



CHEN-STYLE

# 陈式

TAIJIQUAN CHRONICLE

## 太極拳志



REVISED VERSION

增订本

焦作市地方史志办公室  
温县人民政府 编

Local Chronicle Office of Jiaozuo City  
People's Government of Wenxian County

中州古籍出版社

Zhongzhou Ancient Books Publishing House

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# 序

中华武术，博大精深；太极文化，源远流长。发源于河南省焦作市温县陈家沟的陈式太极拳，迄今已有300余年的历史。其间，一幕幕鲜活的故事绘就了绚丽的篇章。

焦作位于黄河之滨，太行之阳，古称山阳、怀州，又名覃怀，俗称怀川，明清时设怀庆府。数千年文明的滋养，积淀了厚重的历史文化；大自然的钟灵造化，成就了独特的山水风光。焦作历史悠久，物华天宝，人杰地灵，是中华太极拳的发源地，是“竹林七贤”的隐居地，是司马懿、韩愈、李商隐、许衡、朱载堉等历史文化名人的故里。焦作山奇水美，铺锦叠彩，风光旖旎，由云台山、神农山、青天河、青龙峡、峰林峡五大景区组成的云台山世界地质公园，闻名遐尔；怀山药、怀地黄、怀牛膝、怀菊花统称为“四大怀药”，享誉海内外。

“喝喝陈沟水，都会跷跷腿”，一直以来就是怀川大地耳熟能详的口头语，习武练拳是焦作这方热土延续了数百年的文化现象。据不完全统计，目前焦作地区有80多万人习练太极拳，全球太极拳习练者达两亿之众，遍布世界150多个国家和地区。陈家沟已成为世界太极拳爱好者向往的圣地，太极拳已成为中华武术宝库中的一朵奇葩。

清顺治年间，温县陈家沟陈王廷潜心研究、习练家传拳术，广泛搜集、研究民间武术精华，创造性地将太极阴阳之理和导引、吐纳及中医经络学融化于武术之中，创编了阴阳互补、刚柔相济的太极拳，又称陈式太极拳。太极拳汲取中华传统武术、医学、哲学、兵学、美学、运动学等诸多优秀文化精华，融技击、健身和养生功能于一体，以其老少皆宜、益寿延年的特点日益受到世界各国人民的青睐，以其独特的魅力为世人所瞩目。

焦作是国家命名的“太极圣地”，温县是“武术之乡”。习拳练武、强身健体既是焦作传承已久的文化现象，也是市委、市政府及社会各界形成的共识，“突出太极拳文化主题，着力开发太极拳文化游、健身养生游……建设太极焦作”、“让太极拳走向世界”已经融入全市360万人民的生活理念之中。在此情

况下，焦作市地方史志办公室会同温县人民政府、焦作市体育局等有关方面，顺应时代所需，在原版《陈式太极拳志》的基础上，广泛征求各界意见，通过大量艰苦细致的工作，编纂了《陈式太极拳志（增订本）》，其本身就是一件十分有意义的事情。

该书除保留原有太极拳源流、套路、技法特点、推广传播、著述、太极拳交流大赛、太极拳乡游及人物传略等章节外，又新增了太极拳习练和太极养生等内容，在套路一章又新增了焦作市号召推广的简化太极拳套路动作图解；还专门印制了英文版本，以供海内外太极拳爱好者阅读、习练。《陈式太极拳志（增订本）》是迄今为止最为全面、系统、权威的太极拳信史，以其翔实的内容和独特的风貌填补了太极拳科普空白。

该书的出版发行，是太极拳文化事业的一件盛事，必将对太极拳运动的普及、发展产生积极的意义和影响；对叫响太极拳文化品牌，让太极拳进一步走向世界、造福人类产生积极的推动作用。

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2011年8月20日

## *Preface*

Chinese Wushu, vast and profound; Taiji Culture, a history far and long. Chen-style Taijiquan, originated from Chenjiagou of Wenxian County in Jiaozuo, Henan Province, has a history of over 300 years, a splendid history of the Land of Mountain South written by the rich and vivid legends and real life stories.

Jiaozuo is located north of the Yellow River and south of the Taihang Mountain. In ancient times, it was named Shanyang, Huaizhou and Tanhuai and was also commonly known as Huaichuan. In Ming and Qing dynasty, the HuaiQing Prefecture was set up. The civilization for thousands of years nurtured this rich historic culture. The creator's magic touch carved up the unique sceneries of this land. Jiaozuo is a land of plenty and outstanding talents with a long history which is the birth place of Taijiquan and the homeland or favorite touring place for many renowned historic figures such as the "Seven Sages of the Bamboo Grove", Sima Yi, Han Yu, Li Shangyin, Xu Heng, Zhu Zaiyu among others. Jiaozuo has marvelous mountains and splendid waters among which world-famous Yuntai Mountain World Geographical Park is made up by five great scenic sites such as the Yuntai Mountain, the Shennong Mountain, the Qingtian River, the Qinglong Valley and the Fenglin Valley. Huaishanyao, Huaidihuang, Huainiuxi and Huaijuhua were together called Four Huaiyao with great fame.

"Take a drink of Chenjiagou and up in air the legs' I'll go". It was a widely spread fold ballad known even to the women and children in Huaichuan. Practicing martial arts has been a cultural phenomenon for hundreds of years over the land of Jiaozuo. According to incomplete statistics, there are more than 8 hundred thousand Taijiquan practitioners in Jiaozuo and its surrounding areas and over 10 billion Taijiquan practitioners in about 150 countries and territories over the world. Chenjiagou has become the Holy Land of Taijiquan enthusiasts and Taijiquan is one of the most valuable treasures of Chinese wushu as a unique brand of Chinese culture.

During the Shunzhi Period of the Qing Dynasty, Chen Wangting who was an officially registered intellectual at the time focused his energy studying and practicing his family-style martial arts. He collected materials and did intensive researches on a wide range of other civilian martial arts systems. He creatively combined into martial arts the Yin-yang Doctrine of HOTU and LUOSHU, techniques for breathing and internal energy manipulation, as well as the Meridian Doctrine of Traditional Chinese Medicine; and created an internal martial arts style with techniques that were yin-yang inter-supplementary and hardness-softness inter-supportive. The system was named Taijiquan, also known as Chen-style (Family) Taijiquan. Chen-style Taijiquan includes many aspects of our excellent cultural essence, such as traditional martial

arts, traditional medicine, philosophy, military strategies, aesthetics and sports. It is a complete system for combat, fitness and wellness exercises. Taijiquan is becoming the preferred form of exercise for people over the world for its adaptability to all ages and positive effectiveness for health and longevity. It is increasingly attracting more and more attention and will cast influence over the whole world.

Jiaozuo is “the Tai Chi Sacred Land” named by the country; Wenxian County is “the homeland of martial arts” . Practicing Taijiquan and keep fit is the culture phenomenon of Jiaozuo; also it’ s the consensus reached by the municipal party committee, government and society. Themes, like “highlighting the theme of Tai Chi culture stressing the exploration of Tai Chi culture tourism, fitness and health maintenance tourism···building Tai Chi Jiaozuo, making Tai Chi go to the world” have already infused into the conceptions of 3,600,000 people. Under this circumstances, to comply with the needs of times and based upon Chen-style Taijiquan Chronicle, Jiaozuo Local Chronicle Office with Wenxian County government and Jiaozuo Sports Bureau widely solicited advice from the society and compiled Chen-style Taijiquan Chronicle (revised edition) through big amount of tense and meticulous work. This is of great significance.

Besides maintaining chapters of original sources, routines, features of skills, promotion and dissemination, compilation, Taijiquan Exchange Competition, tourism of Taijiquan town, practicing Taijiquan was added. Additionally, illustration of simplified Taijiquan routines promoted by Jiaozuo has been added to the chapters of Taijiquan routines. Meantime, English version was printed for both domestic and foreign Taijiquan fans to read and practice. Chen-style Taijiquan Chronicle (revised edition) is so far the most comprehensive, systematic and authoritative Taijiquan account, which fills the gap of Taijiquan popularization by its concrete content and unique style.

The publication and release of the book, as a great event of Taijiquan culture, will definitely have a positive impact on the promotion and development of Taijiquan and enhance Taijiquan culture brand. It will also cast profound influence on making Taijiquan a world sports to benefit the whole mankind.

Lu Guoxian, Secretary of Jiaozuo Municipal Party Committee  
Sun Likun, Mayor of Jiaozuo Municipal Government

Aug. 20, 2011

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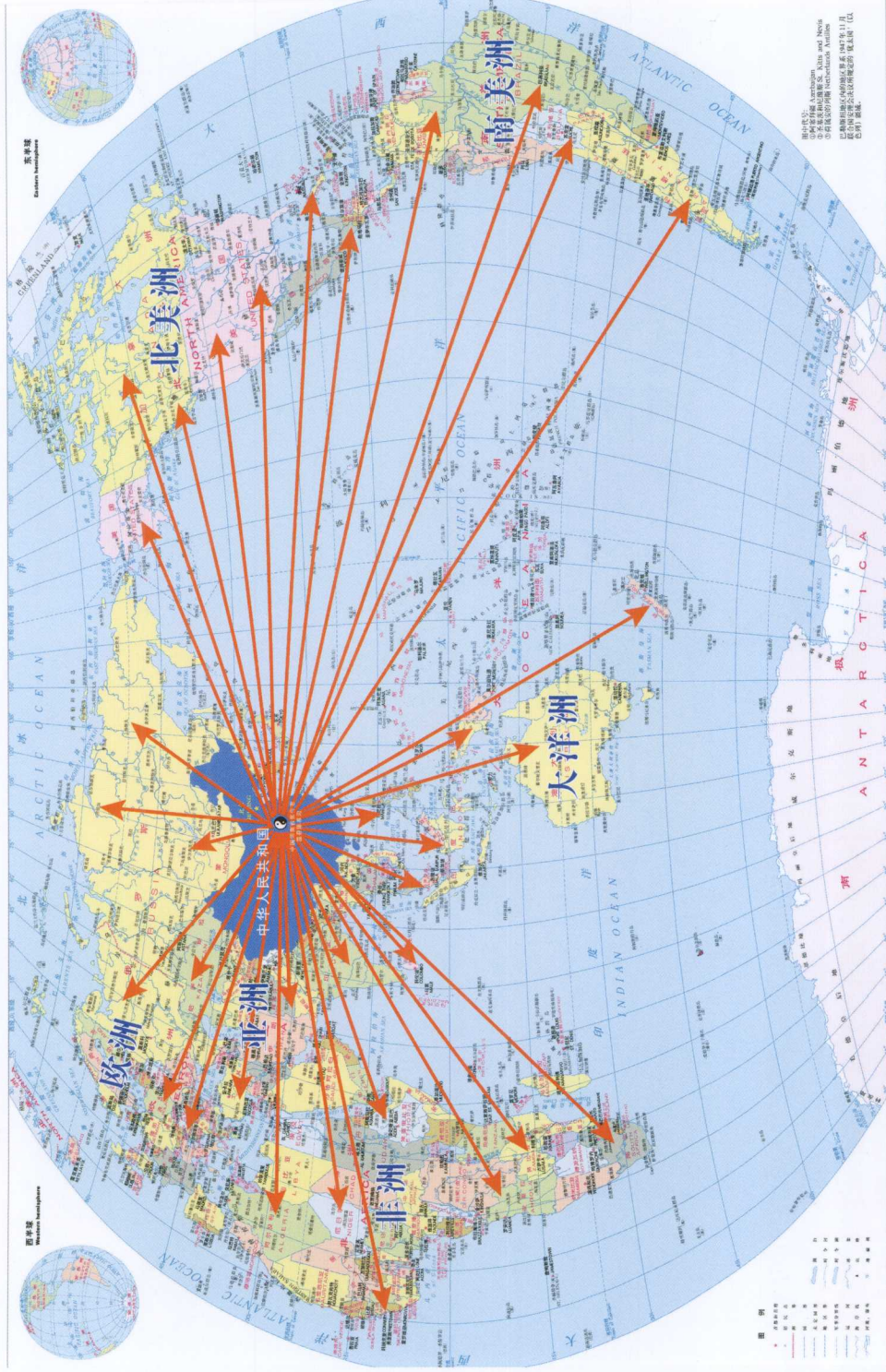
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# 太极拳全球传播区域示意图

The Diagram of Taijiquan Globe Spreading Region



注解：太极拳发源于中国河南省焦作市温县 全球传播达150余国家及地区 习练者超过2亿人

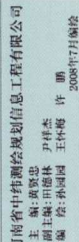
Note: The birthplace of Taijiquan, Wenxian County, Jiaozuo, Henan, China Spreaded all over 150 countries and regions About 200 millions exercisers

河南省焦作市非物质文化遗产保护中心提供

Provided by the Non-substance Culture Heritage Protection Center of Jiaozuo City, Henan Province



# The Administrative Area Map of Jiaozuo City



太极拳好

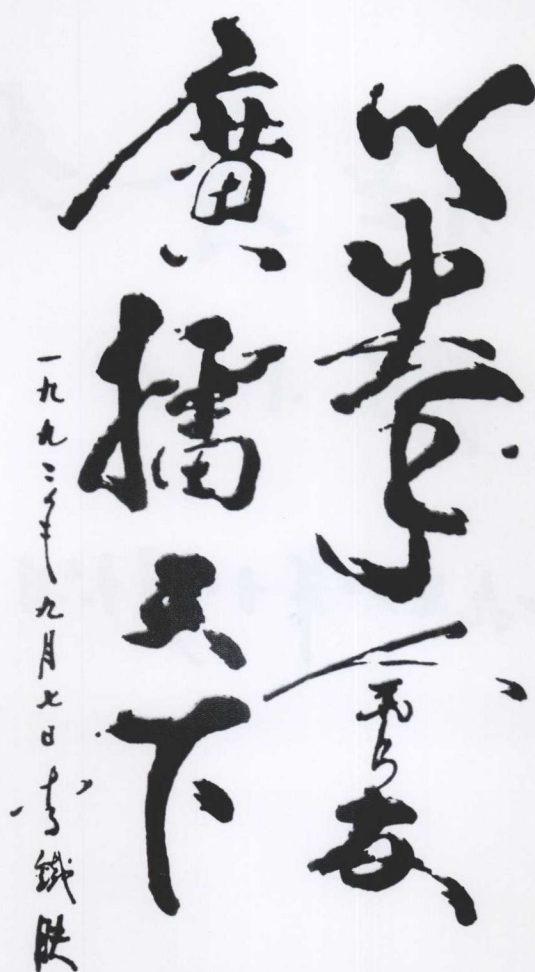
邓小平

一九七八年十一月十六日

1978年11月16日,时任中共中央副主席、国务院副总理邓小平在会见日本友人时,欣然题词:“太极拳好”

On Nov. 16, 1978, Deng Xiaoping, Vice Chairman of the CPC Central Committee and Vice Premier of the State Council, met the Japanese friends and inscribed with pleasure, "Taijiquan is great!"



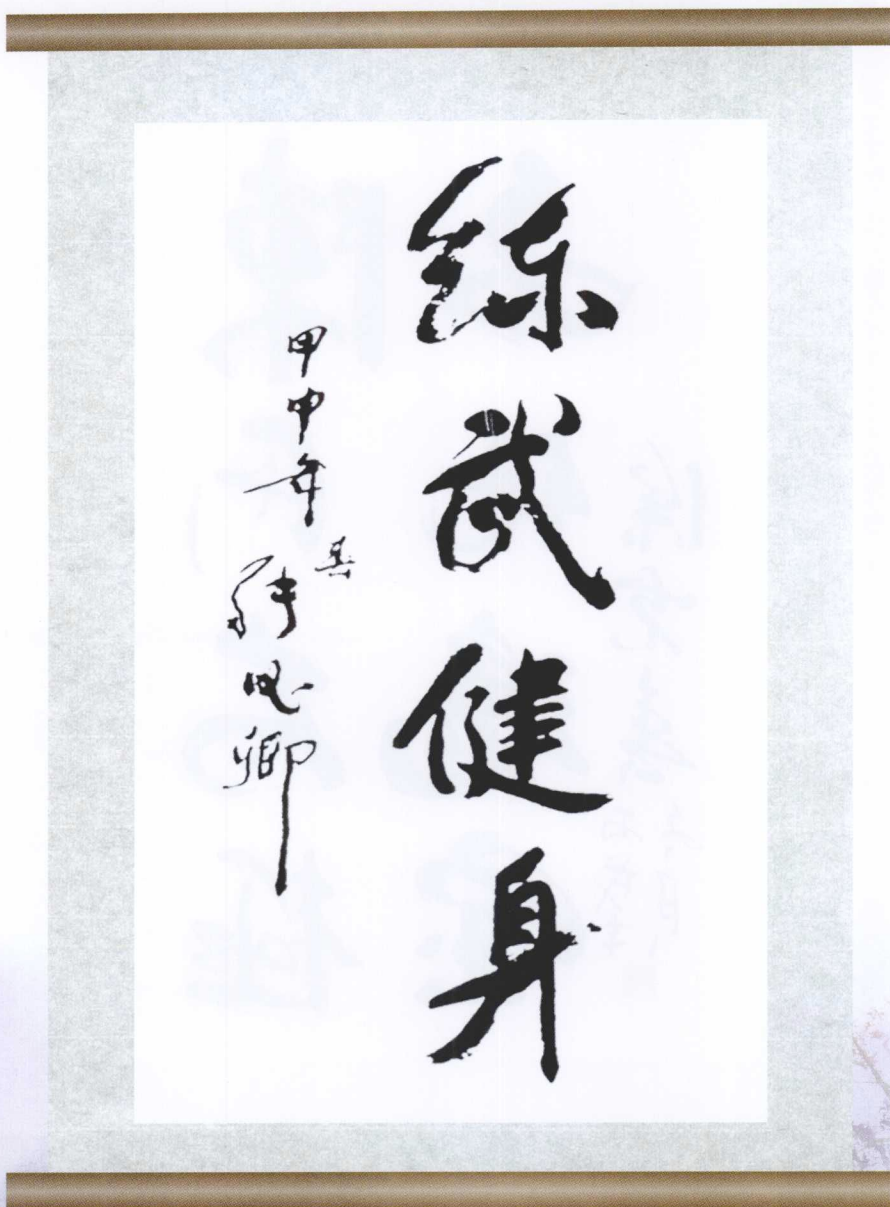


以拳会友  
广播天下

一九九二年九月七日 李铁映

1992年9月7日，中共中央政治局委员、国务委员、国家教委主任李铁映为首届中国·温县国际太极拳年会题词：“以拳会友，广播天下”

On Sept. 7, 1992, Li Tieying, Member of the Political Bureau of the Central Committee of the CPC, State Councilor and Chairman of the State Education Commission, inscribed “Making friends by Taijiquan and spread out all over the world” in the first International Taijiquan Annual Meeting in Wenxian county, China.



2004年4月22日，全国政协副主席张思卿到陈家沟考察工作并题词：“练武健身”

On April 22, 2004, Zhang Siqing, the Vice Chairman of Chinese People's Political Consultative Conference, investigated in Chenjiagou and inscribed: "Practice martial arts and keep fit."





陈氏太极  
文化瑰宝

徐光春  
丙戌年  
冬月

2006年12月，中共河南省委书记、省人大常委会主任徐光春题词：“陈氏太极，文化瑰宝”

In Dec. 2006, Xu Guangchun, Secretary of Henan Provincial Party Committee and Director of the Standing Committee of Henan Provincial People's Congress, inscribed: "Chen-Style Tai Chi, one of the Cultural Treasures."