

楊澄甫拳照

YANG CHENG FU'S PHOTOGRAPHS OF TAIJIQUAN

一九三一年拳架及其使用法

Taijiquan Postures of 1931 and Instructions for Use

(第3版 Third Edition)

石月明

Shi Yue Ming

编著

同济大学出版社

TONGJI UNIVERSITY PRESS



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本书收“杨澄甫拳论”2篇，其中“太极拳之练习谈”系杨澄甫口述、张鸿逵笔录，“太极拳说十要”系杨澄甫口述、陈微明笔录；“杨澄甫拳照”100幅，包括拳架照59幅、对敌图37幅、大捋4幅，取自杨澄甫1931年出版的《太极拳使用法》一书；其余文章除署名外均由石月明撰写。

The book incorporates two essays on Taijiquan theory dictated by Master Yang Chengfu, including *Talks on the Practice of Taijiquan* compiled by Zhang Hongkui, and *Ten Essentials of Taijiquan* compiled by Chen Weiming; 100 photographs showing different postures performed by Yang Chengfu, including 59 photographs depicts the Quan postures, 37 exhibits how to tackle enemy and 4 indicates the Dalü formula, are selected from the book entitled as *The Usage of Taijiquan* by Yang Chengfu published in 1931. The other articles are written by Shi Yueming except signed.

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序言 以拳照为师

以拳照为师，以名家拳照为师，名家拳照如同名家字帖，是习拳者应该潜心临摹的。中华书法几千年，各朝代书法名家很多，称为“书圣”的只有东晋的王羲之一人。而在王羲之之后，书法史上能够称为“家”的，或多或少、或直接或间接，没有不受到王羲之影响的，尤其是他的名帖《兰亭序》，被后世无数人临写研习。杨式太极拳的名家很多，名家的拳照也很多，杨澄甫的拳照在杨式太极拳的传承中，相当于书法中王羲之的《兰亭序》，杨家前辈其他人无拳照留下，杨澄甫就是杨式太极拳的“拳圣”了。

公开发表的杨澄甫拳照有两种：一种见于1925年的《太极拳术》一书中，该书由陈微明编写；另一种见于1931年的《太极拳使用法》一书，该书由董英杰编写。经查证，1921年的《太极拳势图解》一书中用的图也是按杨澄甫1925年发表的拳架绘制的。这表明1925年的拳架早在1921年前已经形成。在1934年出版的《太极拳体用全书》一书中，杨澄甫说：“翻阅十数年前之功架，又复不及近日”，足见杨澄甫对1931年发表的这套拳照更为满意。《太极拳势图解》一书是杨健侯的弟子许龙厚1921年所著，可见杨健侯所传的就是这一套拳。可惜杨健侯的拳架风采无拳照留下，只好以《太极拳术》中杨澄甫的拳照来推想了。杨澄甫两套拳照发表的时间相差10年，其中拳架的区别确是很大。1931年的拳架舒展、浑厚、美观、大方、刚柔相济、内外一起，使杨式太极拳达到了炉火纯青的境界，集杨式太极拳之大成。

中华武术有一百多个拳种，每一个拳种都有一个基本的拳架作为该拳种的代表。这个主要拳架往往都是由几代人的智慧和心血凝聚而成，在一个拳种中占据着核心的地位，因为这

个拳架蕴涵了该拳种的精髓。任何国家的任何一种体操，一般都是几个月之内就可以编成的，这与中华武术的拳架内涵远不可相提并论。太极拳是中华民族文化的瑰宝，也是世界文化宝库中的珍品，这是已经被世界人民认可了的。太极拳的拳架，尤其是杨澄甫的拳架真迹，完全可以和王羲之的《兰亭序》相媲美，绝非一般体操可以比拟。

在杨澄甫的众多弟子中，认真、全面传授杨澄甫 1931 年拳架的首推傅钟文。人民体育出版社 1963 年出版的《杨式太极拳》一书参考杨澄甫的全部拳照，真实地画出了杨澄甫的拳架形象，动作的过渡部分也用杨澄甫的形象，保留了杨澄甫太极拳的原汁原味，这是钟文老师对杨澄甫太极拳，也可以说是对杨式太极拳的历史性贡献。但钟文老师常说：“我的拳与杨老师不好比，差远啦！”

本书包括杨澄甫单人拳照 59 幅、对敌图 37 幅、大捋拳照 4 幅，三部分共含拳照 100 幅，这是杨式太极拳的集大成者杨澄甫在七十多年前奉献给民族、社会和中华武术宝库的珍贵遗产。书法家要想学练有成，必临摹王羲之的《兰亭序》；同理，要想学好杨式太极拳，临摹杨澄甫的拳照是最好的途径。杨澄甫 1931 年发表的拳照，大约是 1928 年前后形成的，到 1936 年去世，他大约演练、传授了七八年。钟文老师一生习练、传授这套拳长达六七十年之久，他对这套拳架的修炼造诣绝非一般人可及。我在钟文老师身边 22 年，头脑里只装钟文老师的拳味，听到钟文老师称赞杨澄甫拳架，我又首先装杨澄甫的拳味，这就是我经钟文老师手把手传授，学练杨澄甫太极拳的四十多年。我主张应该把这套拳架正式称为“杨澄甫太极拳”。我教拳都是按杨澄甫拳架严格要求学生的，同时也让学生用杨澄甫的拳照检查校对我的拳架，我的拳架只供参考，杨澄甫的拳架才是标准。传授杨澄甫太极拳不存在第几代的问题，任何学习或传授杨澄甫太极拳的人都应接受杨澄甫拳照标准的检验，不存在别的标准。在此把检

验的标准奉献给杨澄甫太极拳爱好者，以期学习者养成以杨澄甫拳照为师的好习惯。

以拳照为师，就是要按照杨澄甫的拳照形象，一丝不苟地认真临摹，脚是什么样子、腿是什么样子，直至肩、肘、手，都要细心揣摩。总而言之一句话：周身上下都要像杨澄甫的样子，不可以走样。在临摹书法中叫做不工求工，在习练太极拳中叫做学规矩、守规矩。书法家们依靠临摹精神学而有成，学习太极拳也要有这种临摹精神，守规矩学样子。第一代、第二代先辈一幅拳照都没有留存，且杨澄甫的拳照也只有 100 幅，所以这 100 幅拳照可谓弥足珍贵。愿学习杨澄甫太极拳的人，拳架都以杨澄甫拳照为楷模。

最后，我希望每位练习杨澄甫太极拳的人，通过阅读本书都可以取得更快的进步。

石月明

2003 年

Preface Learning Taijiquan from the Posture Photographs

The approach to practice Taijiquan is analogous to that of studying calligraphy, both need devoted efforts to imitate. In the Chinese history of calligraphy over thousands of years, there were quite a few famous calligraphists but only one, named Wang Xizhi in East Jin Dynasty, was reputed as the "Calligraphy Saint". In fact, most calligraphists after him during their learning period have to pay much time to imitate Wang's copybook especially *Lantingsxu*. The purpose of imitating is to write standard and neat Chinese characters; however, it is quite time-consuming and painstaking. Similarly, there exist many famous masters and Quan photographs of in Yang Style Taijiquan now, but only Master Yang Chengfu and his posture photographs reach the status of Wang Xizhi and his *Lantingsxu* in calligraphy. Since not any Quan photographs from Yang's ancestors are available, Yang Chengfu is certainly the "Quan Saint" in Yang Style Taijiquan.

There are two sets of Yang Chengfu's Quan photographs openly published. The first one is named as *Technique of Taijiquan* compiled by Chen Weiming and published in 1925, and the second is *The Usage of Taijiquan* compiled by Dong Yingjie in 1931. It was verified that the diagrams in *Diagrammatical Postures of Taijiquan* published in 1921 was drawn based on the Quan photographs published in 1925, which indicates that the Quan photographs published in 1925 were taken at least as early as in 1921. It was inferred by Yang Chengfu's remark in the book named *The Book of Taijiquan Practice and Application* published in 1934 that he was more satisfied with his Quan photographs published in 1931. The book *Diagrammatical Postures of Taijiquan* was written by Master Yang Jianhou's disciple, Mr. Xu Longhou, which may suggest that Master Yang Jianhou inherited then the same set of Taijiquan. Unfortunately, the Quan photographs of Yang Jianhou have not been preserved, we can do nothing but use the Quan photographs of Yang Chengfu in the book named *The Technique of Taijiquan* instead. There is a time difference of 10 years for publishing between two sets of

Quan photographs from Yang Chengfu, in which the Quan postures are remarkably different. To be specific, the Quan postures of 1931 version are characterized by being more vigorous, beautiful, liberal, flexible and penetrating, making Yang Style Taijiquan attain its perfection.

There are more than one hundred kinds of Quan in Chinese martial arts, and each has a primary postures as its representative, which generally come into being through efforts of several generations and contains the soul of that kind of Quan. The primary postures are the core of the kind of Quan because they embody the essence of the Quan. Almost any sort of gymnasium in any country can be compiled within several months but the compilation for Quan postures in Chinese martial arts cannot be finished within such a period. Taijiquan is a gem in the Chinese cultural heritage and also a curiosity in the civilization of the world, which is widely recognized throughout the world. The postures of Taijiquan, especially the ones performed by Master Yang Chengfu can no doubt compare favorably with *Lantingxu* written by Wang Xizhi.

Among Yang Chengfu's disciples Fu Zhongwen is the one who passed on the Quan postures of Yang Chengfu of 1931 version earnestly and comprehensively. The *Yang Style Taijiquan*, a book published by People Sport Press in 1963 depicted accurately the posture, including the transitional posture images of Yang Chengfu, and retained the style of Yang Chengfu exactly as it is. This is a historical contribution made by Fu Zhongwen to Yang Chengfu's Taijiquan and Yang Style Taijiquan. However, Fu often said modestly: "My posture can not be mentioned with that of Master Yang in the same breath."

In this book there are altogether 100 posture photographs of Yang Chengfu distributed in three parts, including 59 photographs showing single postures, 37 showing tackling enemy and 4 showing the Dalü Formula. This book records the great contribution made by Yang Chengfu to our nation, society and Chinese martial arts about 70 years ago. As stated above, most people who wishes to be a calligraphist has to copy *Lantingxu* written by Wang Xizhi; similarly, the best way to learn the Yang Style Taijiquan well is to copy Quan postures with great concentration. The Quan postures published in 1931 took shape around 1928

and underwent development and impartation for seven to eight years before his death in 1936. Master Fu Zhongwen devoted all his life to the Yang Style Taijiquan, selfdrilled and taught this set of Quan about 60 to 70 years. His attainments in this set of Quan were far better than others. I followed Master Fu as his disciple for 22 years and was strongly influenced by his Quan postures. When hearing Master Fu praise the Quan postures of Master Yang Chengfu, I tried immediately to imitate the postures of Master Yang. As a matter of fact, my past 40 years of studying Taijiquan is closely related to Master Fu. I maintain strongly that the current set of Quan postures be formally named as Yang Chengfu Taijiquan. Personally, I always make it clear when I teach my students that the Quan postures of Yang Chengfu are the true standard and my postures are for reference only. It is also my opinion that any practitioners should accept and follow postures of Yang Chengfu as the sole standard. The compilation of this book aims at offering the standard to enthusiasts of Yang Chengfu Taijiquan and assists the practitioners in cultivating good habits of learning from Quan postures.

To practice Taijiquan must learn from the Quan postures of Yang Chengfu and copy the postures in a conscientious and meticulous way. The practitioner should endeavor to figure out the postures of legs, waist, should, elbow and hands etc. In a word, the posture of whole body ought to resemble that of Yang Chengfu. It is really a pity that no Quan posture photographs from predecessors of the first and second generations were left; therefore, the only 100 posture photographs of Yang Chengfu are really precious.

The author sincerely wishes that all learners of Yang Chengfu Taijiquan will follow his Quan postures and make fast progress through reading the book.

Shi Yueming

2003

再版序言

我和石月明老师是同事，比他小一岁，他教计算机课，我教哲学课，在太极拳方面，他是我的老师。太极拳对于他，从业余到专业、到专家、到名家，主要原因是他遇到了太极拳大师傅钟文并成为傅老入室弟子、继承人。

1972年，钟文老师应邀来同济大学教授杨式太极拳。1973年，在钟文老师的指导下，成立了“同济大学太极拳研究小组”，石月明被推举为组长，全面负责同济大学的太极拳工作，多次带队参加上海市教工运动会和其他有关太极拳活动，取得优异成绩。中国科学院院士、中国工程院院士、同济大学老校长李国豪教授也以普通运动员身份参加运动会的比赛。1989年6月24日，成立了“同济大学太极拳研究会”，傅钟文教授和李国豪院士亲任名誉会长，石月明任会长。李国豪院士给成立大会的贺词是：

同济大学太极拳研究会：

太极拳运动在我校师生员工及家属中有着广泛的群众基础，实践证明，经常进行太极拳锻炼，有益于健康，有益于治病防病。同济大学太极拳研究会的成立，必将有力地促进太极拳学术活动的开展，弘扬祖国这一宝贵遗产，我谨表示热烈的祝贺！

李国豪院士的贺词肯定了同济大学的太极拳运动；肯定了太极拳的健身疗病功效；肯定了同济大学太极拳研究会的学术活动。作为同济大学太极拳研究会的会长，石月明教授三十

多年来，有十多篇论文并编著了《杨澄甫拳照》一书，在海内外发表、发行，引起国际太极拳界的广泛关注，在全国高校中也是领先的，实现了李国豪院士的期望。同济大学太极拳研究会的学术研究成果享誉海内外：美国亚特兰大埃默里大学教授、美籍华人许廷森及夫人方苏南博士于2004年和2005年两次慕名来访，交流太极拳学术研究的成果。2006年春节期间，法籍华人黄宗南先生，自巴黎来电咨询石月明教授于1991年在“首届中国永年国际太极拳联谊会”上宣读论文《杨式太极拳之度》中的有关问题，该文被载入《太极名家谈真谛》一书中。2007年春节的大年初四，美国拳家克拉克也慕名来访，与同济拳友交流了中华太极拳文化。

1991年，国家体委指示全国各省市体委，为使全国著名老武术家后继有人，为他们举办培训班，培养继承人。1991年11月，上海市体委指定上海武术馆，举办了杨式太极拳研究班，向全国各地招收杨式太极拳教师、教练和拳家学员，由钟文老师亲自教授、指导、评定，经过比赛选拔，取前六名，颁发奖状、证书。石月明教授获第一名，得到了钟文老师的重用，被推为永年太极拳社副社长兼秘书长。

1994年，在同济大学举行永年太极拳社成立五十周年纪念，两大活动函告海内外：一是永年太极拳社成立五十周年庆祝大会；二是举办杨式太极拳高级讲习班，钟文老师亲自授课，有大批中外学员参加。两项活动都由石月明教授主持。日本代表团团长关本澄女士，是钟文老师唯一的外籍弟子，在这次活动中看到石教授演示的杨式太极拳，回国后，她在给石教授的来信中说：“特别看到了您的格调高雅的太极拳，我们很受感动。我增强了对杨式太极拳的前途的信心。今后请多多指教。”

石月明教授在傅老身边二十二年，得傅老言传身教、德艺熏陶；同时他还认真学习研究了先辈的拳论，尤其是杨澄甫的拳论；以及杨澄甫其他弟子的论著。所以，他拥有丰富渊博

的太极拳知识；承袭了杨式太极拳的拳、剑、刀、枪、推手、大捋整套文化体系；真正地领会了太极拳的真谛。

石月明教授是国内外唯一的一位严格遵照杨澄甫定式传授杨式太极拳的太极名家；他服务社会、造福人类，义务授拳，无私奉献，三十七年来教授中外学生一万多人，如今虽已年届古稀，仍耕耘不息。此次《杨澄甫拳照》的再版，给海内外杨式太极拳爱好者提供了标准，亦是功德无量之事。我为我的老师祝贺！

戊子秋东阳蒋祖喜谨序。

Foreward Second Edition

Prof. Shi Yueming is my colleague in Tongji University for decades, and he is one year older than me. He taught in Computer Science while I lectured in philosophy; however in Taijiquan, he is my teacher. He learned Taijiquan and grew up from an amateur to an expert, a master and finally a celebrated master, mainly because of meeting with his teacher, Mr. Fu Zhongwen, the great master of Taijiquan, and becoming Master Fu's disciple and successor.

In 1972, Master Fu was invited to teach Yang style Taijiquan in Tongji University, in the next year, the Taijiquan Study Association of Tongji University was founded. Prof. Shi was voted the principal and led the Taijiquan team of Tongji. Later this team took part many times in Teacher's Sports Meetings and other Taijiquan sport events in Shanghai with excellent results. Mr. Li Guohao, the former President of Tongji University, member of Chinese Academy of Sciences and member of Chinese Academy of Engineering, also joined the events as an ordinary sportsman. On 24 June 1989, the Taijiquan Academy of Tongji University (TATU) was founded with the leadership of Master Fu and President Li acted as the honorary principal, and Prof. Shi as the executive principal. Here are the greetings from President Li to TATU:

Taijiquan has gained a broad and mass support from Tongji's faculty and students. It has been proved that regular Taijiquan exercise is helpful for health and for preventing and curing diseases. I believe the founding of TATU will greatly promote the study of Taijiquan, and further preserve and develop this priceless national legacy. Warmest congratulations!