



高等院校特色体育课程系列教材



系列教材总主编 牟少华 杨雪芹

# 高校武术 双语教程

Wu Shu - Kung Fu

◎本册主编 苏剑明 冼 慧

云南大学出版社  
Yunnan University Press

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## 图书在版编目 (CIP) 数据

高校武术双语教程: 汉英对照/苏剑明, 冼慧主编. —  
昆明: 云南大学出版社, 2012

高等院校特色体育课程系列教材/牟少华, 杨雪芹  
主编

ISBN 978 - 7 - 5482 - 1102 - 0

I. ①高… II. ①苏… ②冼… III. ①武术—双语教学—高等  
学校—教材—汉、英 IV. ①G85

中国版本图书馆 CIP 数据核字 (2012) 第 135655 号

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策划组稿: 徐 曼

责任编辑: 徐 曼 邓 扬

封面设计: 刘 雨

出版发行: 云南大学出版社

印 装: 昆明研汇印刷有限责任公司

开 本: 787mm × 1092mm 1/16

印 张: 7.5

字 数: 102 千

版 次: 2012 年 6 月第 1 版

印 次: 2012 年 6 月第 1 次印刷

书 号: ISBN 978 - 7 - 5482 - 1102 - 0

定 价: 15.00 元

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社 址: 云南省昆明市翠湖北路 2 号

云南大学英华园内 (邮编: 650091)

发行电话: (0871) 5033244, 5031071

网 址: <http://www.ynup.com>

E - mail: [market@ynup.com](mailto:market@ynup.com)

# 总 序

当代高校体育正向着多元文化的方向不断深化改革，其目的是站在“以人为本”的角度，将体育课程内容进行特色化、区域化、个性化的调整，并在课程实施过程中加入人文关注，给予当代大学生的体育需求更多的包容、理解和支持。编写特色教材是体育课程改革的一个重要环节，也是对改革的实践回应。

本系列高校体育特色教材，正是紧紧抓住当代大学生在身体教育和体育文化方面的诸多诉求，响应素质教育和人本发展的教育理念，选择典型的又较实际的内容，集中编写了《大学生体适能》、《户外运动》、《大学女生身体美育》、《大学生身心拓展训练》、《民族传统体育欣赏与体验》、《高校武术双语教程》等，将基础健康管理、社会时尚体育、民族传统文化等进一步贴近学生实际，不仅关注学生当下的生活方式，还关注学生未来的职业能力与生活品质。

本系列高校体育特色教材，在编写方法上除遵循一般教材的特征外，还体现以下特点：身体操作性，即教材内容贴近真实生活，在每一个领域指导学生相关技能学习，并尝试在具体生活情境下完成技能练习，提高技能学习的实用性；情感体验性，即教材内容符合当代大学生的时尚需求和个性需求，启发学生联系自身实际、生活经验与生活方式，通过活动潜移默化地提高创新意识、生活认知、情感养护能力；人文教育性，即教材内容适当进行拓展，将体育内容赋予一种文化的观照，关注知识技能的人文背景，关注体育活动本身的人文内涵，培养当代大学生的体育人文素养，更注意培养学生的人文生活情趣与生活品质；职业前瞻性，即教材内容指向学生的专业领域与未来职业选择，不仅给予学生专业联系的空间，塑造专业相关的身体发展、体育技能、体能管理概念，还指导学生发掘与未来职业相关的潜能与智慧，锤炼职业素质。

由于编写人员学识有限，编写时间略微紧张，以及其他原因，定有挂一漏万之处，真诚地欢迎同行和广大读者批评指正。

特色体育系列教材策划组  
2012 年 3 月于云大昊院

# 编写说明

随着我国高校公共体育课程体系的改革和发展，大学体育课程已成为高等教育的重要内容之一。武术是高校体育教育不可缺少并且特点突出的一门传统体育项目，它具有浓厚的中国传统文化色彩。近些年来，中国武术深受世界各国人民的喜爱。希望大学生通过学习本教材，不仅能掌握简单的武术技能，了解中国武术的基本常识，还能和各国武友顺利交流，为中国传统文化的发扬做出努力。本书根据高校大学课程的特点，精简扼要，中英文介绍，插图清晰，示范规范，精选了部分有代表性的武术基本功、武术专项素质、套路及擒拿动作作为武术学习入门教材提供给学生，是一次新的教学改革尝试，衷心希望各位朋友通过学习本教材取得预期理想效果。主编云南大学体育学院苏剑明、冼慧，副主编云南大学体育学院路丁、美国明尼苏达大学黄宁生。摄影由云南大学秦庆峰、冯翔完成。

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## **Preface**

Physical education comes to be one of the important courses along with the reform and development of general courses in China. Martial arts have their own outstanding positions in college physical education. They boast special characteristics featured with traditional Chinese culture and are deeply favored by the people from all over the world. With this in consideration we edit this book for college students to learn the basics in martial arts and to get some ideas of their various styles and even to communicate with foreign friends who love Chinese martial arts very much. This book collects some representative routines, workout and basics for martial arts beginners. Illustrated with demos by clear photos and explained bilingually concisely, readers can be benefited from learning this book.

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# 第一章 武术的阐述

## Chapter I Introduction to Martial Arts

武术是以中国传统文化为理论基础，以徒手和器械的攻防动作为主要表现形式，包含健身气功、武术套路、搏击运动的传统体育项目。

Developed by traditional Chinese culture, Martial Arts (in Chinese term Wushu) represent fighting styles used as offence and defense with equipment or open-handed. There are various forms such as workout for meditation, routines, and fighting styles.

### 第一节 武术的形式和特点

#### The Styles and the Characteristics of Martial Arts

#### 一、武术的形式 The Styles of Martial Art

武术的内容丰富多彩，按其运动形式分为两大类——套路运动、搏斗运动。

The styles of martial arts are rich varied. According to the forms of motion, martial arts can be divided into two types—forms or routines and the application of moves for fighting.

套路运动主要包括拳术、器械、对练、集体项目、攻防技术等。

Forms include hand forms, weapon forms and pair exercises.

搏斗运动主要包括散手、推手、短兵等。

The application of moves for fighting include free style striking and throwing, push hands and the use of short weapons.

#### 二、武术的特点 The Characteristics of Martial Arts

##### 1. 寓技击于体育之中 Martial arts as sport

武术作为体育运动，技术上不仅不失攻防技击的特性，而且将技击寓于搏斗运动与套路运动中。

Martial Arts is a kind of sport that includes the skills of attack and defense.

##### 2. 内外合一、形神兼备的运动特色 Martial arts contain both internal and external spirits

The special Chinese characteristic in martial arts is the simultaneous use of Internal and ex-

ternal spirit. Spirit in martial arts refers to one's intense mental focus and intention of the mind in all movements.

既讲形体规范，又求精神传意、内外合一的整体观，是中国武术的一大特色。“内”指心、神、意等心志活动和气息的运行，“外”指手、眼、身、步等形体活动。

On one hand, Martial arts pays attention to the standard form of the movement. Each movement and posture has a standard in terms of how one must hold one's body; On the other hand, martial art emphasizes the inner spirit which is also manifested in the outside shape and appearance of the moves. For example: snake movement contains the spirit of the snake and tiger moves contain the spirit of the tiger, this is the special feature of Chinese martial arts. The use of the term internal in martial arts refers to heart, spirit, mind etc; External refers to hands, eyes, step and other body movements.

### 3. 广泛的适应性 Wide range of application

武术的不同项目有不同的动作结构、技术要求、运动风格和运动量，分别适应不同年龄、性别、体质的人的需求；同时，它对场地、器材的要求较低，受时间、季节的限制也小，给群众性体育活动带来了方便。

Martial arts has different kinds of actions, structures, and demands for various techniques. Martial arts is a good practice for all people since there are styles appropriate for different ages, genders and different degrees of physical ability. At the same time there are styles for any level of time one can commit to practice as well as styles to fit any type of facilities. For example: there are styles in martial arts that are suitable for elderly people and only require a few minutes practice each day. There are also styles that can be practiced while standing in a small space, no large facility is necessary.

## 第二节 武术的作用 Function of Martial Arts

### 一、武术的医疗保健作用 Martial Arts on Health Care

练习太极拳、导引术等要求心静、用意。长期练习对神经系统有良好的训练作用。武术运动经常采用腹式呼吸，是提高心血管系统、呼吸系统机能的良好方法。打拳时要求闪转腾挪、含胸拔背，对人体骨骼、肌肉有锻炼作用。

Martial training requests mental clarity and focus. Regular and repeated practice benefits nervous system. Some movements in martial arts require breath with the involvement of abdomen, which will be good to cardiovascular and respiratory fitness. In addition, some exercises need swift body turns and moving around with chest in and back fully extended. This type of training will definitely improve bones and muscles.

## 二、武术的攻防作用 Martial Arts on Offence and Defense

武术的多数动作均充满了攻防格斗的含义。各种套路都是以踢、打、摔、拿等动作组合而成，攻防技术是武术的精华部分。练习武术时一定要强调武术的攻防用意。

The applications in martial arts are full of fighting of offence and defense, consisting of kicking, striking, throwing and controlling. Offence and defense are vital part of the training, which need be paid attention during the training.

## 三、武术传统道德在社会发展中的作用 Martial Arts in Social Development

武术的发展在道家、儒家等思想体系的影响下，要求以礼相待，修炼身心健康为主。习练武术在现代社会发展中既能满足精神需要，又能增强体质，促进友好交流。

The development of martial arts has been heavily influenced by Taoism and Confucianism. The study of martial arts is not just as a means of self-defense or mental training but as a system of ethics. It deals with morality deed which concerns social relations as well as morality of mind which is meant to cultivate the inner harmony between the emotional heart and wisdom mind. Martial arts offer a route to inner peace and health fitness as well.

## 第二章 武术的基本动作

### Chapter II Basics

基本动作，是指武术运动中不可缺少的典型动作，内容包含手型、手法、步型、步法、腿法、平衡、跳跃翻腾和跌扑滚翻动作等。

The basics are vital part of martial training. Basics are made of hand styles, hand workout, stances, kick workout, balance, and acrobatics.

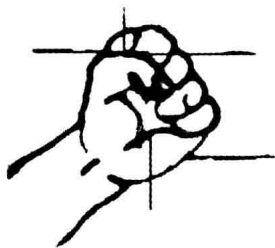
#### 第一节 手型、手法、步型

#### Hand Styles, Hand Workout and Stances

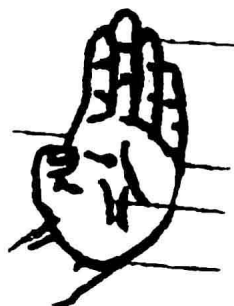
##### 一、手型 Hand Styles

主要手型有拳、掌、勾。如图一、二、三。

Hand styles mainly contain fist (Fig. 1), open hand (Fig. 2), and hooked hand (Fig. 3) listed below.



图一 (Fig. 1)



图二 (Fig. 2)



图三 (Fig. 3)

要点：拳要求握紧，拳面要平；掌要求掌心开展、竖指、曲腕；勾要求五指撮紧，勾和臂自然垂直。

Tips: Fist should be tight with flat level on one side; openhand with all other four fingers up and thumb bend; hooked hand holding all fingers together downwards like a hook.

## 二、手法 Hand Workout

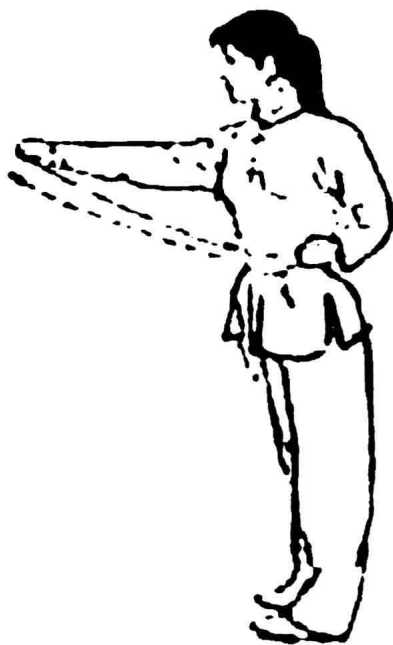
主要手法有冲拳、架拳、劈拳、推掌、摆掌、亮掌、顶肘等。

Hand workout mainly contain punch, block, split, push, swing, open hand, and elbow crushing.

### 1. 冲拳 Punch

有平拳和立拳。平拳拳心向下，立拳拳眼向上。冲拳要求直出直入，挺胸，收腹，立腰；拧腰送肩，急旋前臂，力达拳面；眼睛直视前方；拳和肩平。如图四。

There are two kinds of punches. One is fist with fingers inward and downward, the other is fist with fingers inward but thumb on the top. Punch requires push straight out to the level of the shoulders while standing still with chest in and twist the waist which lead shoulders outward and then swing the forearm quickly to pass the power to the fist, looking straight ahead. (See Fig. 4)



图四 (Fig. 4)



图五 (Fig. 5)

### 2. 推掌 Push

拳变掌，由腰间旋臂用力推出；臂自然伸直，翘掌，力达掌根；掌指与眼平。如图五。

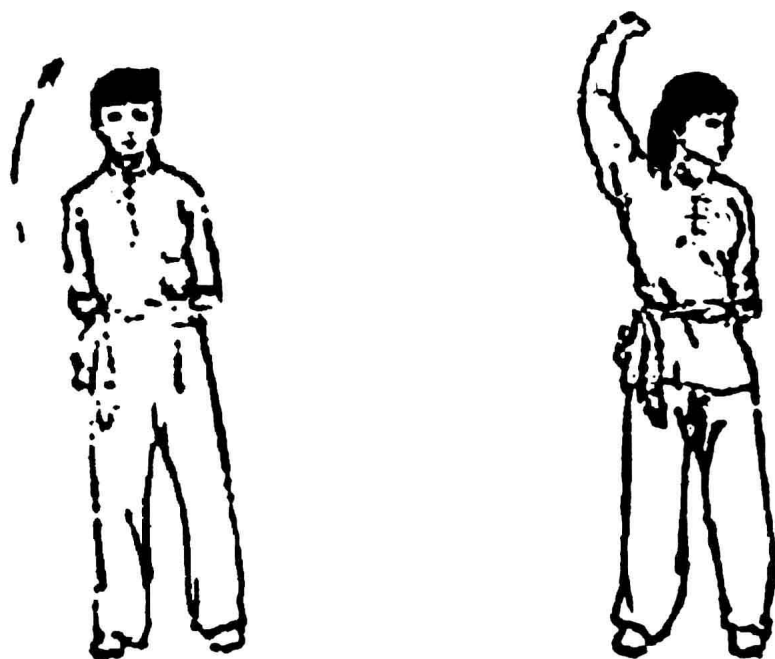
Place the fists to the waist, and then turn one fist to palm and push straightly out, hard with fingers up to the level of eyes. (See Fig. 5)

### 3. 亮掌 Open hand

拳变掌，向右侧、向上弧形摆起，抖腕亮于头右上方；肘微曲，掌心向上；眼睛左视。如图六。

Place the fists to the waist and then turn the right fist to open palm and snap in an arc above

the head with the elbow slightly bend and palm facing up, looking straight to the left. (See Fig. 6)

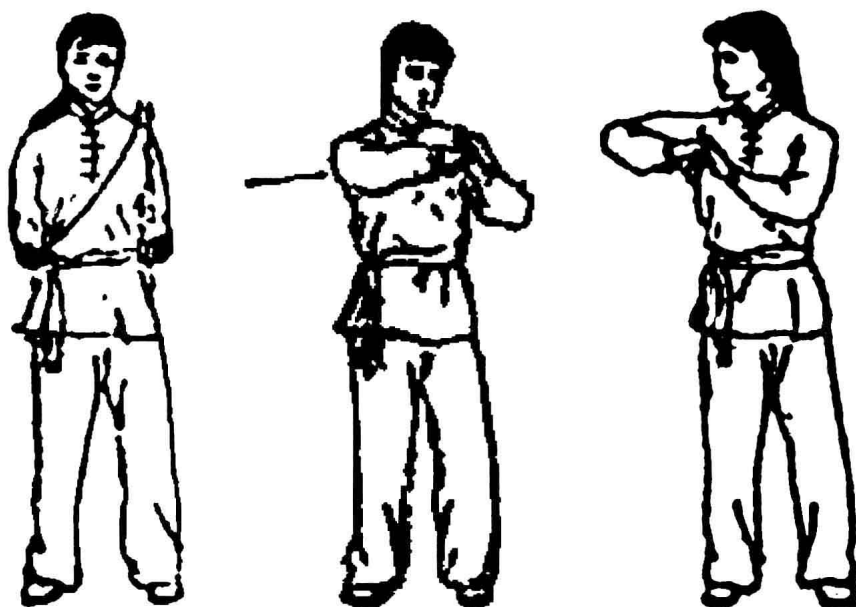


图六 (Fig. 6)

#### 4. 顶肘 Elbow

右臂曲肘平放胸前，拳心向下；左拳变掌，掌心贴于右拳面；然后肘尖用力向右撞击，力达肘尖；眼睛右视。如图七。

Place the right elbow to the level of chest with fingers inward downward while turn left fist to palm to touch the right fist and then elbow to the right sharp, power reaching to the pointed elbow, looking straight to the right. (See Fig. 7)



图七 (Fig. 7)

### 三、步型 Stances

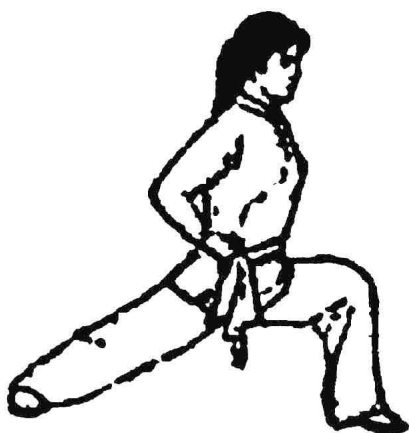
步型主要练习腿部的力量、灵活性、柔韧性、协调性及平衡。主要有弓步、马步、仆步、虚步和歇步。

Stances are structured leg postures focusing on the strength, flexibility, coordination and balance. There are several stances such as bow stance, horse – riding stance, crouching step, virtual step and resting stance.

#### 1. 弓步 Bow stance

两脚前后站立，双手抱拳于腰间；挺胸塌腰；前腿膝与脚尖垂直，后腿挺膝伸直；双脚掌着地；目视前方。如图八。

One leg step forward with hands resting on the waist, upper body erects while waist is flexible and downwards. The front knee is perpendicular to its toes and the other leg stretches out straight, looking straight ahead. (See Fig. 8)



图八 (Fig. 8)



图九 (Fig. 9)



图十 (Fig. 10)

#### 2. 马步 Horse – riding stances

两脚平行开立，屈膝半蹲；双手抱拳于腰间，挺胸塌腰；双脚掌着地；目视前方。如图九。

Open legs wider than shoulders, bend knees slightly with hands rest on the waist. Upper body erects while waist is flexible downward, looking straight ahead. (See Fig. 9)

#### 3. 虚步 Virtual step

两脚前后开立；前脚尖点地内扣，后腿膝微屈，五脚趾沉稳抓地；双手抱拳于腰间，挺胸塌腰；目视前方。如图十。

One leg steps forward with body weight moving to the other leg with bend knee. The front knee bends slightly with toes touching the ground inward. Upper body erects with hand resting on the flexible downward waist, looking straight ahead. (See Fig. 10)

#### 4. 仆步 Crouching step

右腿屈膝全蹲，左腿挺直平铺，脚尖内扣，双脚掌着地；双手握住双脚背，挺胸塌

腰；目视前方。如图十一。

Bend one leg in a full crouch and straighten the other leg with toes turned inward. Hand touches the foot accordingly. (See Fig. 11)



图十一 (Fig. 11)



图十二 (Fig. 12)

### 5. 歇步 Resting stance

两腿交叉全蹲，坐于后脚的后跟上；双手抱拳于腰间，挺胸塌腰；目视前方。如图十二。

Rest down on one heel with legs crossing in a full crouching position. Upper body erects with hand resting on the flexible downward waist, looking straight ahead. (See Fig. 12)

## 第二节 腿法 Kick Workout

腿法是练习腿部曲伸、摆动、扫转等动作的能力，具有强烈的攻防性。

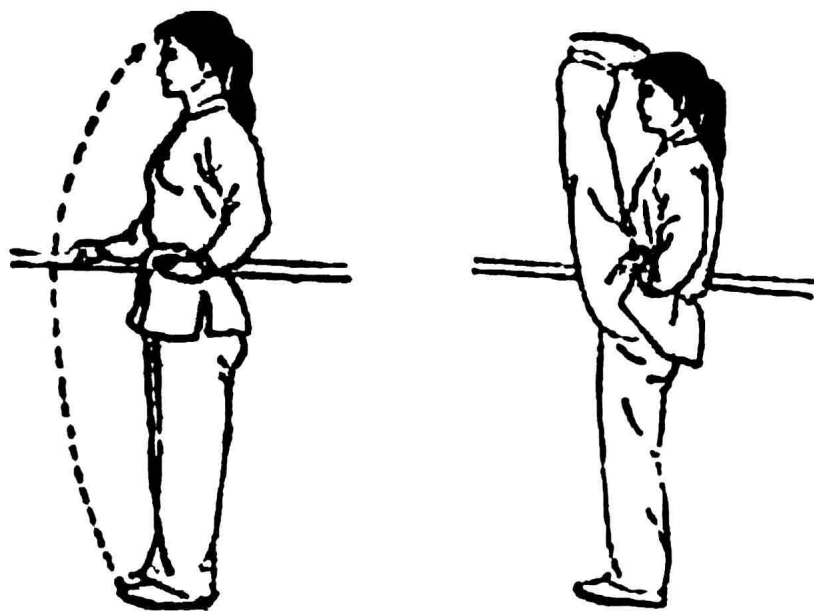
Kick workout contains both offence and defense. The training is involved in stretching out, swing and kick.

### 一、正踢腿 Forward Front Kick

两脚并立，挺胸立腰；一脚全脚着地，成支撑腿，另一脚快速前踢，勾脚尖，控腿轻落，脚尖点地；目视前方。如图十三。

Close up legs with upper body erect. Move the body weight to one leg while the other leg kicks forward with toes bend inward and down with toes touching the ground gently, looking straight ahead. (See Fig. 13)



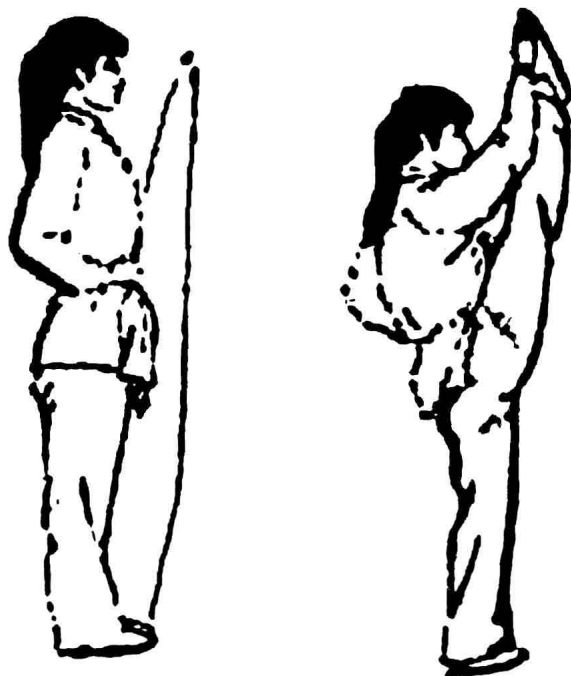


图十三 (Fig. 13)

## 二、单拍脚 Tap on One Foot

两脚并立，抱拳于腰间；左脚上半步，右腿以髋为轴向上绷足直摆；右拳变掌于头前击拍右脚脚面，击拍准确响亮，落地轻巧；目视前方。如图十四。

Close up legs with fists on the waist. Left leg steps forward a half step while right leg kicks straight up with right fist forming into palm in front of head to tap him on the right foot, looking straight ahead. (See Fig. 14)



图十四 (Fig. 14)