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河北省社会科学发展研究课题（燕赵文化外译研究 NO.201103347）

杨式太极拳

英汉双语基础教程

BASIC TEXTBOOK OF YANG STYLE TAIJIQUAN
IN ENGLISH AND CHINESE

主编 郭振兴

Editors in Chief Guo Zhenxing



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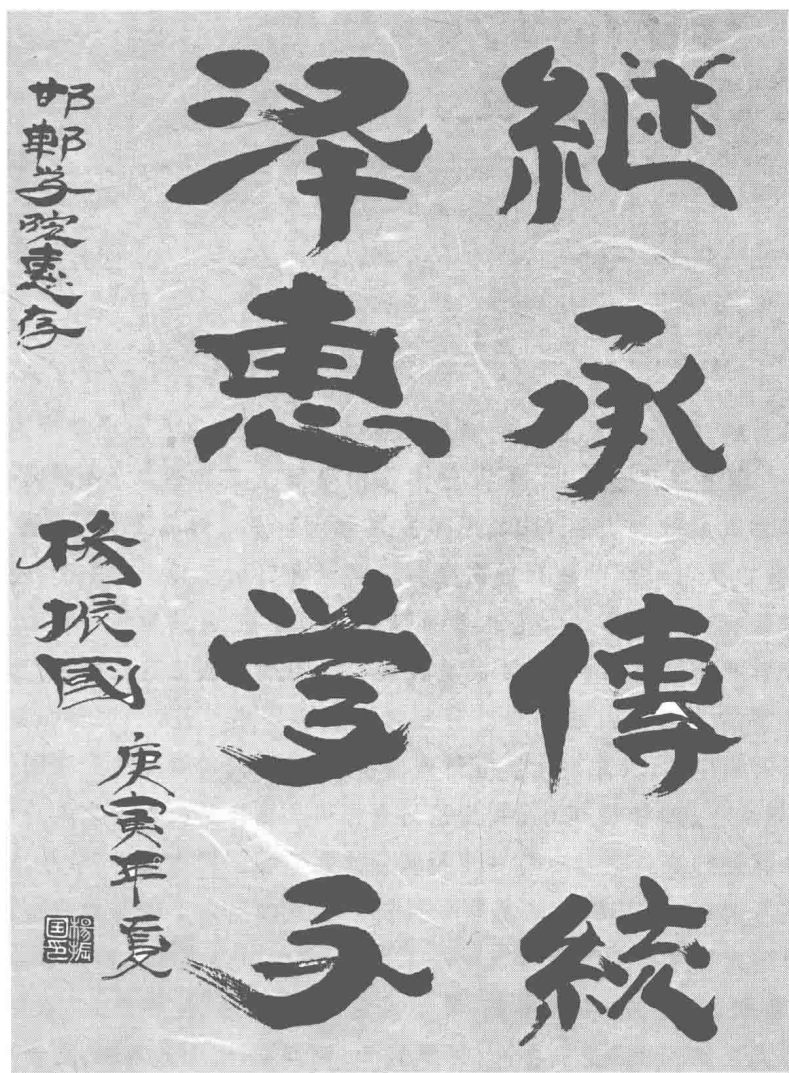
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杨振国 (1928—2013), 国家级非物质文化遗产项目太极拳 (杨式太极拳) 代表性传承人, 杨式太极拳创始人杨露禅的曾孙, 邯郸学院客座教授。

Yang Zhenguo (1928—2013), is the representative successor of Taijiquan (Yang Style Taijiquan) of the National Intangible Cultural Heritage Items, a great grandson of Yang Luchan—the initiator of Yang Style Taijiquan, and a visiting professor of Handan College.



邯郸学院为担当文化传承,履行历史使命,走特色发展之路,建设应用型大学,将中国国粹、文化瑰宝太极拳引进高校传承、弘扬。其经过数年努力,于2010年创立了全国高校第一家太极文化学院,2011年开始招收太极拳方向专业本科生,实现了太极拳由社会设馆授徒到高校科学传承的历史性转变;获得河北省、邯郸市两级教育、体育、文化、广电等八个太极拳文化国际培训传播基地的批复;遵循国家汉办对外传播中国文化的要求,开展了太极拳与太极文化六个项目的研究开发;与中国国际广播电台签署了弘扬太极文化战略合作协议,牵手国家级主流媒体,面向国际传播太极拳与太极文化;与中国国际广播电台、北京三多堂传媒科技有限公司联合投巨资摄制190分钟《嗨·太极》电影宣传教学纪录片,将在中国国际广播电台网络电视和中国中央电视台两个频道播出,相信会助推新的全球性的太极拳传播学习热潮。2012年,邯郸学院牵头依托高校组建了河北省太极拳协会,汇集了全省太极拳界精英共襄太极伟业。邯郸学院秉承“太极瑰宝,源于中国,融入世界,造福人类”的理念,遵循“构建平台,创办专业,培养人才,科学研究,开发项目,兴办产业”的太极文化事业发展思路,弱势群体太极拳防身术、残疾人椅式太极拳、青少年时尚太极拳、太极汉语100句、太极拳365问、杨式传统太极拳段位培训教程影视教学片、太极拳文化礼品等项目正在扎扎实实地推进。

教材是太极拳教学与对外传播的基础。太极文化学院院长郭振兴同志牵头编写的《杨式太极拳基础教程》,在2010年8月第一次出版后收到了良好的教学效果,根据邯郸学院太极文化事业发展的需要,为满足太极拳专业双语教学和外国人学习太极拳的需求,2014年又编撰了《杨式太极拳英汉双语基础教程》。

此版请武术大师做了进一步的完善修订,由邯郸学院外国语学院老师翻



译,请中国国际广播电台外籍专家校正。翻译遵循了太极拳动作名称用音译、拳理拳法用意译的方法,力求国外太极拳学习者在学习时能加深理解中华文化,力求准确、简洁明了、通俗易懂。相信《杨式太极拳英汉双语基础教程》的出版,一定会促进国粹瑰宝太极拳在全球的传承传播。

国运昌盛,事业辉煌,人才辈出。邯郸学院太极文化事业在党和国家文化强国战略指引下,在河北省、邯郸市政府的坚强领导下,在太极拳界和社会各界鼎力相助下,依托广府太极拳资源,沿着学院开明决策者绘就的壮丽蓝图之路,邯郸学院举全院之力推进。太极文化学院师生殚精竭虑、忘我奋斗取得了里程碑式的阶段性成果,锤炼了一支优秀的教师、教练队伍,探索了一种太极拳特色人才的培养模式,建设了一个太极拳优质教材体系。《杨式太极拳英汉双语基础教程》的出版,是太极拳教材建设的又一成果,可喜可贺!

邯郸学院党委太极工委书记 段玉铭

2014年8月8日

Preface

In order to take on the cultural tradition, carry out the historical mission, walk on the road of characteristic development, and construct an application oriented university, Handan College after years of hard work, introduced the national quintessence and cultural treasure of Taijiquan, and established the first Taiji Culture School in China in 2010 to carry it forward. Undergraduates of Taijiquan major were recruited in 2011, which realized a historical change from teaching disciples by masters in the martial clubs to teaching students scientifically in college. Handan College has received the approval of building the International Training and Spreading Base from the government Institutions of Education, Physical Education, Culture, and Radio and Television of Handan City and Hebei Province, as well as the authorization from the National Hanban on the development and research of six projects of Taijiquan and Taiji Culture. Handan College has signed the Strategic Cooperation Agreement with the China Radio International to spread Taijiquan and Taiji Culture internationally, and also made a teaching newsreel *Hi, Taiji* with CRI and Sanduotang. The film will be broadcasted on the CRI Network and CCTV, which will certainly lead to an upsurge of spreading and learning Taijiquan globally. In 2012, led by Handan College and supported by universities and colleges, Hebei Taijiquan Society was established, which attracted all the Taijiquan masters of Hebei Province to join in. Based on the idea of “Taiji Treasure originated in China, going into the world and bringing happiness to mankind”, and the thought of “building a platform, establishing a major, fostering talents, researching scientifically, developing



projects, and starting an industry”, we are working hard on Taijiquan defending skills for the weak, wheelchair Taijiquan for the handicapped, fashion Taijiquan for youngsters, 100 Chinese sentences of Taijiquan, 365 questions of Taijiquan, teaching films of the traditional Yang Style and Wu Style ranks training textbooks, and Taiji Culture souvenirs, etc.

The textbook is the basis of our Taijiquan teaching and spreading. Mr. Guo Zhenxing, dean of the Taiji Culture School, took the lead in compiling *The Basic Textbook of Yang Style Taijiquan*, which has brought up a good result after being published in August. 2010. In order to meet the need of Taijiquan development and bilingual teaching of Taijiquan for foreigners, we have compiled *The Basic Textbook of Yang Style Taijiquan in English and Chinese* in 2014.

For this version, we have invited Wushu masters to perfect and castigate, the teachers of the School of Foreign Languages to translate, and the foreign experts of the CRI to revise. All the Taijiquan actions are transliterated and the theory and practice process are translated freely, so as to make the version easy and concise, and the foreign learners understand more of the Chinese culture during their learning process. So the publication of this book will help the spreading of Taijiquan in the world.

In a prosperous country with a magnificent career, a lot of talents are collected in Handan College. Led by the Culture Strategy of the Central Government, supported by the governments of Handan and Hebei, and benefited from the great supports of the Taijiquan masters and all circles of the society with the rich resource of Guangfu Taijiquan, Handan College has made milestone successes: a team of excellent teachers, a mode of fostering Taijiquan talents, and a series of wonderful textbooks. The publication of this book is another harvest for the research of Taijiquan.

Duan Yuming, Vice Secretary of the Party Committee,
Secretary of Taiji Affairs Committee, Handan College

Aug. 8th, 2014

前言

Foreword

太极拳是中国传统文化的奇葩,是中华民族的智慧结晶和宝贵的非物质文化遗产,对人类健康和社会和谐发展做出了特殊贡献,被中国人誉为国粹,被国际友人誉为与中国古代造纸、火药、印刷术、指南针四大发明具有同等重大意义的第五大发明。

太极拳不仅受到普通民众的喜爱和推崇,也受到国家领导人与社会名流的重视与关注。20世纪50年代,毛泽东主席就号召全国人民“打打太极拳”。1959年,周恩来总理在北京体育学院同日本朋友松村谦三谈到太极拳时高度评价:“太极拳是中国的一种优秀传统文化,内涵十分丰富,充满哲理,与中国传统医学有着血缘关系。太极拳是一项极好的健身运动,可以健

Taijiquan is a wonderful traditional Chinese culture as well as the Chinese people's wisdom and valuable intangible cultural heritage. It makes a special contribution to human health and harmonious development of society. It is described as the quintessence of the country, and the fifth greatest invention, which has the same significance of the four greatest inventions such as paper, gunpowder, printing and compass.

Taijiquan not only receives the popularity from our people, but also gets the attention and the concern from the state leaders. In the 1950s, Chairman Mao Zedong had called on all people playing Taijiquan. In 1959, when talking with Japanese friend Kenzo Matsumura about Taijiquan at Beijing Institute of Physical Education, Premier Zhou Enlai highly praised that “Taijiquan is a Chinese traditional culture, rich in content, full of philosophy, and has a blood relationship with traditional Chinese medicine. Learning Taijiquan is a very good exercise, just for health, for self-defense, for molding



身强体,可以防身自卫,可以陶冶情操,也是一种美的享受,给人们带来情趣和幸福,延年益寿。”1978年,国务院副总理邓小平同志在与日本众议院副议长三宅正一畅谈了太极拳之后,挥毫写下了享誉世界的题词:“太极拳好”。2007年4月和2010年5月温家宝总理两次出访日本时,都在东京代代木公园与日本民众一起晨练,一起打太极拳。

太极拳以武载道,在长期发展过程中形成了独特的技术体系和理论体系,蕴含了丰富而深刻的文化内涵。它的拳姿儒雅端庄,文静自然;动作松柔缓慢,刚柔相济,行云流水;气势浑厚沉稳,温文尔雅,自信自强,生生不息。它的拳法讲究以柔克刚、以弱胜强、以小力胜大力、“四两拨千斤”;它的拳理要求“心静”、“神聚”、“用意”、“气敛”、“身灵”、“劲整”、“虚实分明”、“阴阳相济”。它将武术上升为文化,又用文化解析武术,形成了文武结合、相得益彰的太极拳文化。

character and for enjoying beauty. It brings people unlimited fun, happiness and longer longevity.” In 1978, Vice Premier Deng Xiaoping talked about Taijiquan with Miyake Shoichi, the deputy speaker of the House of Representatives of Japan, and wrote the world famous inscription: “Taijiquan is good.” In April 2007 and May 2010, Premier Wen Jiabao visited Japan twice. Each time Premier Wen did morning exercises together with the Japanese people and practiced Taijiquan at Yoyogi Park in Tokyo.

Taijiquan incorporates cultural elements into martial arts and contains rich and profound cultural connotations. In the long-term development process, Taijiquan has formed unique technical system and theoretical system. Its boxing posture is refined and dignified, quiet and natural; and its boxing movements are soft and slow, combining vigor with suppleness and they are like flowing clouds and running water; its boxing momentum is vigorous and steady, gentle and elegant, self-confident and full of vitality. Taijiquan boxing method stresses overcoming vigor with suppleness, conquering strength with weakness and defeating the strong with little effort. Taijiquan boxing theory requires “calming mind”, “concentrating the attention”, “using *Yi* (mind)”, “storing *Qi* (energy)”, “making body agile”, “integrating force”, “voidness and solidness in movements”, and “*Yin-Yang* assisting each

other". It upgrades martial arts to culture, and deduces martial arts with culture. It forms Taijiquan culture with a combination of culture and martial arts which complements each other.

太极拳文化作为中国特有的文化形式,集中体现了中国的传统哲学思想、伦理道德观念以及传统中医学、养生术的基本法则,也体现了现代科学技术、现代生命科学的基本原理。它兼蓄道、儒诸家之说,通佛教之法,融辨证论治、通经活络、协调平衡之理,蕴平心静气、形神共养、未病先治、防患未然之道,含数学、物理学、心理学、美学、医学等基础理论,涉及哲学、艺术、力学、生理学、统筹学、军事学、社会学等多个领域。

As a unique form of Chinese culture, Taijiquan culture embodies the Chinese traditional philosophy, ethics, morality and the basic laws of TCM (traditional Chinese medicine) and science of health-preserving. It also reflects the basic principles of the modern science and technology and the modern life science. It incorporates concepts of Taoism and Confucianism and laws of Buddhism. It contains principles about treatment based on syndrome differentiation, activating collaterals, coordination and balance. It implies methods about calming mind, cultivating both mind and body, and anti-aging prevention before growing old. It includes basic theories about mathematics, physics, psychology, aesthetics, medicine and so on. It involves philosophy, art, mechanics, physiology, science of overall planning, military science, sociology and so on.

太极拳的精妙深奥和太极拳文化的博大精深吸引着越来越多的人学习和研究,近几十年来更是风靡世界。据有关统计,目前有说一百多个国家一亿多人,也有说有一百五十多个国家近三亿人在习练、研究、推广太极拳。许多

Subtle and sophisticated Taijiquan boxing as well as extensive and profound Taijiquan culture attracts more and more people to learn and study it, which has swept the world especially in recent decades. At present, it is estimated that over one hundred million people in more than one hundred countries practice, study and spread Taijiquan; it is also said that there are about



人体悟到,学习太极拳不仅可以强身健体、防身自卫、延年益寿,而且可以领悟安身立命、为人处世之道和传统哲学的精妙;研究太极拳不仅可以探究人的生命奥秘和生存智慧,而且可以探究人与自然、人与社会的和谐之道和攻坚克难的妙策良方;推广太极拳不仅可以促进全民健身运动,而且可以净化人的心灵,给人以启迪,催人以奋进。实践证明,学习和掌握太极拳身心双修的养生观、天人合一的自然观、道法自然的唯物观、阴阳互根的辩证观、不偏不倚的和谐观、无为而为的人生观、以柔克刚的策略观,有利于人的身心健康、家庭和睦和社会和谐;有利于攻克科学难题,处理经济矛盾,解决政治纠纷,甚至决定战争的胜负。毛泽东“敌进我退,敌驻我扰,敌疲我打,敌退我追”的游击战战术与太极拳“不丢不顶”“粘连黏随”的基本技战术同出一理。

a hundred and fifty countries and three hundred million people. Many people realize that learning Taijiquan can not only build body, assure self-defense and keep longevity, but also understand how to live in peace, and treat people and grasp the essence of traditional philosophy, that studying Taijiquan can not only explore the mysteries of human life and the wisdom of life, but also explore the path to harmony between man and nature, man and society, and the wonderful idea to overcome difficulties, and that spreading Taijiquan can not only promote nationwide fitness campaign, but also purify the human soul and give people with enlightenment and encouragement. Facts have shown that learning and mastering life-preserving concepts of “physical and spiritual cultivation”, natural concepts of “Tian Ren He Yi (harmony between Man and Nature)”, materialist concepts of “Taoism following the nature”, dialectic concepts of “Yin-Yang rooting in each other”, harmonious concepts of impartiality, outlook on life about “actionless governance doing nothing that goes against nature” and strategic concepts of “overcoming vigor with suppleness” is conducive to people’s physical and mental health, family harmony, social harmony, overcoming obstacles in science, handling economic problems, solving political disputes and controlling the outcome of the war. For example, Mao Zedong’s guerrilla warfare strategy of “The enemy advances, we retreat; the

在当今信息化时代,无论是科技问题、经济问题、社会问题,还是国际问题、政治问题、教育问题,都较以往要错综复杂,往往是牵一发而动全身,往往是一着不慎全盘皆输。妥善处理这些问题,需要整体的观念、辩证的观念、择机而动的观念、和谐共赢的观念,需要防患未然意识和“人不犯我,我不犯人,人若犯我,我必犯人”的精神,需要因势而谋、应势而动和顺势而为的谋略和方法,需要将东方哲学的太极图圆形思维与西方哲学的十字架形直线思维巧妙结合。而这些正是太极拳的精髓。

太极拳亦武亦文,文武兼修,是传统文化的载体和育人的极佳方式,不能仅作为中老年人的体育锻炼项目,还应使太极拳走进各级各类学校,特别是应将太极拳引进高校作

enemy camps, we harass; the enemy tires, we attack; the enemy retreats, we pursue.” is exactly the same with basic tactics of Taijiquan about “no releasing and resisting directly” and “Zhan Lian Nian Sui (touching, sticking, adhering and following)”.

In today's information age, problems are more complicated than ever before, no matter whether they are scientific and technologic issues, economic issues, social issues, international issues, political issues or educational issues, which usually result in the fact that a slight move in one part may affect the whole situation or one careless move may lose the whole game. How to handle these problems properly needs concepts of dialectic, holism, seeking to begin the process, harmony and win-win. It requires the consciousness of need to take precautions and the spirit that “we will not attack unless we are attacked; if we are attacked, we will certainly counterattack”. It needs strategies to promote the harmony with the environment. In conclusion, it demands skillful combination between curve thinking of Taiji diagram of Eastern philosophy and linear thinking of cross-shaped Western philosophy. These are the essences of Taijiquan.

As the fine carrier of traditional culture and human development, Taijiquan, a combination of learning knowledge and practicing martial arts, should not only be taken as a kind of physical exercise for the elderly, but also be introduced into all levels and kinds of schools. What's more, Taijiquan



为一个学科和一个专业进行建设,使其融入学校教学科研体系,作为人才培养的措施和途径,作为精神文明建设和先进文化传播的内容。这样做,将有利于非物质文化遗产的保护和传承,有利于优秀传统文化的研究和发展,有利于学校素质教育和道德教育的改革与创新,有利于学生对民族文化和民族精神的学习与追求,有利于学生掌握一项终身健身技能和养成良好的锻炼习惯。

太极拳主要有陈、杨、武、吴、孙五大流派,其中杨、武两式太极拳发源于邯郸市永年县,并分别派生了吴、孙两式太极拳。杨式太极拳流传最为广泛,以拥有辉煌的传播史闻名世界。武式太极拳著作最为经典,以拥有卓越的理论成就载入史册。

邯郸是一座历史古城,有着深厚的文化底蕴,形成了十大文化脉系,被国家命名为成语之都和太极拳圣地。其中

should be constructed in colleges as a subject or a specialty, which forms a part of teaching and scientific research as the measure and the approach of talent training as well as the content of spiritual civilization and spreading of the advanced culture. In this way, it will be beneficial to protect and inherit intangible cultural heritage, to study and develop excellent traditional culture, and to reform and innovate quality-oriented education and moral education. It is will be also helpful for the students to study and pursue national culture and ethos and grasp a lifelong fitness skill and develop a good exercise habit.

There are five major styles of Taijiquan such as Chen (Chen Wangting), Yang (Yang Luchan), Wu (Wu Yuxiang), Wu (Wu Jianquan) and Sun (Sun Lutang). Yang (Yang Luchan) Style and Wu (Wu Yuxiang) Style Taijiquan originated in Yongnian county, Handan city, and were separately derived by Wu (Wu Jianquan) and Sun (Sun Lutang) Style Taijiquan. Yang Style Taijiquan is most widely circulated, which is well-known for its meritorious history of spreading. Wu (Wu Yuxiang) Style Taijiquan is rich in theory, which has gained a place in history for its remarkable achievements in theory.

Handan, a famous historic city with rich cultural heritage, has ten major regional cultures and is named as "Hometown of Chinese Idioms" and "Hometown of Taijiquan". Among these, Taijiquan culture influences

太极拳文化的影响最为深广,充分体现了“平和安静,谦和大度,博爱真诚,感恩包容”的邯郸人文精神。邯郸学院作为邯郸的地方高等学府,将太极拳文化的传承与弘扬视为自己的责任,将太极拳的研究和推广作为历史使命,将太极拳文化建设作为培养学生高尚情操、健全体格、机敏头脑的有效途径和办学特色。学校提出了“科学化传承,国际化传播”的宗旨,并向全体学生发出了“每天练习太极拳,健康工作五十年,幸福生活一辈子”的号召和“打太极拳,做太极人”的要求。

邯郸学院自2004年起,将太极拳作为校园文化建设的主要内容,先后将简化太极拳和28式杨式太极拳列为全校大学生的必修课,将传统杨、武式太极拳列为选修课和专选课,2010年成立了太极文化学院,2011年在全国首家开办了体育教育(太极拳)本科专业。各院系结合专业教育采取多种形式,开展多种活动,大力推进太极拳的教学、科研,着力民族传统文化教育,着力学生掌握一项终身锻炼

most generally, which fully embodies Handan humanistic spirit of “gentleness and peace, modesty and generosity, love and sincerity, gratitude and tolerance”. As a local college, Handan College takes inheriting and promoting Taijiquan culture as its own responsibility, studying and popularizing Taijiquan as its historical mission, and constructing Taijiquan culture as an effective way and characteristics of schooling to cultivate students' noble quality, healthy body and bright mind. Handan College has put forward the tenet of “inheriting scientifically, and spreading internationally”, and also called on all students to “practice Taijiquan every day, work healthily for fifty years and lead a happy life forever” and has proposed that “everyone can play Taijiquan to be the practitioner of Taijiquan in daily life”.

Since 2004, Handan College has taken Taijiquan as a main content of campus culture construction, simplified Taijiquan and Taijiquan of 28 Forms Yang Style as a required course for college students, Yang and Wu style Taijiquan as electives and specialized courses. In 2010, Taiji Culture School was established and in 2011, undergraduate students in Taijiquan major were received as the first in China. Departments of Handan College devote great efforts to promote Taijiquan teaching and scientific research, combining with the major teaching, organize activities in different styles and strive to improve students' thought and physical



技能,着力培养太极拳专门人才,努力提高学生的思想、身体素质。目前,邯郸学院已形成了新生入校即学太极拳、在校人人会打太极拳、课间操天天练习太极拳和结合文、理、史、哲、医、教育等多个学科研究太极拳的浓郁氛围。

本书是学习杨式太极拳的基础教程,也是邯郸学院近几年太极拳教学和研究的一个成果,综述了太极拳的源流、基本特征和基本技术;概述了杨式太极拳的起源与发展;阐述了杨式太极拳的技术要求、习练程序;讲述了28式太极拳套路;摘选了太极拳的经典拳论和杨式太极拳宗师杨澄甫先生的拳照。

本书编写采用中英文对照,有助于海内外太极拳爱好者在学习太极拳的同时学习英语或汉语。书中28式杨式太极拳是依照杨式太极拳的技术要求和杨澄甫宗师的动

fitness as well as cultivating talents in Taijiquan so as to strengthen our traditional and cultural education and foster specialized Taijiquan talents. Currently, Handan College has formed a rich atmosphere that freshmen must learn Taijiquan, and students of other grades must be able to play Taijiquan, and students practice Taijiquan during the breaks between classes. What's more, Handan College actively supports Taijiquan study and research combining with arts, science, history, philosophy, medicine, education and other disciplines.

This book is the basic textbook of Taijiquan learning, and also a research achievement of Handan College about Taijiquan teaching and study in recent years. It makes an overview of the origin, basic characteristics and basic skills; summarizes the origin and development of Yang Style Taijiquan; and expounds the technical requirements and practicing procedures of Yang Style Taijiquan. It elaborately selects part of boxing photos of Mr. Yang Chengfu, the great master of Taijiquan, as well as the classical Taijiquan theory, and compiles the 28 Forms Taijiquan Series.

This textbook is in both Chinese and English, which will be helpful for foreign learners to learn Taijiquan as well as Chinese or English. It is compiled strictly according to the technical specifications of Yang Style Taijiquan and the acts of Master Yang Chengfu. This set of routine, a simplified succession to