



Primary Practice Course in Chinese Martial Arts

中华武学实践初级教程

Wen Jiansheng Su Min

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Preface

Gongfu. Hard work over time to accomplish skill. A painter can have Gongfu. Or the butcher who cuts meat every day with such skill...his knife never touches bone. Learn the form, but seek the formless. Hear the soundless. Learn it all, and then forget it all. Learn The Way, and then find your own way. The musician can have Gongfu. Or the poets who paints pictures with words and makes emperors weep. This, too, is Gongfu. But do not name it, my friend, for it is like water. Nothing is softer than water...yet it can overcome rock. It does not fight. It flows around the opponent. Formless, nameless...the true master dwells within. Only you can free him.

-King of Gongfu

Reviewing the history of human civilization, the main theme of civilization is fusion. Each civilization makes contribution to human progress. The civilization of the Chinese nation in the process of evolution, there had been three major cultural integration and innovation, the three major cultural fusions was worldwide, it affected various ethnic groups. Throughout the history of world civilization, Chinese civilization is the only unique continuous civilization, while the Chinese martial arts is unique physical perception of the ancient civilization. This perception is different with the concept, object perception; it is embodiment of the oldest civilization. Martial arts is long-term results of Chinese martial arts practice, and academic achievements under the impact of the Western civilization. Its occurrence and development is also in the cultural integration.

Nowadays, globalization has made existence difference of the people all over the world be more and more small. It determines the integration of Chinese and Western culture trend, so the construction of a fusion of different cognitive perce ption research line becomes necessary in the era. Chinese martial arts is a kind of



"inside and outside of one" achievement. As a unique traditional Chinese culture, It should be inherited and opened up a new road, became the traditional martial arts into the modern life, as a real benefit of the public. This also is original intention we write this book.

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Wen Jiansheng June 2013

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Chapter 1 Overview of the Chinese Martial Arts

Traditional martial arts system is a perfectly unified system under the guidance of the gas science, by external combat capability improving and integration of the practical results of the Taoist body perception and the psychological mechanisms—heart method. This in itself reflects the unique interpretations of Chinese culture and cultural patterns of body perception results.

Part 1 The Guidance of a Gas on the Martial Arts

Fusion of the gas science and martial arts can be seen from the martial arts classic. "Four classics of internal Strength" as a classic is devoted to the practice of martial arts internal strength. Due to recommend by the generation of Xingyi master Song Shi-rong, much of the martial arts concerned it. It is concluded the product of the Ming and Qing Dynasties.

"Four classics of internal Strength" explains, unifying all skills of the martial arts is internal Strength, and the gas are used as





physiological basis of internal Strength. It is particularly important, relationship of the gas with internal strength discussed in detail. Internal strength is composed of gas and gas conserves strength. Internal strength is belong to the gas. It is summarized the Chinese martial arts by the most important gas theory in the academic history of China. This fusion is reflected at the same time in the Shaolin Internal Strength Classic. Logic is very similar to "four classics of internal strength." even two can be explained each other.

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External Combat Ability of Martial Arts Promotion Route

Everyone practiced routines know, routine is not directly used in combat. Bruce Lee advocated changing numerous for brief, removing routine practice, specialized technical action according to the actual combat.

The "martial arts", why to form routines? Whether the routines for combat has effect or not?

This can be traced to the source of martial arts. Martial arts came from the production practice in struggle with the nature and other enemies.

China's martial arts can complete continuous practice. It had the earliest records about martial arts dance. "Martial art dance" had training soldiers and deterring the enemy effects. Its movements are refined from army fighting action. To the Zhou Dynasty and the





spring and autumn and the Warring States period, It had the cultivative role of body and mind. This time, martial arts have formed the system of technology. To the Han, folk formed a system of boxing, called "long hand" for future generations of boxing ancestor.

The northern and Southern Dynasties, gradually begins to execute the mansion army system. The folk martial arts had development, and showed the "routine". from Tang to song became a very mature routine performances.

Before the song "routine" development course has the following characteristics:

First, routines extracted from the military or combat is indirectly applied to the real combat, and it has multiple functions.

Second, in the high-pressure policy, "routine" preserved and protected the martial arts technical effect.

Third, after Han Dynasty "routine" mainly developed in the folk, it showed sports and entertainment features prominent.

The Song Dynasty, the folk martial arts had been rising. Routine begins to form as an essential part of martial arts. This is also integration center stage of the Chinese philosophy and martial arts. Chinese classical academic thought is mature with each passing day and went to the people. The martial arts also actively learned from classical philosophy as the theoretical guidance.

For military purposes, Qi Jiguang as the representative of a part



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of the army generals, started collecting folk essence to restore military value of martial arts. This is a creative influence on later boxing routines, To pay attention to the battlefield effectiveness.

So, Qi Jiguang from the military point of view firstly cleared the relation of routines and combat, inspired formation and development of the later martial arts boxing system. Included from those historical facts: firstly, routine is the combat actions integrated. Secondly, in routine training "hand-eye body step", integrated combat capability. Finally, boxing is equipment foundation. Equipment is the extension arm.

Qi Jiguang as the martial arts history an important milepost, training routine served in actual combat has clear purpose and line.

Qi Jiguang used to train soldiers hand-eye body step outside factors, made it unify in routine, it is learning myself gong fu. With the further deepening of Gongfu, by the time of Yang Luchan linked routine also to unified internal circulation. The internal strength training. This requires the step-by-step method serve consciousness and breathing. This is result of martial arts from the shallower to the deeper.

So, routine is cooperating to breath, at the same time. In order to unify so many factors and train their ability to adapt to the sensitive, so there is a gentle and slow type of Tai Chi. It is a spiral and long process from routine to combat.

Chapter 2

Chinese Martial Arts Classification

Chinese martial arts, broad and profound; Chinese boxing have many categorise and long source. On the basis of geographical, technology and style of martial arts, traditional martial arts classified "south boxing and north leg", "long fist and bunt", "internal boxing and external boxing".

Part 1 South Boxing and North Leg

According to the geographical division, can be divided into South Boxing and North Leg. It is a Chinese martial arts habit. This is not a Boxing kind, but a boxing style according to the geographical division.

South Boxing

The so-called South boxing refers to the popular boxing in southern China, mainly popular in Fujian, Guangdong, Guangxi, Hunan, Hubei, Jiangxi, and Zhejiang also has passed.

Relative to the North Leg, leg is less, and the fist is very rich. People in the south of China are generally small and flexible, hand



short and legs short. so South boxing often induces other moving, then cuts off with hand and hits with shoulder or elbow fighting close. The most popular five famous boxing of Guangdong, which are hung boxing, Liu boxing, Cai boxing, Li boxing, Mo boxing; Fujian Wing Chun, crane and arhat boxing.

Wing Chun: contemporary martial arts film star, Bruce Lee is the founder of Jeet kune. His martial art was source of practicing Wing Chun. thereafter he created Jeet Kune learned from Wing Chun many tricks. It based on the actual combat, with changeable, flexible movements, elastic punches, short narrow bridge step.

The Northern Leg

The so-called Northern Leg, is a martial arts in a habit of saying, generalized the essential characteristics of the martial arts in north.

In fact, the North martial arts do not only have legs, but also have quite powerful boxing. such as: Bajiquan, Tai Chi and so on, are used to punch at martial arts. But relative to the southern martial arts, martial arts in the north is good at legs. so there have a saying, "about an inch long, an inch of strong" look, such as Shaolin boxing.

The representative of the northern leg, cannon boxing, Shaolin fist. Their common characteristic is to win by leg, and their style is putting a long strike.



Cha boxing: Cha boxing is quite popular in Shandong, Hebei, Henan area. Action stretch generous, emphasizing the leg, also pay attention to the coordination of upper limb. Rhythm of a one-trick is clear, smooth and clean. This boxing has ten formal routines.

Hua boxing and Cha boxing style is similar: Hua boxing is popular in Shandong, Hebei and other places. The fist routine have quite a lot, and the most representative is one to twelve Road, by kicking, hitting, throwing, with offensive and defensive fighting action according to the advance and retreat. It's characteristic is the momentum coherence, movement form neat and elegant.

Poking foot: North leg cannot fail to mention the poking foot. Poking foot is typical martial arts of the North leg. The skill of leg is very rich. Poking foot development has a long history, the song had it's heritage. It is popular in Ming and Qing Dynasty, popular in North China area.

Part 2 Long Fist and Bunt

According to the martial arts techniques, divided into long and short.

Long Fist

The long and short is a relative term. Long fist refers to northern Shaolin boxing mainly, including cha boxing, cannon fist,



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Shaolin, stamp feet, Fanzi boxing. Their common feature is wide range of the arms and legs and body joint motion, in order to extend the hit points. Its action stretch, rhythm is obvious.

Bunt

It is compared with the fist. Generally speaking, all the South boxing can be included in a bunt, but there are exception, such as Bajiquan, having the typical short features, but also popular in the northeast, Hebei, Henan, Shandong area. There is also a boxing is short, popular in Hebei Gaoyang area. Short called "short", one is hitting is shorter; two refers to the routine is brief. Short is characterized by dense; fierce play, hard to fall.

Part 3 Internal Boxing and External Boxing

According to the martial arts style, can be divided into internal and external boxing.

Chinese boxing origination did not inside and outside of that, especially in the period before Tang, boxing do not have a clear genre tradition, thus it can be said, Chinese martial arts are not completely separated from the battlefield martial arts category, has not formed a complete system. Chinese martial arts as a whole has a cultural connotation of the self-defense technique. It completes the conversion until Ming and Qing generation, the conversion was a



sign of internal boxing formation.

From today's point of view, internal boxing is combination technique system of Chinese martial arts and the culture of Taoism, its principles and practice methods fully embodies the culture of Taoism theory system. specifically, internal boxing absorbed Taoist culture nutrition, and directly used the Taoist inner alchemy as its internal strength foundation. The three fist of internal boxing (Tai Chi Chuan, Bagua Zhang, Xingyi Quan) characteristics can be seen, especially in Xingyi Quan. Should say, emergence of internal boxing marks mature to the Chinese martial arts, and has the cultural connotation.

Difference of internal boxing and external boxing is that, in shape, in general, external boxing is to just have stiffness; and internal boxing boxing is soft. As a Shaolin boxing is often have straightforward action, the so-called fist like meteors and leg strike like lightning, emphasizing style and strength. In internal boxing, particularly Tai Chi and Bagua pay attention to borrow force to make force, emphasizing circle and softening.

Whether Tai Chi, Bagua Zhang or Xingyi, their theory and is basically consistent with the Taoist inner alchemy theory. From their theoretical origin can be seen, not only in the techniques of internal boxing has rich content, both in culture. Such as Tai Chi becomes a kind of Chinese culture to the world, for the modern people to generally accept.