



系列丛书
Nanshan Kungfu

周清泉 著

南山短打拳



人民体育出版社

南山功夫

Nanshan Shorthands

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作者简介

周清泉，又名青泉，字旭光，1958年9月生于浙江平阳县南雁荡山东门，清泉教育集团董事长、湖州市清泉文武学校校长；中国武术协会会员、中国武术七段、《中国当代武术家辞典》名誉主编、全国民办教育杰出校长、中国民办教育协会理事、浙江省武术协会副主席、浙江省体育科学学会武术专业委员会副主任、浙江省涉外武术专家评审组副组长、湖州市政协委员。

周清泉7岁随祖父习武，12岁拜江西南山韩元吾、郭开文、王天柱三位长老为师苦学6年，1978年又师从中国“武林泰斗”蔡龙云教授，学习华拳、长拳拳械及实战功夫，享有“南山快手”“武林义客”的称誉。18岁从事武术教学工作，数十年授徒逾万，学生遍布海内外，为国家培养大批人才。教学期间，创编武术竞赛拳械四十余套，发明“武术击打人形气靶”获国家专利。

序 言

武术是中华民族传统文化的一大瑰宝。它注重内外兼修、体用兼备，内涵丰富，寓意深刻，集哲学、养生学、军事、医学、美学等于一体，是一种和谐审美文化的综合体现。它追求内在的人格完美和技艺的纯熟、神韵与意境。整理、研究武术，使之发扬光大，惠泽后人，乃武林中人的大使命。

周清泉先生，浙江平阳人，幼年得乡风熏陶，酷爱武术，7岁即随其祖父习武。由于家境清贫，11岁时便随篾匠师傅四处谋生。抵达江西后，在一次上山砍竹时被毒蛇咬伤，幸得韩元吾长老相救，遂居留南山。韩长老既擅医又会武，于是周清泉便在这世外桃源师从韩长老悉心学习南山武功。离开南山后，他又到处访名师、会武友，吸取众长，融会贯通，丰富了南山武功，提高了自身修养。

1994年，周清泉先生集多年武术教育之经验，变卖家产，在太湖西岸兰香山下建立了湖州清泉文武学校，倡导体教结合，推动了武术事业的发展。如今该校已是国内集文化教育与武术研习为一体的名校。自此，他一边辛勤教育学子，一边潜心研习武功，终于撰写成《南山功夫系列丛书》。这套丛书是他积三十多年教习心得与研究成果的结晶，为弘扬与发展中华传统文化作出了应有的贡献。精神可嘉，成果可贺！邀我为之作序，欣然命笔，以示祝贺。

蔡毓云

2008年深秋于上海

FOREWORD

Among the most precious essences of Chinese history, as a representation of harmonious aesthetic culture, by combining philosophy, morality, military, strategy, traditional Chinese medicine and aesthetics together, military arts provide the means to improve us both mentally and physically stronger. It seeks for the perfection of personality and skills. It is martial arts people's responsibility to systemize the greatness of the Chinese martial art with a long history to benefit the successors.

Zhou Qingquan was born in Pingyang, Zhejiang, as influenced by local culture, he has been passionate for the study of martial arts while he was very young, and was firstly taught by his grandfather at the age of 7. At 11 he followed his master, who was a bamboo craftsman, got to Jiangxi Province on foot. He was once bitten by a snake while cutting the bamboos in the mountains, fortunately he was cured by an elder, after that, he stayed in Nanshan mount and determined to devote himself to martial arts. After that, he has been travelling around the country to learn from martial masters and enrich the styles of Nanshan martial arts.

In 1994, Zhou Qingquan sold almost all his valuables to establish Huzhou Qingquan Martial Art School at the west bank of Taihu Lake by the Mount Lanxiang to develop Chinese martial arts. Now it has become one of the most famous martial art schools nationwide, He has been teaching with all his heart since then, while devoting himself to teaching, as a result of his efforts, the Nanshan Martial Art series were accomplished. For more than 30 years, Qingquan has devoted himself to the studies of traditional Chinese martial art, and the Nanshan series are his achievements and contribution for the development of traditional Chinese culture. Congratulations to him! Knowing that the series will be published by Renmin Sport Press, here I am honored to write the foreword as congratulations to him.

Cai Longyun

Fall 2008, Shanghai

拳法概述

南山短打拳法主练肌体，招式实用性强，攻防技术突出南方拳法特点，发劲短暴，出招猛烈；动作刚柔相济，动静分明，起伏有势，左右相顾；步法稳健灵活，落地生根，以声助力，进退自如；结合踢打摔拿，拳法多变，阴阳结合，环环相扣。练习此拳不仅重于形，更重于神。

南山短打拳的主要手法：以拳、掌、爪、指交叉使用，冲、劈、砍、靠、捞、逼、挫、摆、勾、压、插、搂、盖、擒、扣、砸、缠、推、撞贯穿套路始终。

短打拳的主要步型：弓步、马步、虚步、横档步、金绞步（交叉步）等。

南山短打拳的主要步法、腿法：上步、退步、剪步（盖步）、偷步（倒插步）、纵步；踹、踩、撞膝、震脚等。

南山短打拳对身法的要求：含胸收腹、塌腰收敛。发劲根于脚、发于腰、达于手，劲力贯穿全身，气沉丹田，以气催力，以声助势；主要发声有“嗨”“噫”“嘿哈”“杀”等；发劲有抖弹劲、爆发劲、沉坠劲、寸劲、撞劲、推劲等。

南山短打拳法具有很强的观赏性和实用性，动作易学易懂，结构合理是青少年练习和强身、健体的好套路。

As a type of Chinese southern martial art, Nanshan Shorthands feature the improvement of body and muscles, with practical but also swift and powerful moves. The actions combining with movement and steadiness, symmetry on both sides and imposing manner; while the footwork also ensures the steadiness and swiftness; styles vary from kicking, punching, throwing and catching, apart from the motions, it also requires concentration on a very high level.

Primary gestures of Nanshan Shorthands: vary from fist, palm, claw and finger, with the styles of thrust slice, chop, slap, push, slam, knock and so forth; while the primary stances such as bow stance, horse stance, false step and cross stance, with the primary footsteps as step up/backwards, cross step and stamp and so forth.

To practice Nanshan shorthands, you'll need to remain stress on the waist. While concentrating all over the body, thrust with your hands on the base of your footsteps, generated by the waist, with the imposing manner supported by the shouts such as "Hi", "Hey", "Heiha", "Sha" and so forth; and the primary styles of the power would be elastic, fiery, steady and heavy.

Apart from being able to entertain the spectators, with the easy style and systemized structure, Nanshan Shorthands can surely improve the strength and health for the people who practise it.

南山短打拳套路动作名称

Names for the Routines of Nanshan Short Hands

预备势

第一段

1. 金刚拜佛 (合掌震脚)
2. 天王托塔 (马步架掌)
3. 丹凤朝阳 (右弓步挑掌)
4. 武松脱拷 (右弓步靠臂)
5. 神门封闸 (马步切掌)
6. 双龙出水 (左右标掌)
7. 弯弓射虎 (左弓步推掌)
8. 老汉削竹 (上步插掌)
9. 美女照镜 (马步扣爪接点步插掌)
10. 风火双锤 (上步抡臂接弓步双冲拳)
11. 退水击舟 (退步冲拳)
12. 雄狮回头 (横裆步格拳)

第二段

13. 炮打连环 (上步左右冲拳)
14. 仙封神门 (弓步横推掌)
15. 迎风扯旗 (马步左横拳)
16. 踹腿拦腰 (踹腿马步横拳)
17. 双童扇炉 (虚步劈掌接弓步勾拳)
18. 迎风霹雳 (上步左右击掌)
19. 雄鹰展翅 (插步转身亮掌)

20. 灵猴跳涧 (跃步架掌)
21. 毒蝎拦路 (左弓步甩臂)

第三段

22. 海底捞月 (上步抱拳接横裆步挑掌)
23. 翻花扣蝶 (弓步挂拳接马步横推掌)
24. 双童扇炉 (弓步劈掌)
25. 玉女穿梭 (虚步标掌)
26. 力劈华山 (弓步劈拳)
27. 金钟坠地 (马步砸拳)
28. 金钩绊马 (点步扣爪勾腿)
29. 猛汉插锁 (弓步冲拳接上步插掌)

第四段

30. 顺风托盘 (虚步托掌)
31. 神马回蹄 (回身右踹腿)
32. 猕猴献果 (弓步反拍掌)
33. 金刚弄锤 (上步左右抡拳)
34. 霸王抛鼎 (横裆步架掌)
35. 老僧插臼 (弓步横冲拳)
36. 罗汉坐殿 (马步合掌)

收势

Names for the Routines of Nanshan Short Hands

Preparatory posture

SECTION I

1. Devoting to the buddha (clap and stamp)
2. The mighty lifting the tower (horse stance with single palm above)
3. Red phoenix heading the sun (right bow stance and raise the palm)
4. Wusong unleashed handcuffs (right bow stance and leaning arm)
5. The holy gate closes (horse stance and palm slice)
6. Two dragons rising above the water (both palms stab)
7. Bow aiming at the tiger (left bow stance and push forward)
8. Paring the bamboo (step forward and palm stab)
9. Reflection from the mirror (horse stance and smack, then step up and stab)
10. Dual hammers (step forward and both fists in straight with bow stance)
11. Hitting the boat to reverse (step backwards and straight punch)
12. Looking back like the lion (step across and hook punch)

SECTION II

13. The chain of cannon (step up and straight punches with both hands)
14. Divine stoppage (bow stance and push across with palm)
15. Pulling the flag in the wind (horse stance and left swing punch)
16. High kick and low punch (kick before horse stance and straight punch)
17. Fan up the furnace (false step and smack down with palm before bow stance and hook punch)
18. Thunder against the wind (step up and clap before punch with both palms)
19. Spread the arms like the eagle (cross

- footstep before turn around and stretch arms)
20. Jump over the gully like the monkey (jump and smack down)
 21. Blocked by the scorpion (left bow stance and spread arms)

SECTION III

22. Scoop the moon from the bottom of the sea (step up and bow with spreading arms closing before palm hook across on low stance)
23. Cover the butterfly under the flower (bow stance and hook punch before horse stance and palm pushes across)
24. Fan up the furnace (bow stance and palm pushes forward)
25. Gorgeous cross (false step and palm thrust forward)
26. Split the mountain (bow stance and thrust punch)
27. The golden bell falls (horse stance and smack down)
28. Stumble the horse (step up, throat hold and kick)
29. Fiery stab (bow stance and thrust before step up and stab with palm)

SECTION IV

30. Hold platter following the wind (false step and palm upwards)
31. Horse back kick (right kick backwards)
32. Tribute of the monkey (bow stance and swings with palm reversed)
33. Dual hammers (step up and swing with both fists)
34. Fling the ancient vessel (step across and palms up)
35. Bolt of the old monk (bow stance and thrust punch across)
36. Lohan sit in the hall (horse stance and palms together)

Finishing posture



图1



图2



图3



图4



图5



图6



图7



图8



图9



图10

基本手型

图1 拳：

五指卷曲握紧，拳面要平，拇指压于食指和中指的第二节上。

图2 透心拳：

四指并拢，中指突出拳面，拇指扣紧抵压中指梢节处。

图3 柳叶掌：

拇指弯曲扣紧，其余四指伸直并拢。

图4 钳指掌：

五指分开，掌心内含。

图5 龙爪：

四指并拢伸直，拇指张开，虎口撑圆。爪的力点在指端，力面在手心。

图6 虎爪：

五指张开，第二、三节指骨外展，弯曲如钩，形同虎爪。

图7 鹰爪：

拇指弯曲内扣，其余四指并拢内扣；屈腕，掌面尽量张开并凸出。

图8 锁喉爪：

拇指内扣，小指和无名指弯曲扣于掌心处，食指和中指分开内扣。

图9 钩手：

屈腕，五指自然内合，指尖并拢如钩。

图10 螳螂钩：

屈腕，成腕部上凸，无名指、小指屈指内握，食指和中指内扣，拇指梢端按贴于食指中节。

Basic gestures

1. fist

Keep the back of the hand flat while holding five bent fingers tight, the thumb is put on the second section of the forefinger and the middle finger.

2. through fist

Four fingers remain together while the middle finger held above with the support of the thumb at the end of it.

3. willow leaf palm

Bend the thumb while the other four fingers remain straight

4. clamp palm

Spread the fingers while bending the palm.

5. claw of the dragon

Keep the four fingers together and straight while stretching the thumb to make an angle, concentrate at the ends of the fingers and the palm with force.

6. claw of the tiger

Spread and bend the fingers into the form of a claw of the tiger.

7. claw of the eagle

Bend the thumb inwards, keep the rest of the fingers together and bend inwards, while the hand is bent over, try to spread and push forward the palm as much as possible.

8. throat hold

Bend the thumb, keep the little finger and the ring finger at the middle of the palm, while the forefinger and middle finger are separate and bent inwards.

9. the hook

Bend the wrist, with the ends of the fingers kept together.

10. Mantis hook

Bend the wrist, keep the little finger and ring finger to the palm, while the forefinger and middle finger are bending inwards with the thumb kept on the middle of the forefinger.

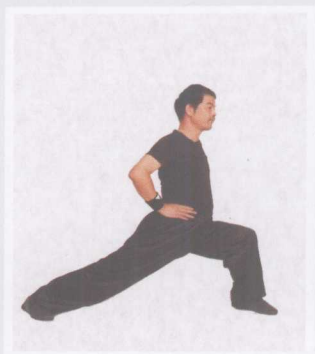


图1



图2

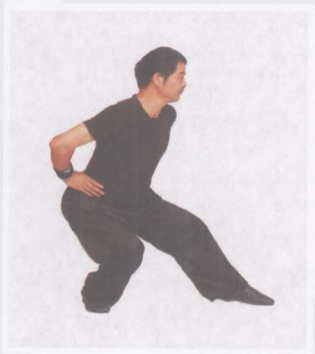


图3

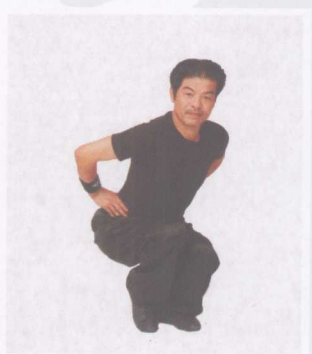


图4



图5



图6

基本步型 Basic footsteps

图1 弓步: bow stance

两脚前后分开，左脚在前，右脚在后，距离约四脚长，左脚脚尖里扣，斜向前方，屈膝下蹲，大腿呈水平，膝盖与脚尖垂直，右腿伸直，右脚落地踏实。

Step forward, the distance between both feet should be around 4 footsteps, with the leg ahead, the toes inwards, and the knee bent and kept vertical to the toes, the thigh kept horizontal, stretch the other leg to completely straight, with the feet steady on the ground.

图2 马步: horse stance

两脚分开，距离约三脚长，脚尖正对前方，屈膝下蹲。大腿呈水平，两膝外展，膝盖与脚尖垂直，上体正直，收腹敛臀。

Legs open up, the distance between two feet should be around 3 footsteps, with toes straight ahead, bend the knees. Keep the thighs horizontal, the knees face towards outside, keep the knees vertical to the toes, while the body remains straight up, with the stomach pulled back and the hips steady.

图3 虚步: false step

以左虚步为例。左腿屈膝前伸，脚尖点地，右腿屈膝半蹲，脚斜向前方，收腹敛臀，重心落于右腿。

Take false step on the left for

instance, bend the left knee and stretch the left leg forward, till the toes touch the ground; bend the right knee as well and put with the toes towards ahead, stomach backwards and hips kept steady, the weight is supported by the right leg.

图4 丁字步: T-stance

两腿并立，屈膝下蹲，大腿接近水平，一脚尖点地靠拢另一脚内侧脚窝处。

Keep two legs together and squat, while the thighs remain horizontal, with the toes of one foot touching the ground, and the heel towards the other foot.

图5 并步: combined stance

两腿并立，屈膝下蹲，大腿接近水平。

Keep two legs together with the same position and squat, with the thighs remain horizontal.

图6 仆步: crouch stance

一腿屈膝全蹲，大腿贴紧小腿，膝微外展，另一腿直伸平仆接近地面，脚掌扣紧与小腿成90度夹角。

While one leg squats completely with the thigh touching the shank, and the knee towards outside, the other leg stretches straightly with the foot vertical to the shank.

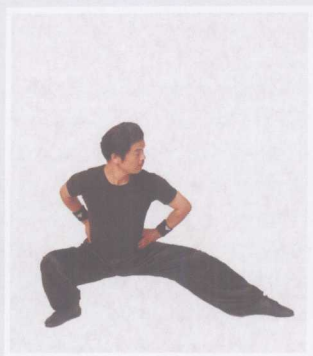


图7



图8



图9



图10

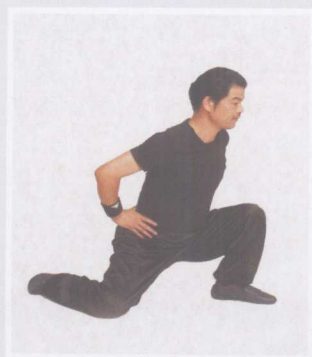


图11

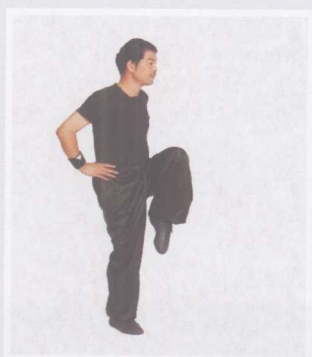


图12

基本步型 Basic footsteps

图7 横裆步: cross stance

横裆步又名“四六步”，两脚左右开立，距离约四脚长，左脚尖向外，右腿屈膝下蹲呈水平，左膝外展用力，与左脚尖、右脚跟在同一平面，收腹敛臀，重心前四后六开。

It is also named as four-six stance, as 40 percents of the weight of the body is on the leg ahead, while the distance of both feet is kept around 4 footsteps while one foot towards outside, with the leg behind squatting and the other knee leaning outside, on the same line of the toes of the front foot and the back heel, stomach backwards and hips kept steady.

图8 歇步: rest stance

两腿左右交叉，靠拢全蹲；左脚全脚掌着地，脚尖外展，右脚脚前掌着地，臀部微坐于右腿小腿上。

Squat completely with legs across, the foot in front keeps full contact to the ground with the toes towards outside, while the other foot touching the ground with the front half, the hip slightly rests on the shank behind.

图9 盘步: winding stance

在歇步的姿势下坐于地上，右腿的大小腿、腿外侧和脚背均着地。

Sit on rest stance mentioned above, while the whole leg

behind touching the ground along with the foot.

图10 蹲步: squat stance

左腿屈膝，右腿屈膝、下蹲，脚尖着地，臀部后坐，靠紧右脚跟。

Squat with the hip resting on one foot while the other foot touching the ground with toes.

图11 麒麟步: kylin stance

左腿屈膝下蹲，膝盖与脚跟垂直，右腿脚尖着地，后坐于右脚脚跟上。

Squat with the left leg bending in front with the support of the other leg behind with the shank touching the ground.

图12 独立步: lone stance

右腿直立，左腿屈膝上提，脚尖朝下，脚板向内护于右腿膝盖处。

With one leg standing, the other knee bending, and the foot kept on the knee of the supporting leg.

预备势

Preparatory stance

说 明

- ◎ 为了表述清楚，本书以图像和文字对动作作了分解说明，练习时应该力求连贯衔接。
- ◎ 在文字说明中，除特别说明外，不论先写或后写身体某一部分的动作。各运动部位都要求协调活动、连贯衔接，切勿先后割裂。
- ◎ 动作方向以人体为准，标明前后左右。
- ◎ 图上的线条是表明这一动作到下一动作经过的线路及部位。左手、左脚及左转均为虚线；右手、右脚及右转均为实线。

INSTRUCTIONS

- ◎ The movements are isolated into separate pictures and introductions in order to demonstrate, but be informed that coherence is critical in practice.
- ◎ Unless specifically indicated, consecutiveness of the movements is critical in practice whereas isolated practice is not recommended.
- ◎ Changing in directions is according to the human body, including left, right, front and back.
- ◎ The lines in the pictures indicates the directions of the movement, while solid lines are for right hand and right foot, dotted lines are for left side.