

太极功夫系列

Taiji Gongfu Series

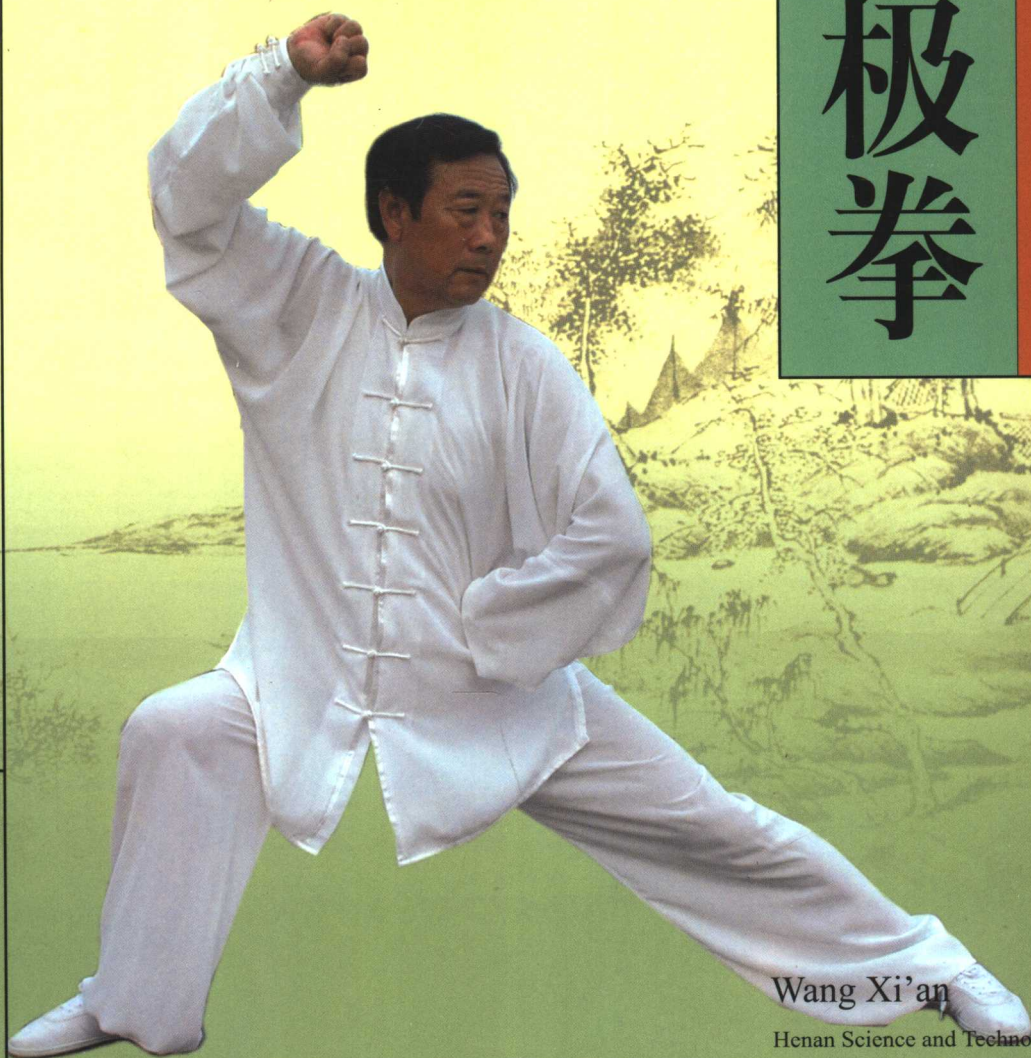
Chen Style Taijiquan Old Frame

陈式太极拳

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王西安◎著

◎河南科学技术出版社



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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：陈式太极拳的发展简史及其演变；陈式太极拳三三原理；陈式太极拳的十大理论；陈式太极拳的十大要领；陈式太极拳的基础知识；陈式太极拳老架一路图解；陈式太极拳老架二路图解；陈式太极拳金刚捣碓攻防动作图解等。为便于读者学练陈式太极拳，全书配有插图683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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陈式太极拳第18代传人陈照丕（右）、陈照奎（左）



2005年作者（前）在法国毛里翁市教授陈式太极拳



2006年王西安拳法研究会名家点评组成员在大会主席台上(左起张福旺、陈二虎、王战军、王西安、王战海、阎素杰、张保忠)



作者在向学生们示范开中寓合动作



2006年作者（前排坐者）与全国部分入门弟子合影留念



2001年作者在西班牙帮补路那市教拳（学员达数百人）



作者在做太极拳示范动作



作者（右）与陈式太极拳大师陈正雷在一起



作者（右）在向學生讲解六封四閉拿法



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*.



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，太极正逢青黄年。
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。



序 言

王西安和我交往多年，关系一直十分密切。在其著述出版之际，我很高兴说几句话。

王西安是陈式太极拳第19代传人中最优秀的代表。他不仅自己功夫甚好，而且过去在任河南省温县陈家沟大队党支部书记、陈家沟太极拳学校校长期间，为陈家沟新时期太极拳事业的发展出了很大力。陈照奎先生和我，作为陈式太极拳第18代传人，都受其邀请到陈家沟授拳传艺。今陈照丕、陈照奎先生俱已仙逝，我也年事已高，西安辈正值拳业黄金时期，看其武德、技艺卓尔，很感欣慰。

练拳者千人万人，成手者一人半人。能够成为一代拳家，不仅要有明师指点，自己勤学苦练，还要看自己的悟性。太极拳的理论博大精深，招势变幻神秘莫测，悟性不好不行。在我看来，王西安的成功要紧的也在悟性好。其著述中处处闪现其对运动走劲的独特感悟，读了十分欣喜。

练拳如逆水行舟，要一步一步奋力向前，由大圈到小圈，有形归于无迹，以达炉火纯青、登峰造极之“太极”真境界。我寄希望于西安晚辈，预祝他不断取得新成绩。

冯志强

1992年5月



Foreword

Wang Xi'an and I have known each other for many years and kept in contact closely, I am very honoured to say a few words before the publishing of his book. Wang Xi'an is the most outstanding successor to Chen Style Taijiquan of the 19th generation. Not only is his martial skill very good but during his service as the vice secretary of the Party Branch of Chen Village, and the principal of the Chen Village Taijiquan School, he contributed greatly to creating a new phase of development of taijiquan in Chen Village. Chen Zhaokui and I being the 18th generation successors to Chen Style Taijiquan were also brought to Chen Village to teach as a result of his efforts. Though Chen Zhaopi and Chen Zhaokui passed away, and I have reached my senior years myself, Wang Xi'an is at the peak of his taijiquan career, seeing that he possesses both martial virtues and excellent technique. There will always be thousands of practitioners of martial arts, but only some will become successful in their practice. To become a grand master, one not only needs the guidance of a good master, but also needs to invest an enormous effort into one's own practice as well as having a savvy ability to understand the taijiquan theories. Taijiquan theory is deep and expansive, each movement contains a great amount of detail and depth, if one is not savvy it is difficult for them to reach the high levels of taijiquan. The success of Wang Xi'an can be attributed to his uncanny and savvy ability to understand the taijiquan theories. Within this book are his special insights into the movement of energy and I appreciate this book greatly.

Practicing martial arts is like rowing a boat, you must do each step slowly to progress forward. Moving from a big circle to a small circle, from obvious movements to subtle movements, only then can one achieve a higher degree of technical proficiency and take their taijiquan to higher levels. I put my hopes on Wang Xi'an that he can continue to make new progress and breakthroughs in the pursuit of taijiquan.

Feng Zhiqiang

May 1992



自序

余自幼在陈家沟长大，受村中尚武之风影响，加之生性喜爱拳棒，所以很小就迷上了陈式太极拳。幸为陈式太极拳第18代传人陈照丕、陈照奎老先生错爱，口授身传，使余得以真诀，领略了陈式太极拳的点滴玄妙。

俗话说：“师傅引进门，修行靠自身。”虽然余长期以来刻苦研练，不敢须臾怠慢，深恐有负先师教诲，然则终因才疏学浅，未成大果，每念先师，惭愧难当。

余时刻不忘两位老先生在世时再三告诫：“一定要推陈出新，继承发展陈式太极拳”，把它当作自己终生奋斗的事业。所以不敢妄自菲薄，决心不耻浅陋，吸取前贤精华，结合自己的实践、理论探索，一边学习，一边著述。

太极拳的理论比较抽象，套路动作不少地方只可意会，难于准确表达，一些当面可以讲明白的道理，形成文字却千言难述其妙。这是所有拳家著述都会遇到的难题。余虽竭尽全力，也只能挂一漏万，不足之处还望同好不吝赐教，多提宝贵意见。

在本书写作过程中得到著名陈式太极拳家冯志强先生的多次鼓励。第八章攻防动作陪练由弟子张保忠担任，阎素杰、李利清、宋振伟为本书修订再版校对书稿，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



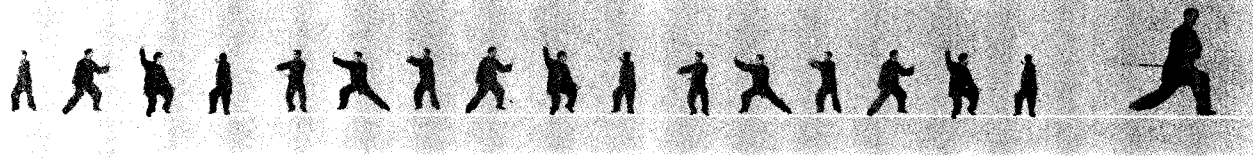
Preface

I grew up in Chen Village and was greatly influenced by the martial arts atmosphere that permeated the village, added with the fact that I had a deep fascination for the martial arts, I grew to love Chen Style Taijiquan at a very young age. I was fortunate enough to receive guidance from Chen Style Taijiquan masters, Chen Zhaopi and Chen Zhaokui, without which I would not have been able to understand the deeper meaning behind taijiquan. As the saying goes, "The master can guide you to the door, it is up to you to step through it." Although I have invested a lot of hard work into the practicing taijiquan, I fear deeply that I have not met the expectations of my master and so I am filled with regret and shame every time I think about my master.

I have never forgotten what my two masters' teachings, when they were both still alive they would always say: "We must renew the growth of Chen Style Taijiquan, must continue to foster the growth and development of taijiquan." I have adapted their teachings as my life goal and purpose so I have always kept an open and modest mind and through my own insights and determination, I have combined the teachings of my previous masters with my own insights based on practical combat experience and in depth research into taijiquan theory, thus authoring this book while studying simultaneously.

The theory of taijiquan can be quite abstract and many parts of the form can only be understood but not explicitly explained. There are some aspects that can be explained easily orally, but can not be described in words. This is a problem that all authors writing on the subject of martial arts have encountered. Although, I have tried my best to express all that I can in this book, there is still a long distance from perfection, so any opinions and suggestions that may improve on this work is greatly welcomed.

Throughout the process of writing this book, I am grateful to receive the encouragement and support of famous Chen Style Taijiquan master Feng Zhiqiang. I want to thank my student Zhang Baozhong for assisting in Chapter Eight of the book regarding offensive and defensive movements. I also want to thank Yan Sujie, Li Liqing, and Song Zhenwei for editing and publishing the second edition of this book. Finally, last but not the least I would like to thank Warmond Fang of Canada for



providing the translations for this book. I once again give my sincere thanks to all involved.

Wang Xi'an

October 2006, Chenjiagou Martial Arts Institute

