

太极拳竞赛套路中英对照学练指导丛书

A Chinese-English Bilingual Series of Guide to Learning and  
Practicing the Competition Routines of Tai Ji Quan

42

# 式太极拳 竞赛套路

## THE COMPETITION ROUTINE OF 42 STYLE TAI JI QUAN

主 编 / 张 山 Chief Editor / Zhang Shan  
执行主编 / 武 冬 Executive Editor / Wu Dong  
英文主编 / 李 伟 Editor of English Version / Li Wei

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## 前 言

太极拳是一项让世界人民着迷的具有丰富内涵的运动。自从面世以来,就以其独特的运动形式、深邃的文化底蕴、显著的健身效果吸引着越来越多的人,特别是 21 世纪的到来,在高度文明、现代化的生活中,人们渴望自然、和谐的生活,健康、结实的体魄,太极拳恰好就是实现这些愿望绝好的运动。也正是因为如此,太极拳以其特有的方式发展着,从邓小平题词“太极拳好”到天安门万人太极拳表演,从城市到乡村,从中国到世界各地,到处都可以看到众多的太极拳习练者。现在,没有人能精确地计算出世界上到底有多少人在习练太极拳,世界上到底有多少个太极拳组织。然而,太极拳已经发展到世界每一个角落,阔步天下,是人所共知的。可是,由于种种原因,众多太极拳习练者往往因为没有好的教材而哀叹,特别是对世界各地的太极拳爱好者来说更是如此。太极拳竞赛套路是由国家颁布的一个规范的系列竞赛套路,同时也是一套健身的好教材。目前已经在中国乃至世界范围内推广开来。为了更好地配合世界各地的太极拳爱好者学好练好竞赛套路,我们特推出一套完整的、中英文对照的学练太极拳竞赛套路的指导丛书,以满足广大太极拳爱好者的需求。该丛书从学练太极拳的角度出发,高度概括出了行之有效的学练程序和手段,以简洁明快的语言直指动作的核心,大量的图解照片让

您能无师自通。不仅如此,我们还随书配带光盘,为您提供动态的学练环境。书和光盘中的动作示范者均为有相当水准的太极拳教练。这您一看便知,我们的目的只有一个,就是献给广大读者一个精品。

尽管我们很努力,书中仍难免有错误之处,恳请广大读者多多指正!

愿太极拳带给您一生的快乐和健康!

愿我们的这套书对您能有所帮助!

编 者

## Preface

Tai Ji Quan, which captivates the people all over the world, is a sports with rich connotations. Ever since it is introduced to the world, it attracts more and more people with the unique forms, the profound cultural characteristics and the remarkable affection on people's health. In the high civilized and modern 21 century, people seek for a more natural and harmonious life and a strong and healthy physique which are the function and purpose of Tai Ji Quan. And just because of these, Tai Ji Quan is developing fast on its own way from Deng Xiao - ping's inscription "Tai Ji Quan is good" to the demonstration done by 10 000 people in Tian An Men Square, from the cities to the countries and from China to the other countries in the world. Nobody can tell exactly how many people are learning and practicing Tai Ji Quan and how many organizations of Jai Ji Quan there are in the world. Unfortunately, the participants feel sorry and disappointed for not having a good and practicable book for them to follow, especially for those foreigners who know little about Chinese and Chinese Wu Shu. The competition routine of Tai Ji Quan is issued and

standardized by the nation for the purpose of the competition and keeping fit which becomes quite popular both in China and in the world. In order to help the participants all over the world for learning and practicing this routine, we present this series of guide which is a Chinese – English bilingual edition to meet your needs. This series illustrate the easy and effective ways and procedures for learning and practicing Tai Ji Quan and points out the key techniques of the movements with simple and lively words together with the tremendous photographs. In addition, we also provide you the VCDs in which you can watch and follow the demonstrations done by the famous coaches. To present you an excellency is the only purpose of this series.

Although we try hard to avoid mistakes, we may have something that are not appropriate in this book and we sincerely hope that you can help us to find out.

May Tai Ji Quan bring you happiness and health!

May this series meet your needs!

Editor



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## 1.42 式太极拳竞赛套路简介

A Brief Introduction to the Competition  
Routine of 42 Style Tai Ji Quan

## 1.1 套路结构特点

### The Characteristics in the Structure of the Routine

#### 1.1.1 兼容性 Compatibility

42式太极拳竞赛套路,是在广泛吸收了陈、杨、吴、孙、48式等各式太极拳动作基础上,以杨式太极拳为主体创编而成的综合性竞赛套路,从套路编排到动作做法,都反映出了兼容各式太极拳的特点。

The competition routine of 42 style Tai Ji Quan was created based mainly on the Yang style while synthesizing the movements from several other Tai Ji Quan styles, such as Chen, Wu, Sun and the 48 styles. It is the comprehensive competition routine which reflects the characteristic of the compatibility of several different styles of Tai Ji Quan from the arrangement of the routine to the performance of the movements.

#### 1.1.2 难度性 Considerable degree of difficulty

42式太极拳竞赛套路,主要是为各级太极拳比赛而创编的,所以,在套路布局、动作数量、组别以及规格要求上具有相当的难度,特别是正式的武术锦标赛,还规定了指定动作,突出反映了42式太极拳套路的难度性。

The competition routine of 42 style Tai Ji Quan was mainly created for competing. So it is rather difficult in terms of its distri-

bution, the quantity of movements and the standard requirements. The compulsory movements demanded in formal Tai Ji Quan championships most reflect the difficulty of 42 style Tai Ji Quan.

### 1.1.3 差异性 Differentiability

42式太极拳竞赛套路在动作编排上,吸收了各式太极拳的动作,所以,尽管它最终统一于杨式太极拳的风格特点,但是,还是有所差异。整个套路分为四段:

第一段以杨式太极拳动作为主体,外形舒展大方,柔和缓慢。

第二段突出孙式开合手、吴式玉女穿梭、陈式掩手肱捶的发力特点。

第三段以杨式云手、吴式打虎势等动作为主。突出分脚、拍脚的高度控制和平衡,以锻炼稳定能力。

第四段基本上以48式太极拳的第四段为主,表现杨式太极拳的风格特点。

Though the competition routine of 42 style Tai Ji Quan complies with the characteristics of Yang style Tai Ji Quan, the arrangement of movements which absorbed from other Tai Ji Quan is quite different. The whole routine can be divided into four segments:

Segment 1 mainly uses the movements of Yang style Tai Ji Quan with the extensive posture and the slow and gentle performance.

Segment 2 emphasizes the characters of "opening and closing hands" of Sun style Tai Ji Quan, "jade girl working with shuttles"



of Wu style and “hide hands and strike fist” of Chen style.

Segment 3 focuses on the movements of “wave hands like clouds” of Yang style and “beating tiger” of Wu style to practice the control and balance of toes kicking and slapping foot.

Segment 4 is based on the fourth segment of 48 style Tai Ji Quan which displays the characteristics of Yang style.

## 1.2 技术风格特点

### The Characteristics in the Technique of the Routine

42 式太极拳已经成为十分普及的一个运动项目,其主要技术风格特点为:动作外形兼收各式,严格规范;动作气势恢弘大度,融为一体;动作衔接转接柔顺,简洁连贯;动作劲力以柔为主,兼有刚发;动作速度快慢有变,连绵不断。练法循规蹈矩,统一明确。

The 42 style Tai Ji Quan is very popular now. Its main technical characteristics are as the followings: The movements are stemmed from all other Tai Ji Quan styles and are standardized; the momentum of the movements is broad and well coordinated; the connection is smooth and coherent; the force is generated by the soft one and at times with the hard force; the speed of the movements has the changes of fast and slow. When practicing, perform the movements accurately and follow the clear demands.