



编著 陈昌乐 翻译 韩丑萍

放松功

(汉英对照)

俞尔坤 编

中华传统经典养生术

总策划 李洁
总主编 李洁 许峰 肖斌 赵晓霆
总主译 韩丑萍
英译主审 劳伦斯·刘

Chief Producer Li Jie
Chief Compilers Li Jie Xu Feng Xiao Bin Zhao Xiaoting
Chief Translator Han Chouping
English Language Reviewer Lawrence Lau



(Chinese- English) Traditional and Classical Chinese Health Cultivation

Fang Song Gong (Relaxation Exercise)

Compiler Chen Changle
Translator Han Chouping



上海科学技术出版社
Shanghai Scientific & Technical Publishers

中华传统经典养生术

(汉英对照)

[Chinese- English] Traditional and Classical Chinese Health

Chief Producer Li Jie

Chief Compilers Li Jie Xu Feng Xiao Bin Zhao Xiaoting

Chief Translator Han Chouping

English Language Reviewer Lawrence Lau

总策划 李洁

总主编 李洁 许峰 肖斌 赵晓霆

总主译 韩丑萍

英译主审 劳伦斯·刘

放 松 功



Fang Song Gong (Relaxation Exercise)

编著 陈昌乐

Compiler Chen Changle

翻译 韩丑萍

Translator Han Chouping

上海科学技术出版社

Shanghai Scientific & Technical Publishers

图书在版编目 (CIP) 数据

放松功: 汉英对照 / 陈昌乐编著; 韩丑萍译. —

上海: 上海科学技术出版社, 2015.5

(中华传统经典养生术)

ISBN 978-7-5478-2562-4

I. ①放… II. ①陈… ②韩… III. ①气功-健身运
动-基本知识-汉、英 IV. ①R214

中国版本图书馆CIP数据核字 (2015) 第042965号

放松功

编者 陈昌乐

上海世纪出版股份有限公司
上海科学技术出版社 出版

(上海钦州南路71号 邮政编码 200235)

上海世纪出版股份有限公司发行中心发行
200001 上海福建中路193号 www.ewen.co

上海中华商务联合印刷有限公司印刷

开本 787 × 1092 1/16 印张 11

字数: 130千字

2015年5月第1版 2015年5月第1次印刷

ISBN 978-7-5478-2562-4/R · 880

定价: 68.00元

本书如有缺页、错装或损坏等严重质量问题, 请向工厂联系调换

顾问委员会

Advisory Committee Members

主任

徐建光 陈凯先 严世芸 郑 锦

Directors

Xu Jianguang Chen Kaixian Yan Shiyun Zheng Jin

副主任

施建蓉 胡鸿毅 季 光 张怀琼 余小明 劳力行

Vice Directors

Shi Jianrong Hu Hongyi Ji Guang Zhang Huaiqiong

Yu Xiaoming Lao Lixing

学术顾问

严世芸 林中鹏 林 欣 李 鼎 俞尔科 王庆其
潘华信 潘华敏 姚玮莉 赵致平 李 磊

Academic Advisers

| | | | | |
|--------------|---------------|------------|-----------|---------|
| Yan Shiyun | Lin Zhongpeng | Shin Lin | Li Ding | Yu Erke |
| Wang Qingqi | Pan Huaxin | Pan Huamin | Yao Weili | |
| Zhao Zhiping | Li Lei | | | |

编纂委员会

Compilation Committee Members

总策划

李 洁

Chief Producer

Li Jie

总主编

李 洁 许 峰 肖 斌 赵晓霆

Chief Compilers

Li Jie Xu Feng Xiao Bin Zhao Xiaoting

副总主编

孙 磊 陈昌乐 倪青根

Vice Chief Compilers

Sun Lei Chen Changle Ni Qinggen

总主译

韩丑萍

Chief Translator

Han Chouping

副主译

赵海磊

Vice Chief Translator

Zhao Hailei

中文主审

周敦华 李小青

Chinese Language Reviewers

Zhou Dunhua Li Xiaoqing

英译主审

劳伦斯·刘

English Language Reviewer

Lawrence Lau

编 委 (按姓氏笔画排序)

叶阳舸 许 峰 孙 磊 李 洁 李小青 肖 斌
吴璐一 沈晓东 陆 颖 陈 驰 陈昌乐 周敦华
赵 丹 赵晓霆 赵海磊 倪青根 韩丑萍

Editorial Board Members (listing names in alphabetic order)

| | | | |
|--------------|---------------|--------------|---------------|
| Ye Yangge | Xu Feng | Sun Lei | Li Jie |
| Li Xiaoqing | Xiao Bin | Wu Luyi | Shen Xiaodong |
| Lu Ying | Chen Chi | Chen Changle | Zhou Dunhua |
| Zhao Dan | Zhao Xiaoting | Zhao Hailei | Ni Qinggen |
| Han Chouping | | | |

项目资助

Acknowledgement

- 上海市新闻出版专项扶持资金项目
- 上海市中医药三年行动计划(2015—2018年)“基于〈中华气功史陈列馆〉科普教育基地为核心的〈中医气功文化平台〉建设”
(项目编号: ZY3-WHJS-1-1010)

· Shanghai Press and Publication of special support funds program

· The Three-Year Action Plan for Chinese Medicine in Shanghai (2015-2018) on Construction of Qigong Cultural Platform in the Museum of Chinese Qigong History (Program No: ZY3-WHJS-1-1010)

序

Foreword

欣闻上海市气功研究所编写的《中华传统经典养生术》丛书即将出版,这是中华原创医学文明传播的一件盛事,特致贺忱。

中华传统养生术源远流长,其中导引术更是重要的组成部分,它先于针、灸、药、医而形成,是中华民族最早用以防治疾病、养生保健的重要方法之一。现存早期文献《庄子》《吕氏春秋》《黄帝内经》以及考古发现《引书》《导引图》中均有关于养生导引及其具体方法的记载。此后绵绵数千年的历史长河中,中华养生导引术不断丰富、发展与创新,在自我实践中形成千门万法,在去伪存真中完善理论体系。20世纪后叶,古之导引术又以现代“气功”的面目再次席卷中华大地,并享誉海内外。时至今日,中华导引术仍然以其“人天合一”的整体观思想与丰富多姿的养生导引方法独立于世界自然医药之林,滋润着人类身心世界。事实表明,中华导引术已经形成为一门博大精深的学术体系。它所研究的是人之物质基础(精)与自组织能力(神)相互关系的规律,是关于“人”——这个地球上最复杂系统达到和谐与协调的一门学问。

我和上海市气功研究所相识逾30年,该所自20世纪70年代的中医研究所开始,气功与导引就是关注、研究的重点领域;80年代中期更名气功研究所后,更是全力着眼于现代气功的研究与中华导引术的弘扬。《中华传统经典养生术》是上海市气功研究所多年来所教授养生导引术、气功功法的汇编与总结,对于帮助学习、普及推广现代导引术具有较好的价值。希望此丛书的出版,能够进一步带动当前养生导引术在海内外的健康发展,推动中华优秀传统文化走向世界各地。

是以为序。

林中鹏

2015年3月

It is with great pleasure that I learn the *Traditional and Classical Chinese Health Cultivation* series compiled by the Shanghai Qigong Research Institute will be published soon. This means a lot to the spread of Chinese medical civilization.

Traditional Chinese health cultivation has a long-standing and well-established history. As an important part of health cultivation practice, Dao Yin exercise was used for disease prevention and treatment as well as life cultivation before acupuncture, moxibustion and herbal medicine. The recordings of *Dao Yin* and its specific exercise methods can be traced back to the *Zhuangzi*, *Lü Shi Chun Qiu* (The Annals of Lü Buwei), *Huang Di Nei Jing* (the Yellow Emperor's Inner Classic) and archaeologically unearthed books such as *Yin Shu* (a book on Dao Yin) and *Dao Yin Tu* (Dao Yin Diagram). After this, the thousands of years have witnessed the enrichment, progress and innovation of Chinese *Dao Yin* practice, coupled with emergence of numerous methods and perfection of its theoretical system. In late 20th century, the ancient *Dao Yin* exercise became exceptionally popular across China in the form of 'qigong'. Today, Chinese *Dao Yin* exercise remains flourish with its holistic 'Man-Nature Unity' idea and various exercise methods that benefit both body and mind. Facts show that there is a profound academic system behind Chinese *Dao Yin* exercise. This system studies the interactions between material foundation (essence) and self-organization ability (mind). In other words, it studies the way to achieve harmony and coordination of human being—the most complex system on earth.

I've established a friendship with the Shanghai Qigong Research Institute for 30 years. Ever since its founding in 1970s as a Research Institute of Chinese Medicine, qigong and *Dao Yin* have always been the research priorities of the Institute. The focuses on qigong and *Dao Yin* have been more highlighted in 1980s when the Institute was renamed as a Qigong Research Institute. I firmly believe that the

Traditional and Classical Chinese Health Cultivation series are of great significance in popularizing modern *Dao Yin* exercise. I sincerely wish the book series can further promote *Dao Yin* exercise at home and abroad and spread excellent Chinese culture.

For this, I wrote this forward.

Lin Zhongpeng
March 2015

前言

Preface

气以臻道

农历乙未早春,正是上海市气功研究所创建三十周年之际,恰逢气功学术发展枯木迎春之季。在此,我们谨向海内外气功学界发出倡言——构建现代气功“气以臻道”的学术思想。

所谓“气以臻道”,首先是指气功学术发展必须树立一个大方向,即中华传统文化精神的最高目标——“道”;其次是指通过对“气”的感性体验与理性认知,使生命更趋向“道”,与“道”合一。道者,规律、目标也;气者,方法、途径也;臻者,趋向、完善也。气—道共同构成“气以臻道”学术思想内核。其中气为实、主行,是具体之指;道为虚、主理,是抽象之喻。气因道而展,道由气而实;气以道归,道以气显;气借道而实际指归,道假气而理性论证。气功学术发展必须气、道并重,互印互证,理行一贯。两者既各尽其责、各擅其能,又有主从之别。“道”因标指形上本体而为万法归宗之源;“气”每描述形下万法而成法法生灭之流。“道”经思维抽象提炼,揭示规律、规则之理性思辨;“气”常直叙主观感觉,表述体会、觉受的感性认识。道—气,一主一从,一虚一实,构成中华气功学术思想的本质内涵。

“气以臻道”学术思想之主体是“道”,是指向真理之道路,是学术文化人文精神的体现,也是先人用身心去实践生命运化规律的心得体验,古人称为“内证之学”。“道”的外延旁及“功”和“术”,可以包括各种神秘现象、气功现象、特异现象,古人称为“神通法术”。当今,现代科学研究介入传统气功学术是时代进步的表现,它为我们观察生命奥秘打开了一个全新的视角。透过唯象的研究,重新激发起人类对生命的思考与敬重,重新挖掘出科技文明下的人文精神,而非单纯地将生命物质化,这才是现代科学介入传统气功的人

文价值所在。

有鉴于此，我们倡议构建现代气功研究之“气以臻道”学术思想，让中华传统文化与现代科学携起手来，揭示生命真谛，回归大道本源。

上海市气功研究所

2015年春

Advocacy for *Qi-Dao Harmony* in Modern Qigong Practice

The year 2015 is a Chinese new year of yin wood sheep (*Yi Wei* in Chinese). Wood, in Chinese culture on five elements (*Wu Xing*), is connected to the season of spring. The year 2015 also marks the 30th anniversary of the founding of Shanghai Qigong Research Institute. With a strong belief that the spring of 2015 will bring new hope to qigong study, we hereby advocate the concept of '*Qi-Dao Harmony*' for its academic advance.

The term *Qi-Dao Harmony* has two underlying implications. First, it implies that *dao* is the ultimate goal of traditional Chinese culture and the general orientation for academic qigong advance. Second, it implies that our lives shall combine into one with the *dao* through perception and understanding of qi. In summary, this term means to achieve and perfect *dao* through qi exercise. The 'qi' here is weighted and refers to practice. The '*dao*' here is unweighted and refers to principles. Without *dao*, qi cannot extend; without qi, *dao* cannot become weighted. Qi finds its origin in *dao* and *dao* manifests itself in qi. Qi returns to *dao* eventually and *dao* supports qi theoretically. It's

essential for people in academic qigong field to pay equal attention to qi and *dao*. The two have a principal-subordinate relationship. The metaphysical *dao* is the origin of all methods. The physical qi is the practice of all methods. *Dao* is about the abstract thinking and reveals the laws and rules. Qi is about the subjective feelings and tells experience and perception. Qi and *dao* constitute the essence of academic idea in Chinese qigong.

Let's get a deeper look into the concept of *Qi-Dao Harmony*. Also known as the 'learning of internal evidence', *dao* is the way to truth. It contains humanistic spirit and physical and mental experience of our ancestors. *Dao* extends to exercise (*gong*) and a variety of magic arts including mysterious, qigong and extrasensory phenomena. Today, modern scientific qigong research offers a new insight into the mysteries of life. The phenomenological research rekindles our reflection and respect towards life and enables us to re-discover humanism from modern civilization greatly impacted by science and technology. This is the real value of scientific research on traditional qigong in this materialized world.

To this end, we advocate the academic concept of '*Qi-Dao Harmony*' in modern qigong research. We believe the combination of traditional Chinese culture and modern science can help us to reveal the truth of life and return to the origin of the great *dao*.

Shanghai Qigong Research Institute
Spring 2015

编写说明

Words from the Compilers

中华传统养生术根植于中国传统哲学、中医学和养生学,是人体自我身心锻炼的有效方法。

随着倡导“主动健康”概念日益深入人心,具有调身、调息、调心功能的中华传统养生术,以其传统的养修理论、独特的身心效果蜚声海内外,引起世人的广泛关注。但近期国内外少见中国传统养生术的书籍出版,尤其没有成套、成系列的经典养生类作品问世,更缺乏英汉对照的专业著作。

上海中医药大学上海市气功研究所研究人员在前期研究工作基础上,精选中华传统经典养生术共八种,从历史源流、功法理论、特色要领、图解动作、分解说明与具体运用几方面进行中文编纂,由上海中医药大学中医英语专业人员进行翻译。并邀请专家进行中文审稿,邀请美国友三中医药大学 Lawrence Lau 先生审定英文翻译。

本套丛书详细地将八种中华经典养生术以图文并茂、视频摄像的形式记录下来,配以光盘,非常方便学习与传播,尤其便于海外养生爱好者以英语来学习。

本套丛书编纂过程中,得到上海市中医药三年行动计划(2015—2018年)“基于〈中华气功史陈列馆〉科普教育基地为核心的〈中医气功文化平台〉建设”(项目编号:ZY3-WHJS-1-1010)资助。

编者

Traditional Chinese health cultivation includes a variety of body-mind exercises, which are deeply rooted in ancient Chinese philosophy and medicine.

Today, the concept of 'health initiative (an ability to achieve physical, mental and social well-being)' has become well recognized.

Traditional Chinese health cultivation exercises are attracting worldwide attention because of their unique effects in regulating the breathing, body and mind. However, there are few books in this regard, especially the classical book series. There are even fewer bilingual Chinese-English versions of these books.

Based on their previous studies, research staff at the Shanghai Qigong Research Institute compiled eight traditional and classical health cultivation exercise methods, covering their history, theoretical foundation, characteristics and key principles, illustrated movements and application. Then these contents have been translated by professional interpreters at Shanghai University of Traditional Chinese Medicine. The Chinese version was reviewed by an expert team. The English version was reviewed by Dr. Lawrence Lau at the Yunnan University of Traditional Chinese Medicine.

In addition to illustrations and videos are also available for readers, especially overseas health cultivation fans to learn.

This books series have been funded by the Three-Year Action Plan for Chinese Medicine in Shanghai (2015-2018) on Construction of Qigong Cultural Platform in the Museum of Chinese Qigong History (Program No: ZY3-WHJS-1-1010).

Compilers

目 录

Table of Contents

| | | |
|----|---------------|---|
| 1 | 源流 | History |
| 7 | 理论基础 | Theoretical Foundation |
| 8 | 以中医理论为基础 | Chinese Medical Theory |
| 9 | 放松是手段与目的的结合 | Relaxation is a means, process and end |
| 11 | 三调合一 | Unity of Three Regulations |
| 15 | 松紧有度 | Combination of Relaxation and Intension |
| 17 | 循序渐进 | Practice Step by Step |
| 19 | 三因制宜 | Practice according to individual age, gender and constitution |
| 23 | 特色与要领 | Characteristics and Essential Principles |
| 24 | 放松功是所有气功的基础功法 | <i>Fang Song Gong</i> serves as the foundation for qigong exercise. |
| 27 | 功法操作 | Movements of <i>Fang Song Gong</i> |
| 28 | 基础操作 | Basic Movements |
| 29 | 调身 | Regulating the body |

| | | |
|-----|------------|-------------------------------------|
| 35 | 调息 | Regulating the breathing |
| 39 | 调心 | Regulating the mind |
| 45 | 具体操作 | Individual Movements |
| 45 | 功前准备 | Warm-up exercise |
| 49 | 主体功法 | Principal Exercise |
| 50 | 松通法 | Relaxing and Unblocking Method |
| 56 | 三线放松法 | Three-line Relaxation Method |
| 61 | 分段放松法 | Segmental Relaxation Method |
| 64 | 局部放松法 | Local Relaxation Method |
| 69 | 整体放松法 | Whole Body Relaxation Method |
| 75 | 倒行放松法 | Reversed Relaxation Method |
| 87 | 震颤放松法 | Shaking/trembling Relaxation Method |
| 92 | 拍打放松法 | Tapping Relaxation Method |
| 117 | 功后动作 | Movements after conclusion |
| 131 | 应用 | Application |
| 135 | 经络图 | The Meridian Charts |