

CHINA SPORTS SERIES 3

SELF~DEFENSE METHODS FOR WOMEN

(in Chinese-English)



女子自衛術

• 中英對照 • 海鋒出版社出版

CHINA SPORTS SERIES 3
SELF~DEFENSE
METHODS FOR WOMEN

女 子 自 衛 術

By Wang Xinde
Translated by Xin Wenjun

王信得著 邢文軍譯

Chinese-English

(中英對照)

HAI FENG PUBLISHING COMPANY

海 峰 出 版 社

© Hai Feng Publishing Company, 1983

I.S.B.N. 962-238-011-5

Published by
Hai Feng Publishing Company
Rm. 701, Chung Shang Bldg.
9, Queen Victoria St., H.K.

Sole Agent in U.S.A.
China Books & Periodicals
2929 24th Street
San Francisco
Calif. 94110
U.S.A.

First Edition March 1983

女 子 自 衛 術

作者：王 信 得

譯者：邢 文 軍

出版：海 峰 出 版 社

香港中環域多利皇后街十號八樓701室

印刷：友 利 印 務 公 司

九 龍 土 瓜 灣 373 號 五 樓 B 座

一九八三年二月第一版

版權所有 翻印必究

HF-38-P

Contents

目錄

Easy Methods of Self-Defence for Women 簡易女子自衛術	1
Simplified Female Self-Defence Exercises in Ten Minutes 女子十分鐘簡易自衛操	23
Conclusion 後記	82

Easy Methods of Self-Defence for Women

簡易女子自衛術

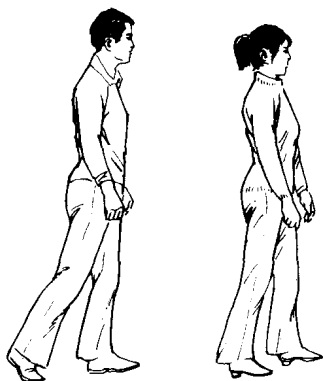
《簡易女子自衛術》是採自中國武術中擒拿術的部份動作所編成的。

在日常生活中，婦女外出，有時會遇到麻煩。如能掌握一些自衛手段，則可有效地解脫壞人的侵襲而免遭污辱。

這套自衛術方法簡便，容易掌握；如能和一、二女友經常配合練習，不僅可以防身，而且可以增強身體的健美。

“Easy Methods of Self-Defence for Women” are based on *qinna* (catching and grasping) movements in traditional *wushu* exercises.

A woman who has some means of self-defence at her disposal will be able to cope with an assailant she may come across in the street. The methods introduced here are simple and easy to master. Practise them frequently with one or two of your friends and you will not only know how to defend yourself, but also build up your health and keep yourself in good shape.



1-1



1-2

一、被壞人背後抓住雙肩解破法

壞人從後面襲來，抓住女方雙肩，可用下列方法反擊：

1-1 壞人從背後逼近，女方應鎮定、沉着，切莫驚慌失措，以致壞人有可乘之機。

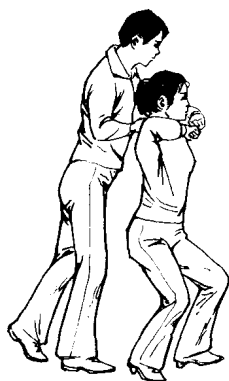
1-2 壞人用手搭抓住女方雙肩，女方應機警地回眸辨認，如確係壞人，即可動作。

1. Against One Who Grabs Your Shoulders from Behind

When a man approaching from behind grabs you by the shoulders, you may act in the following way:

1-1 Keep calm and do not show any sign of fear, which can only encourage evil-doings.

1-2 When he lays his hands on your shoulders, look back to see who it is and get ready for action if you're sure he is ill-intentioned.



1-3

1-3 女方身略右轉，兩肘上抬，鬆解男方抓肩；同時，向下略蹲，降低體位。

1-4 下蹲時，右肘向後猛烈頂擊，以擊中男方肋部為最佳。男方必痛楚難忍而向前俯跌。



1-4

1-3 Turn slightly to the right and raise your elbows to break free from his hold, lowering yourself to a half squat at the same time.

1-4 While lowering your body, thrust your right elbow back with force at his ribs. He falls forward with pain.



1-5

1-5/6 女方即可趁勢以左手擒住男方左手下扳，以肩部爲槓杆猛烈上抬，上身前俯，將臀部上突，揹起男方。



1-6

1-5/6 Lock his left arm with your left arm and bend forward with your buttocks protruded, so as to lift him on your back, using your left shoulder as the fulcrum.



1-7

1-7 男方從女方身上向前滾跌，女方可上前擒捕，也可揚長而去。

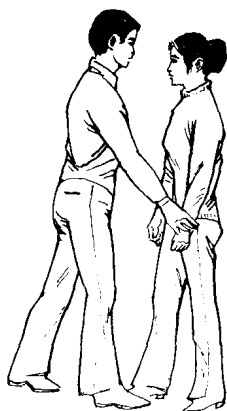
1-8 女方也可以腰左轉之勢，將左肘向後頂出，擊中男方左肋，這也同樣簡便有效。頂肘之時，務必充分運用擰腰之勢，也可將同側腿後撤一步，以加強攻擊力量。



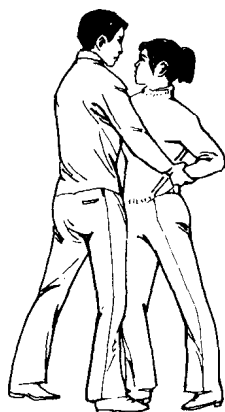
1-8

1-7 With a roll on your back, the man is thrown to the ground. Capture him or leave him alone. Anyway, you're the winner.

1-8 As an alternative to the arm-lock and back-roll, turn quickly to the left and give him another hard blow with your left elbow at the left ribs. This is simple and equally effective. It is important to make the hit more powerful by rotating your waist or taking a step back.



2-1



2-2

二、被壞人正面抓住兩手，企圖強行擁抱解破法

壞人抓住女方兩手，企圖強行擁抱。解破方法甚為簡單，而且有效，問題的關鍵在於動作時的魄力。

2-1 女方被壞人正面控住兩手，并向兩側強行分開。

2-2 壞人進而擁抱女方腰肢，欲加欺凌。

2. Against One Who Seizes Your Hands Face-to-Face

When a man catches your hands in an attempt to hug you, there is a simple but effective way to counter him. The important thing here is to be resolute and bold.

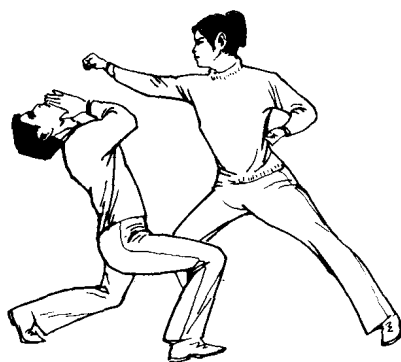
2-1 The man catches hold of your hands and tries to raise them sideways.

2-2 He then puts his arms round your waist, trying to take liberties with you.



2-3

2—3 女方急提腿，以膝蓋撞擊對方襠部。

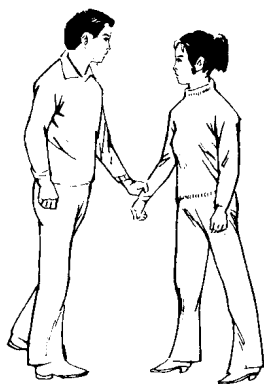


2-4

2—4 男方必受強烈痛楚而撇開兩手護襠，女方應迅即出拳，衝擊男方面頰。

2-3 Raise your right leg and dig the knee into his crotch.

2-4 Feeling a sharp pain in his private parts, he let's go your hands to protect his crotch. At this moment you may deal him a blow that he'll never forget.



3-1

三、被壞人正面抓住一手的解 破法

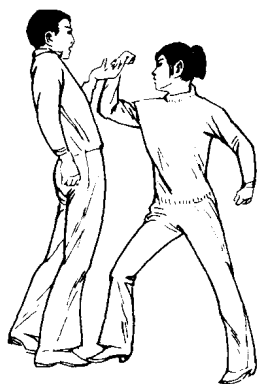
壞人正面抓住女方一手，往往會佯表“溫情”。女方應鎮靜、沉着，突然反擊。

3-1 女方被壞人正面抓住右手。

3. Against One Who Seizes One of Your Hands Face-to-Face

Seizing one of your hands, the man may try to disguise his evil designs with a show of "tenderness," which you may take advantage of if you remain calm and take him by surprise.

3-1 The man catches hold of your right hand.



3-2

3-2 女方從下向內、向左、向上提起右手，并屈肘向自己胸口收勁。壞人來抓之腕必被反拗而不得不鬆手。



3-3

3-2 Raise your right arm and bend the elbow forcefully. This will twist his wrist and force him to release his hold.

3-3 趁壞人手腕反拗，立足未穩之際，立即出左拳擊其下頰。

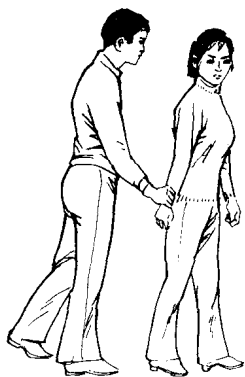
3-3 As he cannot stand firm, treat him to a left punch on the chin.



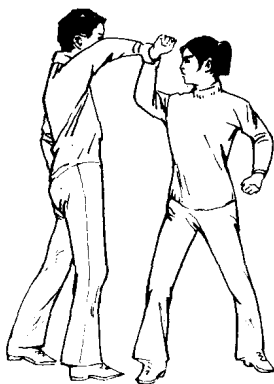
3-4

3-4緊接迫擊右拳，奪取最後勝利。

3-4 Follow up with a right blow to clinch your victory.



4-1



4-2

四、被壞人從後面抓住一手的 解破法

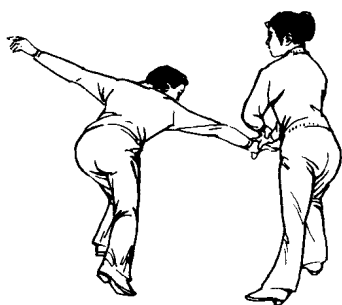
4-1 壞人從後面以右手抓住
女方右手腕。

4-2 女方左腳上一小步，兩
腿微屈，同時將被抓住的手由下
向上提起，身體右轉。

4. Against One Who Seizes One of Your Hands from Behind

4-1 Suppose he seizes your
right wrist from behind.

4-2 Move your left foot a
small step forward and
bend your legs. Mean-
while, raise your right
hand and turn round to
the right.



4-3

4-3 隨着身體的轉動，女方將左手按住男方右手背。

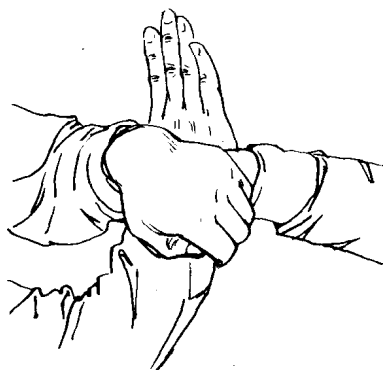


4-4a

4-4 a 女方雙手竭力後拽，將男方右手臂拉直，並將肘部緊貼男方肘後部，以右手小指外側掌緣順着男方右手腕向上向外纏繞，傷其腕部。

4-3 With the body turn put your left hand on the back of his right hand and press it tightly.

4-4a Pull his right arm straight and then press your left elbow on his forearm near the elbow.



4-4b

4-4b (背面圖) 女方握緊男方右手後，立即外旋右前臂，以小指外側掌緣壓其右腕。

4-4b (Back view) Once your left hand has taken firm hold of his right hand, rotate your right forearm outward while press hard on his right wrist with the ulnar side of your palm so as to hurt him.