

太极功夫系列

Taiji Gongfu Series

Chen Style Taijiquan New Frame First Form

陈式太极拳
新架一路

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• 郑州 •

• Zhengzhou •

内 容 提 要

王西安先生是河南温县陈家沟人，陈式太极拳第19代传人，国内外知名的陈式太极拳大师。他在本书中首次公开了许多秘不外传的练拳诀窍和实战技巧。本书主要包括以下内容：陈式太极拳的起源及发展简史；陈式太极拳十大技击要领；陈式太极拳新架一路图解等。为便于读者学练，全书配有插图580幅。本书是广大陈式太极拳爱好者练拳强身的良师益友。

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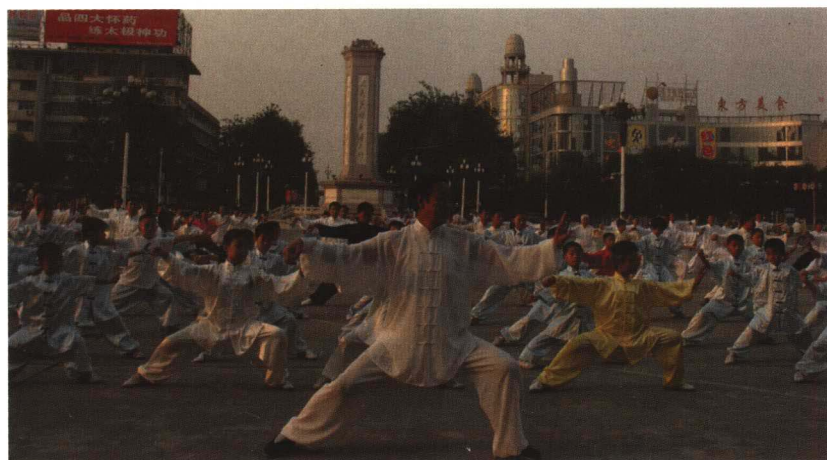
作者为参加“2006年王西安拳法名家表演”的太极高手颁奖



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2006 年作者在法国巴德纳市给学生讲解金刚捣碓的用法



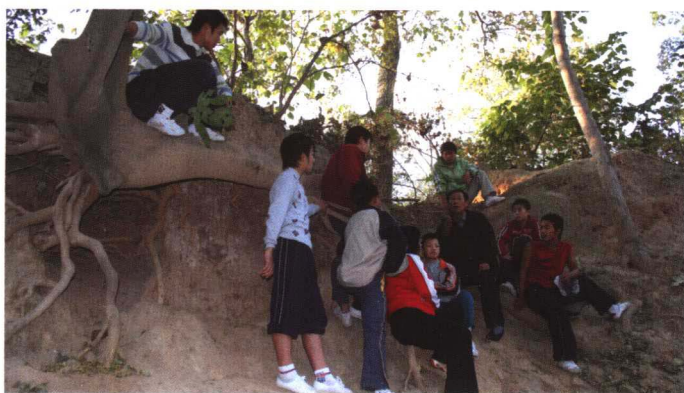
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作者在陈家沟与学生们在一起



作者在研读太极拳著作



2006年作者与参加北京东亚运动会的弟子们合影



作者与获奖的弟子们合影



作者与法国学生在一起



作者简介

王西安是当代陈式太极拳代表人物，陈式太极拳“四大金刚”之一，享誉世界的太极拳王。现任陈家沟武术院院长，中国民间武术家联谊会会长，焦作市武术协会副主席。他是国内外 50 多个武术团体的会长、顾问或总教练。

他出生于太极拳发源地陈家沟。自幼随陈式太极拳大师陈照丕和陈照奎习练太极拳，前后 20 多载，掌握了陈式太极拳的精髓。他的套路演练舒展大方、形神兼备。他的技击功夫极好，跌打擗放，迅、猛、灵、脆，威力惊人。1972 年，他开始参加比赛，先后 20 多次获得全国和河南省太极拳套路和推手比赛冠军。他是首届全国太极拳推手锦标赛冠军，首届全国太极拳名家邀请赛冠军。1983 年，他开始出国讲学传拳。他的足迹已经遍及 30 多个国家和地区。他是第一个应邀出国传拳和将陈式太极拳传到日本与欧洲的陈式太极拳大师。他的 200 多个入门弟子都是全国或河南省太极拳比赛的冠军，他的弟子的弟子获得全国或河南省太极拳比赛冠军者不计其数。他的外籍弟子获得中国或本国太极拳比赛冠军者不胜枚举。

他勤于笔耕，先后出版了《陈式太极拳老架》、《陈式太极拳推手技法》、《陈式太极拳老架技击秘诀》、《陈式太极拳新架一路》、《陈式太极拳新架二路及单刀单剑》等太极拳著作。他的著述中处处闪现其对运动走劲的独特感悟，初学者细读可粗窥门径；有志者循序渐进，可达精妙之境。他还录制了 9 种陈式太极拳套路演练光盘。他的著作和光盘均在国内外发行。他已入选《中国武术家名典》、《东方之子》、《中国名人录》等。



Introduction To The Author

Being one of the four world-famous Chen Style Taijiquan Grand Masters, Wang Xi'an is a representative figure of contemporary Chinese martial art. He is the current president of Chen Village Martial Arts Institute, the chairman of Chinese Folk Martial Artist Association, and the vice chairman of the Wushu Association of Jiaozuo City. He is also the head coach or consultant of more than 50 martial art teams throughout the world.

Master Wang was born in Chen Village — the birth place of Chen Style Taijiquan. Starting in his youth, he followed the two 18th generation Chen Style Taijiquan grand masters, Chen Zhaopi and Chen Zhaokui, for over 20 years to learn and refine his skills and theory. Under the brilliant teachings of the two grand masters and through his own diligence, he mastered the essence of Chen Style Taijiquan and excelled in many aspects of Chen Style Taijiquan, especially in the practical techniques of push hands. His beautiful forms are characterized by graceful, complete, and natural moves. His astounding combat techniques are full-feature demonstrations of power, swiftness, flexibility, and effectiveness. Since 1972 master Wang has participated in numerous national and regional martial art tournaments and earned more than 20 titles in both Chen Style Taijiquan routines and push hands. He was the champion of the very first National Taijiquan Push Hands Championship Competition, and the champion of the first National Taijiquan Masters Invitational Tournament. Master Wang started his teaching outside China from 1983, since then has traveled to over 30 countries and regions worldwide to teach Chen Style Taijiquan. He was the first Chen Style Taijiquan master having been invited to teach taijiquan in Japan and Europe. His more than 200 formal disciples are all gold medal winners of various national and regional taijiquan tournaments, and his disciples' students have also won numerous gold medals in national taijiquan tournaments. Many of his international students are champions of national and worldwide taijiquan tournaments.

Based on his own learning and teaching experience as well as the works of earlier Chen Style Taijiquan masters, Master Wang has published several books about Chen Style Taijiquan: *Chen Style Taijiquan Old Frame*, *Chen Style Taijiquan Push Hands Techniques*, *The Secret Combat Techniques of Old Frame Chen Style Taijiquan*, *Chen Style Taijiquan*



*New Frame First Form, Chen Style Taijiquan New Frame Second Form ,Single Broad-sword and Single Straight Sword. He also recorded all Chen Style Taijiquan routines on a set of 9 video discs to give students a live, thorough, and detailed demonstration. These books and videos are available throughout the world, these works fully reflect Master Wang's personal enlightenment and deep understanding of the Chen Style Taijiquan theory and training system, they were written to help beginners as well as advanced students to improve their taijiquan skills towards perfection. Because of his excellent taijiquan skills and well recognized works in teaching and promoting taijiquan throughout the world, Master Wang was selected to be listed in *The Dictionary of Chinese Martial Artists*, *The Son of China*, *The Book of Famous Chinese People*.*



民 谣

历代疆场多争霸，常闻刀枪鼓角鸣。
马蹄纵横尘土扬，多少豪杰显神威。
敬柏掌毙“黑狸虎”，季牲杆擒“大头王”。
还有太极二天神，民间歌颂数百春。

青风岭上古常阳，人杰地灵英气长。
百折不挠精神在，起落从来人生常。
凹凸不平是故乡，各自传艺四海忙。
我守家乡设教馆，且为后代龙虎扬。

【注解】

(1) 敬柏掌毙“黑狸虎”——陈敬柏，字长青，陈氏第12代传人，是当时陈家沟太极拳一代名师。相传山东大盗王定国（又名“黑狸虎”），因对陈式太极拳不服，常来陈家沟拨弄是非，后激怒陈敬柏。陈敬柏与其在陈家沟玉皇庙中交手，“黑狸虎”凶狠的一连三掌都被陈敬柏滑过，最后一掌打在石碑上，将石碑打断。此时陈敬柏运足内气一掌击中“黑狸虎”小腹，使其跌出丈余，口吐鲜血，当场毙命。

(2) 季牲杆擒“大头王”——陈季牲，陈氏第15代传人，武艺超群。相传，清咸丰三年（1853年），绰号“大头王”的清军头领领兵北上，在陈家沟西南黄河岸边柳林扎寨，一住数日，安然无事。当拔营路过陈家沟时，“大头王”部下士兵到农民家中掠夺财物，村妇反抗被杀，引起民愤。陈仲牲、陈季牲兄弟率领村民与“大头王”人马打了起来，后陈季牲用大杆将“大头王”挑于马下，当场毙命。后清皇帝亲差官赴陈家沟家庙挂圣旨匾封陈季牲为武节将军。

(3) 青风岭上古常阳——青风岭在河南省温县境内。陈家沟在青风岭上，古代叫常阳村。



(4) 还有太极二天神——陈恂如、陈申如，陈氏第11代传人，兄弟两人是一对孪生子。陈家沟流传着两人青年时代的很多传奇故事，特别是两人制服盗贼的故事，被后人编成戏剧《双英破敌》，一直广为流传。

(5) 我守家乡设武馆——我是指本书作者。

太极感言

意在拳先人人晓，练用结合抛九霄。
心想意起百骸动，神往形随气贯梢。
无情无景干枯燥，拳不活泼咋提高。
虽有先天蛮力在，无源之水流自消。

刚柔相济节节松，上下四旁扣如弓。
任人巨力来推我，巧变阴阳牵彼动。
拔根之后莫停留，一瞬之间决雌雄。
虽然妙处言不尽，苦练领悟神自通。

太极歌诀

虎胆英雄照丕公，独闯北平战群雄。
首出家门竖旗帜，从此太极更威名。
普及南京陕甘宁，又下豫东到开封。
风尘漂泊三十载，忙里偷闲著述丰。

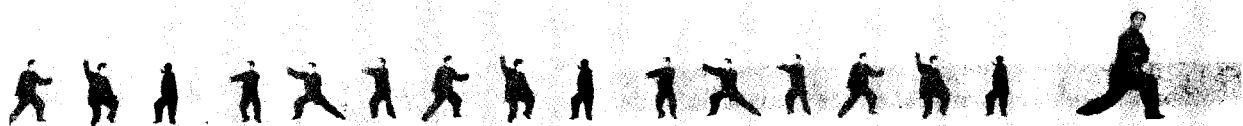
年迈归故享清闲，正逢太极青黄年。



风霜雨雪教众徒，夜星当空守着练。
喜看后继满乡里，拈须长吟乐无边。
今日太极传四海，功在丕公万世传。

【注释】

照丕公、丕公——指陈式太极拳第18代传人陈照丕先生。



自序

陈式太极拳新架（以下简称新架）是太极苑中的一株奇葩，目前在国内外迅猛发展，深受太极拳爱好者的喜爱。

陈式太极拳新架套路乃近代陈式太极拳代表人物陈发科穷毕生精力所创。这套拳法共 83 式，具有缠丝多、发劲多、架子低、难度大的独特风格。

陈照奎老师是陈发科的幼子，精通陈式太极拳理论和擒拿术及各种技击方法，善于精巧细腻的攻防技术。20 世纪 70 年代几乎年年返乡，一住数月，将自己平生所学及心得尽授村中弟子。现在陈家沟所练的新架套路及擒拿等技巧，皆陈照奎老师所传。

我第一次看到陈照奎老师练新架，是在 1973 年的一天下午，在本村陈茂森家的院子里。他的动作舒展大方，轻重兼备，浑厚圆满。套路中的发劲、弹抖更是他的拿手好戏，速快、劲整、短小、松活、神妙、灵敏、洒脱。观后个个惊叹不已。

他讲课因人施教，当场示范。他第二次回乡授拳时，对传授技击比较重视。有一天下午，陈照奎老师和陈茂森俩人一起来到我家。我忽然看到他们，忙搬凳让座。陈茂森先生说：“不必了！陪你十叔到外面走走。”我在前面领着他们从后门出去，只见座座房门上锁，院内空无一人。这时，他俩人停下脚步，不知附耳说了点啥，陈茂森先生对



我道：“西安，你给你十叔推推手。”我那年30岁，正是血气方刚、争强好胜的年纪，毫无推辞之意就上去与陈照奎老师搭手。在我搭手的一瞬间，只见他左手一拍我肩，我的身体早已倾斜，还没有回过神来，他一靠发出，我双脚早已离地而起。我从地上爬起来正在沉思时，他与陈茂森已走到大门口，边走边扭过头来对我说道：“你回去吧，我们自己转。”我看着他俩走出大门，才转身回家，边走边想，愈想愈纳闷：怎么不叫我去？后来我才理解，他是在单独教我。功夫不负有心人，一连数月我苦练不辍，后终有所得。

2 三个月之后的一天晚上，我早早吃过晚饭就到训练场去了。我到那里见陈照奎老师一个人在房内烤火，他笑着问道：“你今天为啥来这么早？”我说：“今天吃饭早，没事就来了。”他又问道：“这段时间你有啥体会？”我说：“我练一下您给看看。”我这次没有练拳，下场练了一个单势侧肩靠，一连打了数次才停下来。他看后笑着说道：“不错，看来你是下功夫了！”他从灶上下来道：“你照我身上打几拳，我给你作个反弹劲，你体会一下。”一开始我还不好意思用大力，他说道：“你用全身最大力量打。”这时我才用尽全力一连打了三捶。待第三捶将要接近他的胸部时，他胸腰来了个疾速折叠劲，将我的拳给反弹回去，震得我肩背发麻。此时他问我道：“怎么样？有什么感觉？”我只是笑了笑，心里却在暗想：此劲如此迅猛。陈照奎老师因人教学的方法、现场示范的精神，是我永远学习的楷模。为感谢陈照奎老师的栽培，今著此书，作为给老师仙逝26周年的祭礼，以此来寄托我们的哀思！

日本东京陈式太极拳研究会野口敦子、檀上寿贺子、田中郁子、岗崎静枝、宫川洋子、谷内久惠、岗野范子、水野宏章为本书提供照片，焦作市阎素杰、李利清、宋振伟认真校对书稿，济源市卢光明、刘保忠、赵晓峰为本书的出版在经济上予以大力支持，加拿大的方颖华先



生将本书的部分内容翻译成英文，在此一并致谢。

王西安

2006年10月于陈家沟武术院

Preface

Chen Style Taijiquan New Frame is a unique part of the Chen Taijiquan system. At present it is developing rapidly within China as well as abroad and has been well received by taijiquan enthusiasts around the world. Chen Style New Frame is the life creation of 17th generation Chen Style Taijiquan master Chen Fake, the most renowned taijiquan master of the 20th century. The New Frame of Chen Style Taijiquan consists of 83 movements and encompasses all the major elements of Chen Style Taijiquan including silk reeling energy, fajin (striking/releasing energy), low stances, exhibiting a high level of difficulty as well as an exquisite and unique style.

Chen Zhaokui was the youngest son of Chen Fake and was well knowledgeable in taijiquan theory, joint lock techniques and combat applications for both offensive and defensive situations. During the 1970's Chen Zhaokui often returned to Chen Village, his ancestral hometown, where he would often stay for months. During his stay he passed all his knowledge about taijiquan to his students in the village. The new frame routine, joint lock techniques and other various combat applications of taijiquan practiced today in Chenjiagou (Chen Village) were all passed down from master Chen Zhaokui.

The first time I saw master Chen Zhaokui practice the new frame was in an afternoon in 1973 in Chen Village in the garden of Chen Maosen's house. His movements demonstrated wide stances, while being able to illustrate both light and heavy



body movements, as well as having a clear expression of qi. The fajin (release of energy) in the form or the expression of the recoiling energy was his specialty. It demonstrated speed, power, shortness, relaxation, spirit, agility and directness. After witnessing master Chen Zhaokui's performance everyone was left in a state of shock and awe.

Master Chen Zhaokui would alter his teaching methods to suit the needs of different individual students recognizing that not all students were the same. In practice he would always allow his students to test different combat applications on himself. On his second trip to Chen Village, he stressed teaching the combat applications. One afternoon, master Chen Zhaokui and Chen Maosen both came to my home, as I saw them I quickly prepared to seat them in my home. Chen Maosen said: "Don't worry about it, go for a walk with your tenth uncle." I followed them out the backdoor going through the backyard to the main street. When we came inside of another courtyard what all I saw were locked doors and not a single person in sight. At this moment both Chen Zhaokui and Chen Maosen stopped walking, Chen Maosen turned around and said to me: "Xi'an, come and push hands with your tenth uncle." I was thirty years old at the time and was at the age where victory and glory were persistent. The thought of refusing the request did not even cross my mind and I eagerly went to push hands with master Chen Zhaokui. Upon touching hands with master Chen Zhaokui, he instantly used his left hand to strike my shoulder and immediately I felt my body go limp and before I recovered he followed up with a second shoulder strike that lifted both my feet off the ground. As I got off the ground to think about what just happened master Chen Zhaokui and Chen Maosen were already preparing to leave through the front gate. As he walked out he kept shaking his head and then he turned to me and said: "You can return home now, we will continue walking by ourselves." I watched them leave before I turned around to return home, on the way home I couldn't stop pondering why they didn't ask me to go with them? Later on I finally realized that master Chen Zhaokui was teaching me privately. True Gongfu goes to those who persevere, after many months of continuous practice I finally attained some progress.