

# 青城

## 太極養生

Qingcheng Taiji Health Preserving  
Exercises

刘绥滨 著



青城武术 · 洞经古乐 两大非物质文化遗产的结合

Qingcheng Taiji

Health Preserving  
Exercises

青城武术·洞经古乐  
两大非物质文化遗产的结合

刘绥滨 著  
Liu Suibin

太极养生  
青城

## 图书在版编目 (C I P) 数据

青城太极养生 / 刘绥滨著. — 成都: 成都时代出版社, 2010.9

ISBN 978-7-5464-0226-0

I. ①青... II. ②刘... III. ①太极拳—养生(中医) ②青城山—道教—文化 IV. ①G852.11②R212③B959.2

中国版本图书馆 CIP 数据核字 (2010) 第172142号

# 青城太极养生

QINGCHENG TAJI YANGSHENG

刘绥滨 著

---

出品人	段后雷
责任编辑	李佳
责任校对	赵琴
装帧设计	成都卓文华讯信息技术有限公司
责任印制	莫晓涛
出版发行	成都传媒集团·成都时代出版社
电 话	(028) 86619530 (编辑部) (028) 86615250 (发行部)
网 址	www.chengdusd.com
印 刷	四川新华彩色印务有限公司
规 格	192mm×186mm 1/24
印 张	10
字 数	320千
版 次	2010年9月第1版
印 次	2010年9月第1次印刷
印 数	1-5000
书 号	ISBN 978-7-5464-0226-0
定 价	49.00元

---

# 编委会

总 顾 问	刘俊林 徐富艺 王彝福 高润川
学术顾问	习云太 龚鹏程 邹德发 唐诚青 金跃山 路军健
主 任	潘祖龙
副 主 任	林 锐 王 聪 严代雄 王 庆 罗鸿亮 鲁洪斌 陈 晓
主 编	刘绥滨
副 主 编	刘长喜 刘 静 徐良友 弋红兵 蒋纯勇 曲 立 邓信德
编 委	潘祖龙 林 锐 王 聪 严代雄 王 庆 罗鸿亮 鲁洪斌 陈 晓 刘绥滨 刘 静 刘长喜 徐良友 弋红兵 蒋纯勇 曲 立 陈远平 邓信德 夏于建 王国平 谢正常 安茂成 肖海林 徐文剑 孟 军 吴洪全 杨仁祥 高剑峰 胡孝荣 胡开政 彭春波 邓泽兵 李俊中 陈跃威 杨 漫 宋克文 宋施义 宋云霞
摄 影	孟 无 余茂智 何 勃 阮 军 易 坤



张继禹道长  
第十届全国人大常委  
中国道教协会副会长

Congratulation from Zhang Jiuyu—standing member of NPC, the vice-president of Chinese Taoist Association





黄信阳道长  
全国政协委员  
中国道教协会副会长

Congratulation from Huang xinyang—the vice-president of Chinese  
Taoist Association, committee member of the Chinese People's Political  
Consultative Conference





唐诚青道长  
全国政协委员  
中国道教协会副会长

Congratulation from Tang Chengqing — the vice-president of Chinese  
Taoist Association, committee member of the Chinese People's  
Political Consultative Conference

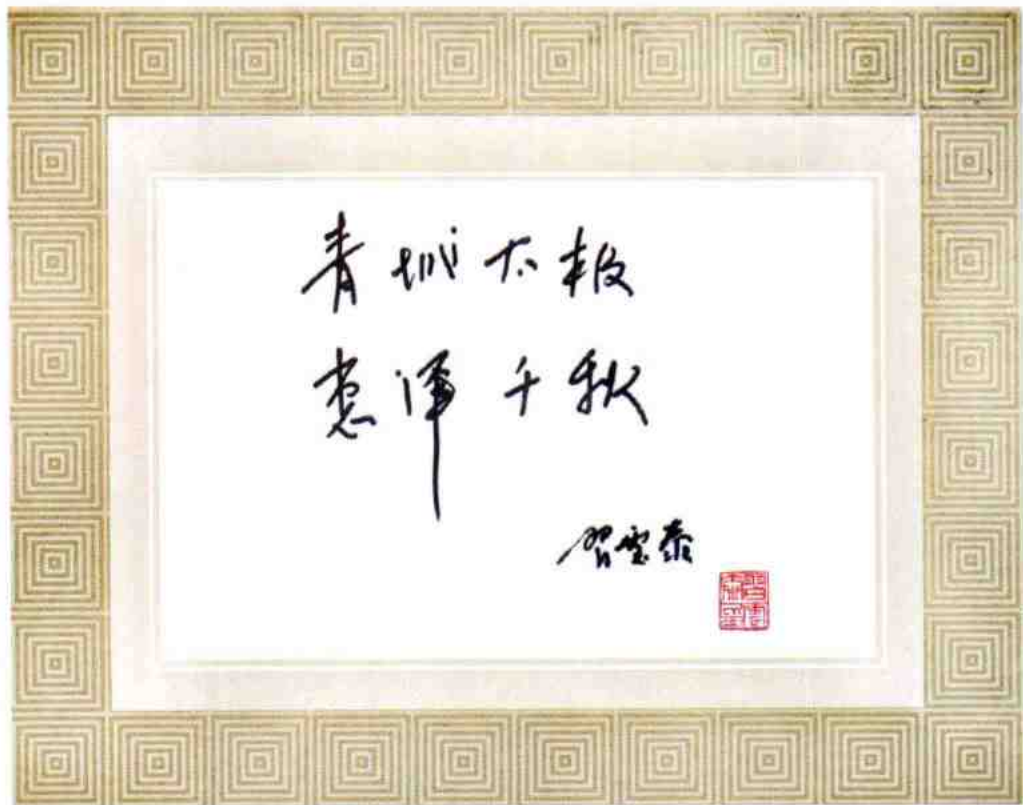




习云太

中国武术十大名教授、中国武术九段、  
国家武术研究院专家委员会首批聘任专家

Congratulation from Xi Yuntao — one of top ten professors of Chinese Martial Arts,  
nine grading in Martial Arts, one of the first batch of employment experts of National  
Martial Arts Research Institution







任刚

四川省武术运动管理中心主任、中国武术八段、中国武术协会委员、当代中华武林百杰

Congratulation from Ren Gang — the director of Sichuan Martial Arts and Sports Administration Center; eight grading in Martial Arts; the committee member of Chinese Martial Arts Association; "Top Hundred in contemporary Chinese Martial Arts"

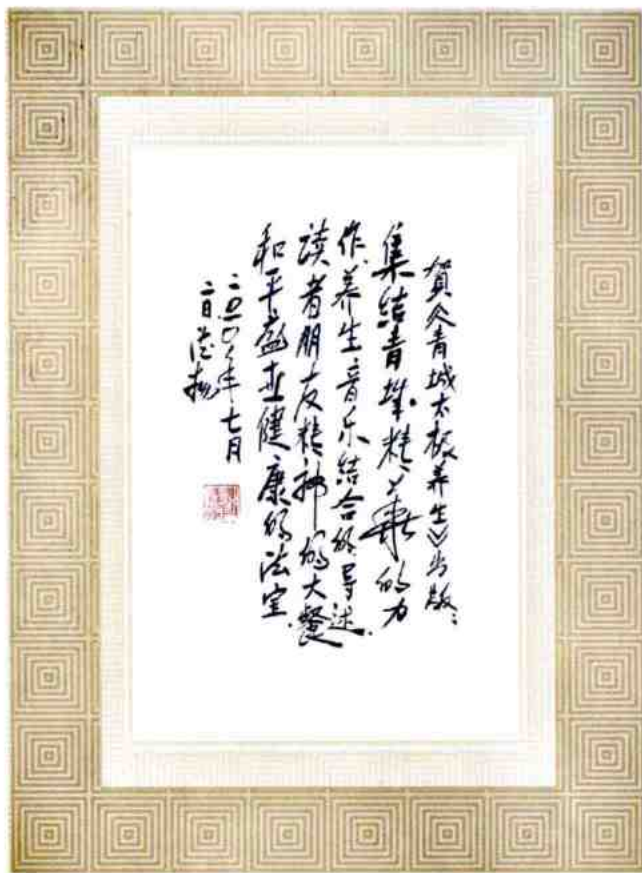




释德扬

河南嵩山少林寺武僧队总教练、  
匈牙利国家警察总局武术总顾问、  
国际神武联盟导师

Congratulation from Shi Deyang — the chief coach of  
Shaolin Warrior-Monk in Songshan, Henan, the chief coach  
of Hungarian National Police Headquarters.



賀余青城木板養生功出版  
集結青雉精氣神之力  
作養生音樂結合導引  
讀者朋友精神的大覺  
和平益其健康之法室  
二〇〇七年七月  
白志揚



## 序1 | Preface 1

峨眉弘佛，青城尚武，自古使然。

1972年，在湖南长沙马王堆遗址发掘现场，一群文物专家为一堆刚出土的汉简“十问”而兴奋不已。他们注视着其中一批竹简，脸露欣喜讶异之色。因为在这批足以震惊世界考古界的汉简中，居然有一批记载的既不是风起云涌的史事，也不是华丽恢宏的大赋，而是青城山仙人容成公练习气功的秘笈《容成治气转精之道》。由此可见青城武术历史之绵长久远。

忆当年，青城山麓刀光拳影，名侠辈出，一剑纵横，笑傲千年。许多名门大派的睿宿宗师在弥留之际总是谆谆告诫门人：“南武当，北少林，峨眉弘佛法，探本上青城。”上溯远古时期，流传有黄帝专程到青城山寻找武林高手宁封学习高明至极的轻功——龙

蹏飞行之术，大败炎帝的故事，宁封后来也被黄帝封为“五岳之丈人”，青城山因此被称为“丈人山”。此后数千年间，每一个朝代青城派皆有优秀的武术家出现，而它最辉煌的时代是清代。在近三百年时间里，青城派门人中出了1名榜眼和111名举人，书写了青城武术浓墨重彩的一笔。民国时期，青城派涌现出名动江湖的“二十四侠”，他们或劫富济贫，或北上抗日，书写了冷兵器时代的最后一曲壮歌。20世纪30年代，青城武术曾一度因还珠楼主所著《青城十九侠》而风云再起，许多尚武青年都要千里奔波，负剑上山，拜访名师，寻觅剑侠。

都江堰市因山清水秀而名，因文化浩瀚而重，在众多的城市名片中，青城武术是其中响亮的一张。20世纪80年代以来，都江堰市委、市政府高度重视本土文化的挖掘、梳理和弘扬，在相关部门和道教协会的支持下，经过以刘绥滨为代表的青城武术传人的共同努力，青城武术得以在新时期再次复兴。2000年，青城武术作为道教文化的重要组成部分列入世界遗产名录；2003年，青城武术在四川68个武术流派中首家载入中国最高级别的《中华武术展现工程》；2008年，青城武术入选中国最高级别的《中华武藏》大型百科全书；2009年7月，青城武术再获殊荣，成为四川省级非物质文化遗产，刘绥滨被授予全球中华文化艺术薪传奖之中华武艺奖，成为亚洲唯一获奖者。今天，青城武术早已走出国门，传人遍及全球20多个国家和地区，数万名弟子在不同地域、以不同语言和形式，传承和弘扬青城武术及道文化，宣传青城山—都江堰。多年来，青城武

术以坚韧不拔的武学精神，为弘扬地方文化，提升城市形象作出了杰出的贡献。

尤值一书的是，公元143年，张陵来到青城山，在此修身养性，结茅传道，凭一套精深的雌雄剑术，劈三岛石，开掷笔槽，大小数十战，收伏八部鬼帅和六部魔王，创立了道教。从此，以技击为特长的青城武术与以养生为核心的道教文化实现了完美结合，青城武术从此走上了强身健体和养生长寿的道路。

青城太极便是盛开在博大精深的中国武术花园中的一支奇葩。它又名玄门太极拳，是中国太极拳流派中唯一发源于中国西南地区的太极拳，历史悠久，文化厚重。经青城派第36代掌门人刘绥滨提炼改良后的青城太极养生功因其“简单易学、适应性强、养生益寿、身心健康”等特点成为中国道教休闲养生功夫系列的重要内容，先后被推广到美国、法国、德国、加拿大、瑞士、日本、意大利等国，在国内更是掀起了一股学习青城太极养生功的热潮。都江堰市历来是人们推崇的长寿之乡，百岁以上的高寿老人遍布城乡。除了优美的自然环境，良好的人居状态之外，亦与都江堰人素有练习青城太极养生功的习惯密不可分。

今天，“科学养生、健康长寿”已成为人们的生活追求。为了让更多的人有机会学习青城太极养生功，感悟和体验丰厚的道教文化，成都时代出版社编辑出版了这册由刘绥滨教授的《青城太极养生》图书，旨在向第三届中国（成都）道教文化节献上一份特殊礼物，为热爱养生、渴望健康的人们送上一本养生手册。

愿所有读者健康快乐!

预祝第三届中国（成都）道教文化节圆满成功!

潘祖龙

2010年6月16日

(潘祖龙，中共都江堰市委副书记、都江堰市长寿文化及健康产业发展工作领导小组组长。)

Mount Emei promoted Buddhism and Mount Qingcheng advocated martial arts since ancient times.

In 1972, a group of heritage experts were all excited by the discovery of a pile of Han bamboo slips: "The Ten inquiries" (inquire about ten aspects of the patient) which were just found in Mawangdui excavation sites in Changsha, Hunan Province. They stared at one pile of the bamboo slips then delighted and surprised expression came on their face. Because, among those Han bamboo slips that would amazing the archeology world, there were bamboo slips neither about sensational history nor imposing great men, but the Qigong instruction of "the Doctrine of Rongcheng Qi and Jing Regulation" written by Rong Cheng Gong who was a god in Mount Qingcheng. These are all evidences that show the long history of Qingcheng martial arts.

Date back to the ancient times, hot battle was all over Mount Qingcheng, there were many famous heroes who conquered the world with swords and spread their names in the history. Many brilliant dying masters of famous main schools exhorted their disciples: "South Wudang, North Shaolin, Mount Emei promoted Buddhism, go to Mount Qingcheng for essence". Trace back to the remote antiquity, there was a legend about Yellow Emperor who came to Mount Qingcheng to look for martial arts

master Ningfeng and learnt the very brilliant Qinggong – Long Xing Fei Qiao, and then he won Yan Emperor. Later, Ningfeng was honored as "the Father of the Five Great Mountains" and this is why Mount Qingcheng is called "Zhangren Mountain". In the thousands of years since then, there were excellence martial artists from Qingcheng School in each dynasty, among them, Qing Dynasty is the most glorious dynasty. In the short period of more than 300 years, there were 1 Bangyan (the second place in ancient imperial examinations) and 111 Juren (the successful candidate in the imperial examinations at the provincial level). Qingcheng Scholl reached its peak during that period. During the Republic of China period, "24 heroes" who came from Qingcheng School were well known by people. Some of them robbed the rich to feed the poor; some went north to join in Anti-Japanese battle. By doing these, they composed the last song of cold weapon. In the 1930's Qingcheng Martial Arts was pushed to the top of the wave due to the work – "Qingcheng 19 Swordsmen" written by Huan Zhu Lou Zhu (real name: Li Shoumin). Many warrior young men were eager to rush thousands of miles with swords to visit famous masters in the mountain and search for the swordsmen.

Dujiangyan city is famous for its green mountains and clear water, and it is also well known for its deep

culture deposit. Among the numerous "name cards" of the city, Qingcheng Martial Art is a most brilliant one. Since 1980's Dujiangyan municipal party committee and the city government paid high attention to the discovery and arrangement of the native culture as well as promoting it. Under the support of relevant departments and the Taoism Association and through the joint efforts of Qingcheng Martial Arts descendants represented by Liu Suibin, Qingcheng Martial Arts regenerated in new era. Qingcheng Martial Arts was added into the world heritage list as an important part of Taoism culture in 2000; in 2003, Qingcheng Martial Arts was selected from the 68 martial arts schools in Sichuan and became the first one to be selected into "Chinese Martial Arts Exhibition Project"- the highest rank of martial arts in China; Qingcheng Martial Arts was selected into an encyclopedia called "Chinese Martial Arts" in 2008; in the July of 2009, Qingcheng Martial Arts was honored as a intangible cultural heritage of Sichuan, Liu Suibin won the Chinese Martial Arts Awards of Global Chinese Culture and Art Heritage Awards, and became the only Asian people who received the award. Today, Qingcheng Martial Arts has already gone abroad and students scatter in more than 20 countries and territories all over the world. Ten of thousands of students are carrying forward Qingcheng Martial Arts and promoting Taoism culture as well as publicizing Mount Qingcheng and Dujiangyan in different districts with different languages in various forms. For many years, Qingcheng Martial Arts with its firm and indomitable martial arts spirit has made magnificent contribution to promote the native culture and the city's image.

In particular, Zhang Ling came to Mount Qingcheng

in 143 to cultivate his moral character and build cottage to preach. He split the "San Dao Stone" and "Zhi Bi Groove" with his perfect Cixiong swordsmanship, after tens of fights; he defeated eight ghost commanders and six devil lords and founded the Taoism. Since then, Qingcheng Martial Arts that is famous for skillful defense combined perfectly with Taoism culture that sees health preserving as the core. Qingcheng Martial Arts began its history of physical training and health and longevity preserving.

Qingcheng Taiji is one of the most splendid flowers blooming in the garden of rich and exquisite Chinese martial arts. It is also called Xuanmen Taiji which is the only Taiji branch that originated from southwestern China. It has a long history and profound culture. Qingcheng Taiji regimen exercise improved by Liu Suibin, the 36th leader of Qingcheng School, has the characteristics of "simple, adaptable, preserve function on health and longevity, good for mind and body". With these qualities it became the important content of Chinese Taoism health preserving exercises, and has been spread to the U.S.A., France, Germany, Canada, Switzerland, Japan, Italy and other countries and territories. More over, it raised a upsurge of learning Qingcheng Taiji regimen exercise at home. Dujiangyan is always respected as a land of longevity. There are many old people over one hundred years all over the region. Besides the beautiful natural environment and good living condition, Dujiangyan people's habit of practicing Qingcheng Taiji regimen exercise also has inseparable relations with their longevity.

Today, "scientific health care, health and longevity" has become the pursuit of people. To provide more people with the chance to learn Qingcheng Taiji regimen exercise



and the chance to learn and understand the richness of Taoism culture, Chengdu Times Press edited and published this book, "Qingcheng Taiji Regimen", instructed by Liu Suibin. Hoping to give a special gift to the Third Chinese (Chengdu) Taoism Culture Festival, as well as offer a regimen manual for people who love regimen and who eager for health.

Wish all the readers healthy and happy!

Wish the Third Chinese (Chengdu) Taoism Culture Festival a complete success!

Pan Zulong

Written on June 16, 2010

(Pan Zulong, the deputy secretary of Dujiangyan Municipal Party Committee. Dujiangyan longevity culture and healthy industrial development work leading group leader. )