

族创造并完善  
 禅、道、医的  
 针灸、食疗  
 要的贡献。  
 标。但现实  
 态失衡、  
 等，这些言  
 人类最  
 突破，一具  
 体质的体育  
 于西方体育

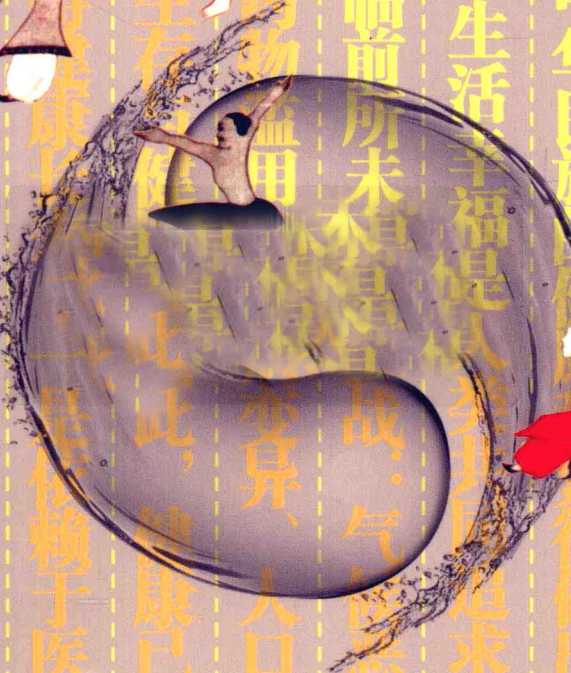
# 中国传统

## 运动养生图典

Illustrated Book of Traditional Chinese Exercise Regimen

陈小蓉 李重申◎编著

说。学说融合了中国古代儒、  
 智引 武术、体操、游戏、按摩、  
 由中华民族的  
 寿、生活幸福是人类共同追求的目标。  
 正面临前所未有之挑战。气候变暖、  
 大药滥用、环境污染、生活节奏加快、  
 大的生存挑战。此，健康已成为  
 现代人最关心的问题。是依赖于医学的  
 生活方式，三是要学会选择适宜自身  
 养生的独特认识。构建了一种完全不同  
 运动养生不同于竞技体育，它并不迫



中国大百科全书出版社

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# 前言

中国是一个绵延五千年文明的古国。在漫长的历史进程中，中华民族创造并完善了独特的养生学说。这一学说融合了中国古代儒、释、道、医的文化精义，集传统导引、武术、体操、游戏、按摩、针灸、食疗之大成，数千年来，为中华民族的健康和繁衍做出了重要的贡献。

自古以来，健康长寿、生活幸福是人类共同追求的目标。但现实生活中，人类健康正面临前所未有的挑战：气候恶化、生态失衡、环境污染、资源短缺、药物滥用、疾病变异、人口危机等，这些已经严重地威胁到人类的生存与健康。因此，健康已成为人类最关注的话题。而人类要想获得健康长寿，一是依赖于医学的突破；二是要选择科学合理的生活方式；三是要学会选择适宜自身体质的体育锻炼方式。

中国传统中的运动养生中对人类生命现象的独特认识，构筑了一种完全不同于西方体育健身的理论模式。运动养生不同于竞技体育，它并不追求短暂的身体激烈运动的价值，不单一追求肌肉强壮，更不主张挑战生命极限。中国传统运动养生的目的，是培养人们建立与保持一种机体机能收支平衡的自我意识和行为习惯。其中突出表现为：“精、气、神”三位一体的

生命观；“阴阳和谐”的健康机理；“正气存内，邪不可干”的保健思想；“节阴阳，调刚柔”的动静法则。在这种思想的指导下，形成了“导引”、“行气”、“体操”、“太极”、“游艺”和“按摩”等多种类型的运动养生体系。

中国传统运动养生是一种为了延长寿命而对人体脏腑进行调理的长期行为，即通过长期的姿势、呼吸、意念、体操的锻炼，循序渐进地调整和增强人体的生理功能，达到扶正培元、祛邪除病、延年益寿的目的。在整个运动养生过程中，养生者始终处于自主地位，锻炼时间的长短、锻炼方法的选择、动作节奏的快慢、动作难易的程度等，完全可以由自己掌握，锻炼的效果也由养生者自己去感受体验。所以，中国传统运动养生的方法，不但具有深奥的哲理思想，而且无练习条件的要求，简便易行，老少皆宜。

本书旨在考察运动养生在中华民族历史上的演变进程与独特作用，探讨运动养生对人类生命的价值，揭示中国运动养生特有的发展规律，阐述运动养生的原理，介绍常用的传统运动养生的功法和手段。

作为一部介绍中国传统运动养生的图书，编者力求在保持一些古文原著精华的基础上，尽量使图文通俗易懂，以期达到思想性与可读性并举。因此，本书中既有对于传统养生的本体、意象、形式、方法的探索，也有历朝历代养生大家的感悟心得与众多养生实践的体验；既有对传统养生远古源头的追溯，也有关于近代运动养生传播与发展的考察。目的是充分体现中国传统运动养生的思想原质，使之成为一本真正代表中国传统运动养生学的通俗图典。

## *Prologue*

China is an ancient nation with civilization and heritage over five thousand years. During its long course, China has created and perfected its health preservation theory. This theory integrated the essence of Chinese ancient culture like Confucianism, Buddhism, Taoism and medicine, and combined the best of traditional conduction, martial arts, gymnastics, games, massage, acupuncture and diet regimen, which has made great contributions to the nation's health and reproduction for thousands of years.

Since ancient times, people have been longing for a healthy, long life. But nowadays human beings are facing unprecedented challenges: climate deterioration, ecological imbalance, environmental pollution, resource shortages, disease variations, drug abuse, population challenges, etc. They have been seriously affecting the survival and health of mankind. Therefore, today, the pursuit of health has become people's major concern. To obtain health and longevity, there are three ways to go: to depend on medical breakthroughs, to choose a scientific and rational way of life, and to find the suitable physical exercise of one's own.

The unique understanding of life by the traditional Chinese exercise regimen holds a different view to ward physical fitness from that

of the Western countries. Exercise regimen is very different from the competitive sports: it doesn't value short-term intense body exercise; it doesn't take muscularity as its only purpose; and it doesn't claim to challenge the limit of life. The purpose of traditional Chinese exercise regimen is to build and maintain the self-awareness and habit of body function balances, prominently among them are as follows: the trinity of "*Jing*(essence), *Qi*(energy), *Shen*(spirit)"; the health mechanism of "harmony between *yin* and *yang*"; the health preservation idea of "removing evil-*Qi* and invigorating genuine-*Qi*" and the movement rules of "adjusting *yin* and *yang*". Under the guidance of these ideas, various exercise regimen systems such as conduction, *Qi*, Gymnastics, Taiji, arts of traveling and massage came into being.

The traditional Chinese exercise regimen is a long-term behavior which is designed to ensure human organs working well, that is, by means of long-term exercises of posture, breathing, thinking, gymnastics to gradually adjust and enhance the body's physiological functions, to supplement *Qi*, dispel evilness and disease and to prolong life in the end. During the whole process, the executants are self-determined. They can freely decide the duration of exercises, the method, the rhythm of actions, the degree of difficulty, and they themselves experience the effect. Therefore, the traditional Chinese exercise regimen has profound philosophical thoughts, but has less practicing requirements. Its methods are quite simple and easy to take up, which are suitable for both young and old.

This book aims to examine the unique role that exercise regimen



played in history and its evolution process, discuss the value of exercise regimen for life, reveal the unique development law of exercise regimen, expound its mechanism and introduce some commonly used skills and methods.

This book is an illustrated book that provides introduction to Chinese exercise regimen. The compilers strive to maintain the essence of a number of ancient original works, and at the same time to be as user-friendly as possible with the ultimate purpose of providing our readers a book that is both insightful and readable. Therefore, in this book, there are not only explorations of executants, images, forms and methods concerning traditional Chinese health preservation, but also the perceptions and experience of many exercise regimen out-runners and former experience; there are not only the search for the origin of the traditional exercise regimen, but also the review of communication and development of the modern exercise regimen. They are all to ensure that the book can fully reflect the essence of the Chinese exercise regimen, therefore, it deserves to be called a popular illustrated book truly representing Chinese exercise regimen.



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