In the past hundreds of years, the essence of various schools of the Chinese martial arts was integrated in the Shaolin Temple, making the temple actually a center of martial arts. The Shaolin School of martial arts came into being after a long time development. The Shaolin Temple became well known far and wide.

Besides the 172 routines of Shaolin Boxing, there are 72 techniques including 36 external and 36 internal exercises. The original woodcut edition of *Shaolin Boxing Manual* was preserved at the Shaolin Temple. But in 1928, the Shaolin Temple was destroyed by the third fire in history, and all of the ancient books and records of Shaolin Martial Arts were burned into ash. However, Shaolin Martial Arts at that time had already formed into a system, so most of the skills of Shaolin Martial Arts have been inherited till the present today.

Today, Shaolin Martial Arts become popular again, attracting many overseas fans. The new generation of the Shaolin guard monks is now excavating the lost martial arts, and inheriting and developing the Shaolin Kung-fu. A large number of people with insight are collecting materials on Shaolin Martial Arts, studying it, and publishing various kinds of books on it.

I’m 85 years old this year and how gratified I am to see that the ancient Shaolin Martial Arts are blossoming again in radiant splendor.



Shi Yongxin  
Abbot of the Shaolin Temple  
Songshan Mountain, Henan Province  
P.R. China



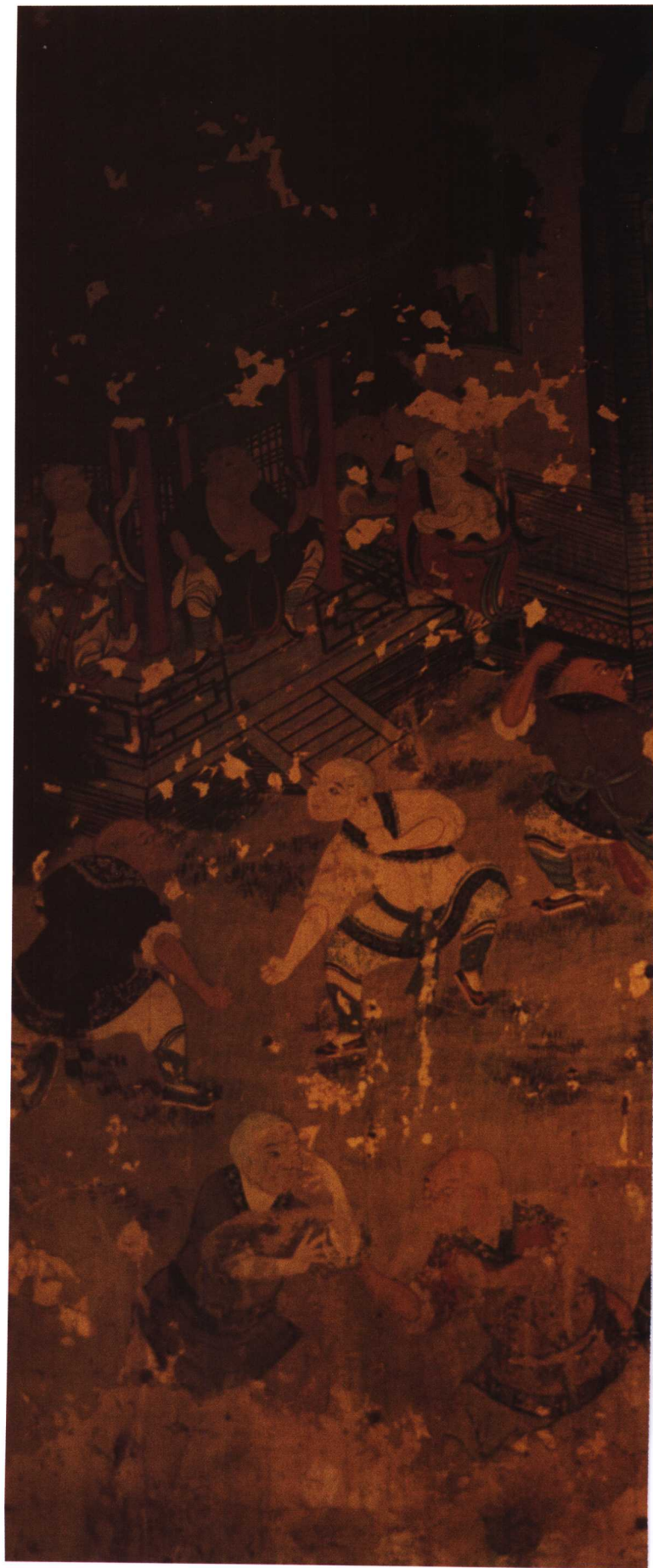


少林神威  
The power of Shaolin









白衣殿拳谱壁画——徒手对练

Bare-hand exercise, the mural painting of Shaolin Boxing manual in the White Clothes Hall



