

李寿堂 编著 张连友 校订

88式

太极拳

学与练

风格突出

内容充实

动作讲解规范

意念引导清晰

图文并茂 中英文对照

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集中了传统套路中的主要结构和技术内容



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88 式太极拳学与练

Study and Practice of 88-form Taiji Quan

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前言

88 式太极拳是国家体育运动委员会，继 1956 年公布“简化太极拳”之后公布的又一套现代太极拳运动项目。

1956 年，在国家体委工作的我国著名武术家李天骥先生会同有关专家致力于杨式太极拳的推广工作。他们简化了传统的 85 式杨式太极拳的动作难度，保留了杨式太极拳的基本要领和套路结构布局，改编成 88 式太极拳，并于 1958 年面世。88 式太极拳的面世，受到广大武术爱好者的欢迎，作为一项群众体育运动，它在很短的时间内就在全中国开展起来，特别是在 20 世纪五六十年代这一困难时期，太极拳作为一项特殊的体育运动项目，更是受到广大人民群众的青睞。

88 式太极拳有如下优点：

1. 88 式太极拳以在民间流传最广的杨式传统太极拳 85 式为基础，既保留了杨式太极拳的基本要领和结构，又简化了动作难度，易学易练，便于推广。

2. 88 式太极拳的基本动作特点是在杨式新架的基础上进行了改编，与传统的练法有所不同。它符合社会发展的需要，重点突出了健身和医疗价值，淡化了攻防内容，做到了与时俱进。

3. 在演练的时间和速度上符合科学的要求，练一套大约需要 20 分钟，充分发挥了健身和医疗保健的作用，

对提高全民健康水平和人民精神素质大有好处。

88 式太极拳的推广已走过了 50 年的历程。目前演练太极拳各式竞赛套路和传统套路的人较多，而练 88 式太极拳套路的人相对较少，特别是在年轻的一代中练 88 式太极拳的人不是很多。本书详尽地介绍了 88 式太极拳套路，望能在全民健身活动中发挥其重要作用。

注：杨式新架

原“南京国术馆”副馆长李景林在 1929 年提出要在山东国术馆全面开设太极拳班，以推广太极拳。他请杨式太极拳一代宗师杨澄甫三次修定，由时任山东国术馆教务主任的李玉琳演示，并征求杨澄甫及其弟子武汇川、陈微明、褚桂亭的意见而形成的太极拳架，称为杨式太极拳新架，有别于 1934 年杨澄甫定型的杨式传统架。李天骥先生是李玉琳之子，其父子为杨式新架之楷模。简化太极拳与 88 式太极拳就是在杨式新架基础上改编而成的。



Preface

The 88-form Taiji Quan is another modern sport issued by the Chinese Sports Committee after the simplified Taiji Quan was published in 1956.

In 1956, the famous Wushu expert Li Tianji, who was working in the Chinese Sports Committee at the time, and some other relevant experts committed themselves promoting the prevalence of the Yang style Taiji Quan. They simplified the traditional 85-form of the Yang style while retaining its basic principle and form structure. As a result, it was adapted into 88-form Taiji Quan, which was finally issued in 1958. This form of Tai Chi spread all over the country within a short period and became very popular among Taiji Quan enthusiasts. It was especially welcomed by the people in the late 1950's and the early 1960's, which was a tough time in Chinese history.

The merits of the 88-form Taiji Quan include:

1. The 88-form Taiji Quan was based on the widespread Yang style of the 85-form Taiji Quan, and retained its basic principle and structure while reducing the difficulty, so that it is easier to learn, easier to teach, and easier to practice. Simplified from the widespread Yang style of the 85-form Taiji Quan while retaining its basic principle and structure, the 88-form Taiji Quan is easier to learn and to practice.

2. The main features of 88-form Taiji Quan was adapted from the new Yang style Taiji Quan, different in some aspects from the traditional one, and its functions of health preservation

and medical value were enhanced, adapting to the needs of the modern society. With the original parts of attacking and defending omitted, it's now focusing on the health-improvement and the medical effect.

3. Approximately 20 minutes are needed to complete the form. The time and speed to practice 88-form Taiji Quan have been adjusted according to the scientific standards. It is very effective in improving both the physical and the mental health of the people who practice it.

88-form Taiji Quan has been practiced for about 50 years. Recently, however, relatively less people practice 88-form than those who perform and exercise other competition forms or traditional routines, especially among young people. This book explains the steps of the 88-form Taiji Quan in detail. We hope that everyone will benefit from this book immensely.

Note: The new Yang style

In 1929, Li Jinglin, the deputy director of Nanking Association of National Arts, appealed for setting up Taiji Quan classes in the Shandong Association of National Arts in order to promote the Taiji Quan sport. He invited Yang Chengpu, the modern father of Yang style Taiji Quan, to edit the Taiji Quan form three times, which was demonstrated by Li Yulin, the dean of Shandong Association of National Arts (at that time). The new Yang style was formed after asking for suggestions from Yang Chengpu and his apprentices, Wu Huichuan, Chen Weiming, Chu Guiting and so on. Mr. Li Tianji is Mr. Li Yulin's son, and they both made laudable contributions to the new style. Both simplified Taiji Quan and the 88-form Taiji Quan were created based on the new Yang style.

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88 式太极拳套路拳谱

88-form TaiJi Quan Spectrum



第一组

1. 预备式
2. 起式
3. 揽雀尾
4. 单鞭
5. 提手
6. 白鹤亮翅
7. 左搂膝拗步
8. 手挥琵琶
9. 左右搂膝拗步
10. 手挥琵琶
11. 进步搬拦捶
12. 如封似闭
13. 十字手

第二组

14. 抱虎归山
15. 斜揽雀尾
16. 肘底看捶
17. 左右倒卷肱
18. 斜飞式
19. 提手
20. 白鹤亮翅
21. 左搂膝拗步
22. 海底针

23. 闪通臂

24. 转身搬身捶
25. 进步搬拦捶
26. 上步揽雀尾

第三组

27. 单鞭
28. 云手
29. 单鞭
30. 高探马
31. 右分脚
32. 左分脚
33. 转身左蹬脚
34. 左右搂膝拗步
35. 进步栽捶
36. 翻身白蛇吐信
37. 进步搬拦捶
38. 右蹬脚
39. 左披身伏虎
40. 右披身伏虎
41. 回身右蹬脚
42. 双峰贯耳
43. 左蹬脚
44. 转身右蹬脚
45. 进步搬拦捶
46. 如封似闭

47. 十字手

第四组

48. 抱虎归山

49. 斜揽雀尾

50. 横单鞭

51. 左右野马分鬃

52. 进步揽雀尾

53. 单鞭

54. 左右穿梭(四斜角)

55. 进步揽雀尾

第五组

56. 单鞭

57. 云手

58. 单鞭

59. 下势

60. 左右金鸡独立

61. 左右倒卷肱

62. 斜飞式

63. 提手

64. 白鹤亮翅

65. 左搂膝拗步

66. 海底针

67. 闪通臂

68. 转身撇身捶

69. 进步搬拦捶

70. 上步揽雀尾

第六组

71. 单鞭

72. 云手

73. 单鞭

74. 高探马

75. 左穿掌

76. 转身十字蹬脚

77. 搂膝打捶

78. 上步揽雀尾

79. 单鞭

80. 下势

81. 上步七星

82. 退步跨虎

83. 转身摆莲

84. 弯弓射虎

85. 进步搬拦捶

86. 如封似闭

87. 十字手

88. 收式还原

Group 1

1. Preparing

2. Opening

3. Grasp Bird's Tail

4. Single Whip

5. Lift a Hand

6. White Crane Spreads Wings

7. Brush Knees and Twist Steps - Left

8. Playing a Pipa

9. Brush Knees and Twist Steps – Left and Right
10. Playing a Pipa
11. Step forward, Deflect, Parry and Punch
12. Withdraw and Push
13. Cross Hands

Group 2

14. Holding the Tiger back to the Hill
15. Grasp Bird's Tail Diagonally
16. Fist under the Elbow
17. Step Back and Swirl Arms – Left and Right
18. Diagonal Flight
19. Lifting a Hand
20. White Crane Spreads Wings
21. Brush Knees and Twist Steps – Left
22. Needle to Sea Bottom
23. Flashing the Arm
24. Turn Body and Throw the Fist
25. Step forward, Deflect, Parry and Punch
26. Step up and Grasp Bird's Tail

Group 3

27. Single Whip
28. Cloud Hands
29. Single Whip
30. Patting a High Horse
31. Separate Legs – Right
32. Separate Legs – Left
33. Turn the Body and Kick with the Left Heel
34. Brush Knees and Twist Steps – Left and Right
35. Step forward and Punch downward
36. White Snake Turns and Protrudes its Tongue

37. Step forward, Deflect, Parry and Punch
38. Kicking with the Right Heel
39. Cover and Hide a Tiger – Left
40. Cover and Hide a Tiger – Right
41. Turn the Body and Kick with the Right Heel
42. Striking Ears with Both Fists
43. Kicking with the Left Heel
44. Turn the Body and Kick with the Right Heel
45. Step forward, Deflect, Parry and Punch
46. Withdraw and Push
47. Cross Hands

Group 4

48. Hold a Tiger back to the Hill
49. Grasp Bird's Tail Diagonally
50. Cross Single Whip
51. Splitting Wild Horse's Mane – Left and Right
52. Step forward and Grasp Bird's Tail
53. Single Whip
54. Working with a Shuttle (4 Diagonal directions)
55. Step forward and Grasp Bird's Tail

Group 5

56. Single Whip
57. Cloud Hands
58. Single Whip
59. Push down the Body
60. Golden Cock Stands on One Leg – Left and Right
61. Backward Steps and Swirling Arms – Left and Right
62. Flying Diagonally
63. Lift a Hand
64. White Crane Spreads Wings

65. Brush Knees and Twist Steps – Left
66. Needle to Sea Bottom
67. Flashing the Arms
68. Turn the Body and Throw Fist
69. Step forward, Deflect, Parry and Punch
70. Step forward and Grasp Bird's Tail

Group 6

71. Single Whip
72. Cloud Hands
73. Single Whip
74. Patting a High Horse
75. Thrust the Left Palm
76. Turn the Body and Cross Kick with a Heel
77. Brush Knees and Punch
78. Step forward and Grasp Bird's Tail
79. Single Whip
80. Push down the Body
81. Step forward to Form Seven Stars
82. Step back and Ride a Tiger
83. Turn the Body with Lotus Kick
84. Draw a Bow and Shoot the Tiger
85. Step forward, Deflect, Parry and Punch
86. Withdraw and Push
87. Cross Hands
88. Closing



88 式太极拳套路动作详解

88-form Taiji Quan Detail Explanation Step by Step



第一组

一、预备式

身体自然直立,两脚开立,与肩同宽,脚尖向前。两臂自然下垂,两手放在大腿两侧,掌心向里,眼向前平视(图 1、图 2)。

要 领

头颈正直,下颏微收,全身放松。不可挺胸或收腹,精神要集中。

Group 1

1. Preparing

Maintain a natural upright position. Open the feet at shoulder width, toes pointing forward. Arms are dropped at both sides of the thighs, palms facing inward. Look straight ahead (Figure 1, Figure 2).

Key Points

Keep your head and neck straight and upright; keep the chin in; with the whole body naturally relaxed and mind concentrated. Do not hold breath or push the chest.

二、起式

1. 两臂缓缓前平举,两手高与肩平,与肩同宽,手心向下(图 3)。

要 领

两臂前平举时,动作要轻缓柔和,不可紧张用力。

2. Opening

(1) Raise the both hands slowly to shoulder height and width, palms facing down (Figure 3).

Key Points

When raising arms, move them slowly and gently; do not push too hard physically.