

中国民间武术经典丛书

Chinese Folk Wushu Classic Series

BREATHING METHOD
OF 24 FORM TAIJI QUAN



太极拳进阶教程之

24式太极拳呼吸配合法

丛书主编 毛景广

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海燕出版社 河南电子音像出版社

PEIYUAN PUBLISHING HOUSE HENAN ELECTRONIC & AUDIOVISUAL PRESS



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图书在版编目(CIP)数据

24式太极拳呼吸配合法: 汉英对照 / 毛景广著; 张学谦译. — 郑州: 海燕出版社, 2007. 9
(中国民间武术经典 / 毛景广主编)
ISBN 978-7-5350-3556-1

I. 2… II. ①毛…②张… III. 太极拳—汉、英 IV. G852.11

中国版本图书馆CIP数据核字(2007)第134484号



24式太极拳呼吸配合法 BREATHING METHOD OF 24 FORM TAIJI QUAN

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

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印刷: 河南地质彩色印刷厂

开本: 850×1168 1/16

印张: 6

字数: 58千字

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 978-7-5350-3556-1

定价: 28.00元

24 式太极拳呼吸配合法

BREATHING METHOD OF 24 FORM TAIJI QUAN

24式太极拳呼吸配合法是一种与众不同的太极拳术，它主要讲解动作如何配合呼吸的练习方法，以及太极拳练习中的意念导引方法，是太极运动中的高级训练教程。

呼吸配合和意念导引是太极拳具有神奇健身功效的关键所在，本书详细介绍每一个动作的呼吸方法、呼吸要领和呼吸规律，它将带领您进入真正的太极练习境界，并会收到意想不到的健身效果。这套拳法中正自然、舒展大方、均匀连贯，同时也规范了一些不同练法，此拳术是经过国家武术权威机构审定的普及推广套路。

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 Breathing Method of 24 Form Taiji Quan is one of the spectacular taiji boxing styles. It mainly explains the exercise method on how movement matches up with breathing, and the method of consciousness guidance in Taiji Quan exercise. It is the advanced training course in "Taiji" sport.

Respiratory tie and consciousness guidance are the key reasons why Taiji Quan has magical health-building function. The book introduces in details breathing methods, essentials and regular pattern of each movement. It will bring you to a genuine "Taiji" exercise realm, and produce unexpected effect of fitness. The fist position has the features of generous stretch and uniform continuity, and standardizes different exercise methods. The Chinese shadow boxing is the universal, popularized set pattern after the validation of national Wushu authority.

This book adopts the three-dimensional teaching method of the combination 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
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 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



“中国民间武术经典”丛书

Chinese Folk Wushu Classic Series

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Chinese Folk Wushu Classic Series

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**EXERCISE GENERAL
KNOWLEDGE OF TAIJI QUAN**

第一节

太极拳的由来与流派

THE ORIGINS AND SCHOOLS OF TAIJI QUAN

第二节

练习太极拳对身体各部位的要求

**THE REQUIREMENTS OF BODY POSTURES IN
TAIJI QUAN**

第三节

太极拳运动中的呼吸配合规律及要求

**THE BASIC RULES AND REQUIREMENTS OF
BREATH IN TAIJI QUAN**



THE HISTORY OF THE
CIVILIZATION OF THE
UNITED STATES

BY
J. W. WOODS

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第一节 太极拳的由来与流派 THE ORIGINS AND SCHOOLS OF TAIJI QUAN

太极拳是武术的主要拳种。“太极”一词源出《周易·系辞》，“易有太极，是生两仪”，含有至高、至极、无穷大之意。太极拳这个名称的取义是因为太极拳拳法变幻无穷，含义丰富，而用中国古代的“太极”“阴阳”这一哲学理论来解释和说明。

关于太极拳的起源及其创始人，民间有几种不同的说法。根据有说服力的考证，太极拳源于明末清初。据《温县志》的记载，明崇祯十四年（1641），陈王廷任河南温县“乡兵守备”，明亡后隐居家乡耕田习拳，如《遗词》所说：“闷来时造拳，忙来时耕田，趁余闲，教下些弟子儿孙，成龙成虎任方便……”从陈王廷的《拳经总歌》中可以了解到，他所创造的太极拳受明朝将军戚继光所编著的《拳经三十二势》的影响很大。陈王廷将《拳经三十二势》中的二十九势编入了太极拳套路，如《拳经三十二势》以“懒扎衣”为起式，而太极拳各套路起式也均以该动作为起式，甚至陈王廷《拳谱》和《拳经总歌》的文辞也与《拳经三十二势》相仿。

太极拳虽受戚继光《拳经三十二势》影响，但有其独特的风格和作用。陈王廷研究了道家的《黄庭经》，将太极拳中的手法、眼法、身法、步法的协调动作与导引、吐纳有机地结合起来。在练习时，要求意识、呼吸和动作三者密切合为一体，这就使太极拳成为内外统一的拳术运动。太极拳运用传统中医经络学说，拳势动作采用螺旋缠绕式的伸缩旋转方法。要求以腰为轴，内气发源于丹田，通过意念引导，到达任督两脉和周身，从而达到“以意用气，以气运身”的境地。

陈王廷创造的太极拳推手方法具有很强的技击性，对发展耐力、



速度和灵敏等素质都具有很大的作用。

太极拳在其长期演变过程中形成了许多不同风格和特点的传统流派，其中流传较广和具代表性的有五式，即：陈式、杨式、吴式、武式、孙式。

从20世纪50年代开始，太极拳得到蓬勃发展。先后有二十四式、四十八式、三十二式拳剑等太极拳套路问世。90年代，又有四十二式太极拳竞赛套路和各式流派的太极拳竞赛套路出现。为满足全民健身需求，八式和十六式的简化型太极拳得到了推广和开展。同时，中国传统的太极拳运动在世界各地也得到了广泛的传播。

Taiji Quan is one of the most famous Chinese traditional martial arts. The word "Taiji" comes from *Zhouyi · Xici* with the meaning of the highest, the farthest and endless. Its theory is based on traditional Chinese philosophy.

There are different versions of its beginning and its initiator. Now people generally believe that Taiji Quan made its debut by Chen Wangting, a garrison commander in Wenxian county, Henan province in late Ming and early Qing Dynasty.

Applying the theory in Jingluo in traditional Chinese medicine, all the movements take such shapes as an arc or a spiral. Every movement of the limbs calls for close co-ordination with the waist. Qi arises from Dantian, reaches the pulses of Ren and Du, and spreads to the whole body.

The form of pushing hands created by Chen Wangting emphasizes attack and defense. By practicing pushing hands, one can greatly improve his or her stamina, rapidity and agility.

During the long time of development, Taiji Quan came to be associated with different families in China. These family names came to designate the different schools of Taiji Quan. There are five major schools in Taiji Quan: Chen-style, Yang-style, Wu-style, Wu-style, Sun-style.

Taiji Quan has been developing greatly. Since 1950s, a number of different sets have been established, including 24-form, 48-form, 32-form Taiji Quan, 42-form Taiji Quan as well as the simplified 8-form and 16-form Taiji Quan. Now Taiji Quan is spreading worldwide, and there is a large population practicing Taiji Quan all over the world.



第二节

练习太极拳对身体各部位的要求

THE REQUIREMENTS OF BODY POSTURES IN TAIJI QUAN



一、虚灵顶颈竖项

Head Erect and Neck Vertical

练习太极拳时要求头顶部百会穴轻轻上提，好似头顶上有绳索悬着，从而感觉有“虚灵顶颈”之意，也称“顶头悬”。虚灵顶颈可使头部自然垂直，有利于练拳时的控制平衡和中枢神经对器官机能的调节等。

要保持虚灵顶颈姿势不松塌和不强硬，颈项要端正竖起，颈项的自然放松竖起能使头部左右转动时自然灵活，达到头正、顶平。做到虚灵顶颈，才能精神饱满、意气贯注，保持练习时的动作沉稳和扎实。

In order to keep balance, head movements in Taiji Quan must be head erect and neck vertical, as if head were hung by a thread with neck relaxed.



二、沉肩坠肘坐腕

Lowering Shoulders and Elbows Relaxing Wrist

练太极拳时在松肩的前提下要求沉肩和坠肘，沉肩坠肘有利于躯干的含胸拔背，同时会有身体重心下沉的内劲感觉。沉肩坠肘动作要保持腋下的回旋余地，不要把臂紧贴胸部或体侧，还要有微向前合抱的感觉。