

體育小叢書

網球術淺說

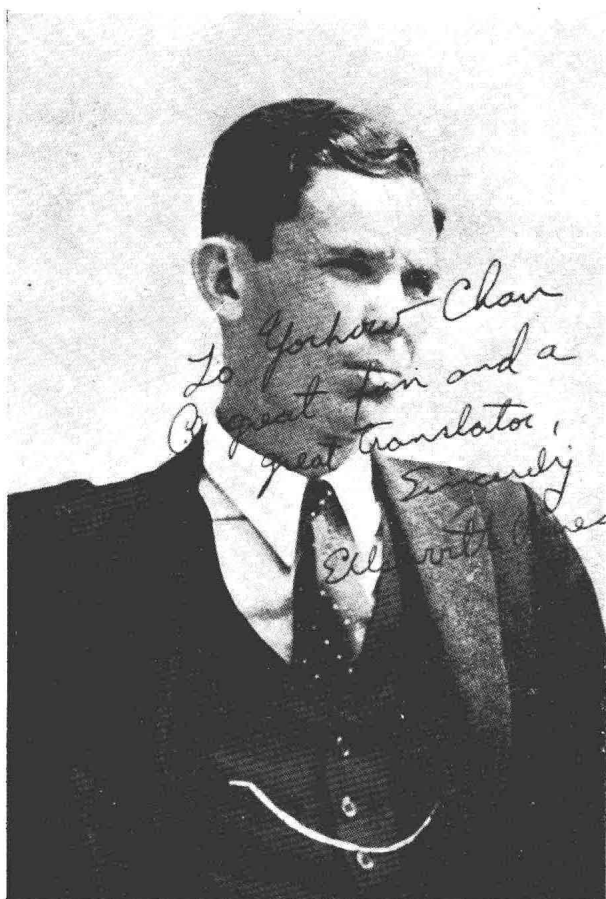
梵恩思著
陳岳州譯

商務印書館發行

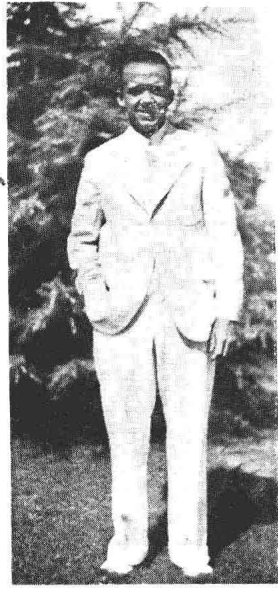
網球術淺說

清一師題





斯 恩 梵



高 夫 氏



譯 者

梵恩斯之小史

梵氏於一九一一年九月二十八日，生於美國加利福利州勞生支離斯城（Los Angeles）。身長六尺二寸，重量一百四十三磅。少嗜網球，向操習於草地球場。當時專在加州草地球場操習者，不過數人耳。梵氏貌魁偉，體堅實，其外貌安閒，而球勢則非常猛烈。又善運其靈機以應變，主攻而不主守，并以衝鋒攔網斬滾爲能事。兵法所謂「守如處女，出如脫兔」，梵氏之球術，深得其中三昧也。

梵恩斯書

別已兩年矣，今再會於金門，故人相見，喜慰何似。昨晤高夫先生，知閣下之球術進步，予兩年來無一點機會與閣下操習，今喜閣下之有成也。更知閣下曾譯海倫傑谷斯女士新著之網球新術及予著之網球術淺說，將世界網球新術介紹於貴國青年。閣下有此魄力，尤可敬。將來必能培養貴國網球人才，造成多量真正台維斯杯之戰將也。予與鐵爾登氏定本年十一月，赴遠東各國表演球術，望能與閣下再會於上海也。

梵恩斯一九三四、一、二十八、



HOTEL ST. FRANCIS
ONE OF THE WORLD'S GREAT HOTELS
SAN FRANCISCO - CALIFORNIA

MANAGEMENT
JAMES H. McCABE

Jan. 28th, 1934

Dear Mr. Chan:

It was a great pleasure for me to see you once again and a distinct surprise to learn that you are translating various books on tennis and my book in particular.

I sincerely hope that your efforts will have a fine effect on developing new Chinese Tennis players and a real Davis Cup team for China.

Wishing you every success and with hopes of seeing you in the Orient next November.

Very sincerely
Elleworth Vines

CABLE ADDRESS: S. CHABET SAN FRANCISCO

影縮文原序域斯保

高夫序

告我可愛之讀者諸君

數年前在美，獲識中國網球手林寶華。自此以後，未獲再觀中國之新進少年代表出外長征，數年來予心中常不舒服。中國竟不派多量人才，出席每年世界大會，與世界人士爭雄長；以繼數年前林寶華等之後，又安能令國際間親熱，增進新技能也。夫網球雖爲運動中之一種，而技藝日進而日新；欲雄霸世界，非朝夕之功。必有相當之練習，造成多量競爭台維斯盃選手；又得機會與各國名手觀摩，然後可爭盟主之席也。吾徒陳岳州，研究網球新術，素有心得，其志遠大。今岳州欲其國人知網球之術，與練習方法，特選譯最近名人偉著，一爲海倫傑谷斯女士之網球新術，二爲梵恩斯之網球術淺說。二人之球術過人，其書確有價值，研究網球者得而讀之，獲益不淺。且不獨新學者益，卽能手

亦有助力焉。二書簡明而易學，岳州專心譯成之，予甚望其一紙風行，於以發展中國之球術也。

九、二十五、一九三三年、

(按)高夫先生爲美國加里福利州網球專家會指導，美西未爾化里城網球會總教練，學識深邃，經驗宏富。一九三三年，美國全國青年冠軍之畢施氏，即出先生門下，與岳州同學者也。

MILL VALLEY TENNIS CLUB
MILL VALLEY, CALIFORNIA

Sept. 25, 1933

Dear Reader:

On his last trip to the U. S. a few years ago it was my good fortune to meet Gordon Lum.

It was a distinct disappointment to learn that any tennis trip in the near future would be very unlikely due to the scarcity of younger players to draw from. I have many times since deplored the fact that China has not been represented in Davis Cup matches.

Such able sportsmen as Gordon Lum and his type go a long way towards breaking down that air of aloofness which so often exists between countries separated by such great distances.

As we all know Davis Cup players are not developed overnight. To become Davis Cup material requires much practice and competition of a varied nature which is only possible through a great number of players to draw from.

It is with a great deal of pleasure that I note the enthusiasm of my good friend and pupil--Yochow Chan in his endeavor to acquaint those at home with the playing and training methods of some of our most progressive and modern players.

It has been my good luck to have played and trained for many years as an amateur with both Helen Jacobs and Ellsworth Vines. Their methods of play as outlined in this book should be easily assimilated by all tennis enthusiasts and should be of invaluable aid to both the beginner and the more advanced player.

高 夫 序 原 文 縮 影

Hoping that this book may serve as one
little cornerstone for developing tennis interests
in China, I remain,

Sept. 21st, 1933
Mill Valley Tennis Club
Mill Valley, Calif.

Frank W. Gove
Sincerely,

Frank W. Gove
Tennis Professional
Mill Valley Tennis Club
Coach to Don Budge
1933 U. S. National Jr. Champ.

影 縮 文 原 序 夫 高

保斯域序

予駐華多年，嘗在上海作網球比賽。極希望華人球術之有進步也。最近世界網球新進海倫傑
谷斯女士著網球新術，梵恩斯氏著網球術淺說，是二書者，皆稱有價值之新著。吾友陳岳州將此二
書譯之，予相信必能振起華人網球運動之興趣，示以光明之路。從此技術日進，人才日盛，在世界爭
首席，奪錦標，不難也。

美西末爾化里城網球會會長保斯域

MILL VALLEY TENNIS CLUB
MILL VALLEY, CALIFORNIA

September 28, 1933.

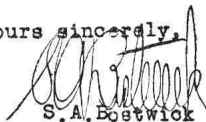
Mr. Yochow Chan,
848 Grant Avenue,
San Francisco,
California.

Dear Mr. Chan:

Having resided for several years in China where I enjoyed playing on the excellent grass courts in Shanghai, I am naturally pleased to hear that you are making a translation of the writings of Helen Jacobs and Ellsworth Vines. I am sure this will serve to stimulate tennis interest in China and thus add to the health and happiness of many of your countrymen.

Permit me to offer my best wishes and congratulations on this enterprise.

Yours sincerely,



S.A. Eastwick

President

影 縮 文 原 序 域 斯 保

鍾斯登序

球術之書，坊間浩如煙海，能詞旨顯明，令人易領略者甚鮮；有之惟梵恩斯之網球術淺說。是書說法詳明，材料豐富，雖未曉球術者讀之，亦瞭如指掌。因設爲問答之詞，從顯淺之中，指出藝術之精要。能引人入勝，興趣易生也。誠可爲初學之津梁，亦足供藝術家之研究。梵氏之有功於網球界大矣。

伍序

世界上無論何種事物，皆有基礎，基礎一壞，不能成功，而況專門技術乎。網球雖爲遊戲運動，然不能以遊戲視之。吾以爲古之射禮也，觀者如堵牆。美之林山，英之惠勃爾，儼然矍相之圃。孔子曰：「射有似乎君子，失諸正鵠，反求諸其身。」孟子曰：「仁者如射，射者正己而後發，發而不中，不怨勝己者。」持此義以通於網球乎，則思過半矣。岳州譯梵恩斯此書，簡潔而有條理。我國近來所譯網球新書，當推此書爲最便初學。而「反求諸己」「不怨勝己」之義，尤爲初學極好模範焉。苟能明是，庶幾基礎不壞，可以進而奪台維斯盃矣。爰書此意爲之序。

癸酉秋重陽日伍莊寫於金門。

譯者序

我國網球，日見興盛，技術亦日進。然欲造就多量人材，當進一步而研究近代新術，且能常與世界選手觀摩，常與世界著名專家接近，然後可與世界爭雄長，爲國家爭體面也。近代名人新著日多，擇譯殊不容易。岳州旅美十年，專心研究網球術九年，更得著名專家高夫先生（Frank Gove）之教授，與有名專家希霍堅施先生（Howard Kinsey）之指導，雖不敢云有心得，亦略知門徑。美國球術進步，有一日千里之勢，新書亦日出無窮，岳州不忖拙陋，特擇其最簡明而精要者，爲梵氏所著之網球術淺說一書譯之，以供我國人之研究。梵氏少年英蔚，一九三二年執世界牛耳，橫掃羣雄，世界宿將，爲之失色。此書一九三二年新出版，其貢獻於網球界者甚大，閱者當知其價值也。

原序

無論甚麼藝術，總有一定基礎，網球亦然。是故欲成功者，必先由好法門入手，方易進步，此書卽爲基礎。將網球之要點，與各種新術，設爲問答，以便學者了解，并將網球真相，一一以淺白文字表出，以便初學者之領略。此予十年來之經歷，特寫出以貢獻於大衆者也。