



武术养生丛书
[第三辑]

48式养生

太极拳

苗树林 编著

中英文对照
配盘



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四十八式养生太极拳

48 Form Tai Chi for Health Maintenance and Improvement

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前言

太极拳是我国广泛流传的一项历史悠久、富于民族风格的体育运动。随着社会的发展及人们需求的变化,原创太极拳的内涵由偏重于技击性的拳技套路逐渐向以疗病、保健、预防早衰和延年益寿为主的拳术套路发展。这是时代发展的必然结果。太极拳动作的柔和及舒展姿势,适合生理的不同要求。如果能按照太极拳锻炼的规则循序渐进,持之以恒,可增强人体的力量、耐力、速度、灵敏等素质。因此,它适合不同性别、年龄以及从事各种职业的人群,特别是中老年人和体弱者。

为什么太极拳能延年益寿呢?因为练太极拳时要求思想高度集中,用意识引导动作,这就调节了大脑的生理功能,使大脑皮层活动强度、灵活性、均衡性得到提高,对外界环境刺激反应的敏感性及调节功能也相应加强,从而使各组织器官能更好地维持正常的生命活动,促进新陈代谢,增强机体免疫和防御能力,在一定程度上起到防病抗衰的作用。

坚持学练太极拳,能使心肌收缩力增加,心搏有力,血输出量增多,进一步增强循环系统的

功能,使冠脉血供应充分,保证心脏及全身的血液供应。这样可预防冠心病、高血压的发生,使各系统器官的功能得到相应的改善和加强。

学练太极拳,能使呼吸肌功能加强,维持肺组织弹性,改善肺的通气功能,有利于全身氧气的供应。

学练太极拳,能促进泌尿系统更好地排泄代谢物,促进内分泌功能,尤其是肾上腺和肾上腺皮质激素分泌,使人体生命更加旺盛。同时,太极拳运动对保持四肢关节及脊柱的灵活性、柔韧性,增加肌肉的力量有明显的作用。

这套“养身太极拳”丛书,是从多种太极拳派中精选出有益于保健的功架组合而成的。因而学练时,教练者要掌握适当的进度,因人施教;学练者要量力而行,循序渐进。特别是初学者要注意锻炼要领,力求姿势正确,宁可学得慢些,也要做得好些。

Preface

With a long history and national style, Tai Chi is a widely spread martial art in China. Due to the development of the society and popular demand, the focus of Tai Chi has changed from competitions to the treatment of diseases, strengthening health, and prolonging people's lifespan. The soft and stretching Tai Chi movements and postures are more suitable for the physiological needs of human beings. Practicing Tai Chi regularly and consistently will improve one's energy, endurance, speed, and sensitivity. It benefits people of all different ages, genders and vocations, including seniors and the weak.

How does Tai Chi improve the human health? Tai Chi requires the participants to focus their mind and use it to lead the movements, which helps the functions of the cerebrum. It also helps improve the activity, flexibility, and reaction of the cerebral cortex to the environment, which in turn coordinate the tissues and organs more effectively to maintain the normal life activity and to promote the metabolism and the immune system. Therefore, it helps to achieve the goal of age-resistant and disease-preventing to a certain degree.

Practicing Tai Chi also enhances the cardiac muscles in stretching and contracting to increase cardiac output, and

strengthens the function of circulatory system. The coronary artery and the entire body are replenished with blood, effectively reducing the risk of coronary heart disease and hypertension.

Practicing Tai Chi also strengthens the respiratory muscles' function to maintain the elasticity of the lung issue, and helps provide oxygen to the entire body.

Practicing Tai Chi improves the urinary system and promotes the endocrine functions, especially the function of the adrenaline system and adrenal cortical system, in order to gain more vitality.

This sport also plays an important role in increasing flexibility and agility and muscle power in the limbs and the spine.

This series of *Tai Chi for Health* is comprised of routines that are chosen specifically from various Tai Chi schools, which benefit the health most. Teachers should design different schedules according to individuals. Students should also practice according to their own ability and make progress gradually. At the beginning, one must pay attention to the key points and postures and do his best to follow them correctly.

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四十八式养生太极拳锻炼要领

Key Points to Practice 48 Form Tai Chi for Health Maintenance and Improvement

“养生太极拳”是手、眼、身、法、步协调运动的拳术，并与“吐纳术”、“导引术”有机组合，因此，在学练时，首先要了解运动的整体性和内外的统一性，即练太极拳时意识、动作、呼吸三者协调进行，做到“一动无有不动”，“一静无有不静”。这种运动形式和中国医学在治疗疾病上的整体观念是一致的。太极拳的指导思想就是要求在练拳时要以意运气，以意运身，而关键在腰。练意、练气、练身三位一体的锻炼方式，构成了太极拳特有的运动规则，也是它能起到保健、疗病、增进体质的关键所在。

Combined with the skills of Tu Na (Inhale and exhale) and Dao Yin (led by mind), “Tai Chi for Health Maintenance and Improvement” is a routine which coordinates the movements of hands, eyes, body and feet. Therefore, one should first understand the integrity of the movements inside and outside. The mind, the action and the breath should be coordinated with each other (“If one part moves, all others follow; if one part stops, all stop”). This is the same theory that the Chinese traditional medicine applies in treatment of diseases. The principle of practicing Tai Chi is directing Qi and the body movement with the mind while the waist plays the key role in the process. This approach combines the mind, the breath and the body together to create the unique Tai Chi motion style. It can be used for fitness, curing disease, and strengthening physique.

太极拳锻炼，始终要保持心平气和，掌握一个“静”字，要势做到周身肌肉放松，用意识指导动作，保持自然呼吸，动作弧形运转；渐至做到每个关节和肌肉群都能“一动无有不动”，上下协调，左右连贯，以腰为轴心的运动来带动四肢百骸的运动，使每一动作均匀连贯，绵绵不断。上体始终保持不偏不倚，头顶与尾闾保持上下垂直，避免挺胸、凸肚、低头、弯腰、弓背、翘臀。目随手转，头顶虚灵，颈松而不僵，口微闭，下颌微向内收，舌尖轻抵上腭，肩要松垂，肘宜松沉，步须虚实。以单腿支撑重心为主，在动作的运转中保持全身的平衡。随动作的运转，用腹自然呼吸，自始至终保持实腹宽胸的状态，做到上体灵动，下盘稳健，呼吸随运动渐渐变深、细、匀、缓，促使体力逐渐增强。在每式定式似停非停的时候，腰要松沉下塌，胯根松开，用意念使劲力上到指梢，下到脚尖。目随手转，监察四方，意气，神气十足。并随时保持肩与胯合，肘与膝合，手脚相应，前后手遥相呼应，上下、左右、前后六部相合，姿势圆满，立身中正，精神饱满，使整个拳势形成意静、体松、势圆、适匀，功架稳健。

While practicing Tai Chi, one should maintain a peaceful mind all the time. With the concept of tranquility in mind, relax the muscle in every movement; use the mind to lead the motion. Keep a natural breath and move in a curve, gradually achieving the goal of uniting all the joints and muscles together and coordinate vertical and horizontal movements. Use the waist as an axle to lead other parts to move evenly, smoothly and continuously. Keep the upper body upright, the head and coccyx on a vertical line. Avoid pushing the chest out, protruding the stomach, bowing the head, bending waist, arching back or raising the buttocks. Eyes follow the hands; draw the head upward; relax the neck without being stiff. Close the mouth lightly with the tip of the tongue touching the palate lightly, and tuck in the chin slightly. Relax and sink the shoulders and elbows. Alternate steps between solid and empty. A single leg supports the weight most the time and keeps the body balanced during the movements. Breathe through the abdomen; keep the abdomen strong and the chest open all the time. Keep the upper body agile and lower body stable. As the breath

becomes deeper, slower, thinner and more even, physical strength will be improved. Once a movement comes close to an end, relax and sink the waist, relax the hips; lead the energy up to the fingertips and down to the toes with the mind. Eyes follow the hands and observe around, full of spirit. Keep the shoulders and hips, elbows and knees, hands and feet, and both hands cooperating with each other in six directions: up and down, left and right, front and back. Perfect the postures; stand upright with high spirit and a peaceful mind. Relax the body and move evenly and stably.

盘架子的姿势高低、大小应因人而异，量力而行，不要强行一致。架势高，动作快，运动量相对较小；而架势低，动作慢，运动量相对较大。因此，架势的高低、快慢要根据自身的体质而定。一旦确定架子之后就要始终保持一个水平，不要忽高忽低，忽快忽慢。以健身为目的的练法，要以轻松、舒展、自然为总则，以练至微微出汗为度。在开始练习时以高架势为宜，感到疲劳不支时，可短暂休息后再练，不要勉强练功，更不要以苦练苦熬来追求高功夫，也不要和高技术的练法相比相仿。

Lower the body according to the individual's capability. Do not push yourself to the same level with others. The high sitting (the degree to which weight-bearing knees are kept bent throughout the form) makes the movement faster and more effortless; low sitting makes the motion slower and requires more effort. Once the height of the posture and speed are set up, one should keep them the same without changing frequently. As the main purpose is fitness, one should practice it in a relaxing, comfortable and natural way; slight perspiration is enough for one session of exercise. At the beginning, it is better to adopt the high sitting stance. Take a rest once tired. Don't force the body into hard work or compare it with other high skill training methods.

一、基本步法

养生太极拳的基本步法有七种，整个套路的运转变化的，都离不开这七种步法的转换，即虚实之间的相互转化。从起式以后，要始终仅以一脚支持身体重心，不可犯双重之弊。因太极拳动作



图 1-1



图 1-2



图 1-3

缓慢，因而腿部的负担量很大，所以初练太极拳时，架子不宜过低，应逐渐降低拳架，来增强腿部的运动量。

1. Basic Step Skills

There are 7 Basic Step Skills in the routine "Tai Chi for Health Maintenance and Improvement". From open to close, every movement is based on the 7 Basic Step Skills. Therefore, every movement bases on shifting the weight from one leg to the other; never move them at the same time. Because Tai Chi movements are slow, the legs have to be strong enough to support the weight. For a beginner, one should start from a little higher, straighter position, and then lower the body gradually to strengthen the legs.

1. 马步

马步要求正身直立，全身放松，双脚分开约两脚宽度，脚尖向前，落胯下坐。下坐的高低要因人而异，量力而行，但双膝头不能超过脚尖。两膝微向里扣，松肩塌腰，两肩与双胯保持上下垂直，眼睛平视正前方，自然呼吸。要实腹、宽胸、圆转，头顶百会穴与裆部会阴穴保持上下垂直，成一条直线。两肩遥遥相对，两肩之间似有一条线通过。双手叉腰，两肘尖遥相对应（图 1-1~ 图 1-3）。

(1) Horse Step(Ma Bu)

Keep the whole body upright and relaxed. The two feet are about 40-60cm apart, toes pointing forward. Sink the hips and lower the body according to individual ability. Do not bend the knees beyond the toes. Push the knees together slightly. Relax the shoulders and waist. The shoulder and hip of the same side are aligned. Eyes look straight forward. Breathe naturally. The stomach is solid and the chest is open. Keep the Bai Hui (an acupunctural point located on the centre of the top of the head) and Hui Yin (an

acupunctural point located on the middle of the crotch) aligned vertically. The shoulders are corresponding as if there is a string connecting them. Place hands on the sides of the waist. The elbows are corresponding (Figure 1-1 ~ Figure 1-3).

2. 丁字步

一脚踏实地面，脚尖向前成斜角，落胯下坐；另一脚前脚掌轻着地面，脚向正前。上体保持正直，两手轻轻叉腰。目视正前方（图 1-4）。

(2) T-Step (Ding Zi Bu)

One foot is planted on the ground, toes pointing forward and out. Sink the hips and lower the body. The front part of the other foot is touching the ground lightly, toes pointing forward. Keep the upper body upright. Put hands on either side of the waist. Eyes look straight forward (Figure 1-4).

3. 弓步

一脚在前踏实地面，落胯屈膝，脚尖向前，略偏外侧，膝盖不要超过脚尖；另一脚在后，虚踏地面，脚尖微向外偏。上体保持中正。跨步的大小因人而异，不可勉强。两手叉腰，目视前方（图 1-5）。

(3) Bow Step (Gong Bu)

One foot is planted on the ground, sinking the hip and bending the knee, and the toes pointing forward and a bit outward. The knee should not go beyond the toes. The other foot is at the back, touching the ground lightly, toes pointing at about 45° outwards in relation to the body. Keep the upper body upright. Put hands on either side of the waist. Eyes look straight forward (Figure 1-5).

4. 虚步

保持弓步姿势，上身不动，身体重心向后移至



图 1-4



图 1-5



图 1-6



图 1-7

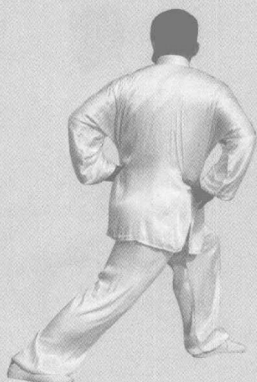


图 1-8



图 1-9

后脚，前脚变为虚步，踏地，脚尖跷起或不跷起均可（图 1-6、图 1-7）。

(4) Empty Step (Xu Bu)

Assume the posture of Bow Step; keep the upper body unchanged. Shift the weight to the back foot, the front foot touching the ground lightly, either with the toes up or on the ground (Figure 1-6, Figure 1-7).

5. 磨转步

前脚向前横脚踏地落实，屈膝落胯，塌腰；另一脚向后，脚掌虚点地面，脚跟提起，屈膝，使膝盖贴近前腿肚（图 1-8）。

(5) Grid Step (Mo Zhuan Bu)

One foot is in the front, planted on the ground, toes pointing inward. Bend the leg, sink the waist and hip. The other foot is at the back, the ball of the foot on the ground lightly. Lift the heel; bend the knee to touch the inner side of the lower leg in the front (Figure 1-8).

6. 仆步

一脚踏地落实，屈膝，落胯，塌腰，胯部略高于膝盖（胯与膝平时运动量最大，胯低于膝盖时其运动量最小），膝盖不要超过脚尖；另一脚掌向前徐徐横伸，全脚掌虚贴地面，腿挺直（图 1-9）。

(6) Crouch Stance (Pu Bu)

Plant one foot on the ground, sinking the hip and bending the knee. The hip is a little bit higher than the knee (normally the hips and knees move more and bear more weight during movements – if the hip is lower than the knee, it makes the movement easier). Do not push the knee beyond the toes. Stretch the other leg forward slowly and place the entire sole on the ground without bending the leg (Figure 1-9).

7. 独立步

一脚踏实地面，膝部微屈，脚尖向前，略向外偏斜；另一脚提膝上顶，脚尖微向前下方，脚背部分不要紧张。初练时膝盖要与脐平，逐渐使膝盖达到高与心口平。独立步时须头部有顶劲领起，气沉小腹部。落地脚要使脚心含空，用力蹬地，才能站立稳当（图 1-10）。

(7) One Leg Stand (Du Li Bu)

Plant one foot on the ground, bending the knee, toes pointing forward and a bit outward. Lift the other knee with the toes pointing forward and down in a comfortable way. For a beginner, lift the knee up to the navel, later to the chest. Draw the head up. Deliver the Qi to the abdomen. The landing foot needs to have an empty centre and push with force against the ground in order to stand stably (Figure 1-10).

二、步法练习

太极拳讲究“迈步如猫行”，“步随身换”，由脚而腿而腰，须完整一气，前进后退乃得机得势。有不得机得势处身便散乱，必至偏倚，其病必于腰腿求之。虚实宜分清楚，虚非全然无力，实非全然占煞。立身须中正安舒，支撑八面，下部两脚立根基。这都是练太极拳要注意的步法。步法的迈出要像猫儿行走那样，既灵敏又稳当，两脚要保持一虚一实，虚实分明。如果步法不正确，上身姿势就会东扭西歪，失去平衡，引起局部的紧张，也必然会影响到呼吸的顺畅。

2. Step Exercises

Tai Chi requires paying attention to: “taking steps as light as a cat” and “steps follow the body”. The feet, legs, and waist move as one. Step forward or backward when time



图 1-10



图 1-11



图 1-12