



汉英·对照

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推 拿 功 法 图 解

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Chinese-English Edition
of Illustrations of Chinese Traditional Exercises in Tuina



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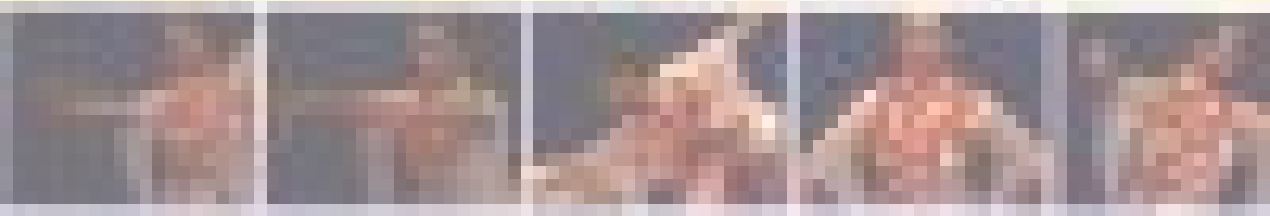
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功法圖解



THE GREAT
ILLUSTRATED
GUIDE TO THE
ARTS OF
MEDITATION
AND
MINDFULNESS



Discover the secrets of the ancient martial arts and meditation practices that have shaped the world's most powerful warriors and monks.

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前 言

中国推拿传统练功法历史悠久，早在几千多年前，中华民族的祖先在生产劳动和防治疾病过程中，即创造出了“导引按跷”的防治疾病方法。“按跷”即沿革至今的推拿、按摩，而“导引”则是概括当时所有练功方法的最早萌芽和雏形。当时“导引”的含义，即如近两千年前春秋战国时著名哲学家庄子对此的深刻认识，他说：“……吹煦呼吸，吐故纳新，熊经鸟申，为寿而已矣……”那么，这就概括“导引”是运用呼吸起伏、模仿动物行动，而能达到健康长寿的方法。这以后，汉末名医华佗更在这种认识的基础上，参照民间流传的一些内容，模仿虎扑、鹿伸、熊匍、猴纵、鸟飞等动物的各种动作形态姿势，创立了最早的练功健身“五禽戏”，并总结出“……动摇则谷气得消，血脉流通，百病不生，譬犹户枢不朽耳”的练功经验和体会，为中国传统练功提供了第一批实际功法和有力的理论依据。

历代以来，由“导引”衍化而生的各种练功方法，名目日渐繁多，按类可分为技击练功法、健身练功法等等，而“导引”这个名词本身则逐渐被狭义地理解并称为现今气功练功法的专有名词。

中国推拿传统练功法属防治结合的健身练功法类，其产生发展是随推拿医术本身的兴衰而起落，其沿革经历了一个漫长的过程。长期的医疗和生活实践中，中国推拿传统练功法经整理而逐渐系统，本书的编选

即在许多原有内容的基础上去芜存菁，扩充了新的内容，并以现代科学知识、方法做了进一步的补充和强化，所涉及的内容既注重外形和体力的全面锻炼，更在练功的过程中突出气血的调整和意志的控制。这样的全面练功形式，更加能够结合推拿医疗工作的性质，也能使采用这些练功方法进行长期练习的人群进一步提高身体素质和健康水平。

为方便学习，本书采用图解方法进行编撰，希望读者在阅读具体文字内容的过程中，能够按照图解进行对照练习，以期取得切实、良好的练功效果。

Preface

Chinese traditional exercises practiced in Tuina have a long history. Even thousands of years ago, the Chinese nation created the method of 'Dao Yin An Qiao' to prevent and cure diseases during the process of physical labor and treatment. 'An Qiao', after continuous reformations, it has developed to Tuina therapy and massage, what we are using to treat the diseases now; while 'Dao Yin' is just a generation of earliest sprout and embryonic form of various exercises practiced in the ancient time. At that time, the meaning of 'Dao Yin', just as the understanding of Zhuang Zi, a well-known philosopher in the periods of Spring-Autumn and Warring States two thousands years ago, was '...Breathing in and out, exhaling the dirty air and inhaling the fresh air, and imitating the movements of bear walking and bird flying are the guarantee of longevity.' Thus, it tells us that 'Dao Yin' is a kind of method by moving the body with respiration and imitating the movements of animals to realize longevity. Later, Huo Tuo, a famous doctor at the end of Han dynasty, created the earliest exercise 'Five Animals Game' for strengthening the body condition by taking the reference from the folk. Through imitating the movements and shapes of tiger pouncing, deer stretching, bear walking, monkey jumping and bird flying, he summarized his experience and feeling of practice as '... moving the body may help digestion of grain, promote blood circulation in the vessels and keep away from the diseases like a door-hinge never worm-eaten.' And such saying provided not only the first practical exercise, but also the powerful theoretic basis for Chinese traditional exercises.

Since then, many exercises with numerous forms and names had been derived from 'Dao Yin'. They could be generalized as exercises for fighting, exercise for

strengthening the body and so on; while ‘Dao Yin’, this word has been understood gradually as a special term of Qi Gong exercise in a narrow sense.

Chinese traditional exercises practiced in the study of Tuina are attributed to the exercises for strengthening the body, which may prevent and cure the diseases. The formation and development of these exercises passed a long process along with the prosperity and adversity of Tuina therapy. During the long period of practice in medical treatment and daily life, these Chinese traditional exercises have been sorted out to form a system gradually. In the writing of this book, we try to get rid of dross and keep the essence on the basis of original contents; some new contents are expanded, and some exercises are supplemented and enhanced with the modern scientific knowledge and methods. The contents involved emphasize the general training of the body shape and strength, but also stress the regulation of qi and blood and control of the mind. Such general training is more available for the characteristics of medical work with Tuina, and for further enhancement of body constitution and health of the people who practice these exercises persistently.

In order to make convenience for the readers, the book is compiled with illustrations. We hope the readers, when you are reading this book, can practice the exercises by taking the reference to the movements copied in the illustrations so as to get excellent results in practice.

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