



Explained by Rocky

张立平 演述

二十四式太极拳



新疆科学技术出版社

Xinjiang Science and Technology Publishing House

Taiji Boxing 24 Forms

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图书在版编目(CIP)数据

二十四式太极拳: 汉英对照 / 张立平演述. — 乌鲁木齐: 新疆科学技术出版社, 2008.2

ISBN 978-7-80727-797-2

I. 二... II. 张... III. 太极拳—套路(武术)—汉、英
IV. G852.111.9

中国版本图书馆 CIP 数据核字(2008)第 020386 号

出版发行 新疆科学技术出版社

地 址 乌鲁木齐市延安路 255 号

邮政编码 830049

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经 销 新华书店

印 刷 新疆新华印刷厂

版 次 2008 年 2 月第 1 版 2008 年 2 月第 1 次印刷

开 本 889mm × 1 194mm 1/32

字 数 75 千字

印 张 3

印 数 1 000 册

定 价 40.00 元

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前 言

西方人比赛健美,印度人传播瑜伽,中国人练习太极,其好处都是一样的——强身健体,但其方式却各有千秋。

1. 锻炼的时间和人群:西方人喜欢下午练健美,多为年轻人;印度人是黄昏和早晨练瑜伽,多为信仰虔诚的中年人,他们意志坚定;中国人是凌晨和早晨练太极,多为中年人和退休的老年人。

2. 锻炼场地的要求:西方人在有高档器械的健美会馆练健美;印度人在海边或幽静的山林中学习瑜伽,脚下最好有一块地毯;中国人练太极只要有几平方米的地方就行,哪怕是闹市区的大街中。

3. 锻炼追求的效果:西方人练健美着重肌肉形体的美;印度人修瑜伽提高的是意念的力度;中国人练太极则追求气荡骨中,身轻如燕。

在全球日益成为地球村,经济一体化的形势下,太极、健美和瑜伽也成了全球爱好者的国际性活动,通过参加这些项目的比赛或交流,不仅提高了地球人的身体素质,也促进了旅游和经济的发展,因此值得推广和介绍。

二十四式太极拳是1956年由中国国家体委编纂颁布的,适用于一般性比赛的标准套路,也是初学者要学习的基础套路。本书以中英文对照形式演述此二十四式太极拳,是希望更多的朋友能够了解和学习它,从而达到健康其身心的目的。

张立平

2008年1月

Forewords

Westerners like to compete for Health Beauty. Indians practice and teach Yuga. Chinese enjoy playing Taiji. Despite their different styles, all the three types of exercises, give people the same benefit of making them strong.

1. Time and Target Groups: Westerners, mostly young people, like to exercise their muscles and build their physical beauty in afternoons; Indians, mainly the mid-aged religious believers with a strong will, usually practice Yuga at dusk or at dawn; Chinese, generally the mid-aged and retirees, practice Taiji always at dawn or in the morning.

2. Venue Requirements: Westerners like to practice in gyms; Indians practice Yuga at seaside or in the quiet forest, preferably on a carpet; Chinese only need a few square meters to play Taiji, even in a noisy street.

3. Expected Results of Exercise: Westerners cherish the formal beauty of their muscles and physical shapes; Indians practice Yuga to enhance their capacity to control their own will; By practicing Taiji, Chinese pursue the freedom to control the air so as to make their body light like birds.

As the world become a global village and is increasingly integrated in economy, it is gradually popular to practice Taiji, Yuga or Health Beauty. People participate in the contests or

exchange the views, which in return promotes the tourism and economic growth and enhance the health for the general public. Therefore, it is worthwhile to introduce the exercises and make them more widely known.

In 1956, China National Sports Committee wrote and issued the Taiji Boxing 24 Forms, which is the standard routine to be used in competition, and is also a basic routine for people to learn. Here I will explain the Taiji Boxing 24 Forms in English-Chinese, wish more friends will understand and study it, so as to achieve the purpose of physical and mental health.

Rocky
Jan. 2008

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Epilog

一、名称解释及攻防含义

Term Definition and Offence-defense Implication

在创修太极拳过程中,中国的太极大师们从观摩各种动物搏击中获得丰富灵感,运用于太极拳,因此,太极拳法中有一些动物动作的名称,这给了修习者无限的想象。

In the course of creating Taiji Boxing exercise, the original Chinese Taiji masters drew the inspiration from the fighting in the animal world and incorporated it into the Taiji Boxing. Thus, some Taiji actions are named after the animal movements, which give practitioners the limitless imaginations in the exercise.

1. 起 势

Starting Form(Beginning Stance)

太极拳开始的第一个动作,叫“起势”。

The first movement of Taiji Boxing is called “Starting Form” or “Beginning Stance”.

2. 左右野马分鬃

Part the Wild Horse's Mane on Both Sides

此式将人的躯干比喻成马的头部,四肢比喻成马的颈鬃,两臂交替地上下分捋,两腿一前一后变换步型,其神态与姿势,好像野马奔跑时风吹马鬃前后摇摆的形态,故得此名。

Term definition: The body is compared to the wild horse's head and the limbs to the mane. With one arm raised and another lowered alternately, and steps by changing with one leg ahead of the other, this posture looks like parting the mane of the wild horse when it is running. Thus the name is called “Part the Wild Horse's Mane on Both Sides”.

以右野马分鬃为例,当对方左拳进攻时,我用左手格挡顺势抓其

手腕向下拉引,同时上右脚,别住对方左腿,右臂插入对方左腋下,用转腰之力使对方仰倒。

Offence-defense implication: Take the example of parting the wild horse's mane, when the opponent attacks with his left fist, the defense fences with the left arm and then grasps and leads the opponent's left wrist downward by the tendency. Meanwhile, the defense steps forward the right foot to trip up the opponent's left leg, protruds into the opponent's left armpit with the right arm, flips the opponent with the force by twisting the waist.

3. 白鹤亮翅

White Crane Spreads Its Wings

此式右臂上扬亮掌,左臂下落按掌,犹如白鹤展翅,故得此名。

Term definition: In this form, the right arm is raised to present the right palm and the left arm is lowered to press the left palm. The posture looks like that white crane is spreading its wings. So the name is.

当对方左冲拳右踢腿进攻,我右手向右上方阻挡,同时左手向下拨防,或借力快速向右转腰,使对方摔倒。

Offence-defense implication: When the opponent attacks with his left fist and kicks with his right leg, the defense fences upward to the right with the right arm, meanwhile, swings downward to the left with the left hand or turns the waist to the right in purpose of flipping the opponent.

4. 左右搂膝拗步

Brush Knees and Twist Steps on Both Sides

此式名称来源于动作特征。拳式中一手搂过膝面,叫“搂膝”;左脚在前推右掌,或右脚在前推左掌,形成左右交叉式,称之为“拗步”。

Term definition: This form is named after the features of movements. Use one hand to circle around the knees, which is called “Brush Knee”. Put the left foot ahead, push the right palm, or vice versa, this kind of

crossing step is called "Twist Steps".

对方进攻我下肢,我左手搂开攻来的手或脚,右掌向前推打反击。

Offence-defense implication: When the opponent attacks one's limb body, the defense shields the opponent's arm or leg with the left hand and then attacks by pushing the right hand forward in return.

5. 手挥琵琶

Hand Strums Lute(Play Pipa)

侧身两手一前一后,前后摆动滚转,犹如怀抱琵琶,后面护“中节”的一手(保护肘关节的手),好似挥拨琴弦,故取此名。

Term definition: It is like holding a lute to put one hand ahead of the other with the body sideward and swing them forward and backward. The hand which protecting the elbow joints looks like strumming lute. So we call it "Strumm Lute" or "Play Pipa".

对方右拳进攻,我用右手抓其腕部,顺势向后牵引,同时左前臂猛力击打其肘关节,利用双手合力,使其肘关节受伤。

Offence-defense implication: When the opponent attacks with the right fist, the defense grasps the opponent's wrist with the right hand and pulls back, taking advantage of the opponent's tendency, elbows him with the left forearm, injures the opponent by the forces of the arms.

6. 左右倒卷肱

Step Backward and Whirl Arms on Both Sides

传统也称“倒撵猴”。比喻人猴相搏,你退步诱其深入,然后乘势袭击其头、面部,把它撵走。倒卷肱,肱即手臂,因其有手臂向侧后方向倒卷的动作而得此名。

Term definition: It is also called "Driving Monkeys Out". Imagine that you are fighting against monkeys, you withdraw to attract them to advance and then hit their heads and faces so as to drive them away. There's a movement of whirling arms, so the name is.

当对手抓住左腕时,我退左步抽左手的同时,用右掌击对手面部,

使其退步。

Offence-defense implication: When the opponent grasps one's left wrist, the defense draws back with the left foot and takes out the left hand, at the same time, hits the opponent's face with the right palm.

7. 左揽雀尾

Grasp the Bird's Tail—Left Style

此动作有象形之意。将对方向我击来之手臂比喻为鸟雀的尾巴，把自己的手臂比喻为绳索，随着对方手臂的屈伸、上下、左右的动向而缠绕不使其逃脱的意思。

Term definition: Here the offensive arms of the opponent are compared to the bird's tail, and your own arms to the cord. In this form, move your arms according to the bending or stretching of the opponent's arms, so as to wrap them, which is also called "Grasp the Bird's Tail—Left Style".

(1) 棚

Ward off (Push Left Forearm Forward Forcefully)

对方右拳进攻，我右手抓其右腕向后下牵拉，同时上左腿，左臂屈向其腋下用力撑架。

Offence-defense implication: When the opponent attacks with the right fist, the defense grasps the opponent's right wrist and pulls it downwards, meanwhile, steps the left foot forward, bends the left arm toward the opponent's armpit.

(2) 捋

Roll back (Push Both Hands with the Arms Bent)

对方进攻，我右手抓其手腕，左手按其肘关节，顺势向右后牵拉，使其扑空。

Offence-defense implication: The defense's right hand grasps the opponent's wrist with the left hand pressed the opponent's elbow and then pulls him backward, taking advantage of the opponent's tendency.

(3) 挤

Press (Squeeze)

当对方被掳，急欲抽身后退时，我以前臂贴紧对方，用快速挤压之力将对方挤出。

Offence -defense implication: When the opponent is pushed and tended to withdraw his body, the defense presses the opponent with his forearms immediately in order to squeeze him out.

(4)按

Push (Press)

对方双拳贯击我耳，我用两臂挂防，乘防开之际，向前推按对方胸部。如对方双拳贯击我两肋，我用双臂下防，乘防开之际，向前推按对方胸部。

Offence-defense implication: When the opponent attacks your ears with both hands, you fend with both arms and then press the opponent's chest. When the opponent attacks your ribs with both hands, you fend off with both arms also and then press the opponent's chest.

8. 右揽雀尾

Grasp the Bird's Tail-Right Style

此式的意思和攻防含义与左揽雀尾相同，唯方向相反。

The definition of term and its offence-defense implication are the same as "Grasp the Bird's Tail-Left Style", but just opposite in the direction.

9. 单鞭

Single whip

一手勾手，另一手拂面后向前挥出，犹如跨马扬鞭之势，故名。

Term definition: Hook one hand in an arc to grasp the opponent's hand and the other hand is pushed forward past the face, which looks like whipping the horse, so the name is.

双臂画弧阻挡对方左右拳的进攻后，一手抓住一对方手腕向后摔，另一手推另一对方的胸。

Offence -defense implication: Parry the rightward and leftward

strikes by both arms in an arc, then grasp the opponent's wrist with one hand and drop it, push the chest of another opponent with the other hand.

10. 云 手

Wave Hands Like Clouds

此式指两臂交替地循环运动,手势如行云飞空,绵绵不断,故得此名。

Term definition: In this form, arms are rotated alternately. The gestures of the continuous movement look like flying clouds. So we call it "Wave Hands Like Clouds".

对方进攻,我左手向左上画弧挡开并抓其腕,同时右手由下向右上弧行上抬,反别其肘关节。

Offence-defense implication: When the opponent attacks, the defense fences by making a left arc with the left arm and grasps the opponent's wrist. Meanwhile, wave the right hand from the bottom to the top to injure the opponent's elbow.

11. 单 鞭

Single Whip

此式名称和攻防含义与9式单鞭一样。

The term definition and offence-defense implication are the same as Form 9.

12. 高探马

High Pat on Horse

此动作形象是高高地站立在马镫上探路,或说像探身跨马之势而得名。

Term definition: The form looks like standing on the stirrup to find a way or like bending the body to ride on a horse. That's why it is so named.

此式是右臂格挡对方进攻时反抓其腕向下拉,左掌击其面。

Offence-defense implication: When the defense parries the oppo-

nent's fist with the right arm, grasps the opponent's wrist and pushes it down, strikes the opponent's face with the left palm.

13. 右蹬脚

Kick with Right Heel

此式是以左脚支撑体重,右脚蹬出,故得此名。

Term definition: In this form, you will kick with your right heel, your weight is supported by your left foot. So it is called.

对方进攻,我双手交叉上架,随即双手分开,用右脚跟向对方腹部蹬出。

Offence-defense implication: When the opponent attacks, the defense fences upward with both crossed hands and then spreads the hands, kick the opponent's abdomen with the right heel forcefully.

14. 双峰贯耳

Strike Opponent's Ears with Both Fists

此式使用双拳打击对方双耳,力如两座山峰压顶,故得此名。

Term definition: In this form, push fists forward to strike the opponent's ears. It is powerful and looks like two mountains are put down, so the name is.

当对方使用双拳进攻时,我方两掌下按后速转两拳击向对方两边太阳穴。

Offence-defense implication: When the opponent attacks with his two fists, the defense presses the two palms downward and then attacks the opponent's temple rapidly with the two fists.

15. 转身左蹬脚

Turn and Kick with Left Heel

此式是身体向左后转 90 度,把左脚蹬出,故取此名。

Term definition: Turn the body to the left with 90 degrees and kick with the left heel, so the name is.

攻防含义同右蹬脚。

Offence-defense implication: The meaning of offence-defense is the same as "Kick with Right Heel".

16. 左下势独立

Push Down and Stand on One Leg—Left Style

仆腿向下落身,叫“下势”或“下身蛇行”;一手上扬,一手下按,一脚提起,一脚站立,叫“金鸡独立”。此式指身体从高位突然变低位,其形态好像鹰在空中盘旋,突然下落去抓兔,然后以一条腿支撑体重而站立,另一条腿提起,故得此名。

Term definition: The crouching step is called "Push Down" or called "Snake Creeps Down". Raise one hand and lower the other, and stands on one leg simultaneously, which is called "Golden Pheasant Stands on One Leg". In this form, change the body from the high to the low, which looks like an eagle hovering over the sky, suddenly push down to catch a rabbit, then raise one leg and support the body on the other leg, so called the name.

“下势”的攻防含义是:当对方左拳进攻,我用左手向外格挡,同时快速上右步并下势,别住对方左腿,右臂插入对方两腿之间,蹬腿向前穿靠,将对方击倒。

Offence-defense implication(Push Down): When the opponent attacks with his left fist, the defense fences with the left hand also, meanwhile, pushes down and stands on the right leg rapidly to trip up the opponent's left leg, then protrudes the right arm between the opponent's two legs and kicks the opponent down.

“独立”的攻防含义是:当对方右拳进攻时,我用左手格开抓腕,右手快速向其腋下挑起回带,同时,右膝猛顶其胸腹部。

Offence-defense implication(Stand on One Leg): When the opponent attacks with his right fist, the defense fends with the left hand and grasps the opponent's right wrist, with the right hand pushed upward to the opponent's armpit, meanwhile, attacks the opponent's chest by