

# 少林罗汉十三式

## SHAOLIN LUOHAN 13 FORM

中国民间武术经典丛书

Chinese Folk Wushu Classic Series

丛书主编 毛景广

Chief Editor Mao Jingguang

编著 毛景广

Compiler Mao Jingguang

译著 陈福兴 林玄弘

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海燕出版社 河南电子音像出版社

HEILONGJIANG HOUSE

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“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 writing 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!

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*Chinese Folk Wushu Classic Series*

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# 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

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#### 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。





In the Qing Dynasty, the fashion of learning Shaolin martial arts was prevailing. Today's Shaolin pilu pavilion(also named Qianfo palace) still keeps the 48 hollow foot-making holes of the monk on the grey brick field, which is a strong evidence of the long time training of Shaolin monks.

民国时期，少林武术曾是“国术研究馆”主要学习和研究的内容之一。然而由于当时军阀混战，给少林寺带来了灭顶之灾。1928年，国民军冯玉祥部石友三与建国军樊钟秀战于河南，石友三攻占少林寺后，为泄私愤，便纵火焚寺，大火持续40余天，殿堂楼阁等古建筑全被夷为平地，大量珍贵文物也一同化为灰烬。

During the period of Republic of China, the Shaolin martial arts were once one of the mainly studied and researched contents of "The Museum of National Martial Arts". However, the dogfights of the warlords at that time destroyed Shaolin Temple. In 1928, Shi Yousan, who belonged to the department of Feng Yuxiang of Kuoming Tang fought with Fan Zhongxiu, who belonged to the Jianguo army. Shi set fire on Shaolin Temple to give vent to his personal rage after attacking and occupying it. The fire lasted for more than 40 days, which destroyed all the constructions and precious cultural relics in the temple.

新中国成立后，少林寺和少林武术又获得了新生。党和政府不但拨款修复少林寺，而且对少林武术的发展也十分重视。特别是1982年，香港中原影业公司功夫片《少林寺》的公映，使少林武术兴旺空前。

After the foundation of the People's Republic of China, both Shaolin Temple and Shaolin martial arts get their new lives. The Party and government not only allocate exclusively to rebuild Shaolin Temple but also pay much attention to the development of Shaolin martial arts. 1982 should be mentioned, as the film *Shaolin Temple* produced by HongKong Zhongyuan Film Company was released to the public, which made the Shaolin martial arts reach its climax.

少林拳是中华武术中一大派系，其内容丰富多彩。目前社会上广为流传的典型拳路就有大洪拳、小洪拳、炮拳、罗汉拳、朝阳拳、梅花拳、通背拳、长拳、关东拳、长护心意门、七星拳、心意拳、柔拳、少林太极拳，以及各种器械、对练等。另外，还有与养生功、医学、气功等有关的内容，都是十分宝贵的民族传统文化。