

中國歷代體育活動 分類史料圖片選集

——附中國武術傳統發展及其改進研究——

第一集

吳文忠編著

江苏工业学院图书馆
藏书章

國立臺灣師範大學體育學會

中華民國臺北和平路一段

民國五十八年十月



(射戈)磚漢
土出山鳳鳳店么家丁川四 獵狩池蓮
年元康永帝惠晉

Curving, A shooting and harvest scene on the brick of the Han Dynasty. The shop of Ting Chia Yio in Chengtu, Szuchuan province. Excanated from Pheonix Mountain in 300A.D.

The Archery Contest, Relief from the Yin-Kang Caves, Tang Dynasty. (618-960 A.D.)



壺紋獵狩
器酒代時國戰

A drinking instrument of Warring States period Coursing striped pot (403-221 B.C.) Kept in National Palace Museum.



比箭
唐代雲岡石刻
公元六一八—九六〇年



唐玄宗馬射圖

臨繪敦煌壁畫

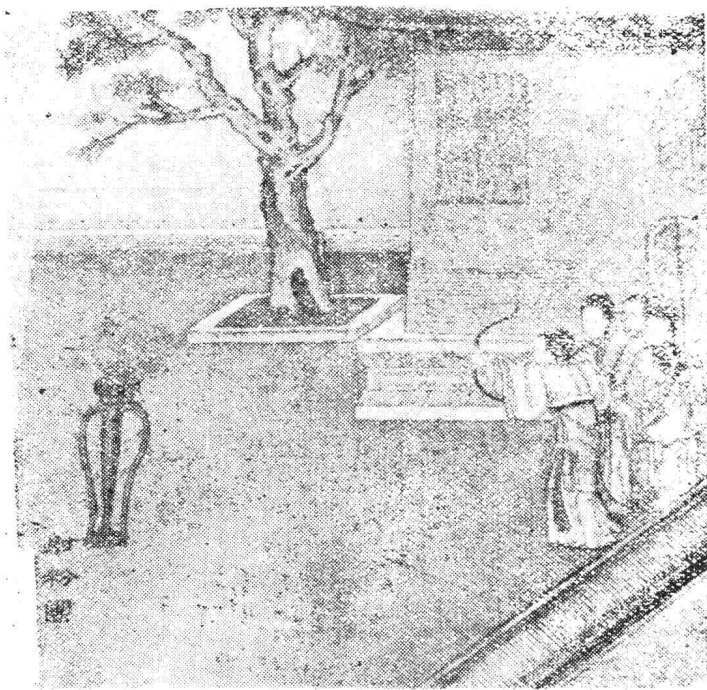
弓箭射術

「紀效新書」

明嘉靖二十四年

A picture of equestrian and archery during the T'ang Dynasty.
Reproduction of Tung Huang mural. (713-755 A.D.)

（乾隆時代）清徐揚繪 粉射圖



A picture of target-shooting
Painted by Hsu Yang during the Ching Dynasty.
(the reign of emperor Cheng Lung) (1738-1789 A.D.)

掌心推射圖
此法弓滿則
肱之曲心對
下肘平如衡
而弓須兼八
分平勢



The art of shooting with bows
and arrows. (1563 A.D.)



其法兩氣貫頭，兩氣貫足，兩手如飛，人腹便覺沉下，而從下覺中氣貫足，其功甚大，氣脈調和，精神爽快，百病而除。其功曰：口吐痰涎，分氣成風，似風立成，其功甚大，如神。



其法先側身，兩腿下，兩腿開，兩氣貫足，兩手如飛，人腹便覺沉下，而從下覺中氣貫足，其功甚大，氣脈調和，精神爽快，百病而除。其功曰：口吐痰涎，分氣成風，似風立成，其功甚大，如神。



其法兩氣貫頭，兩氣貫足，兩手如飛，人腹便覺沉下，而從下覺中氣貫足，其功甚大，氣脈調和，精神爽快，百病而除。其功曰：口吐痰涎，分氣成風，似風立成，其功甚大，如神。



其法兩氣貫頭，兩氣貫足，兩手如飛，人腹便覺沉下，而從下覺中氣貫足，其功甚大，氣脈調和，精神爽快，百病而除。其功曰：口吐痰涎，分氣成風，似風立成，其功甚大，如神。



其法兩氣貫頭，兩氣貫足，兩手如飛，人腹便覺沉下，而從下覺中氣貫足，其功甚大，氣脈調和，精神爽快，百病而除。其功曰：口吐痰涎，分氣成風，似風立成，其功甚大，如神。

「五禽之戰，亦以除疾，兼利蹠足，體有不快，起作一禽之戲，怡然汗出，身體輕便而欲食」。

虎戲——虎視，虎抓，虎撲，虎伸，虎旋
鹿戲——鹿興，鹿觸，鹿盤
熊戲——熊晃，熊推，熊攀
猿戲——猿躍，猿轉，猿退，猿進，猿坐，
鳥戲——鳥伸，鳥落，鳥飛

戲禽五化華代漢



"Five animals playing"
by Hua To, Han Dynasty (220-280 A.D.)
five figures resembling one of the therapy exercise.

Bird 鳥

Monkey 猿

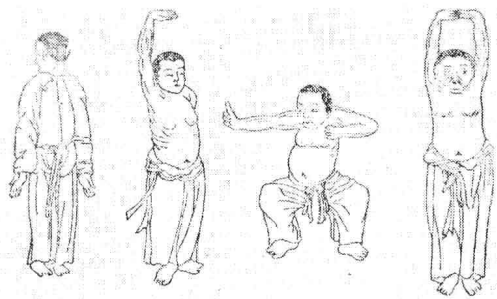
Deer 鹿

Bear 熊

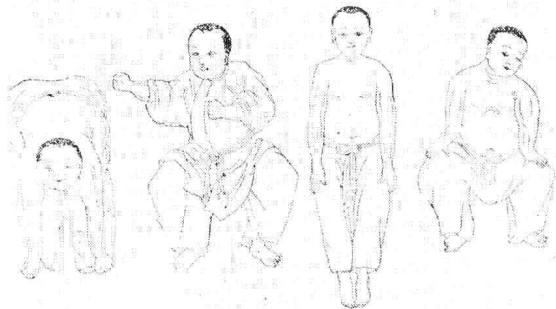
Tiger 虎

圖戲禽五本古「讀廣門夷」本刻間年歷萬朝明

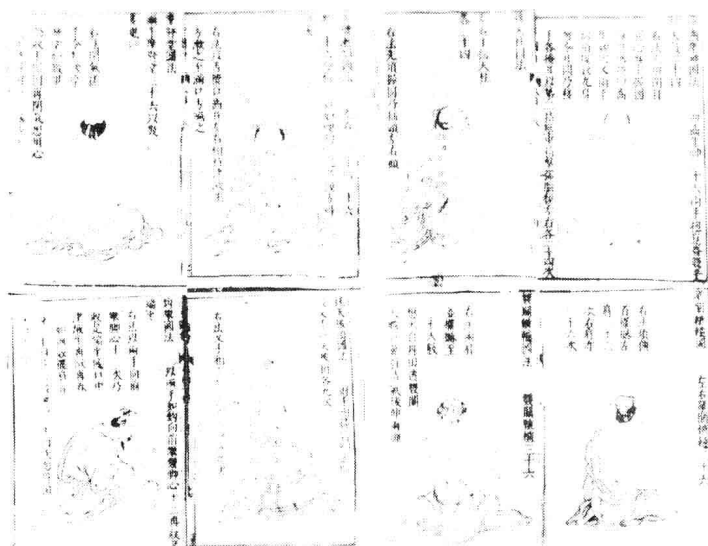




第四段 第三段 第二段 第一段



第五段 第六段 第七段 第八段



(功坐) 錦段八

(功外) 錦段八

Eight Daily Graceful exercises. Sitting position.

External work, Exercises in eight figures.

(960-1279 A.D.)

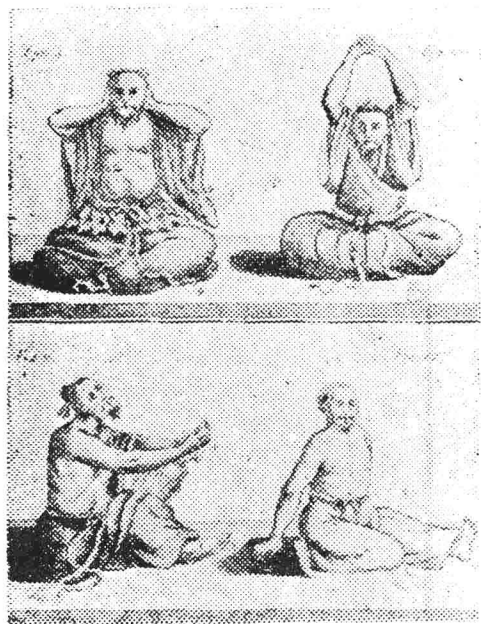
圖引導漢羅八十

18 Lohan-the personal disciples of Buddha-Tao Yin, one of the Chinese exercise for Health recovering, Han Dynasty (200 A.D.)



(3) 叩齒集神抱崑崙

(4) 摩踵



(1) 叉手按頂

(2) 踞地屈身壓



法療熱發及臟心
(氣存)

法療弱衰臟內及食過
(托上身立)

Chinese ancient Tao-Yin (Taoist breathing exercises)

(Therapy, Cong-fu, Rehabilitation Exercise)

Chinese Ancient Physical Exercise for Health Recovering

- (1) Arms Up with two hands linking
- (2) Two hands on each side of ear for teeth shutting up and spirit
- (3) Sitting with one leg stretch forward
- (4) Heel Massage

中國古導引——醫療體操——康復

A therapy for over-ate or organs disturbance.
(Two Arms Pushing Up.)

A therapy for Heart-disease and fever
(Breathing exercise)

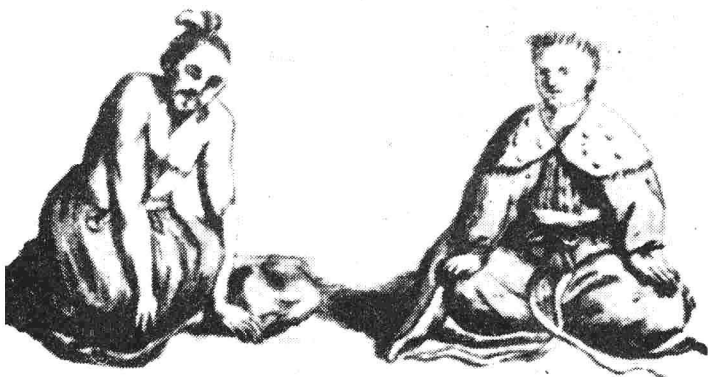


法療熱發心足心手
(坐膝抱)

法療病腎
(勢食撲虎)

left: A therapy for fever on palms or feet
Sitting with around the Knees.

right: A therapy for Nephralgia
Exercising pose of tiger to attack.



身聳地按

琴撫

right: Fu Chin, a sitting pose

left: Two hands on the floor.

翅亮爪出

摘星換斗



倒拽九牛

握足上舉



赤龍攪海

九鬼拔馬刀



青龍探爪

抱膝坐



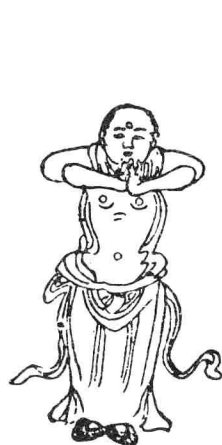
兩臂上舉

地落盤三

錦段二十

("12 Daily Graceful Exercises") (1858 A.D.)

Chinese Ancient Exercise for Health Recovering



勢杵獻馱章

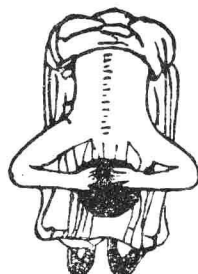
Two arms up with sitting pose
Two arms up with standing pose
one arm up with one hand on a foot
sitting with hands around the knees.

one	two	Tao
arm	arms	Yeh
up	forward	Chiu
		Niu

to draw	san	Ching
up the	pan	Ling
sword on	lo	Tan
the back	ti	Chao



食撲虎臥



勢躬打



勢尾掉

Two arms horizontal with Palms closed

Two arms up

Two arms open

Tail down

Bending down

Tiger to attack



Commencement Contribution

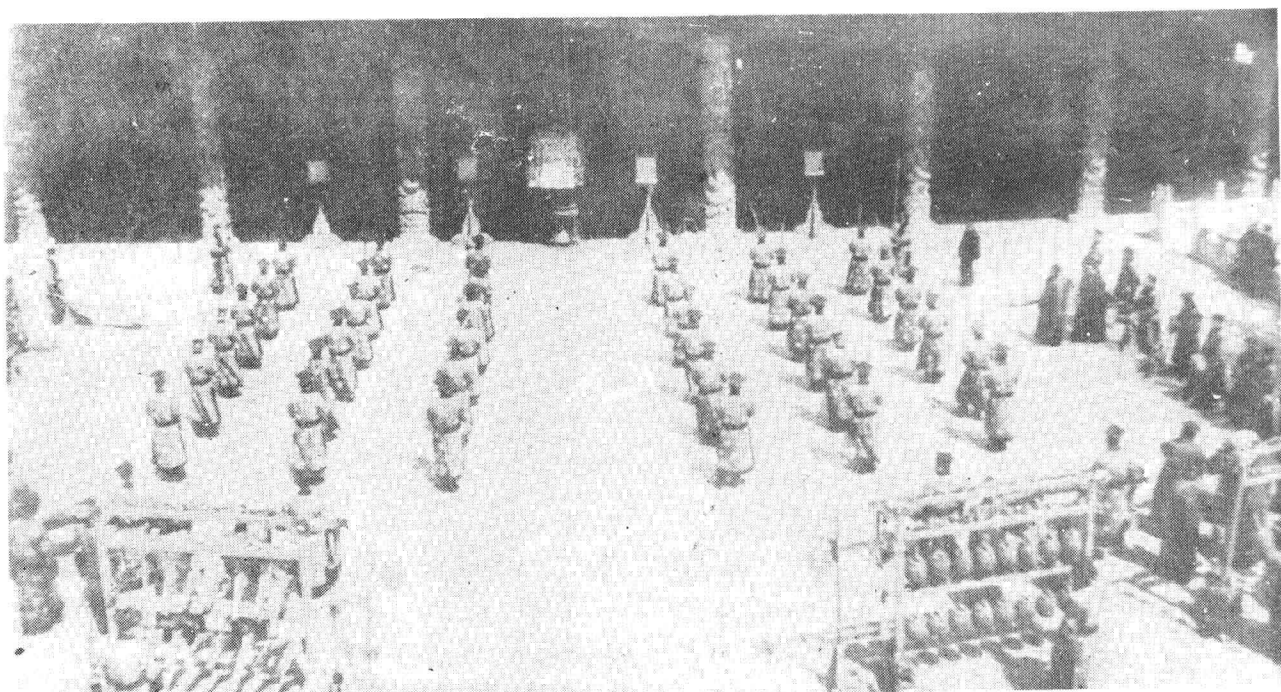
舞字「始」獻初

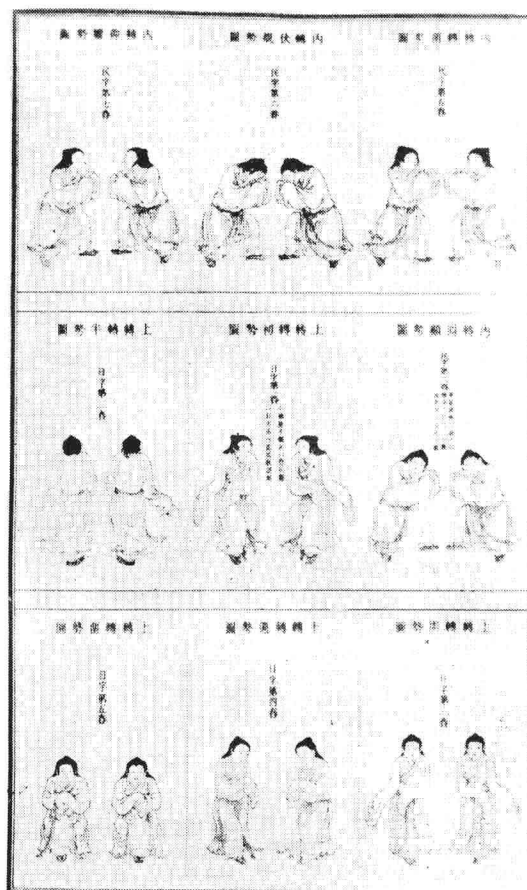
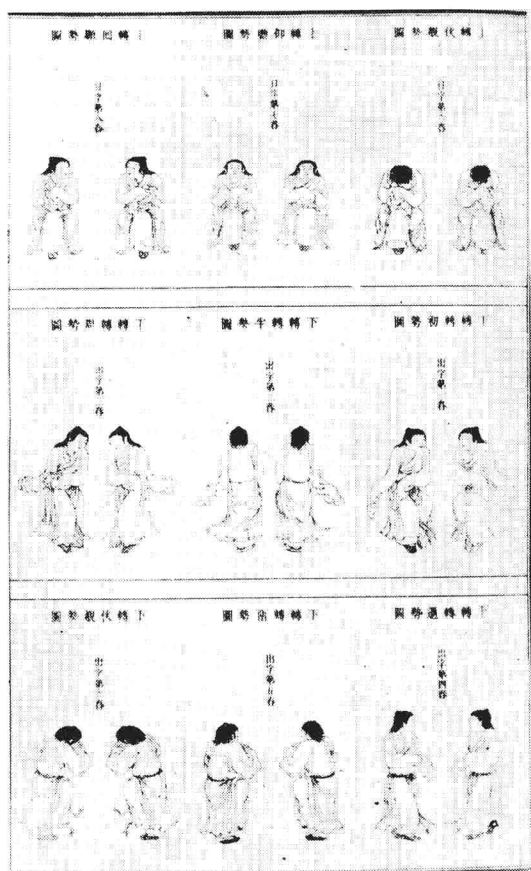
舞之翟籥舞 樂之韶蕭奏

舞翟籥(行六列六)舞之佾六

Six by Six Dancing Chou Dynasty

Performance in Six lines by Six rows parade.



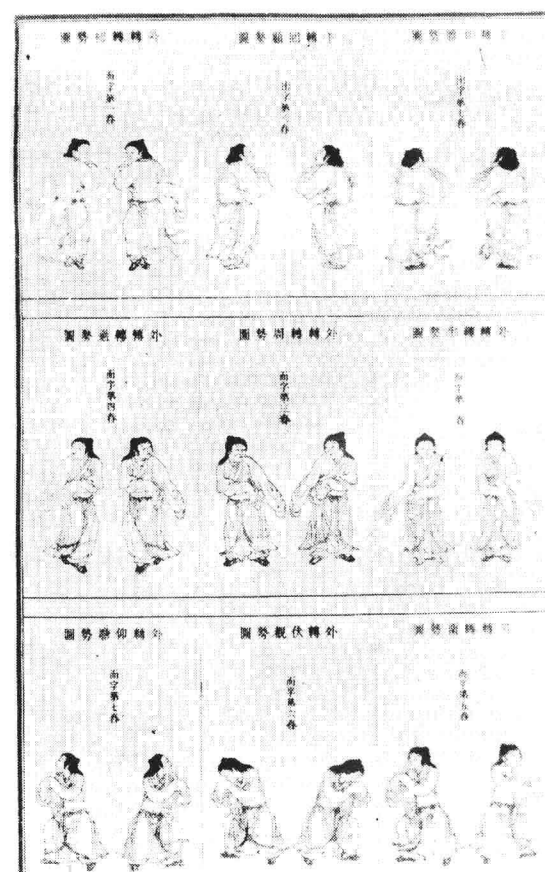
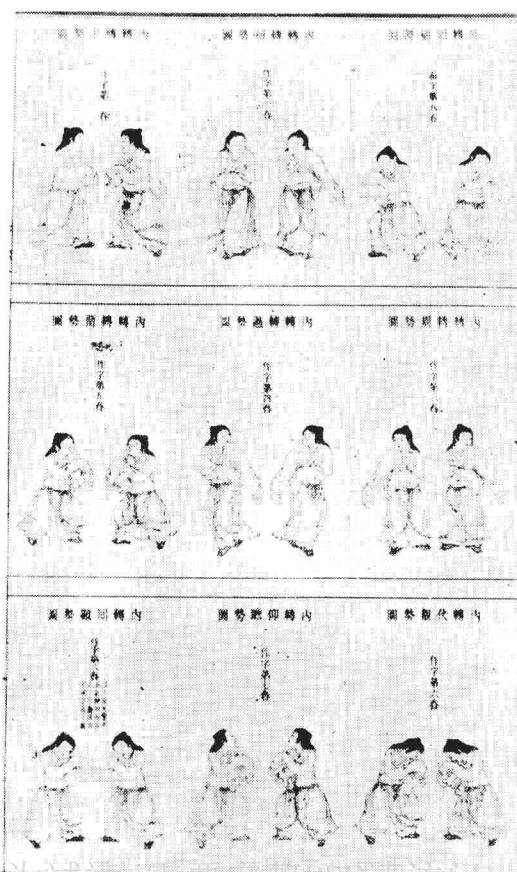


The Chou Dynasty (B.C. 1122-255)

Jen Wu 2.

朝周

舞人



博物館藏
西紐琪
巴黎
漢
陶器
舞蹈者



片拓刻石代漢 伎舞

A stone-carving piece of the
Han Dynasty-Cabaret girl



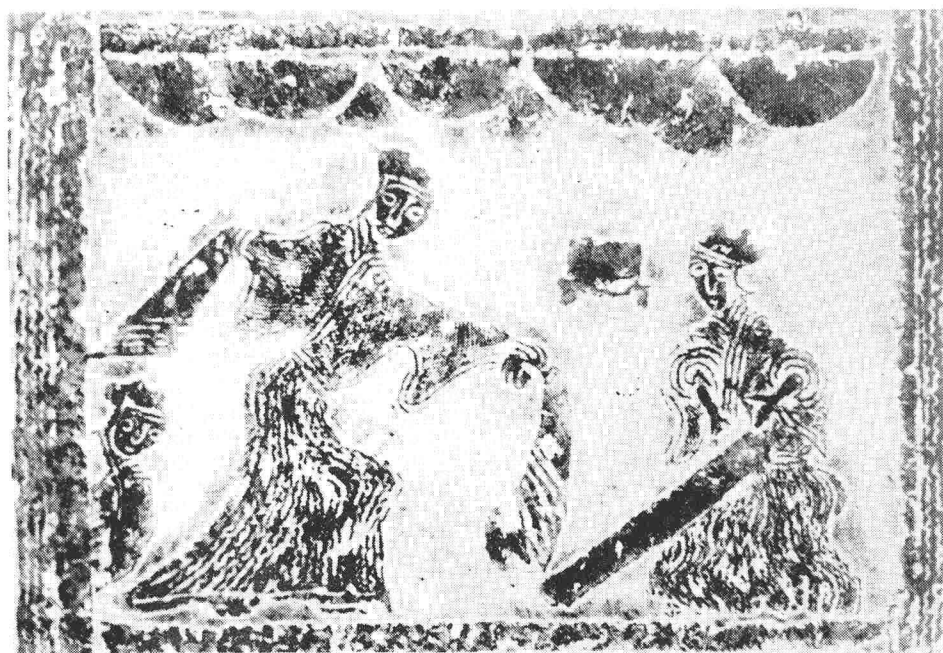
鳥5. 猿4. 鹿3. 熊2. 虎1.
漢 舞禽五

Five animals Dancing

(206 B.C.-220 A.D.)



Dancer, earthenware, Han Dynasty, Musée
Cernuschi, Paris, (206 B.C.-220 A.D.)



片拓刻石代漢 舞
土出近附阜曲東山

A stone-carving piece of
the Han Dynasty---
(206 B.C. - 220 A.D.)

Dancing Excavated from near
Chu-fu, Shantung-province.



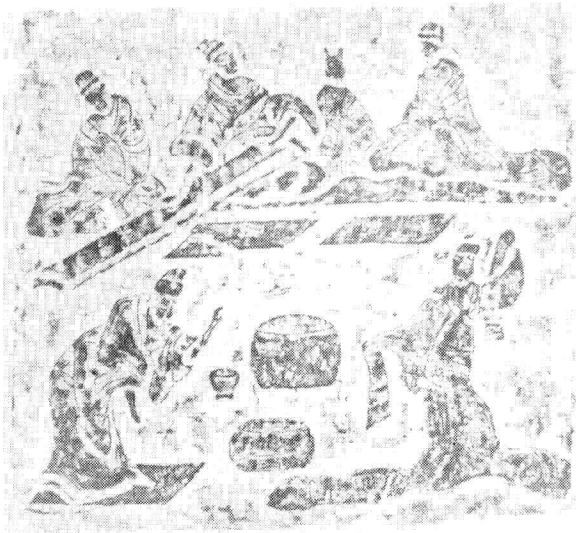
↗ 詳未地土出 分公二四高 唐 俑舞
藏館物博格拉布克捷

Dancer, Tomb figure, T'ang Dynasty,
H. 420 cm, Location discovered:
unknown. Tschechoslowakischen
museen, Prague, Czechoslovakia.



分公六一高 魏北 俑女手摻
藏室王典瑞

Two young women holding hands tomb
Pottery, Northern Wei Dynasty,
(385-535 A.D.) Gustaf Adolf
Collection, Sweden.



土出都成川四 畫磚代漢 者蹈舞

Dancer

A brick-painting in the Han Dynasty,
excavated from chengtu, Szuchuan

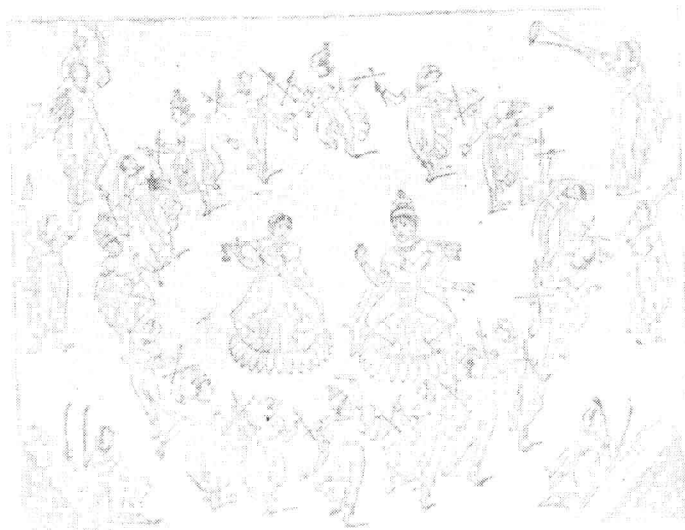
Province.



Wall-painting, Northern Dynasties

400-550 A.D. Chi-an Chi-lin Province

舞蹈
北朝
公元四〇〇—五五〇年
輯安
西崗
吉林



舞婚代古藏西

Wedding Party Dance in Tibet.

Dancers and Musicians



一之典儀蹈舞廷宮

One of the dancing ceremonies
in royal palace



A young Uigur woman of Southern Sinkiong holds a hand-drum and dances with a youth to the accompaniment of a guiter player.

A Miao girl of Kueichow dancing to the accompaniment of a lu-sheng played by a young man.



新疆維吾爾族舞蹈之一

西康昌都康巴族舞蹈之一（西藏）



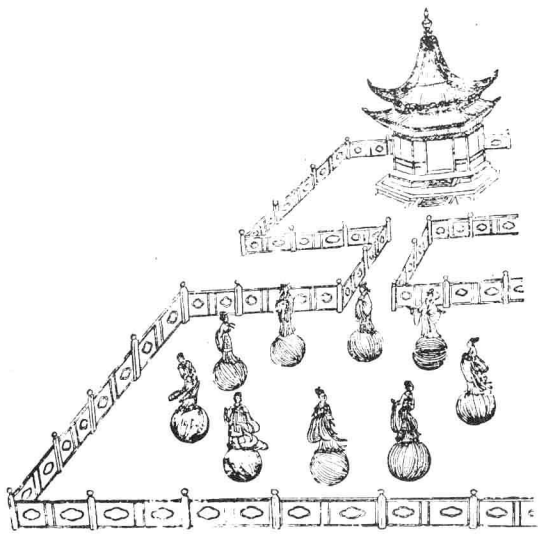
Two Khampa girls of Sikang dance as a man, Cross-legged, Sits by

A yao girl of Kuangsi dancing to the Sound of a long-drum played by a young man.



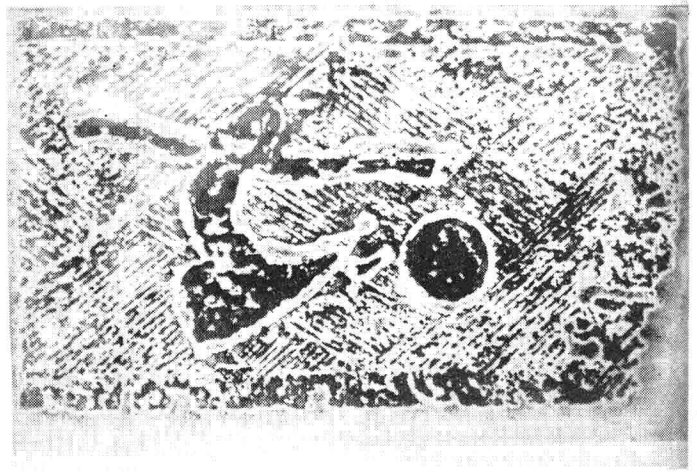
廣西僛族舞蹈之一

貴州苗族舞蹈之一



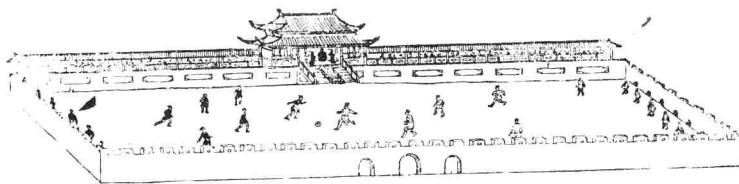
球踢的代唐

A way of globe-playing in the
T'ang Dynasty (618-960 A.D.)



片拓刻石代漢 者球玩
刻石闕母開封登南河

Ball player, a stone-carving piece
of the Han Dynasty. (206 B.C.-220 A.D.)
The Stone-Carving of Kai Mu Chieh found in
Teng Fung, Honan Province.



a picture of football game
during the T'ang Dynasty
(618-960 A.D.)

圖賽競球足代唐

A picture of review of
a football game in the
Royal Palace during
the Han Dynasty
(206 B.C.-220 A.D.)

賽圖
漢宮苑內(鞠城)校閱足球競

