



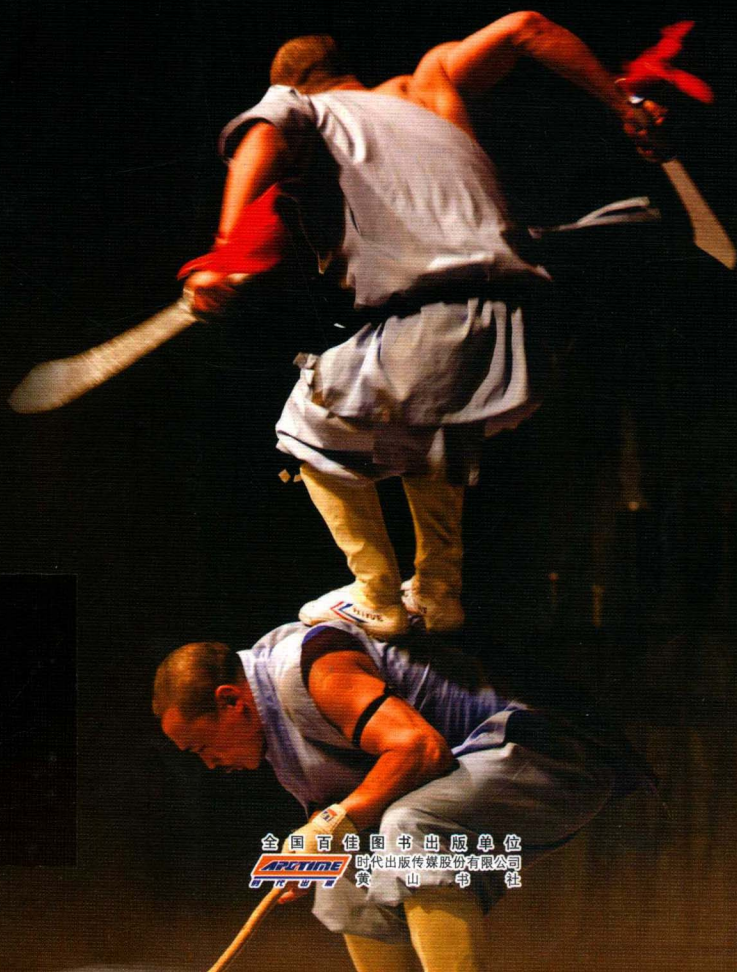
历史活化石

Chinese  
Martial Arts

# 武术

「文以评心，武以观德」

蒋剑民 黄一棉 编著



全国百佳图书出版单位  
时代出版传媒股份有限公司  
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## 图书在版编目(CIP)数据

武术 / 蒋剑民 黄一棉编著. -- 合肥 : 黄山书社, 2015.11

(印象中国. 历史活化石)

ISBN 978-7-5461-4154-1

I. ①武… II. ①蒋…②黄… III. ①武术—介绍—中国

IV. ①G852

中国版本图书馆CIP数据核字(2015)第275902号

武术  
WU SHU

蒋剑民 黄一棉 编著

出品人 任耕耘

总策划 任耕耘 蒋一谈

项目总监 马磊 钟鸣

责任编辑 程景

责任印制 戚帅

图文编辑 王新

装帧设计 李晶 王萌萌

出版发行 时代出版传媒股份有限公司 (<http://www.press-mart.com>)

黄山书社 (<http://www.hspress.cn>)

地址邮编 安徽省合肥市蜀山区翡翠路1118号出版传媒广场7层 230071

印刷 安徽联众印刷有限公司

版次 2016年4月第1版

印次 2016年4月第1次印刷

开本 720mm×1000mm 1716

字数 155千

印张 12

书号 ISBN 978-7-5461-4154-1

定价 39.00元

服务热线 0551-63533706

销售热线 0551-63533761

官方直营书店 (<http://hsssbook.taobao.com>)

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中国武术又称“国术”，是中国传统的体育项目。武术是由远古时期人类的搏击与格斗方法演变而来，以踢、打、摔、拿等攻防格斗的动作为基础，按照一定规律编排成各种攻防格斗套路，在技击格斗的同时，又具有强身健体、培养意志的作用。

中国武术有着悠久的历史 and 博大精深的文化体系，是中华文明中的瑰宝和中华民族智慧的结晶。在漫长的发展过程中，武术广集技击精华，以传统哲学和伦理学为思想基础，以传统兵家学说和中医学为科学依据，内修

Chinese Martial Arts (*Wushu*), also known as “art of the nation”, is a traditional Chinese sports event. Evolved from the ways of human fighting and combat in ancient times, martial arts utilizes offensive and defensive combat actions such as kicks, punches, wrestling and takedowns as its foundation, and arranges them into a variety of offensive and defensive combat routines according to certain rules. Aside from its application in fighting and combat, martial arts also functions to build up physical fitness and develop will power.

Chinese Martial Arts boasts a long history and an extensive and profound cultural system. It is a treasure of Chinese civilization as well as the crystallization of Chinese people's wisdom. In its long process



外练，术道并重，开创了较为系统的技击体系和众多门派的中国功夫，形成了独具民族风貌的武术文化体系。

本书着重介绍了中国武术的源流、门派、拳术、十八般武艺，以及武术的思想文化内涵，帮助读者从武术中窥见中华文化，进一步了解中国传统文化的精神实质。

of development, martial arts has gathered a wide variety of combat essence, established its ideological foundation on traditional philosophy and ethics, and based its scientific root upon the doctrines of traditional military strategists and traditional Chinese medicine to perform internal cultivation and external trainings with equal importance attached to the techniques as well as the principles. Martial arts have created well-organized martial arts systems and numerous sects of Chinese kung fu (another alias for Chinese Martial Arts), and has formed a cultural system of martial arts with unique national features.

This book highlights the origins, sects, fist fighting techniques and versatile techniques of Chinese Martial Arts, as well as the ideological and cultural connotations in martial arts to help readers get a glimpse of Chinese culture in the light of martial arts, and to obtain a better understanding of the spiritual essence of traditional Chinese culture.



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# 武术的起源、发展

## Origin and Development of Martial Arts

中国武术文化源远流长，萌芽于原始社会(起自大约170万年前的元谋猿人，止于公元前21世纪夏王朝的建立)人类对自然、社会环境进行抗争的过程，随着军事战争的发展，从简单的搏击，逐渐成熟完备，自成体系，出现了各种徒手和器械套路。

The long history of the Chinese Martial Arts culture started from the primitive society (starting from Homo erectus Yuanmouensis around 1.7 million years ago and ending in the establishment of the Xia Dynasty in the 21st century B.C.). In the process of their struggle against nature and the social environment, people came up with simple moves of fighting, which gradually matured along with the development of militaristic wars and developed into various systems of barehanded and weapon-tool routines.

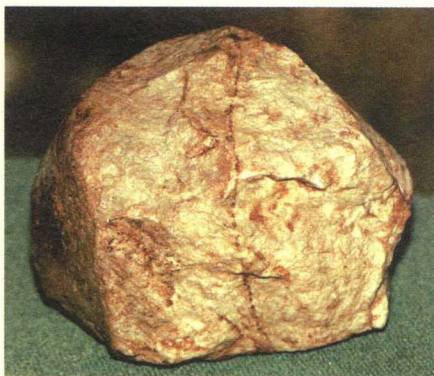




## > 武术的缘起

武术是一门综合性的运动，以格斗技能为基础，其招式都是按照攻防的格斗要求设计出来的，并结合了狩猎、战争、武舞等元素逐渐发展形成。

武术的起源可以追溯至原始社会，其萌生与发展与人类的生存竞争和原始战争分不开。在早期的人类社会中，格斗的对象不是人，而



## > Origin of Martial Arts

Martial Arts is comprehensive exercise based upon fighting skills. It has its movements designed in accordance with the requirements in offensive and defensive fighting and incorporates combined elements such as hunting, warfare and martial dance in its eventual development and formation.

The origin of Martial Arts can be traced back to the primitive society. Its origin and development cannot be separated from human's survival competition and primitive wars. In the early human society, the opponents in fights were not human beings, but beasts. At that time, living conditions for humans were extremely poor. They lived the life of a savage and burrowed

- 石球(旧石器时代)  
Stone Ball (the Paleolithic Period)





• 原始人类狩猎图  
Hunting Scenes of Primitive People

是野兽。当时人类生存条件非常恶劣，茹毛饮血，穴居野处，到处都是凶禽猛兽。为了生存繁衍，人类不得不与野兽进行殊死搏斗。在中国西部地区的古老岩画中就有许多描绘人与野兽搏斗的场面。在狩猎的过程中，人们逐渐形成了奔跑、跳跃、滚翻、躲闪、拳打、脚踢等徒手的技术动作，以及运用石制、木制棍棒等工具的技能，积累一些攻防经验。

原始工具的出现与进化，也是原始技击产生与发展的有力证明。

in the wild, where beasts and predators were everywhere. In order to survive and procreate, mankind had no choice but to engage in death struggles against beasts. Many ancient rock paintings in the western region of China depicted various scenes of struggle between men and beasts. In the process of hunting, people gradually formulated unarmed fighting techniques, such as running, jumping, rolling, dodging, punching, kicking and the like, as well as skills to utilize stone and wooden tools like clubs. A number of offensive and defensive experiences were thus accumulated.



旧石器时代（距今约250万年—约1万年）出现了粗糙的用石头打制的尖状器、砍砸器，到新石器时代（距今约1万年—4000年）出现了磨制精细的木质、石质、骨制工具，特别是弓箭的发明，大大提高了人们打猎的能力，扩大了狩猎的范围。



#### • 骨镞(新石器时代)

骨镞是骨制的箭头，是一种常用的狩猎工具。

**Bone Arrowhead (the Neolithic Age)**

The arrowhead was made out of bone. It was a very common hunting tool.

The emergence and evolution of primitive tools were also powerful proof of the emergence and development of primitive forms of fighting techniques. Sharp-pointed wares and chopping tools roughly wrought from stones emerged during the Paleolithic Period (around 2.5 million to 10,000 years ago). During the Neolithic Age (around 10-4 thousands years ago), well-wrought tools made of fine wood, stones and bones came into being, and the invention of bows and arrows, in particular, greatly enhanced human's ability to hunt, and expanded the scope of the hunting range.



#### • 内蒙古鄂温克族狩猎岩画

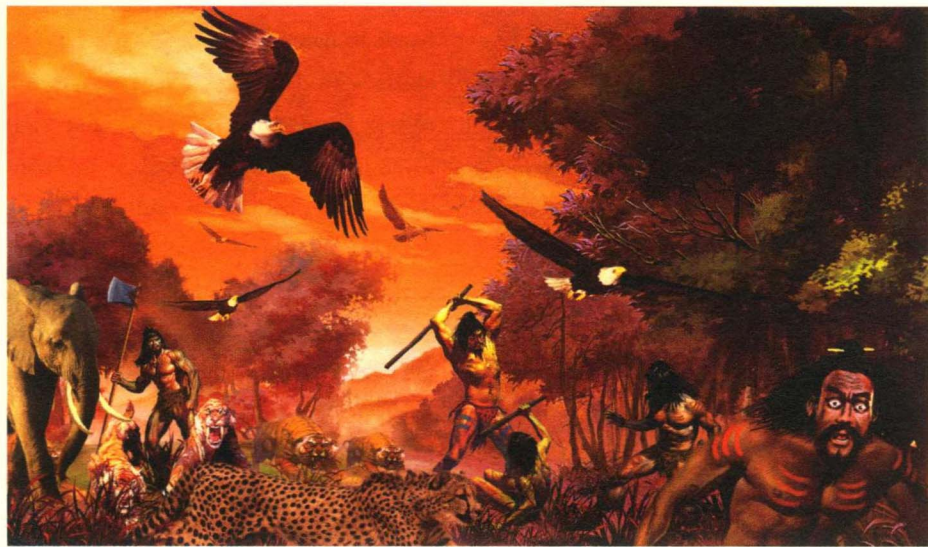
岩画表现了一群手持弓箭的猎人围猎一头驼鹿的场面，具有浓厚的原始集体狩猎时代的气息。

**Rock Paintings of Hunting of the Ewenke Tribe in Inner Mongolia**

The rock painting depicted the scene of a group of hunters armed with bows and arrows hunting for a moose, which delivered a strong atmosphere in the era of primitive collective hunting.

除了狩猎以外，原始时期的战争与武术的萌芽也关系紧密。原始社会中，各个部落为了争夺食物、领地，或为争夺首领的地位，常常发生争斗。这些人与人之间的争斗，促进了原始武术的形成。到了原始社会末期，以掠夺奴隶和财富为目的的部落战争越来越频繁，规模也越来越大。中国古代传说中黄帝轩辕氏与蚩尤九黎部落之间的战争，就运用了比较先进的青铜兵器，人们的格斗技术也比狩猎要复杂得多，这种原始战争促进了武术的发展。

In addition to hunting, the beginning of martial arts was also closely related to primitive wars. In the primitive society, tribes often battled against each other in order to compete for food, territory or the position of leadership. These struggles among human beings promoted the formation of primitive martial arts. Towards the end of the primitive society, tribal warfare for the purpose of plundering slaves and wealth became more and more frequent, and the scale grew larger and larger. In ancient China, legend had it that advanced bronze weapons were utilized during the war



• 黄帝战蚩尤

Battle between the Yellow Emperor and Chiyu





原始武术的发展与原始教育、原始宗教，以及原始娱乐是分不开的。在原始教育中，传授与训练生产经验、战斗技术是一项重要的内容。原始人类在祭祀求神、娱乐等活动中，模拟狩猎或战争的场景，执各种兵器手舞足蹈，以巧妙的动作展现自己的敏捷拳脚。这种原始的舞蹈与武艺的演练是分不开的。在古籍《尚书·尧典》中记载，一个名叫“夔”的首领说：“於！予击石拊石，百兽率舞。”（啊！让我们敲打起石鼓，和百兽一起跳起来吧！）这里的“百兽”，指的是模拟野兽的形态动作，是一种狩猎舞，也是古代武术中象形拳最原始的萌芽。



• 左江岩画中的武舞图 (图片提供: FOTOE)  
Martial Dance Illustrated in the Zuojiang Rock Paintings

between Yellow Emperor Xuanyuan and Chiyou of the Jiuli tribe, and the fighting techniques used by the people were also more complex than those in hunting. Such primitive wars had promoted the development of martial arts.

The development of primitive martial arts is also inseparable from primitive education, primitive religion as well as primitive entertainment. The teaching and training of both production experiences and fighting techniques are important contents of primitive education. In the worshipping and entertaining activities among others, primitive people used to simulate hunting or war scenes, dancing around with various weapons held in their hands to demonstrate their agile fighting skills with delicate movements. In the classic *Yao Dian* (Document about Yao) of *The Book of History*, it was recorded that a leader called Kui said: “Ah, let us hit the stone drums, so all the beasts can dance together!” The “beasts” mentioned here indicates a form of movement in imitation of animals. It was a form of hunting dance and the most primitive form of the ancient animal-style martial arts.

In the primitive society, hunting, tribal conflicts and primitive dances all

原始社会中的狩猎、部落间的争斗和原始舞蹈对武术的产生，起着直接的促进作用。但武术毕竟不同于狩猎、打仗和舞蹈，它的形成和发展还需要更加充分的条件，中国悠久的历史给了中华民族发展武术的时间和条件。

exercised direct effects in promoting the emergence of martial arts. However, martial arts are different from hunting, warring and dancing. It requires more adequate conditions in order to be formed and developed. China's long history has provided the time and conditions needed for Chinese people to develop Chinese martial arts.





## > 武术的发展

武术形成于中国奴隶社会时期。启改变了原始社会部落联盟民主推选首领的禅让制度，建立了中国历史上第一个世袭的奴隶制国家夏朝（约前2070—前1600），引起了东夷部落的起兵反抗。东夷人善于使用弓箭，有很多神箭手，神话传说中的射日英雄后羿就曾做过他们的首领。夏朝为了镇压东夷部落的反抗，非常重视军事演练，集中军队进行击刺练习。经过连绵不断的战火，武术为了适应实战的需要，进一步向实用化、规范化发展。

商周时期（前1600—前256），频繁激烈的军事斗争，不仅促使武器由简单到复杂，向多样化发展，还促进了攻防格斗技术的提高和发

## > Development of Martial Arts

Martial Arts was formed in China during the period of the slave society. Qi changed the throne abdication system used by the tribal alliance to democratically elect a leader in the primitive society, and established the first hereditary state of slave society in China, the Xia Dynasty (approx.2070 B.C.–1600 B.C.), which ignited revolts from the Dongyi tribes. The Dongyi tribes were good at the skills of bows and arrows and had many legendary archers. In the legend of Chinese mythology, Houyi, the hero who shot the redundant suns, was once their leader. In order to suppress the Dongyi resistance, the Xia Dynasty attached great importance to military exercises and focused on the practice of striking attacks in the army. Through an