

最新100天速成

钢笔字帖

快写法



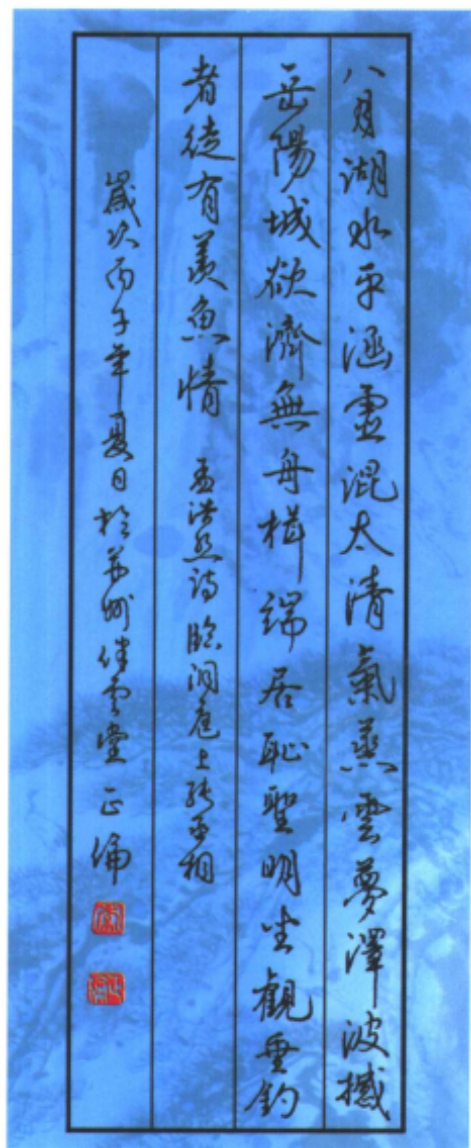
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- 最新100天速成钢笔字帖——快写法

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—— 快写法

庞中华 王玉孝 主编

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一、快写概说

(一) 规范汉字的快写书体是实用的需要

随着人民大众文化水平的提高，以及社会发展的需要，人们在日常工作、生产、学习和交往中，离不开要以文字记录资料、经验和交流思想、信息。尽管科学技术突飞猛进地发展，办公用的电脑、传真等现代化电子设备迅速普及，并已逐步进入普通家庭，用来作记录和传递信息。但总不可能完全代替手写，如开会听报告，洽谈生意等等场合，都需要快速记录，所以写字仍将永远是工作、学习和社会交往中不可缺少的技能。

实用中的手写文字必然向快速方向发展。要快速，书体的结构就得简单，笔法必须流畅，也就是说一定要用草写。可是草书虽是从实用中快写发展而来，但为了追求艺术效果，往往笔画缩减过多，变形太甚，必须注明释文才能让一般读者看懂。虽然历代书家和部分帝王直至近代书法家于右任先生等也都主张有规范的草书，但这些“标准草书”，仍多偏重书法艺术，不宜日常使用。所以，必须有一种规范的汉字快写书体——硬笔行草书，作为实用工具，做到既能快速书写，又易于识别。

(二) 掌握汉字硬笔快写书体（行草书）写法的新捷径

任何一种书体，都是人们在实用中逐步发展的，人民群众在长期的快写过程中，创造了许多“快写书体”，必须加以规范才有实用意义。要规范汉字快写书体（行草书），似乎只要规范汉字的部首写法和3500个常用字的写法就行了，可是人们逐个摹仿这么多字，是很难在短时间内正确掌握的。

不少国家的拼音文字，都有印刷体和手写体之分。如英、法、俄文字母，除大写和小写区分外，都有印刷体和能快速书写的手写体两种，即正书与草书之别。像英文是由26个字母组成，只要规定字母的手写体写法，就能规范地写成手写体英文字了。汉字是数千个形态各异的方块字，除了同一部首的字有相同部分外，就整体而言都是各不相同的。我们设想：如果能找出组成汉字的共用单体（好比英文字的字母），规定这些单

体快写（行草）写法，不就能规范汉字的快写书体了吗？笔者经过对简化汉字结构的分析、整理，发现汉字是由80个共用单体（本书称它为“字素”）构成。

字素，亦可称为形素，它有两个特点：1、是某些笔画周密的搭配形式，有相对的不可分割性。2、是在整个字符系统中广泛分布的，不是在个别字中出现的偶然现象。

例如：十、厶、口就是三个常用的字素。十可以在“左”、“右”等字中出现，厶可以在“去”、“牟”、“云”等字中出现，口可以在“只”、“品”、“回”等字中出现。这三个字素，跟字所表示的意义没有什么关系，只起构形作用。

字素是一套有着广泛构字功能的部件，数量也不算太多，所以掌握好常用字素的写法，能起到举一反三的效果，有助于对汉字的构形特征的认识。

规定和使人们掌握字素（多数是笔画较多的部首）的行草写法，就能正确地用行草写法写好所有汉字，用不着逐个字学写了，这显然是一条掌握汉字硬笔快写法的新捷径。

（三）本册使用说明

（1）对本册所列各字素（形素）、组合体（部首）的写法反复练习，记熟。“草写组合体（部首）”的写法，采用了共同认定的传统草书写法，请勿随意“创造”。也就是就必须书写规范化。

（2）请先仔细阅读各字素，组合体的书写方法及各部分的安排、分割，然后用自来水笔（黑墨汁）在范字上描写，同时在其他纸上临写，基本掌握后再在空格中临写。

（3）“行草字的结体法”实际上是综合练习，请将前面“组合体（部首）”部分的字例反复临写，以便巩固提高。

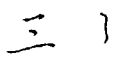















（4）每天临写1页直至临写完毕；共100天。

















二、字素练习

















组成汉字的共用单体称“字素”（其中部分是常用部首），是由一种或几种笔画组成的，熟记它们的行草写法，能为写好行草字打下良好的基础。

一	一	“横”在字上（互、互）或中部（善）时，顺势与其他笔画丝连；在字下（旦）时收笔稍按。									
一	一	一	一	一	一						
一	一	一	一	一	一						
一	一	一	一	一	一						
一	一	一	一	一	一						
一	一	一	一	一	一						

二	ㄣ	两横连写不平行，与竖交叉时，竖的两侧须平衡（半、干）。两短横写成相连两点（作）。									
二	ㄣ	二	ㄣ	二	ㄣ						
二	ㄣ	二	ㄣ	二	ㄣ						
二	ㄣ	二	ㄣ	二	ㄣ						
二	ㄣ	二	ㄣ	二	ㄣ						
二	ㄣ	二	ㄣ	二	ㄣ						

 (三)		三横连写勿平行，与竖交叉两侧须平衡 (丰)，三短横写成相连三点或短竖 (邝、直)。									
	}		}		}						
	}		}		}						
	}		}		}						
	}		}		}						
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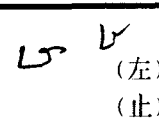






























 (丨丨)		竖与其他字素交叉时须竖直并居中 (巾、巾)，短竖与其他笔画连写 (攸、存)。									
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	}		}		}						
	}		}		}						

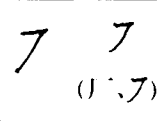






























 (丨丨)		两短竖主要在简化字部首中使用 (収、业、亚、𠂇)，书写时平行竖直丝连。									
	}		}		}						
	}		}		}						
	}		}		}						
	}		}		}						
	}		}		}						

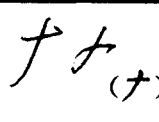






























7	7 (T)	竖在横的右端连写，并与其他字素相连，用它组成的部首有：7 (工)、7 (王)、7 (耳)。									
7	7	7	7	7	7						
7	7	7	7	7	7						
7	7	7	7	7	7						
7	7	7	7	7	7						
7	7	7	7	7	7						

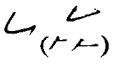






























十	十 (十)	横与竖丝连 (十、十)，在字的下部时，常先竖再写横 (长点)，如：(十、十)。									
十	十	十	十	十	十						
十	十	十	十	十	十						
十	十	十	十	十	十						
十	十	十	十	十	十						
十	十	十	十	十	十						

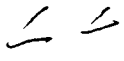






























𠃉	𠃉 (...)	“𠃉”是常用部首，一般先写横，左竖写成点与右竖 (写成短撇) 丝连并与下部连写。									
𠃉	𠃉	𠃉	𠃉	𠃉	𠃉						
𠃉	𠃉	𠃉	𠃉	𠃉	𠃉						
𠃉	𠃉	𠃉	𠃉	𠃉	𠃉						
𠃉	𠃉	𠃉	𠃉	𠃉	𠃉						
𠃉	𠃉	𠃉	𠃉	𠃉	𠃉						

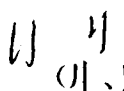






























		用草书符号。如：正、正、正。									
											
											
											
											
											

		横与撇不作圆角连写，撇不出锋且与其他字素连写，如：𠂇(𠂇)、石、原。									
											
											
											
											
											

		撇与其他字素连写 (𠂇、右)，有时先撇后横，如：𠂇(有)。									
											
											
											
											
											

 (一)		撇写成短竖且与短横连写, 如: 毛、子、坐。									
											
											
											
											
											

 (二)		平撇与横连写, 常作字头, 如: 舌、看。									
											
											
											
											
											

 (三)		竖撇变成竖, 且与其他笔画连写, 如: 井、奔、川、赤、亦。									
											
											
											
											
											

亅	(1)	“亅”是重要偏旁，撇与竖连写并与右侧字素丝连或意连。“亅”的写法相似(彳)。彳、彳									
亅	亅	亅	亅	亅	亅						
亅	亅	亅	亅	亅	亅						
亅	亅	亅	亅	亅	亅						
亅	亅	亅	亅	亅	亅						

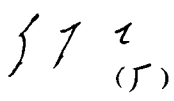






























彳	(2)	两撇连写，再加一撇成“彳”，在字的左旁时写成“彳”，在字的右旁时写成“彳”。彳(彳)、彳(彳)									
彳	彳	彳	彳	彳	彳						
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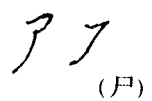






























彳	彳	(彳、彳)	撇与折撇连写并再与其他笔画连写，如：彳(彳)、彳(彳)、彳。								
彳	彳	彳	彳	彳	彳	彳					
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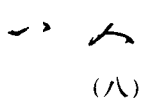






























フ	(フ)	加点在子(子)、今(今)等字里用到。另外买、卖中也用。									
フ	フ	フ	フ	フ	フ						
フ	フ	フ	フ	フ	フ						
フ	フ	フ	フ	フ	フ						
フ	フ	フ	フ	フ	フ						

尸	尸	(尸)	撇变形为竖，如：皮(皮)、虎(虎)。								
尸	尸	尸	尸	尸	尸						
尸	尸	尸	尸	尸	尸						
尸	尸	尸	尸	尸	尸						
尸	尸	尸	尸	尸	尸						

㇇	(㇇)	一笔写成，中部稍隆起。“宀”上面的点往往后写并与盖下的字素连写，如：宀(穴)。									
㇇	㇇	㇇	㇇	㇇	㇇						
㇇	㇇	㇇	㇇	㇇	㇇						
㇇	㇇	㇇	㇇	㇇	㇇						
㇇	㇇	㇇	㇇	㇇	㇇						

 短撇写成斜向短横，长撇写直且与其他字素连写， 如：斤、反。											
											
											
											
											
											

 许多字里用草书符号，如：屋、居(居)、辟(辟)。											
											
											
											
											
											

 短撇捺写成两点，如：公(公)、父(父)。“八”和 “八”写法同 只。											
											
											
											
											
											

人 人 (人、人)		撇捺连写，捺写成长点，如：今、采(米)、采(采)。									
人	人	人	人	人	人						
人	人	人	人	人	人						
人	人	人	人	人	人						
人	人	人	人	人	人						
人	人	人	人	人	人						

大 大 (大、大)		撇捺连写，捺写成长点。如：女(女)、义、文。									
大	大	大	大	大	大						
大	大	大	大	大	大						
大	大	大	大	大	大						
大	大	大	大	大	大						
大	大	大	大	大	大						

又 又 (又、又)		折撇与捺连写，并将捺写成长点。如：反(反)、文、曼。									
又	又	又	又	又	又						
又	又	又	又	又	又						
又	又	又	又	又	又						
又	又	又	又	又	又						
又	又	又	又	又	又						

ㄥ	ㄥ	撇捺连写、并以点代捺。如：求(求)、水(水)、永(永)。									
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						

ㄥ	ㄥ	合用同一草书符号，一般不会混淆。之(之)、父(父)									
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						

ㄥ	ㄥ	视不同的字用哪种写法，以易识为原则。如：则(则)、判(判)。									
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						
ㄥ	ㄥ	ㄥ	ㄥ	ㄥ	ㄥ						