

李寿堂 编著 张连友 校订

24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

易学易懂 有益于健身

去掉了原传统套路中过多的重复拳势动作

集中了传统套路中的主要结构和技术内容



中英文对照
配盘

山西出版集团 山西科学技术出版社

李寿堂 编著
张连友 校订

24式 太极拳 学 & 练

风格突出
尚学克实
动作讲解规范
意念引导清晰
图文并茂中英文对照
易学易懂 有益于健身
去掉了原传套路中过多的重复发令等动作
突出了传统套路中的主要结构和技击内容

中英文对照

配盘

山西出版集团 山西科学技术出版社

图书在版编目(CIP)数据

24 式太极拳学与练 / 李寿堂编著. —太原: 山西科学技术出版社, 2009.1

(国术丛书. 第9辑)

ISBN 978-7-5377-3288-8

I.太... II.李... III.太极拳—基本知识 IV.G852.11

中国版本图书馆 CIP 数据核字(2008)第 162887 号

24 式太极拳学与练(配盘)

编 著 者	李寿堂
校 订 者	张连友
出 版 者	山西出版集团 山西科学技术出版社
地 址	太原建设南路 21 号
邮 编	030012
经 销	各地新华书店
印 刷	太原兴庆印刷有限公司
版 次	2009 年 1 月第 1 版
印 次	2009 年 1 月太原第 1 次印刷
开 本	787×1092 毫米 1/16
印 张	5.5
字 数	102 千字
书 号	ISBN 978-7-5377-3288-8
定 价	22.00 元

如发现印、装质量问题,影响阅读,请与印刷厂联系调换。



作者李寿堂和张连友的练功照

24式/太/极/剑/学/与/练



弓心伶演示的24式太极拳

24 式太极拳学与练

Study and Practice of 24-form Taiji Quan

作者 李寿堂
Writer Shoutang Li

翻译者 北美意源书社
孙慧敏 姜淑霞

Translator Huimin Sun, Yiyuan Martial Arts Books, North America
Shuxia Jiang, Yiyuan Martial Arts Books, North America

前言

24 式太极拳是原国家体育运动委员会于 1956 年组织武术界老前辈和有关专家,在杨氏太极拳的基础上,按照由简到繁、由易到难的原则进行改编、整理的,并定名为“简化太极拳”。因其由 24 个动作组成,人们习惯上称其为“24 式太极拳”。

这个套路中去掉了原传统套路中过多的重复拳势动作,集中了传统套路中的主要结构和技术内容,并增加了右式拳势动作,克服了传统套路中右势动作较少的缺点,方便群众掌握,易学易懂,更有益于群众健身。

太极拳不仅是一种具有攻防作用的武术,而且是一种重要的健身和预防疾病的运动项目。实践证明,它对人体的神经系统、呼吸循环系统、消化系统和骨骼、肌肉、关节疾病的预防和治疗都有着神奇的作用。

24 式太极拳自创编以来,由于其保留了杨氏太极拳缓慢柔和、连绵不断、舒展大方、劲力内涵的特点和显著的健身祛病效果,博得了世人的青睐。目前全世界已有 150 多个国家和地区,十几亿人学练 24 式太极拳。在国内现存的 130 多个武术拳术,几千个武术套路中,24 式太极拳习练人数最多,流传地域最广。为弘扬太极文化,促进全民健身,造福人类,本书将 24 式太极拳套路分段逐式精解,以帮助太极拳爱好者自学。

Preface

Under the organization of the Chinese Sports Committee, masters and experts of Wushu created the “24-form Taiji Quan” in 1957, also known as Simplified Taiji. Based on the Yang style of Taiji, the entire set is composed of simple movements that gradually become more complex.

In 24-form Taiji Quan, many repeated moves in the original routine were removed and the main structure and skill content are strengthened. The movements involving the right side of the body have been added to provide symmetry not found in the old sets. Therefore, it is easier to understand, easier to learn, and more practical to train for fitness.

Taiji is not only a martial art for defense and offense, but also a useful sport for bodybuilding and preventing disease. Studies around the world have shown that long-term Taiji practice provides wondrous effects in preventing and alleviating various diseases in the nervous, respiratory, digestive, circulatory and other systems.

The 24-form Taiji Quan retains the main features of Yang style Taiji, including the slow, continuous, and reaching movements that are soft but full of internal power, and which play an active part in health preservation. Since its development in 1957, around one billion people throughout 150 countries and areas in the world now practice the 24-form Taiji Quan. Of the 130 types of Wushu boxing techniques and the thousands of existing Wushu sets, 24-form Taiji Quan is the only one being practiced by the greatest number of people in far-reaching places. This book promotes Taiji culture and its benefits to people all over the world, by presenting clearly the 24-form Taiji Quan step by step. Accordingly, the book assists Taiji enthusiasts to learn the basic movements.

目 录

第一章 24 式太极拳的基本技术

- 第一节 桩功 1
- 第二节 体姿 6

第二章 24 式太极拳套路动作分解

- 第一节 24 式太极拳套路拳谱 17
- 第二节 24 式太极拳套路动作分解 20

附 1 太极拳的服装与礼仪 67

附 2 24 式太极拳动作布局路线图 70



Content

Chapter 1 Basic Skills of 24-form Taiji Quan

Section 1 Stance Exercises 1

Section 2 Body Positions 6

Chapter 2 24-form Taiji Quan Movements Decomposition

Section 1 24-form Taiji Quan Spectrum 17

Section 2 24-form Taiji Quan Detail Explanation Step by Step 20

Appendix 1 Dressing and Etiquette in Taiji Quan 67

Appendix 2 Path Map of the 24-form Taiji Quan Movements 70

第 1 章

24 式太极拳的基本技术

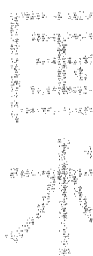
Chapter 1 Basic Skills of 24-form Taiji Quan

第一节 桩 功

Section 1 Stance Exercises

桩功,亦叫站桩,是我国传统武术特有的练功手段,各流派都非常重视站桩的功法练习,而且各有其独特的练法。太极拳讲究以意行拳,要将意念与拳势动作完善地结合起来,通过站桩达到调身、调息、调心的功效,并增强下肢功力,使膝关节得到锻炼。凡欲在太极拳的功力和健身祛病方面有所收获者,都应重视站桩的练习,在站桩上下工夫。这里就太极拳通常采用的几种站桩功法介绍如下。

Standing Practice (Zhuang Gong, also called Zhan Zhuang) is unique to China's traditional martial arts. Each school emphasizes standing exercises, and each developed their own practicing methods. Taiji Quan movements must be coordinated with the mind. This way of exercising adjusts the whole body, breathing and the heart rate. Practice will enhance the lower half of body and the knee joints in particular. To advance skill and fitness with Taiji Quan, you greatly benefit practicing standing exercises a lot and with consistency and intention. Some commonly used methods are described below.



一、抱球桩(图 1-1、图 1-2)

1. 两脚平行分开,与肩同宽,自然站立,两膝微屈,重心落于两腿中间,使百会穴、会阴穴和两脚间距中点在一条垂直线上。松肩,松腰,松胯,全身松静,意念集中,无杂念,呼吸自然。

1. Ball-Holding Stance (Bao Qiu Zhuang)(Figure 1-1, Figure 1-2)

(1) Separate the feet so that they are parallel and at shoulder width. Stand naturally, bend knees slightly, and share the weight between both legs. Face straight ahead, so that the entire body is aligned vertically. The shoulder, waist, and hip should all be relaxed. The whole body is peaceful; the mind is focused. Breathe naturally.

2. 两臂慢慢前平举,微屈,相抱于胸前,手指自然舒展,掌心向内,指尖相对,指尖相距 10~20 厘米。

(2) Raise arms slowly to shoulder level. Stretch fingers naturally. The palms should face each other, as if holding a ball. The hands should be about 10-20cm apart.

3. 两腿半屈蹲,上体保持正直,眼平视前方。

(3) Bend legs in a half squat, keeping the upper body upright and eyes looking ahead.

要 领

(1)虚领顶劲,含胸拔背,松腰竖脊,沉肩坠肘,圆臂舒指,收腹敛臀,气沉丹田,全身松而不懈,实而不僵。

(2)时间长短因人而异,随功力的增长,逐渐延长时间,初练时每次



图 1-1



图 1-2

站 3~5 分钟即可。

Key Points

(1) Neck and head are upright as if holding up something very light. Stand with chest slightly in, shoulders and elbows slightly out, rounded hips and rounded arms. The fingers are relaxed. Inhale through to the abdomen. Maintain an upright but relaxed posture in the whole body.

(2) How long the standing exercises are maintained depends on the individual. As ability and skill improve, increase the practicing time gradually. Beginners might give 3-5 minutes a try.

二、开合桩(图 1-3、图 1-4、图 1-5)

1. 与抱球桩动作 1 相同。

2. Open/Close Stance (Kai/he Zhuang)(Figure 1-3,Figure 1-4,Figure 1-5)

(1) Repeat Ball-Holding Stance (1).

2. 在抱球桩的基础上,两臂慢慢向外棚开。同时,下肢屈膝下蹲,并做深度吸气。

(2) Push both arms outward. At the same time, bend the knees lower and breathe deeper.

3. 稍停,两臂再慢慢收合。同时,两腿自然站立,并呼气。

(3) Pause and close arms gradually. At the same time, stand up and breathe naturally.



要 领

(1) 两臂外棚时,如抱着个大气球在充气,两臂意在随气球增大四面胀出,外棚与吸气同步。

(2) 两臂收合时,如两臂要把气球中的气挤出,随气球缩小,两臂收合,并同步呼气。

(3) 此开合桩宜用顺式呼吸,力求通畅顺遂,不可憋气,随练习时间的增加,逐步延长开合时间,加深呼吸深度。

Key Points

(1) Open arms as if holding an inflating balloon. As the balloon gets bigger, the arms move farther apart. As arms move apart, inhale.

(2) Close arms as if squeezing out the balloon's air. As the arms move closer together, exhale.

(3) Always breathe naturally. Do not hold breath. As practicing time increases, gradually slow down the opening/closing and breathe deeper.

三、升降桩(图 1-6、图 1-7、图 1-8)

1. 与抱球桩动作 1 相同。

3. Rise/Fall Stance (Sheng/Jiang Zhuang) (Figure 1-6, Figure 1-7, Figure 1-8)

(1) Repeat Ball-Holding Stance (1).

2. 两臂徐徐前平举,与肩同高、同宽,手心向下,肘微屈,肩要放松。

(2) Raise the arms slowly to shoulder level and maintain the same distance between them. The palms face down; elbows are slightly bent. Relax shoulders.



图 1-6



图 1-7



图 1-8



图 1-9

3. 稍停,两腿屈膝下蹲。两掌随之向下轻轻按至腹前,停顿片刻,两腿慢慢站立,两臂随之升起。如此循环,次数因人而异,随功力的增长增加练习次数。

(3) Pause, and then bend legs slowly to half-squat. Lower palms gently until they reach the level of the abdomen. Pause again then slowly straighten the legs. Arms follow the lead and move back to shoulder level. Repeat according to the ability of the individual. Increase repetitions as ability improves.

4. 收功时,两臂徐徐下落收至大腿两侧,两脚并拢。

(4) Finish the exercise by slowly moving the arms down to the side of the legs. Place the feet close together.

要 领

(1)升降时上体保持正直,不可前俯后仰。两掌下按时,两肩放松前送,两肘坠沉,两手如将水中木板下按。上升时,不可耸肩,以肩催肘,肘催腕,腕推掌,向前送劲,与腰背形成对撑。

(2)身体下降后,可随功力的增强逐渐延长停顿时间。

Key Points

(1) Maintain the upper body straight. Do not bend forward or backward. While pushing the palms down, keep the shoulders relaxed and let the elbows sink as if pressing wood into water. As the body rises, do not raise shoulders. Shoulders lead elbows, elbows lead wrists, and wrists lead the palms. Palms push forward in delivering the energy and the back moves in the opposite direction.

(2) If ability allows, stay in the lower position for a longer period of time.

四、虚步桩(图 1-9)

两脚并步站立,两臂自然下垂,右脚尖向右打开,重心徐徐移至右脚并屈膝半蹲,左脚向前迈出半步,脚跟着地,脚尖跷起,膝微屈。同时,两手向前上方举起,在体前合抱,左掌心向右偏下,指与鼻同高,指尖斜向前上;右掌在左肘内侧下方,掌心向左偏下,指尖斜向前上,目视左掌。

左右式交替练习,动作相反。

要 领

(1)两腿虚实分明,收腹敛臀,实腿要屈膝,稳固支撑身体;虚腿膝部微屈,不可挺直,脚跟轻轻支撑。

(2)上体保持中正安舒;两臂要沉肩坠肘,舒指坐腕,劲贯指尖;头部

要虚领顶劲,心念集中。

以上各种桩功练习完毕均要走动遛腿,不宜大声说话,以增加养功效果。

4. Empty Step Stance (Xu Bu zhuang) (Figure 1-9)

Stand with feet together, arms hanging naturally. Then, move the right foot so that the toes point outwards. The heel still remains in the same position. Shift the weight slowly to the right foot. Bend the right knee. Move the left foot forward in a half step with toes lifted and knee bent. At the same time, raise the left hand to the level of the nose, palm facing the lower right and fingers pointing to the upper front diagonally. The right hand should be a short distance from the left elbow, and the fingertips are at the elbow level. The palm faces lower left and fingers point upper front. Eyes look at the left hand.

Practice it in the opposite direction.

Key Points

(1) Two legs should be placed differently. One leg should be solidly planted on the ground, supporting the body, knee bent. The other leg, also bent, should be lightly placed on the ground and should support the body gently. Hold in the abdomen and pull the hips in.

(2) Maintain a straight and comfortable upper body. Sink the shoulders and elbows. Keep palm and fingers relaxed. Deliver the energy to the fingertips. Maintain head upright and relaxed. The mind is focused.

After exercises, walk a little to relax legs. To increase power effectively, talk sparingly, and in a gentle voice.

第二节 体 姿

Section 2 Body Positions

现将24式太极拳中出现的主要体姿介绍如下。

The main body positions in 24-form Taiji Quan are described below.

一、手 型

1. 拳

五指蜷曲,拇指压于食指、中指第二指节上。握拳不可太紧,拳面要平(图 1-10)。

1. Hand Positions

(1) Fist (Quan)

Curl the fingers in, thumb pressing the second section of the index finger and middle finger. Do not hold the fist too tightly or too loosely (Figure 1-10).

2. 掌

五指自然舒展,掌心微合,虎口呈弧形(图 1-11)。

(2) Palm (Zhang)

Stretch five fingers naturally. The “Tiger Mouth” forms an arc. (“Tiger Mouth” is where the thumb and index finger are joined) (Figure 1-11).

3. 勾

五指第一节自然捏拢,屈腕(图 1-12)。

(3) Hook (Gou)

Pinch five fingertips together naturally, bending the wrist down (Figure 1-12).

二、步 型

1. 弓步

前腿全脚着地,屈膝前弓,膝部不得超过脚尖;另一腿自然伸直,脚尖内扣斜前方约 45°,两脚横向距离为 10~20 厘米(图 1-13)。

2. Foot Positions

(1) Bow Step (Gong Bu)

One foot takes a big step and the entire foot is planted on the ground, knee

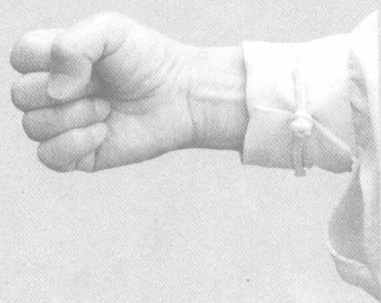


图 1-10



图 1-11



图 1-12