

# 少林八极拳

SHAOLIN EIGHT EXTREMES BOXING

中国民间武术经典丛书

Chinese Folk Martial Classic Series

丛书主编 毛景广

Chief Editor Mao Jingguang

编著 毛景广

Compiler Mao Jingguang

译著 吴必强 陈思

Translator Wu Biqiang Chen Si



海燕出版社

河南电子音像出版社

PEIYUAN PUBLISHING HOUSE

HENAN ELECTRONIC & AUDIOVISUAL PRESS

『中国民间武术经典』丛书  
Chinese Folk Wushu Classic Series



# 少林八极拳

## SHAOLIN EIGHT EXTREMES BOXING

丛书主编 毛景广

Chief Editor Mao Jingguang

编著 毛景广

Compiler Mao Jingguang

译著 吴必强 陈思

Translator Wu Biqiang Chen Si

海燕出版社

PETREL PUBLISHING HOUSE

河南电子音像出版社

HENAN ELECTRONIC & AUDIOVISUAL PRESS



#### 图书在版编目(CIP)数据

少林八极拳: 汉英对照 / 毛景广著; 吴必强, 陈思译.  
郑州: 海燕出版社, 2007. 9  
(中国民间武术经典 / 毛景广主编)  
ISBN 978-7-5350-3567-7

I. 少… II. ①毛…②吴…③陈… III. 少林拳—汉、英  
IV. G852. 15

中国版本图书馆CIP数据核字 (2007) 第134473号

### 少林八极拳

### SHAOLIN EIGHT EXTREMES BOXING

出版发行: 海燕出版社 河南电子音像出版社

Publish: Petrel Publishing House Henan Electronic & Audiovisual Press

地址: 河南省郑州市经五路66号

Add: No.66 Jingwu Road of Zhengzhou, Henan Province, China

邮编: 450002

Pc: 450002

电话: +86-371-65720922

Tel: +86-371-65720922

传真: +86-371-65733354

Fax: +86-371-65733354

印刷: 河南地质彩色印刷厂

开本: 850×1168 1/16

印张: 5.75

字数: 72千字

印数: 1-1 000册

版次: 2007年8月郑州第1版

印次: 2007年8月第1次印刷

书号: ISBN 978-7-5350-3567-7

定价: 27.30元







“中国民间武术经典”丛书

*Chinese Folk Wushu Classic Series*

## 前言 Foreword

百集“中国民间武术经典”光盘在国内外发行之后，引起巨大的反响，深受广大武术界同行的好评，特别是海外广大武术爱好者慕名而来，拜师求学者络绎不绝，并都希望看到与之相配套的文字教材。应广大读者的要求，我们以中英文对照形式编写了这套“中国民间武术经典”丛书，以满足广大武术爱好者学习和了解博大精深的中华武术文化。

中华武术源远流长。本套丛书详细介绍了少林、太极、峨眉、武当、形意等诸多门派，包括内家和外家，近300余种拳法和武功绝活儿，是目前我国向国内外推介的最权威、最系统、最全面的武术文化精品。

“中国民间武术经典”丛书采用图文教材与影视教材（DVD）相结合的立体教学手段，全方位地展现中华武术文化精髓。每个套路邀请代表当今最高水平的全国武术冠军、正宗流派传人以及著名武术专家进行技术演练和教学示范，保证学习者获取原汁原味的技法。

在丛书编写过程中，得到中国武术协会副主席王玉龙先生的关照支持，我们表示衷心感谢！参加本丛书校对工作的人员有张青川、邵佳、王浩、邵倩、韩晓宁等，在此一并致谢！

The 100 sets of *Chinese Folk Wushu Classic* compact disc has received great attention home and abroad since its publication. Most foreign Wushu lovers hope to get the writting teaching material attached to it. To meet the needs, we have prepared these series of *Chinese Folk Wushu Classic* to help them understand the Chinese martial arts and Chinese culture.

Chinese Wushu has a long history which is profound in content. This series have details on Shaolin, Taiji, Emei etc. Including internal school and external school, nearly 300 species of the fist position and military accomplishments. They are the most authoritative, systemic and comprehensive of Wushu essence.

*Chinese Folk Wushu Classic* use graphic and video materials (DVD) to demonstrate the best of the Chinese Wushu. Each routine invites the representative of the highest levels from the National Wushu Championship, the authentic heirs or the famous Wushu experts to conduct the technical trainings and the teaching demonstrations to guarantee the original techniques of these routines for the learners.

We express our heartfelt gratitude for Wang Yulong, vice-chairman of Chinese Wushu Association for his support and help in the process of compiling these books. We also thank Zhang Qingchuan, Shao Jia, Wang Hao, Shao Qian, Han Xiaoning for their careful work in revising our books. Thanks a lot!

编者

Editor

二〇〇七年七月大暑

July 2007 Summer







“中国民间武术经典”丛书

*Chinese Folk Wushu Classic Series*

编写委员会 Writing Committee

**主任 Director**

高明星 (河南电子音像出版社社长、编审)

Gao Mingxing, Proprietor, Copy Editor of Henan Electronic & Audiovisual Press

**副主任 Assistant Director**

李惠 (河南省体育局武术运动管理中心副主任)

Li Hui, Assistant Director of Wushu Center of Henan Province Physical Education Office

杨东军 (河南电子音像出版社总编辑、编审)

Yang Dongjun, Chief Editor, Copy Editor of Henan Electronic & Audiovisual Press

段嫩芝 (河南电子音像出版社编审)

Duan Nenzhi, Copy Editor of Henan Electronic & Audiovisual Press

毛景广 (郑州大学体育系副教授)

Mao Jingguang, Associate Professor of Department of Physical Education of Zhengzhou University

**委员 Commissioner**

马雷 (公安部中国前卫搏击协会秘书长)

Ma Lei, Secretary-general of Chinese Advance Guard Defy Association of Ministry of Public Security

李素玲 (江南大学体育学院副教授)

Li Suling, Associate Professor of Institute of Physical Education of Jiangnan University

郭笑丹 (河南龙腾多媒体技术制作有限公司经理)

Guo Xiaodan, General Manager of Henan Dragon Television

Production Company

吴兴强 (重庆大学体育学院副教授)

Wu Biqiang, Associate Professor of Institute of Physical Education

of Chongqing University

涂虎波 (郑州大学体育系教授)

Xu Hubo, Professor of Department of Physical Education

of Zhengzhou University

**总策划 Chief Producer**

高明星 Gao Mingxing

**责任编辑 Editors in Charge**

郭笑丹 赵建 贾大伟

Guo Xiaodan Zhao Jian Jia Dawei





“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

作者名单 Author List

主 编 Chief Editor

毛景广 Mao Jingguang

副主编 Assistant Editor

李素玲 郭笑丹 吴兴强

Li Suling Guo Xiaodan Wu Biqiang

编 委 Members of the Editorial Board (以姓氏笔画为序 Name of a Sequence of Strokes)

马 雷 毛景宇 代小平 丛亚贤 纪秋云

Ma Lei Mao Jingyu Dai Xiaoping Cong Yaxian Ji Qiuyun

刘海科 乔 嫖 任天麟 何义凡 许定国

Liu Haike Qiao Biao Ren Tianlin He Yifan Xu Dingguo

杨 华 杨玉峰 张亚东 张学谦 张希珍

Yang Hua Yang Yufeng Zhang Yadong Zhang Xueqian Zhang Xizhen

赵艳霞 高秀明 袁剑龙

Zhao Yanxia Gao Xiuming Yuan Jianlong

视频示范 Video Performer

毛景广 刁山多 释德扬 潘 经 张士杰

Mao Jingguang Diao Shanduo Shi Deyang Pan Jing Zhang Shijie

释行超 释果松 刘海科

Shi Xingchao Shi Guosong Liu Haike

图片示范 Picture Illustrators

张 森 Zhang Sen 时晶峰 Shi Jingfeng

摄 影 Photographers

贾大伟 Jia Dawei 林伟峰 Lin Weifeng





## 目 录

### 第一章 概述



第一节 少林武术的由来/003

第二节 少林拳的特点/008

第三节 少林拳基本动作与方法/013

一、手型/013

二、步型/015

三、手法/020

四、腿法/025

五、平衡/028

六、跳跃/028

七、头法/029

### 第二章 分解教学与图解

第一节 少林八极拳简介/033

### Chapter I Overview

Section I The Origin of Shaolin  
Wushu / 003

Section II The Features of Shaolin  
Boxing / 008

Section III The Basic Movements and  
Methods of Shaolin Boxing / 013

1. Hands / 013

2. Step / 015

3. Hand Position / 020

4. Leg Position / 025

5. Balance / 028

6. Jump / 028

7. Head Position / 029



### Chapter II Step Teaching and Diagram

Section I Brief Introduction of Shaolin  
Eight Extremes Boxing / 033

## 第二节 少林八极拳动作名称/034

### 第三节 少林八极拳动作说明 与图解/037

- 一、预备式/037
- 二、丁步看手/037
- 三、马步右挑拳/038
- 四、马步顶肘/039
- 五、马步右横拳/040
- 六、开弓势/041
- 七、击裆捶/042
- 八、弹踢马步劈拳/042
- 九、右弓步十字拳/043
- 十、马步双托掌/044
- 十一、左弓步双推拳/045
- 十二、转身半马步搬托掌/046
- 十三、右刁掳大缠/049
- 十四、左刁掳大缠/050
- 十五、挂臂缠切腕/052



## Section II Movement Names of Shaolin Eight Extremes Boxing / 034

### Section III Movement Explanations and Diagrams of Shaolin Eight Extremes Boxing / 037

1. Beginning Form / 037
2. Press Palm in T-stance / 037
3. Arc Fist in Horse-riding Step / 038
4. Push Elbow in Horse-riding Step / 039
5. Horizontal Punch in Horse-riding  
Step / 040
6. Punch Fist in Bow Step / 041
7. Punch Fist Downward and Bring Feet  
Together / 042
8. Kick a Chop Fist in Horse-riding  
Step / 042
9. Cross Fist in Right Bow Stance / 043
10. Arc Palm in Horse-riding Step / 044
11. Push Palm in Bow Step / 045
12. Turn Body and Arc Right Palm / 046
13. Right Twist Grasp and Push Palm / 049
14. Left Twist Grasp and Push Palm / 050
15. Twist Wrist and Arc Fist / 052



十六、马步左挑拳/053

十七、马步右推掌/053

十八、挂腿按掌/054

十九、右架掌/055

二十、跪步下冲拳/056

二十一、转身搂手推掌/057

二十二、右弓步架推掌/058

二十三、撩阴掌/059

二十四、转身马步推掌/060

二十五、右缠手/061

二十六、撤步左推掌/062

二十七、左缠手/062

二十八、撤步右推掌/063

二十九、挂腿按掌/063

三十、跃步抄掌/065

三十一、挂臂缠切腕/066

三十二、马步左挑拳/067

三十三、撤步抡劈拳/067

16. Arc Fist in Horse-riding Step / 053

17. Push Right Palm in Horse-riding  
Step / 053

18. Backward Step and Press Palm / 054

19. Right Block Palm / 055

20. Punch Fist Downward from a Kneeling  
Position / 056

21. Brush Hand Turning Body and Push  
Palm / 057

22. Block a Push Palm in Bow Step / 058

23. Arc Palm from a Kneeling Position / 059

24. Turn Body and Push Palm in  
Horse-riding Step / 060

25. Right Twist Grasp / 061

26. Step Backward Push Left Palm / 062

27. Left Twist Grasp / 062

28. Step Backward Push Right Palm / 063

29. Backward Step and Press Palm / 063

30. Forward Giant Leap / 065

31. Twist Wrist and Arc Fist / 066

32. Arc Left Fist in Horse-riding Step / 067

33. Step Backward and Arm Swing / 067

三十四、盖拳左弹踢/068

三十五、马步劈拳/069

三十六、转身击裆捶/070

三十七、弹踢马步劈拳/071

三十八、右弓步十字拳/072

三十九、马步双托掌/072

四十、右戳脚/073

四十一、弓步冲拳/074

四十二、马步开弓势/074

四十三、左戳脚/075

四十四、弓步冲拳/076

四十五、缠手单鞭/077

四十六、马步双挑拳/078

四十七、马步顶肘/078

四十八、收式/080

34. Kick a Chop Fist / 068

35. Cut Fist in Horse-riding Step / 069

36. Turn Body and Punch Fist Downward / 070

37. Kick a Chop Fist in Horse-riding  
Step / 071

38. Punch Fist in Bow Step / 072

39. Arc Palm in Horse-riding Step / 072

40. Hook Kick and Punch Fist / 073

41. Punch Fist in Horse-riding Step / 074

42. Draw a Bow in Horse-riding Step / 074

43. Left Foot Hook Kick / 075

44. Punch Fist in Horse-riding Step / 076

45. Twist Wrist and Push Palm in Bow  
Step / 077

46. Arc Palms in Horse-riding Step / 078

47. Push Elbow in Horse-riding Step / 078

48. The Closing Form / 080



# 第一章 概述

## OVERVIEW

### 第一节

少林武术的由来

THE ORIGIN OF SHAOLIN WUSHU

### 第二节

少林拳的特点

THE FEATURES OF SHAOLIN BOXING

### 第三节

少林拳基本动作与方法

THE BASIC MOVEMENTS AND METHODS  
OF SHAOLIN BOXING









## 第一节 少林武术的由来 THE ORIGIN OF SHAOLIN WUSHU

少林拳源于少林寺，拳因寺而得名，故名少林拳。少林拳是少林拳术和器械的总称。少林寺位于我国河南省登封市境内，在登封市西北约13公里处，是公元495年北魏孝文帝为来中国传教的印度僧人跋陀所建造。由于寺建立在嵩山支脉少室山阴的密林丛中，故名嵩山少林寺。

Shaolin Boxing is originated from the Shaolin Temple. It is named Shaolin Boxing due to the name of the Temple. Shaolin Boxing refers to both the Shaolin martial arts and weapons. Shaolin Temple locates in Dengfeng City, Henan province, about 13 kilometers away to the northwest of Dengfeng City. In 495, the Emperor Xiaowen of the Bei-Wei Dynasty constructed it for the Indian missionary monk Batuo. Since the Temple was built in Songshan offshoot, it is named Songshan Shaolin Temple.

关于少林武术的产生，世人有许多说法，但真正有据可信者应从隋唐讲起。

There are many stories about the origin of Shaolin Wushu, but the credible evidence should start from Sui and Tang dynasties.

隋末唐初（公元620年），李渊、李世民父子为了争霸天下，与盘踞在洛阳的隋朝大将王世充交战。在战斗的紧要关头，以昙宗为首的少林寺僧，活捉了王世充的侄子王仁则，并将其捆绑送至唐营，立了大功。李世民登基之后，“嘉其义烈，颁降玺书宣慰”（少林寺



碑)，对立功和尚各有赏赐，其中昙宗被封为大将军。这次战斗，给了少林武僧习武成名的机会，揭开了少林武术光辉灿烂的一页。少林寺发展很快，名声日隆。贞观以后，少林寺僧“昼习经曲，夜练武略，修文不忘武备”（西来堂志善碑），修佛习武成了少林寺世代相传的独特宗风。

In 620, Li Yuan and Li Shimin fought against the general of the Sui Dynasty—Wang Shichong in Luoyang, in the crucial moment of the battle, Tan Zong headed Shaolin monks to arrest Wang Shichong's nephew—Wang Renze, and sent him to the Tang camp. After Li Shimin became the emperor, he rewarded the monks for their help, and Tan Zong was awarded the title of the General. This battle made Shaolin monks famous for their boxing. From then on, Shaolin martial arts had a glorious start. Afterwards Shaolin Temple has developed rapidly, its reputation has grown. After the Zhen Guan period, Shaolin monks “read the Buddhist books in the day, practiced martial arts in the night, while studying the Buddhist books, they didn't forget military preparations” (from Xilai Tang Zhishan Tana-Monument). Studying the Buddhist books and practicing martial arts have become the unique Shaolin style passed on from generation to generation.

北宋年间，福居和尚做少林住持时，曾邀请全国武术名流云集少林寺，虚心与各派切磋技艺。北宋末年，金兵南侵，少林寺武僧宗印受命率“尊胜队”和“净胜队”两军，进发潼关，与金兵对垒，报效国家。

In the Northern Song period, Fu Ju, the headmaster of Shaolin Temple, invited national celebrities in martial arts to Shaolin Temple in order to learn from each other. When Jin army invaded the Northern Song, the Shaolin monk Zong Yin was appointed to command “Zunsheng team” and “Jingsheng team” to fight against the Jin army in Tongguan, serving the country.

元朝，崇尚释教，少林寺与皇家关系也十分密切，元世祖命福裕大和尚住持少林寺，并统领嵩岳一带所有寺院。此时的少林寺，众常两千。寺僧习武队伍中，如智庵、智聚、子安、党训等，都是当时身怀绝技的名僧。



In Yuan dynasty, because Buddhism was popular, Shaolin Temple maintained close to the Royal, the Mongol emperor appointed Fu Yu to chair Shaolin monks and lead all the monasteries in Song Mountain area. At that time, the Shaolin Temple had 2,000 monks, among which Zhi An, Zhi Ju, Zi An and Dang Xun were very famous Monks in martial arts.

明代，少林武术蓬勃发展，誉满天下。少林棍在少林武术中占有重要地位，少林僧所使用的兵器以棍最为闻名。《武备志》作者茅元仪对少林棍给予了很高的评价。他认为“诸艺宗于棍，棍宗于少林”。特别是在抗倭卫国的战争中，以棍为杀敌武器的“本寺武僧屡经调遣，奋勇杀敌”（少林寺万历二十三年七月碑）。“俱持铁棍长七尺，重三十斤，运转便捷如竹杖，骁勇雄杰，官兵每临阵，辄用为前锋……抡棍破敌，与者即仆，顷刻毙数倭”（《上海掌故丛书·吴淞甲乙倭变志》）。少林僧为国为民的英烈壮举谱写了一曲曲动人的、可歌可泣的雄壮诗篇。

In the Ming Dynasty, the Shaolin martial arts flourished and became famous in the world. The Shaolin stick held an important status in the Shaolin martial arts, which was also known as the most famous enginery for the Shaolin monks. Mao Yuanyi, author of the book *Records of the Weapons* highly praised the Shaolin stick. In his opinion, "Stick is the ancestor of all martial arts, and Shaolin is the cradle of the stick." Especially in the Anti-Japanese Pirate War, stick was recorded in the weapon in July, 23 of perpetual calendar of Shaolin Temple stele as "Our temple's monks were maneuvered for several times and fought against the enemy bravely." Another record in the *Shanghai anecdotes series-Wusong* says "All of them held the stick which was 7 feet long, 30 jin in weight, and swift like the bamboo rod. The warriors were so brave that if any soldier be ahead of the war field, he would act as a vanguard..." The Shaolin monks wrote many moving and praisable glorious epics which record their great behaviors for the nation and people.

清代，少林寺习武之风极盛。今之少林寺毗卢阁（又名千佛殿）内青砖地面上尚存的当时寺僧练功形成的48个凹陷脚窝，就是少林寺武僧长期从事武功训练的有力佐证。