

『中国民间武术经典』丛书

Chinese Folk Wushu Classic Series

OLD FORM'S ROUTINE I
OF CHEN-STYLE TAIJI QUAN



陈式太极拳老架一路

丛书主编 毛景广

Chief Editor Mao Jingguang

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陈式太极拳老架一路

OLD FORM'S ROUTINE I OF CHEN-STYLE TAIJI QUAN

陈式太极拳老架一路是中国太极拳中最古老的拳术之一。它起源于河南陈家沟，由陈王廷所创。陈式老架一路的运动特点是：刚柔相济，且以刚擅长，手法螺旋缠绕，并且方向多变，用劲以踩、捌、靠为主，架势横宽低沉，且有发劲、震脚和跳跃动作。

本书采用图文教材与影视教材相结合的立体教学手段，并邀请此拳法权威人士进行技术表演和教学示范，保证学习者获取原汁原味的技法传承。

The Old Form's Routine I of Chen-style Taiji Quan is one of the most ancient Chinese shadow boxing. It originated in Chen Jiagou of Henan, China and was created by Chen Wangting. It's characterized by orderly moving among force and soft, more rigid, spiral and winding hand position, and steady actions with its harmony among intentions, breathing, strength and form.

This book adopts the three-dimensional teaching method of diagram, words and video. The authoritative are invited for technical performance and teaching demonstrations, guaranteeing the learners to gain the real technical method transmission.

“中国民间武术经典”丛书
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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 pre-

pared 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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二〇〇七年七月大暑

July 2007 Summer



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Chinese Folk Wushu Classic Series

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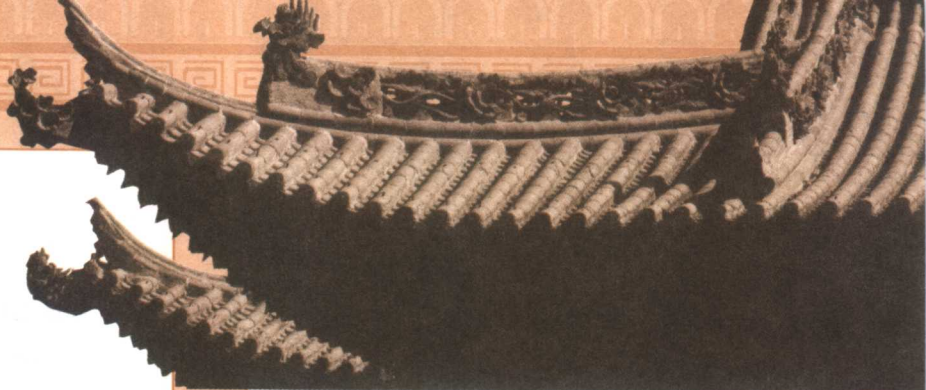
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