

21世纪民族传统体育系列规划双语教材

ZHONGGUO WUSHU
ZHONGYING SHUANGYU JIAOCHENG



中国武术 中英双语教程

主编 温搏

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前言

中华武术，博大精深，以其深厚的文化底蕴和独特的魅力而深受世界人民喜爱，被誉为“人类文明流动的传奇”。她既是中华传统文化宝库中的奇葩，也是宣传中国传统文化的重要载体之一。本双语教材旨在通过中华武术向世界人民展现古老而优秀的中华文明，并推动武术运动的健康发展。

本书共分为六章：武术运动概述、武术主要拳种介绍、武术主要器械介绍、武术基本功和基本动作、武术初级段位套路选编、武术常用词汇英汉对照。本书的最大特点是书中选编的套路均为近三年来国家体育总局武术研究院最新创编的武术段位制套路。这些套路突出了传统武术“打练结合”的特色，充分体现了武术以攻防动作为运动素材和健身手段的本质。

本书由温搏（湛江师范学院）主编。第一章由杜晓红（北京师范大学）编写；第二章由张新（西南大学）和温搏（第四、第九、第十一节）编写；第三章由敬继红（陕西师范大学）和温搏（英文部分）编写；第四章由温搏编写；第五章第一节由刘舟（湛江师范学院）和温搏（英文部分）编写，第二节由王维（华中师范大学）编写，第三节由吴松（苏州大学）编写，第四节由姚明霞（西安交通大学）和温搏（英文部分）编写；第六章由张云龙（华东师范大学）编写。华南师范大学研究生周奇裕和郭康健、陕西师范大学研究生邱小慧、福建师范大学研究生吴运照等参与了资料收集整理、图片处理等方面的工作。温搏负责全书的结构设计、组织编写、图片后期处理、统稿和修订等工作。

本书既可供普通高校武术与民族传统体育专业学生、武术普修课及选修课学生、外国留学生、各类武术院校教练员和学员以及国内外广大武术爱好者使用，也可作为孔子学院的教材。由于编者水平有限，错误之处在所难免，欢迎有关专家、学者及广大读者批评指正。

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Chapter 1 Introduction of Wushu

第一节 武术的概念

Section 1 Concept of Wushu

一、武术的历史与文化 The History and Culture of Wushu

中国武术有着悠久的历史，它是中华民族的先民在与自然、社会环境进行斗争的过程中萌生出的一种本能的个体技击能力。中国功夫即中国武术，是当前世界对中国武术的通俗称谓。中国武术与中国传统文化一脉相承，尤其是它博大精深的包容性更增添了人们对它的神秘感。它外取神态，内表心灵，彰显了民族性格，堪称世界民族传统体育的瑰宝。

Chinese Wushu (martial arts) has a long colorful history. Originally an individual combat skill, Wushu was developed by Chinese ancestors in their struggle against natural and social environments to survive. Kungfu is a colloquial term used around the world for it. Since the day it was born, Chinese Wushu has been closely connected with traditional Chinese culture. Its great inclusiveness helps to add a space of mystery and intrigue to it. Chinese Wushu has become a token of Chinese national character, revealing significant aspects of the Chinese people. With a grace that “combines the external body movements and the internal heart and soul”, it has established a reputation as a valuable asset among traditional sports in the world.

时至今日，中国武术已自成体系，它把踢、打、摔、拿、跌、击、劈、刺等动作，按照一定规律组成徒手和器械的各种攻防格斗功夫、套路和单势练习，不仅具有强身健体的作用，还有防身自卫的功能及其特有的审美价值，深受人们的喜爱。

Today Chinese Wushu has established a system of its own, combining the actions of kicking, striking, thrusting etc. in a unique way to form, under standardized rules, a variety of attack and defense techniques, Taolu (a series of attack and tricks in Wushu) and forms. It is now not only very popular as an exercise for body fitness and self defense, but also highly regarded for its

distinctive aesthetic value.

武术是一种文化现象，它的形成与物质文明、精神文明的发展紧密相关，是人们在劳动和军事生活中逐渐形成的对社会观念、信仰的反映。所有不同历史时期的文化特征会在武术中得以遗存，以相对稳定的形式流传下来，并在社会的许多方面发挥其特有的功能。

Wushu is a culture phenomenon. It evolves alongside the development of material and spiritual civilizations and mirrors social concepts and beliefs as they are gradually formed in people's work and military life. The cultures of different periods have left their marks in Wushu and thus these culture traits were preserved and passed down from generation to generation in a relative stable form. Throughout history Chinese Wushu has been functioning in various distinctive ways in the society.

作为一个整体意义上的文化形态，中国武术根植于中国传统文化之中，它不仅蕴含着中国哲学思想之精华，又摄养生之精髓，并集技击之大成，而且还融传统美学之理，由此形成内涵广博的武术文化。今天，中国武术已经成为沟通中国和世界的桥梁和传递友谊的纽带，成为世界其他国家和民族了解中国的一个窗口。尤其是近三十年来，中国武术已经发生了质的变化，它不仅完成了体育化、竞技化和国际化的改革，而且向着规范化、科学化发展，武术的科学研究和理论建设也在不断加强。

As a cultural form, Chinese Wushu has rooted in the traditional Chinese culture. It distills the essence of Chinese philosophy, traditional regiment, combat skills and traditional aesthetic, all of those which contribute to the diversity and richness of Wushu culture. Today Chinese Wushu has become a bridge of friendship. It links the Chinese people and other countries' people and serves as a window through which the world may gain a better understanding of China. Radical changes have occurred to Chinese Wushu, especially in the last three decades with significant progress made to transform it into a competitive sport and to popularize it on an international level.

二、武术的概念 The Definition of Wushu

在不同的历史时期，人们对武术的需求和认识也不尽相同。这是因为武术在发展的过程中，不但表现出它的历史延续性、阶段性，也会由于人们认识水平的限制表现出不稳定性。从历史与逻辑相统一的观点来看，武术的概念应该是一个不断发展和动态的变化过程。武术的内容、形式和价值功能的不断变化，以及不同的社会环境和认知水平差异等因素的存在，使得人们在

对武术的概念定义时也就出现了不同的表述。

当前，普遍界定武术的概念为：“武术是以技击动作为主要内容，以套路、格斗和功法练习为活动形式，注重内外兼修的中国传统体育项目”。

During different times throughout history, people have different needs and perceptions about Wushu, which is it that because Wushu's development shows historical continuity and step change, and instability due to people's limited perception capacity. From the combined perspective of history and logic, Wushu's concept is a process of constant development and dynamic change. The substance, form and function of Wushu never stop developing. Due to the difference of social environment and of people's cognitive ability, the concept of Wushu is seen in various descriptions.

Nowadays, Wushu is generally defined as “a tradition Chinese sport focusing on the cultivation of physical health and spiritual power, and with combating movements as the main contents, and with Taolu, Gedou and Gongfa as the form of practice”.

三、武术与武德 Wushu and Wushu Ethics

中国武术一向“尚武崇德”，重礼仪、讲道德。武术谚语有“未曾学艺先学礼，未曾习武先习德”，充分显示了武德教化在武术传授过程中所表现出的“道德至上”的文化特征。中国武术始终把武德列为习武的先决条件。武德对习武者的心性修养、道德作风培养、精神境界提升等具有深刻影响，从而达到“德”与“艺”（武技）的统一。

Chinese Wushu has put great emphasis on the promotion of morality. As a Wushu proverb goes, “learn morality before Wushu is ever learned, acquire virtues before Wushu is ever acquired”. A message that's inherent in Wushu that the Wushu ethics is placed at a central position in Wushu training. Wushu ethics has a profound influence on developing a practitioner's mind, character, moral consciousness, and spiritual aspiration. An ideal state would be the unification of morality and skills since they are two closely related and inseparable qualities that characterize a great Wushu practitioner.

可见，武德是中国历代习武者的共同信仰和精神价值取向，也是调节、规范习武者行为的最基本手段。武德在长期的历史积淀、传承之中，已经同人们的生活方式、思维模式、行为准则、道德情操、审美情趣、处世态度和风俗习惯融为一体，成为中华民族伦理道德思想体系的重要组成部分。

It is obvious that wushu ethics is a common faith and a value orientation

shared by Chinese Wushu practitioners from generation to generation. It is the most basic means to regulate practitioners' behavior. In the long history that Wushu culture was passed down to the later generations, wushu ethics has fused with people's life style, mode of thinking, moral sentiments, aesthetic taste and custom. It has become an important integral part of Chinese ethics.

第二节 武术的特点与作用

Section 2 The Characteristics and Functions of Wushu

一、武术的特点 Wushu's Characteristics

(一) 技击特点 Characteristics of Attack and Defence

武术动作具有攻防技击性，它的技术来源于技击实践。武术正是具备了这样的特点和本质属性，才得以区别其他体育项目。如散打、短兵等搏斗运动都只是从体育的角度出发，受到竞赛规则的制约，比赛中以不伤害对方为原则，集中体现了武术攻防格斗的特点。

The essence of Wushu is the attacking and defending nature of the movement. The skills come from real combating. This character and nature distinguishes Wushu from other sports. For example, both Sanda and Duanbing reflect the attacking and defending nature of Wushu. According to the sports competition rules that the principle is to avoid hurting the opponent in Wushu competition.

武术的技击特点使武术形成了自己的完整技术体系，作为中国武术特有表现形式的武术套路，虽然拳种不同，风格各异，但其都是以踢、打、摔、拿、击、刺、劈等攻防技击动作构成套路的主要内容。

The combating nature enables Wushu to form a complete skill system of its own. Taolu (series of skills) as a special form of Chinese Wushu, includes different forms and styles, but all the forms are in common in terms of the movements for attacking and defending, such as Ti (kick), Da (hit), Shuai (wrestle), Na (hold), Ji (beat), Ci (thrust) and Pi (hack) etc.

表现攻与防的内在含义与精神是套路技术的核心。随着竞技武术技术的发展，武术套路技击特点有所减弱，但武术的本质特征——技击性，仍将作为武术技术最根本的特点长期存在。

The core of Taolu skill is to demonstrate the meaning and spirit of attacking and defending. With the development of Wushu skills that the combating

function of Wushu Taolu has been weakened, but the combat nature of Wushu will still exist in the long run as the most significant feature of Wushu skills.

(二) 和谐统一、形神兼备的运动特点 Harmonious and Integral, Physical and Spritual—Characteristics of Wushu

中国传统文化的最高价值原则是和谐统一，既讲究动作的形体规范，又要求精气神传意、内外合一的整体运动观，这是中国武术的一大特点。

The ultimate value of traditional Chinese culture lies in harmony and unity. Chinese Wushu emphasizes both standardized movements and the unity of body and spirit.

注重个人身心动作的和谐，强调“内三合”和“外三合”，关于内外相合的理论在武术不同拳种中都曾有所提及，可以认为它是中国武术各拳种的一个共同要求。所谓内，指人的精神、意识和气息的运行；所谓外，指人体手、眼、身、步的形体活动。

The harmony of body and spirit is a common requirement of various types and schools of Chinese Wushu. The theories of “three inner unities” and “three external unities” have been mentioned in different types and styles of Wushu. The “inner” refers to the circulation of spirit, consciousness and breath; the “external” means movements of hands, eyes, steps etc. .

不论是哪路拳种，套路演练在技术上都特别要求把内在的精气神与外部的形体动作紧密结合，形成和谐统一、形神兼备的运动特点，这一特点充分体现了武术作为一种文化形式，在长期的历史演变中备受中国古代哲学、医学、美学等方面的渗透和影响。形神问题不仅是一个技术问题，更是中国传统文化特点在武术运动中的集中表现。

All Quans and Taolu require the harmony and unity of spirit and body movements. It reflects the fact that Wushu has been affected by ancient Chinese philosophy, medicine and esthetics during its long-term of development. The unity of body and spirit is not only an issue of skills, but also the reflection of traditional Chinese culture in the form of Wushu.

(三) 内容丰富多彩、兼容并蓄的特点 The Rich and Inclusive Content

武术的内容和练习形式丰富多样，不同类别的武术项目其练功方法、动作结构、技术要求、运动风格和运动负荷不尽相同，分别适应不同年龄、性别、职业、体质的人的需要，人们可以根据自己的条件和兴趣爱好加以选择。同时，武术运动不受时间、季节的限制，场地器材也可以因陋就简，这种广

泛性给开展群众性体育活动创造了有利的条件。

Wushu has colorful with various contents and practice forms. Different types of Wushu have different practice methods, movement structures, skill requirements, styles and exercise load. They are suitable respectively for people of different age, gender, profession and health condition, and they are optional according to individual condition and interest. Besides, Wushu is not restricted by time, season and facilities, which is the advantageous condition for the mass of people to practice Wushu.

二、武术的作用 The Function of Wushu

(一) 武术的健身作用 The Function of Health Improvement

武术练习是通过人体的运动来实现的，中国人民千百年来习武实践和多年的科学研究结果，都表明武术由于注重内外兼修，对身体有着多方面的良好影响。

The effect of Wushu practice is achieved by the movements of human body. Chinese people's Wushu practicing for thousands of years and scientific research have proved that Wushu exercise has various benefits to health since Wushu exercise pays attention to both physical and spiritual cultivation.

中国人历来重视运动，注重养生之道。武术在发展的过程中和中国养生导引之术相互影响、渗透，增强了武术的健身作用，经常练习能收到壮内强外的效果。由于武术的内容丰富，不同的练习形式和内容有不同的运动特点，对人体健康也有多方面的影响，并相互补充，全面促进人的身体素质的提高。例如长拳类套路，包括屈伸、回环、跳跃、平衡、翻腾、跌扑等动作，通过内在神情的贯注和呼吸的配合以及人体各个器官的参与，对人体的反应速度、力量、灵巧、耐力等都有良好的促进作用。太极拳和许多武术练功方法一样，注重调息运气和意念活动，长期练习对治疗多种慢性疾病和调节人体内环境平衡均有良好的医疗保健作用。不同的人可以根据个人的不同要求选择适合自己的项目进行练习，从而发挥武术的健身作用，达到增强体质为目的。

Chinese people always attach importance to exercise and health. During the development, Wushu and Chinese health preservation art have been influencing each other which strengthened Wushu's health function. Constant practicing of Wushu will benefit inner and external health. Wushu includes various forms and contents and the influences upon people's health also vary. These influences form supplements to each other, and promote health in all aspects. For instance, Changquan Taolu includes various movements such as

Qushen (bending and stretching), Huihuan (curved swinging), Tiaoyue (leaping), Pingheng (balancing), Fanteng (somersault), Diepu (falling) etc. . These movements are beneficial to the velocity, strength, agility and endurance of human body through the concentration of attention, the coordination of breath and the participation of various body organs. Taiji and many other Wushu practices lay stress on breath and attention, and long-term practice of such Taolu will benefit on chronic illnesses and the balance of inner body environment. People can choose different Taolu or Wushu style according to their individual requirement so as to take the advantage of Wushu's function of health preserving and fulfill the purpose of health improvement.

(二) 武术的防身自卫作用 The Self-defense Function of Wushu

在武术产生之初，“防身自卫”就是其最根本的目的。到了现代社会，武术的技击价值虽然已不是很突出，但由于在我们日常生活中还是会遇到一些危及自身和他人安全的情况，所以武术的技击价值依然不容忽视。现今的搏斗运动虽然属于体育范畴，但其技术方法却与实用技击术十分接近，绝大多数技术动作在实际搏斗中可直接运用。套路运动的技术方法虽然不适用于搏斗，但其以技击动作为主要内容，通过练习，不仅可以增强体质，还可以学习到一定的攻防格斗技术，掌握防身自卫的知识和方法，同时也提高了必要的专项身体素质和对意外情况的应变能力。

Self-protection and self-defense is Wushu's fundamental purpose since it came into being. Even though Wushu's combat value has become less than prominent in modern times, the combat value is still not ignorable since it is still possible that our personal safety or that of the others may be endangered in daily life. Currently the combating sport is classified as physical exercises, but the technical skills are quite close to practical combat and most technical actions can be directly applied in real fight. The technical methods of Taolu sports are not real fight, but the main contents are fighting and combating actions which have the functions of enhancing health level and get people familiar with certain combat skills of attacking and defending. Through such exercises, people may have command in knowledge and methods of self-defense and may strengthen some aspects of body quality and the ability to cope with unexpected incidents.

(三) 武术的教育作用 The Function of Education

武术的教育价值体现在武术在学校教育中的作用。武术在长期的发展中，

继承和发扬了中华民族重礼仪、讲道德的优秀传统。“未曾习武先习德”，说明武术练习历来十分重视武德教育。武德可以理解为习武之人应具备的道德，是习武者把握社会、实现社会价值而建立的自我约束与精神自律体系。尚武崇德的精神可以培养青少年尊师重道、讲礼守信、宽以待人、严于律己等良好高尚的道德情操。同时，在武术的练习过程中，需要吃苦耐劳、坚持不懈的精神，这不仅能培养坚韧不拔、自强不息的意志品质，也是一种修身养性的重要手段，有益于人的全面发展。新中国成立以来，武术在学校教育中的作用越来越重要，在开展校园体育活动、丰富校园文化生活、增强学生体质方面都作出了很大的贡献。

Wushu's educational value embodies which function in school education. During the long-term development, Wushu has inherited and carried on such excellence of Chinese traditions as attaching great importance to etiquette and morality. "Being virtuous before practicing Wushu" indicates that moral education has always been emphasized during Wushu exercises. "Wushu morals" can be understood as the virtue that Wushu practitioners are required to have that refers to the spiritual system of self-control and self-discipline established by Wushu exercisers for the purpose of coping social practice and realizing their social value. Wushu morals help young people to build the virtue of respects, credit, etiquette, tolerance and self-discipline. Moreover, the exercise of Wushu requires to the spirit of endurance and perseverance, therefore Wushu exercise is beneficial for the cultivation of such virtue of indomitableness and unremitting self-improvement. Thus as an important way of morality cultivation, Wushu contributes to people's overall development. Since the establishment of the People's Republic of China, Wushu has been playing a more and more important role in school education and has made great contribution to developing campus physical activities, enriching campus culture and enhancing students' health level.

(四) 武术的娱乐、交流作用 The Function of Entertainment and Culture Exchange

武术运动具有很高的观赏价值，套路运动动迅静定的节奏美，踢、打、摔、拿、跌的巧妙结合美，内外合一、形神兼备的和谐美可以引人入胜。各种武术活动，包括各种表演、比赛、训练等都是以精神产品的形式为社会提供服务的。通过习武的共同爱好，特别是随着我国的改革开放，国际间的交流越来越频繁。我国政府一直有计划、有步骤地向国外派出武术队，积极开