

Chinese English

STEP BY STEP SELF-TAUGHT TEXTBOOK

SIMPLIFIED 24 FORMS TAI CHI'CHUAN

Compiled and Translated by

Piao Zhongwei

冯忠伟



(中国书局)

简化太极拳二十四势分步自学法

● 冯志伟

张受武

编著

●

北京体育学院出版社

前 言



在第 11 届亚运会开幕式上,1400 名中日两国运动员的简化太极拳表演,引起了亿万人的注目,激起了人们投身于太极拳运动的极大兴趣。

太极拳运动似行云流水,柔和缓慢,开合有序,虚实分明,刚柔相济,有节律地收缩和放松的肌肉运动,不仅对神经系统的自我调节和肌肉的锻炼有良好的作用,而且对呼吸系统、心血管系统功能的提高皆有促进作用。甚至,经常从事太极拳运动对人的智力活动的增强,减缓大脑老化也大有裨益。

太极拳运动的健身祛病作用,已在社会实践中得到充分的证明。

另据我院科研所有关专家、医务工作者采用生理、生化、医学等多学科综合观察、研究证明:从事太极拳运动,结合药物治疗,对防治高血压病、冠心病、伤风、感冒、急慢性气管炎、肺气肿、骨质软化症等均有显著疗效。因此,太极拳特别是简化太极拳,拳势简单,易学易练,倍受中老年人的喜爱。

为进一步适应中老年初学者居家自学自练的要

求, 编者将国家体委颁布的简化太极拳 24 势, 每一拳势分解成几个动作, 如“起势”分解成“两脚开立”、“两臂前举”、“屈膝按掌”3 个动作来完成, 每势均有图解、要领提示, 可一目了然。如果家中有录音机, 先照本书诸势宣读, 然后一边放录音一边比划, 很快即可学会。

照此坚持练习, 会逐渐对太极拳的“柔缓松慢”、“提顶吊裆”、“含胸拔背”、“松腰圆裆”、“沉肩坠肘”、“开胯屈膝”、“意领身随”等要领加深理解, 心领神会, 其健身祛病作用就会自显。

本书意在进一步促进简化太极拳 24 势的普及, 方便教学和居家自学自练者, 有不妥之处, 敬请读者批评指正。

编者

1991 年 10 月于北京体院

P R E F A C E

~~~~~

At the spectacular opening ceremony of the 11th Asian Games, the sheer magnificence of the Tai Chichuan performance given by one thousand four hundred players from China and Japan created a great sensation. Millions of people discovered a hidden affection for Tai Chichuan which subsequently motivated many to try it themselves.

With the appearance of floating clouds and flowing water, the Tai Chichuan exercise, which is featured with sequenced opening and closing patterns, striking clearly empty and solid actions, mutually rooted firm and gentle movements, and rhythmically contractive and relaxed activities with muscles, is proven to be functional not only for the self-regulation of the nervous system and the growth of muscle strength, but also effective for the improvement of the respiratory and cardiovascular systems. Moreover, if you engage yourself constantly in the Tai Chichuan exercise, you will have a happy and surprising discovery that this exercise can be beneficial for the intellectual development and as well slow down the ageing of the brain.

Ample evidence has justified the considerable contributions Tai Chichuan exercise devotes to building a strong body and helping promote a thorough recovery from some particular diseases. According to the physiological, biochemical and medical observations made by the researchers of Beijing Institute of Physical Education, Tai Chichuan exercise is now in a position to give radical cure to those who suffer from high blood pressure, coronary heart disease, common cold, acute and chronic tracheitis, pulmonary emphysema and osteomalacia. That is why the Simplified Tai Chichuan 24 Forms, with its simple procedured routines and easy-learning gestures, is well recieved by the middle-aged and elderly.

To help our Tai Chichuan devotees learn the sequences themselves in the family settings, the authors here break down each form of the Simplified Tai Chichuan 24 Forms into several separated but coherent actions. For example, the Commencing Position is divided into three single moves——standing with feet apart, raising arms forward and upward, and bend knees and press palms down——accompanied with separated figures, written instructions and important points. All these will allow the Step you are practising to be clear at a glance. If you have a cassette recorder at home, you may read each line of the book to it and practise the gestures by following the instructions played in the recorder.

If you carry on the practice like this, you will

certainly understand tacitly some important points such as "integration of softness with slowness and alert relaxation", "head lift and crotch suspension", "chest concentration and back upward pull", "hip open and knees bend", and "consciousness leading and power following". As a result, the satisfactory effects the Tai Chichuan exercise on the body in terms of health care and disease treatment will be revealed.

The purpose of this book is to further promote the popularization of Simplified Tai Chichuan 24 Forms, and make it convenient for the Tai Chichuan enthusiasts to learn and practise in the family settings. We will be very appreciative of your valuable comments upon this book.

P. Z. W.  
Z. A. W

# 各势动作分步名称



## 1. 起势 ..... (1)

(1) 两脚开立 ..... (1)

(2) 两臂前举 ..... (1)

(3) 屈膝按掌 ..... (1)

## 2. 左右野马分鬃 ..... (2)

(1) 抱球收脚 ..... (2)

(2) 转体迈步 ..... (3)

(3) 弓步分手 ..... (3)

(4) 重心后移 ..... (7)

(5) 抱球跟脚 ..... (7)

(6) 转体迈步 ..... (9)

(7) 弓步分手 ..... (9)

(8) 重心后移 ..... (11)

(9) 抱球跟脚 ..... (11)

(10) 转体迈步 ..... (13)

(11) 弓步分手 ..... (13)

|                 |      |
|-----------------|------|
| 3. 白鹤亮翅 .....   | (17) |
| (1) 转身抱球 .....  | (17) |
| (2) 跟步后坐 .....  | (17) |
| (3) 虚步分手 .....  | (19) |
| 4. 左右搂膝拗步 ..... | (21) |
| (1) 转体落手 .....  | (21) |
| (2) 转体收脚 .....  | (21) |
| (3) 迈步屈肘 .....  | (23) |
| (4) 弓步搂推 .....  | (23) |
| (5) 重心后移 .....  | (25) |
| (6) 转体跟脚 .....  | (25) |
| (7) 迈步屈肘 .....  | (27) |
| (8) 弓步搂推 .....  | (27) |
| (9) 重心后移 .....  | (29) |
| (10) 转体跟脚 ..... | (29) |
| (11) 迈步屈肘 ..... | (31) |
| (12) 弓步搂推 ..... | (31) |
| 5. 手挥琵琶 .....   | (33) |
| (1) 跟步收手 .....  | (33) |
| (2) 后坐挑掌 .....  | (35) |

|                 |      |
|-----------------|------|
| (3) 虚步合臂 .....  | (35) |
| 6. 左右倒卷肱 .....  | (39) |
| (1) 转身撒手 .....  | (39) |
| (2) 提膝屈肘 .....  | (39) |
| (3) 退步推掌 .....  | (41) |
| (4) 转体撒手 .....  | (41) |
| (5) 提膝推掌 .....  | (43) |
| (6) 退步推掌 .....  | (43) |
| (7) 转体撒手 .....  | (45) |
| (8) 提膝屈肘 .....  | (45) |
| (9) 退步推掌 .....  | (47) |
| (10) 转体撒手 ..... | (47) |
| (11) 提膝屈肘 ..... | (49) |
| (12) 退步推掌 ..... | (49) |
| 7. 左揽雀尾 .....   | (53) |
| (1) 转身撒手 .....  | (53) |
| (2) 转体抱球 .....  | (53) |
| (3) 迈步分手 .....  | (53) |
| (4) 弓腿棚臂 .....  | (55) |
| (5) 转体伸臂 .....  | (57) |
| (6) 转体后捋 .....  | (57) |

|                      |             |
|----------------------|-------------|
| (7)转体搭手 .....        | (59)        |
| (8)弓步前挤 .....        | (59)        |
| (9)后坐收掌 .....        | (61)        |
| (10)弓步按掌 .....       | (61)        |
| <b>8. 右揽雀尾 .....</b> | <b>(63)</b> |
| (1)转体扣脚 .....        | (63)        |
| (2)抱球收脚 .....        | (63)        |
| (3)迈步分手 .....        | (65)        |
| (4)弓腿拥臂 .....        | (65)        |
| (5)转体伸臂 .....        | (67)        |
| (6)转体后捋 .....        | (67)        |
| (7)转体搭手 .....        | (69)        |
| (8)弓步前挤 .....        | (69)        |
| (9)后坐收掌 .....        | (71)        |
| (10)弓步按掌 .....       | (71)        |
| <b>9. 单鞭 .....</b>   | <b>(73)</b> |
| (1)转体扣脚 .....        | (73)        |
| (2)勾手收脚 .....        | (75)        |
| (3)转体迈步 .....        | (75)        |
| (4)弓步推掌 .....        | (77)        |

|                |      |
|----------------|------|
| 10. 云手 .....   | (79) |
| (1) 转体云手 ..... | (79) |
| (2) 云手收步 ..... | (79) |
| (3) 云手出步 ..... | (81) |
| (4) 云手收步 ..... | (81) |
| (5) 云手出步 ..... | (83) |
| (6) 云手收步 ..... | (83) |
| 11. 单鞭 .....   | (85) |
| (1) 转体勾手 ..... | (85) |
| (2) 转体迈步 ..... | (87) |
| (3) 弓步推掌 ..... | (87) |
| 12. 高探马 .....  | (89) |
| (1) 跟步翻掌 ..... | (89) |
| (2) 虚步推掌 ..... | (89) |
| 13. 右蹬脚 .....  | (91) |
| (1) 穿掌提脚 ..... | (91) |
| (2) 进步合抱 ..... | (91) |
| (3) 提膝分手 ..... | (93) |
| (4) 蹬脚撑臂 ..... | (93) |

|                 |       |
|-----------------|-------|
| 14. 双峰贯耳 .....  | (95)  |
| (1) 收腿落手 .....  | (95)  |
| (2) 迈步握拳 .....  | (97)  |
| (3) 弓步贯拳 .....  | (97)  |
| 15. 转身左蹬脚 ..... | (99)  |
| (1) 转体扣脚 .....  | (99)  |
| (2) 合抱收脚 .....  | (101) |
| (3) 提膝分手 .....  | (101) |
| (4) 蹬脚撑臂 .....  | (103) |
| 16. 左下势独立 ..... | (105) |
| (1) 收腿勾手 .....  | (105) |
| (2) 仆步穿掌 .....  | (105) |
| (3) 弓步起身 .....  | (107) |
| (4) 提膝挑掌 .....  | (107) |
| 17. 右下势独立 ..... | (109) |
| (1) 落脚勾手 .....  | (109) |
| (2) 仆步穿掌 .....  | (111) |
| (3) 弓步起身 .....  | (111) |
| (4) 提膝挑掌 .....  | (113) |

18. 左右穿梭 ..... (115)

(1) 落脚转体 ..... (115)

(2) 抱球跟脚 ..... (115)

(3) 迈步分手 ..... (117)

(4) 弓步推掌 ..... (117)

(5) 重心后移 ..... (119)

(6) 抱球跟脚 ..... (119)

(7) 迈步分手 ..... (121)

(8) 弓步推掌 ..... (121)

19. 海底针 ..... (123)

(1) 跟步提手 ..... (123)

(2) 虚步插掌 ..... (125)

20. 闪通臂 ..... (127)

(1) 提手收脚 ..... (127)

(2) 迈步分手 ..... (127)

(3) 弓步推撑 ..... (127)

21. 转身搬拦捶 ..... (129)

(1) 转身扣脚 ..... (129)

(2) 转身握拳 ..... (129)

|                |       |
|----------------|-------|
| (3) 撤脚搬拳 ..... | (131) |
| (4) 转体旋臂 ..... | (131) |
| (5) 进步拦掌 ..... | (133) |
| (6) 弓步打拳 ..... | (133) |
| 22. 如封似闭 ..... | (135) |
| (1) 穿掌交叉 ..... | (135) |
| (2) 后坐收掌 ..... | (137) |
| (3) 弓步按掌 ..... | (137) |
| 23. 十字手 .....  | (139) |
| (1) 转体扣脚 ..... | (139) |
| (2) 撤脚分手 ..... | (139) |
| (3) 坐腿扣脚 ..... | (141) |
| (4) 收脚合抱 ..... | (141) |
| 24. 收势 .....   | (143) |
| (1) 分手前撑 ..... | (143) |
| (2) 两臂下落 ..... | (145) |
| (3) 收脚还原 ..... | (145) |

以上各势之分步,仅为方便教学和自学自练,其间原本是连贯而不是断裂的。待熟练后完整练习时,心中要牢记太极拳轻松柔和、圆活自然、行云流水的运动特点,并自始至终贯彻心静体松、意领身随、刚柔相济的基本要求。

## **Titles of Segmental Movements in Each Step**

### **STEP 1 COMMENCING POSITION**

- (1)STANDING WITH FEET APART
- (2)RAISING ARMS FORWARD AND UPWARD
- (3)BEND KNEES,PUSH PALMS DOWN

### **STEP 2 PART THE WILD HORSE'S MANE TO BOTH SIDES**

- (1)HOLD BALL,BRING FOOT UP INWARD
- (2)TURN UPPER BODY,STEP OUT
- (3)BOW STANCE,SEPARATING HANDS
- (4)SHIFTING BODY WEIGHT BACKWARD
- (5)HOLD BALL,BRING FOOT UP FORWARD
- (6)TURN UPPER BODY,STEP OUT
- (7)BOW STANCE,SEPARATING HANDS
- (8)SHIFTING BODY WEIGHT BACKWARD
- (9)HOLD BALL,BRING FOOT UP FORWARD
- (10)TURN UPPER BODY,STEP OUT
- (11)BOW STANCE,SEPARATING HANDS

**STEP 3 WHITE CRANE SPREADS ITS WINGS**

- (1)TURN UPPER BODY,HOLD BALL
- (2)ROCK BACK,BRING FOOT UP  
FORWARD
- (3)EMPTY STANCE,SEPARATING HANDS

**STEP 4 BRUSH KNEE AND TWIST HIP ON  
BOTH SIDES**

- (1)TURN UPPER BODY,LOWER HAND
- (2)TURN UPPER BODY,BRING FOOT UP  
INWARD
- (3)STEP OUT AND BEND ELBOW
- (4)BOW STANCE,BRUSHING PUSH
- (5)SHIFTING BODY WEIGHT BACKWARD
- (6)TURN UPPER BODY,BRING FOOT UP  
FORWARD
- (7)STEP OUT AND BEND ELBOW
- (8)BOW STANCE,BRUSHING PUSH
- (9)SHIFTING BODY WEIGHT BACKWAED
- (10)TURN UPPER BODY,BRING FOOT UP  
FORWARD
- (11)STEP OUT AND BEND ELBOW
- (12)BOW STANCE,BRUSHING PUSH

**STEP 5 HAND STRUMS THE LUTE**

- (1)STEP UP FORWAED,DRAW HANDS  
BACK
- (2)ROCK BACK AND SNAP PALM
- (3)EMPTY STANCE,HOLDING ARMS