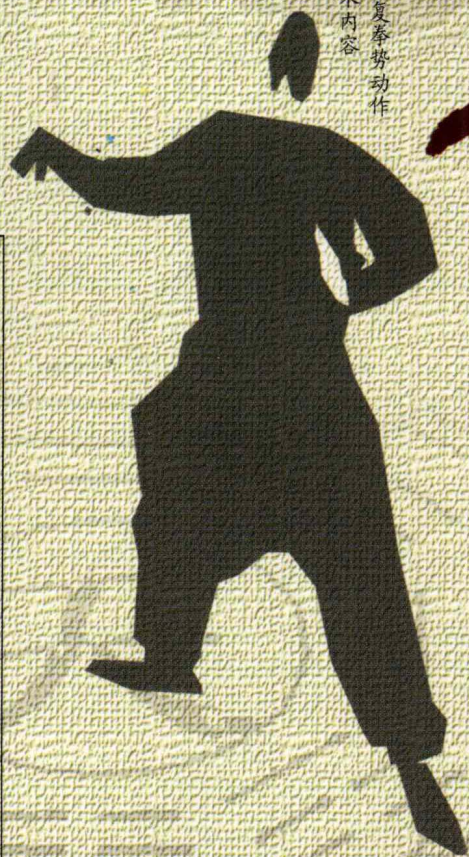


李寿堂 编著  
张连友 校订

# 42式 太极拳

## 学与练

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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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作者李寿堂和张连友的练功照



高玲华演示的 42 式太极拳

## 42 式太极拳学与练

### Study and Practice of 42-form Taiji Quan

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# 前言



42 式太极拳,是 1989 年中国武术院为适应国际武术竞赛需要,规范套路,组织专家在 48 式太极拳的基础上编创成的国际武术太极拳竞赛套路。有 40 个拳式,加上“起式”和“收式”共有 42 个拳势动作,因此,亦称为 42 式太极拳。

42 式太极拳以传统杨氏太极拳为范,吸收了陈、吴、孙等太极拳流派的代表性拳势动作编排而成。因此,42 式太极拳具有陈、杨、吴、孙四种不同风格。

42 式太极拳以现代科学为指导,根据生理学、人体结构平衡发展,较好地继承了传统太极拳轻松、柔和、圆活、自然、绵绵不断的动作风格,体现了体松心静、意领身随、刚柔相济的特点,并在此基础上加大了难度和运动量,从而形成舒展、圆活、均衡全面、生动简练的新套路。

42 式太极拳与传统太极拳相比,更具有科学性和时代性。其一,它吸收了四大太极拳门派的代表性拳势动作,规范了套路,为各门派所接受,同时适应了国内外太极拳的竞赛要求,便于太极拳的普及和推广;其二,它增加了左右拳势的平衡,弥补了传统套路的不足,更有利于健身;其三,它以杨氏太极拳拳势为主吸收了其他主要流派的代表性拳势动作,不仅使套路内容丰富,而且更具有观赏性,便于推广普及;其四,套路增加了难度和运动量,有利于太极拳的发展和竞技。

太极拳属于中国,更属于世界。42 式太极拳继承了传统,发展了传统,优于传统,它与时俱进,有利于太极拳走向世界、造福于全人类。

## Preface

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In order to standardize the forms to meet the needs of international Wushu competitions, masters and experts were grouped by the Chinese Association of Wushu to create the 42-form Taiji Quan in 1989, which was based on the Yang style 48-form. It consists of 40 movements plus the opening and closing form and becomes known as 42-form Taiji Quan.

The 42-form mainly comes from the Yang style of Taiji Quan, but it adopted signature techniques from the Chen, Wu and Sun styles as well, combining the different features of each of these four styles.

Guided by modern science especially physiology, 42-form puts emphasis on a balanced development of the human body. Its movements inherit all the characteristics of traditional Tai Chi: relax, soft, smooth, natural and continuous. It also fully embodies the Tai Chi spirits: relaxing the body, keeping internal stillness, feeling each movement, combining force with gentleness, etc. With the difficulty and the intensity being enhanced on this basis, the 42-forms came as a stretching, flexible, refined and all-round balanced new form.

In comparison with the traditional Taiji Quan, the 42-form has brought more scientific and modern components into the sport. A) It condensed the signature movements of the four major styles, standardized the routine and has been accepted by all the groups. Meanwhile, it remained fully compliant with the requirements of national and international competitions. B) Its enhanced the balance of exercising both sides of the body, eliminated the disadvantages of the original forms, and is therefore more beneficial to human body. C) Its movements were based mainly on Yang style and also combined those of other styles. Enriched in its content while becoming more appealing, it has gained much more popularity. D) The increased difficulty and intensity of the movements also propelled its development and usage in competitions.

Taiji Quan belongs to China as well as the whole world. The 42-form Taiji Quan inherited, developed, and surpassed the traditional forms. It continues to advance with the times, and it will surely benefit all the people in the world.





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# 第 1 章

## 42 式太极拳的运动特点及主要动作规格

### Chapter 1 42-form Taiji Quan Features and Standards

#### 第一节 运动特点及风格特点

##### Section 1 42-form Taiji Quan Key Features and Styles

#### 一、运动特点

##### 1. 体松心静,呼吸自然

身体要舒松自然,思想要安静集中,专心引导动作。呼吸要保持自然平稳,与动作和运动协调配合。不可勉强憋气。

##### 1. Key Points of Motions

##### (1) Relax the body and calm the mind, breathe naturally

Keep the body relaxed and natural while the mind is calm and focused on leading the movement. Keep the breath natural and even and coordinated with the movements; never deliberately hold a breath.

##### 2. 动作走弧,虚实分明

动作顺逆直横,起落旋转均要走弧形,分清虚实。避免直来直去,生硬转换,双重僵滞。

##### (2) Move in curves and distinguish between the substantial and insubstantial

When moving forward or backward, up or down, or between the movements, move in curves and make substantial and insubstantial distinctly different. Avoid

straight, rigid and sluggish motions.

### 3. 上下相随,圆活完整

动作应手脚配合,上下协调,以腰为轴带动四肢,周身完整一气,圆活自然,不要上下脱节,支离割裂。

#### (3) Move the upper and the lower body coordinately

The limbs move coordinately with each other. The lower body coordinates with the upper body. The waist acts as the axel. The whole body moves as one smoothly and naturally. Do not move the limbs as individual.

### 4. 均匀连贯,衔接和顺

动作之间要连贯衔接,势断劲不断,不应中断散乱;速度保持匀缓,不可忽快忽慢。发劲时,速度有所变化,但仍须前后连贯,连接顺畅,周身完整。

#### (4) Keep the movements even, continuous, and connected smoothly

Movements should be connected smoothly, and the internal energy should flow without ever being interrupted or scattered, even if the motion comes to a pause. Keep the speed slow and even. When exerting force, change the speed a little bit, but keep the whole movement smooth and connected.

### 5. 轻灵沉着,发劲适当

运动轻灵而不飘浮,沉着平稳而不僵滞,外柔内实,绵绵不断。发劲时,要发于腰腿,达于两手;抖擞带有弹性,做到柔中寓刚,刚柔相济。

#### (5) Light but composed; forceful yet moderate

The movement should be light but not powerless, stable without being sluggish, even and continuous. The exterior seems soft; the interior is solid. The force should start from the waist and the legs and be delivered to the hands. The shaking of the sword or the body should be elastic, combining softness with force.

## 二、风格特点

心静体松,	动作柔和;
轻灵沉稳,	意动势随;
虚实分明,	刚柔相济;
连绵不断,	势正劲整;



兼收各式，融为一体；  
转接和顺，中正安舒。

## 2. Key Styles of Movements

Keep calm and relaxed

Move lightly and stably

Motion follows the mind

Distinguish between the substantial and insubstantial

Unify the soft and hard

Act continuously, without pause

Posture correct, power focused

All styles of Tai Chi united as one

Connect the movements smoothly

Maintain the body upright and comfortable



## 第二节 42 式太极拳的主要动作规格

### Section 2 42-form Taiji Quan Features and Standards

#### 一、主要手型

##### 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。

##### 1. Hand Positions

###### (1) Fist(Quan)

Curl the fingers in, press the thumb against the second section of the index finger and middle finger. Do not hold the fist too tightly or too loosely.

##### 2. 掌

五指自然舒展,掌心微合,虎口呈弧形。

###### (2) Palm(Zhang)

Stretch the five fingers naturally. The “Tiger Mouth” should form an arc. (“Tiger Mouth” is where the thumb and index finger are joined).

### 3. 勾

五指第一指节自然捏拢,屈腕。

#### (3) Hook (Gou)

Pinch the first sections of the five fingertips together naturally, bending the wrist down.

## 二、主要手法

### (一)拳法

#### 1. 冲拳

拳自腰立拳向前打出,高不过肩,低不过胸,力达拳面。

#### 2. Hand Movements

##### - Fist movements

#### (1) Punch (Chong Quan)

Punch forward, moving the fist from the waist to shoulder height, turning it at the same time. The fist is not lower than the chest and not higher than the shoulder. Force should go to the fist.

#### 2. 反冲拳

臂内旋,拳眼朝斜下,经耳旁斜向前方打出,高与头平。

#### (2) Punch Reversely (Fan Chong Quan)

Rotate both arms inward, the eyes of the fists facing downward diagonally. Punch forward, a little inclined, through the ears at the head height.

#### 3. 栽拳

拳自耳旁向前下方打出,拳面斜朝下,拳心朝内,高与膝平,臂自然伸直,力达拳面。

#### (3) Planting a Fist (Zhai Quan)

Punch downward (a little inclined) through the ears. The eye of the fist faces in and palm faces the body. After punching, the fists should be at the height of the knees. The arms stretch naturally. The force reaches the fist.

#### 4. 搬拳

屈臂俯拳,自异侧而上,以肘关节为轴前臂翻至体前或体侧,手臂呈弧形。

#### (4) Punch with the Back of a Fist (Ban Quan)

Bend the arm, palm facing down. Turn the forearm, pivoting on the elbow, punching from the other side of the body to the same side with the back of the fist, arm arched.

## 5. 撇拳

一手握拳屈臂,拳心朝下,自异侧向前上方翻臂撇打,拳心朝上,臂呈弧形。

### (5) Throw a Fist (Pie Quan)

Clench the fist with one hand, arms arching and palm facing down. Punch to up-front from the other side, with the arm turning at the same time. After punching, the palm faces upward with arms arched.

## 6. 贯拳

臂内旋,两拳自下经两侧向前圈贯,与耳同高,拳眼斜朝下,两臂呈弧形。单贯拳同此要求,拳略高于头。

### (6) Strike with Fists (Guan Quan).

Start with arms tucked in at either side of the body, bent, fists punching forward. The two fists move outwards so that both arms are outstretched on either side at ear level. When striking with a fist, the fist should be at the head level.

## (二)掌法

### 1. 单推掌

臂内旋,掌经耳旁向前立掌推出,掌指高不过眼,力达掌根。

#### - Palm Practice

#### (1) Push with a Hand (Dan Tui Zhang)

One palm at a time pushes out and forwards from the side of the head. Fingers should not be higher than the eyes. Deliver energy to the base of palm.

### 2. 双推掌

两掌自胸前同时向前推出,掌指朝上,宽不过肩,高不过眼,力达掌根。

#### (2) Push with Both Hands (Shuang Tui Zhang)

Push both palms forward from the chest, the fingers pointing upward. The palms apart should be not more than shoulder's width and the height not higher than the eyes. The force reaches the base of the palm.



### 3. 搂掌

掌自异侧经体前弧形下搂至膝外侧,掌心朝下,掌指向前。

#### (3) Brush Hand (Lou Zhang)

Move one hand across from the other side of the body to the outside of the knee on the same side as the hand. The palm is facing downward, fingers pointing forward.

### 4. 拦掌

掌经体侧向上立掌向胸前拦,掌心向异侧,掌指斜朝上。

#### (4) Blocking Hands (Lan Zhang)

Move palm from the opposite side of the body upward, and stop it in front of the chest. The palm is facing the opposite side, fingers pointing up.

### 5. 平分掌

屈臂,两掌交叉于胸前,两臂内旋,经面前弧形向左右分开,两掌高与耳平,两掌心朝外,掌指向上。

#### (5) Separate Palms Evenly (Ping Fen Zhang)

Bend both arms and place them crossed in an 'X' in front of the body. Turn palms outwards and separate arms out and sideways, stopping them when palms are at ear level. Palms are facing outward, fingers pointing.

### 6. 斜分掌

两手交叉或相抱,斜向上下或前后分开。

#### (6) Separate Palms Diagonally (Xie Fen Zhang)

Make an "X" with both arms in front of the body. Separate them, one moving up and another moving down, or one forward and another backward.

### 7. 云掌

两手掌在体前上下交替呈立圆运转为立云掌;掌心朝上,在体前或体侧呈平圆运转为平云掌。

#### (7) Cloud Hands (Yun Zhang)

Two palms draw large circles vertically and alternatively in front of the body. Or, draw circles horizontally in front of or at the side of the body.



## 8. 穿掌

侧掌或平掌沿体前、臂、腿穿伸,指尖与穿伸方向一致,力达指尖。

### (8) Thrust Hand (Chuan Zhang)

Move a palm along the body, arm, and then leg. The thumb should point up, palm facing up or facing down, depending on the requirements. Deliver the energy to the fingertips.

## 9. 架掌

手臂内旋,掌自下向前上架至头侧上方,臂呈弧形,掌心向外,掌高过头。

### (9) Upper Block with Palms (Jia Zhang)

Turn palm outward and move it up to the upper side of the head. The arm is arched.

## 10. 抱掌

两掌合抱,两臂保持弧形,两腋须留有空隙。

### (10) Palm Holding (Bao Zhang)

Two palms are held together, and arms are maintained in an arc. All parts of the arms should remain a short distance from the body.

## 11. 挑掌

侧掌自下向上屈臂挑起,掌指朝上,指尖高不过肩,腋部须留有空隙。

### (11) Lift a Palm (Tiao Zhang)

Lift a palm upward with arms arching, the fingers pointing upward at the height not higher than shoulders. There should be room left under the arm.

## 12. 开合手

两手掌心相对,指尖向上,高与肩平,两手平开与肩同宽为开手;两手自左右向胸前合拢至与头同宽为合手。

### (12) Opening and Closing Hands (Kai He Shou)

Two palms face each other. Fingers point upward at the shoulder height. Moving hands apart to shoulder width is called Opening Hands (Kai Shou). And moving hands close to head width is called Closing Hands (He Shou).

