

名家古帖描摹字帖

# 颜真卿

# 楷书入门

描摹名家经典字帖  
快速提升书写技艺

谢昭然  
◎ 编



YANZHENQING  
KAISHU RUMEN



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# 小常识

## 文房四宝

“工欲善其事，必先利其器。”学习中国书法必须先了解文房四宝。所谓文房四宝，指笔、墨、纸、砚这四件中国文人书房中必备的四件宝贝。其中，以湖笔、徽墨、宣纸、端砚为优。那么，我们在书写时应该怎么选择呢？

**笔** 笔的种类很多。根据制笔的兽毛分为紫毫、狼毫、羊毫和兼毫等。羊毫软，紫毫和狼毫硬，用两种以上兽毛制成的笔称为兼毫。朋友们选笔时兼毫为宜，写多大的字就选对应型号的笔。

**墨** 墨分为块墨和墨汁。现在为了方便，一般都用墨汁，如“一得阁”和“曹素功”等。

**纸** 纸之上品很多，以宣纸为优，宣纸有“纸中之王”和“纸寿千年”之誉。初学者习字可选择价格较为低廉的毛边纸和连史纸即可。

**砚** 砚在西汉时期就开始使用，凡是石质细密、保持湿润、磨墨无声、发墨光润的即是好砚台。选好笔、墨、纸、砚后，我们就只需把瓶装墨汁倒入砚台就可以蘸墨写字了。

## 毛笔的选用和保养

朋友们需根据笔之四德来选。哪四德呢？即尖、齐、圆、健四大特点。尖指笔毫聚拢时，末端要尖；齐指笔毫吸水压平后，毫尖平齐；圆指笔毫饱满如枣核之形；健指笔腰弹力，将笔毫重压后提起，即恢复原状。同时，应根据所写字体的大小选择笔的型号。

启用新笔要先开笔。将毛笔泡在温水中一段时间，不可太久，将笔毫化开即可。

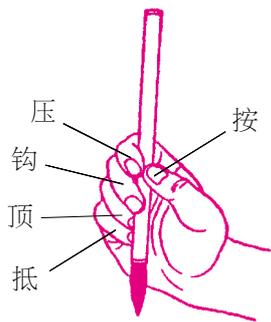
写字前先润笔。用清水将笔毫浸湿，随即提起，并将笔倒挂，笔锋恢复韧性为止。

每次写完字后要马上洗笔，将笔毫理顺，吸干水分，搁置待用。

## 正确的坐姿和执笔方法

写毛笔字可坐可站,坐姿用于写中小字,站姿用于书写大字。需保持端正,头稍向前俯,眼与纸的距离约在一尺左右,心态平和专注。

从古到今执笔方法很多,现在大部分书写者都使用“五指执笔法”。即拇指上节按住笔杆,指骨突出;食指、中指并拢,在笔杆前面用指尖勾住;无名指协助中指从内向外抵;小指在无名指后面加强托顶的力量。这样五个指头攒在一起,掌心空得差不多能放进一个鸡蛋,称为“指实掌虚”。



(毛笔五指执笔法)



(毛笔书写坐姿)

## 颜真卿小传

颜真卿(709—784),字清臣,别号应方,京兆万年(今陕西西安)人,祖籍琅琊临沂(今山东临沂),唐书法家,曾做过平原太守,官至太子少师,封鲁郡公,世称“颜平原”或“颜鲁公”。颜真卿经历四朝,在宦海沉浮中屡遭排挤仍然忠贞不贰,晚年遭奸臣陷害,被叛将缢死。

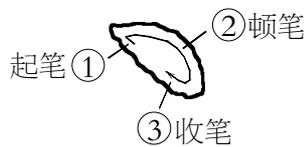


(颜真卿像)

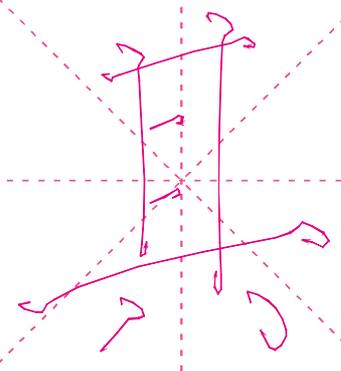
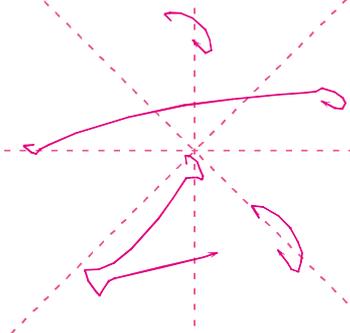
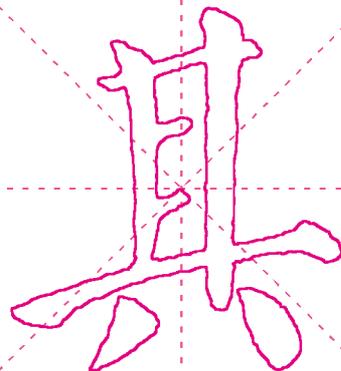
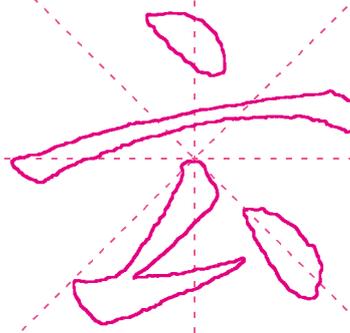
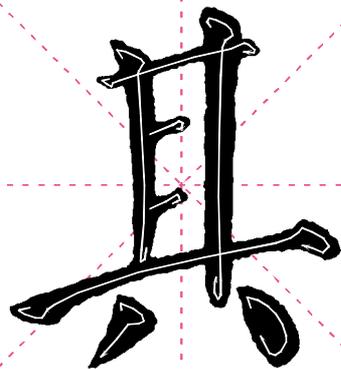
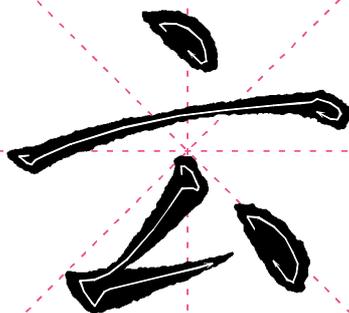
颜真卿家学渊博,世祖为北齐著名学者颜之推。从小刻苦习字,初学褚遂良,后师从张旭而得笔法,汲取了初唐四家的特点,兼收篆隶和北魏笔意,行以篆籀之笔,化瘦硬为丰腴雄浑,结体宽博而气势恢宏,骨力遒劲而气概凛然,被后人称为“颜体”,与柳公权有“颜筋柳骨”之誉。

颜真卿的传世作品极多,早期的有《多宝塔碑》、《东方朔画像赞》等,五十岁后颜真卿刚劲浓厚、大气磅礴的书风已完全成熟,这一时期的代表作有《颜勤礼碑》、《麻姑仙坛记》、《颜家庙碑》等。

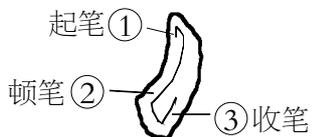
侧点



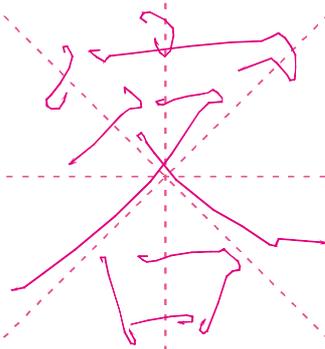
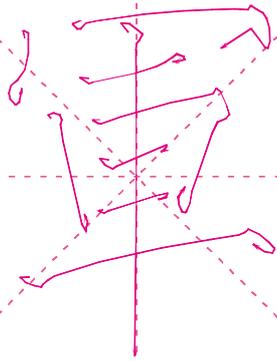
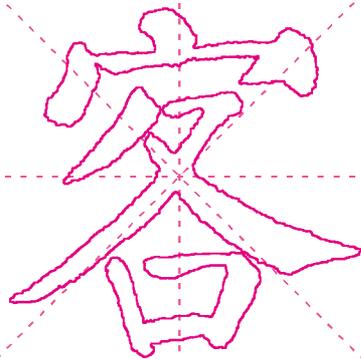
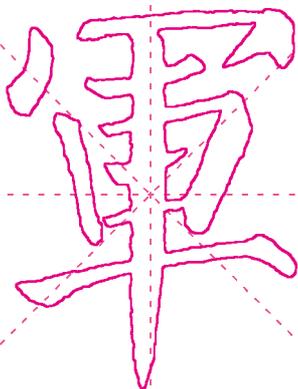
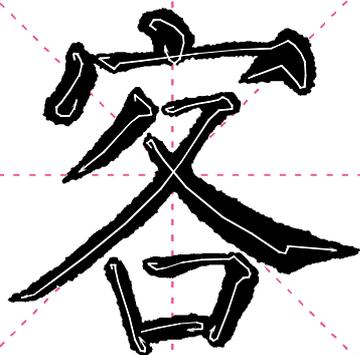
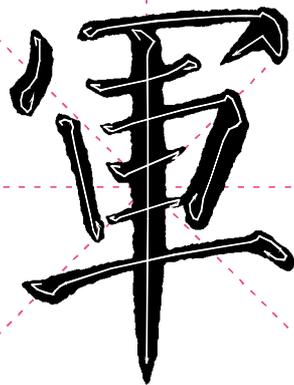
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竖点



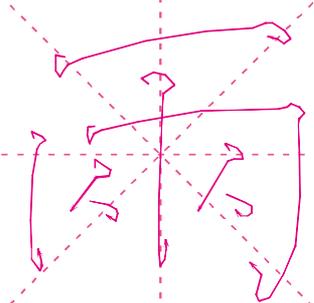
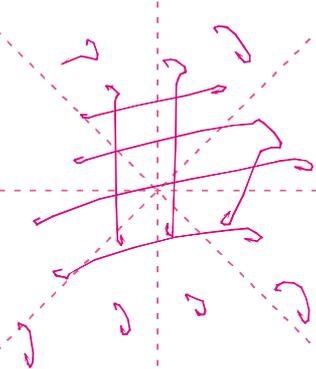
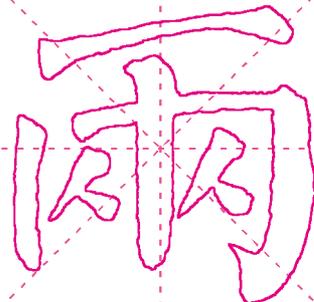
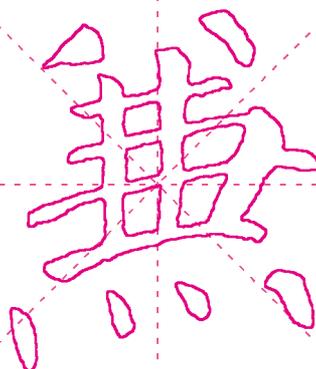
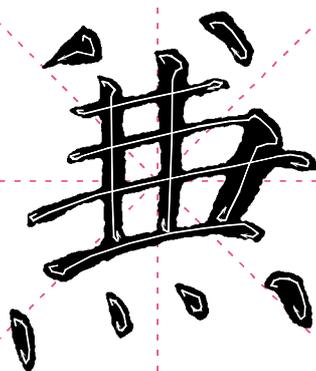
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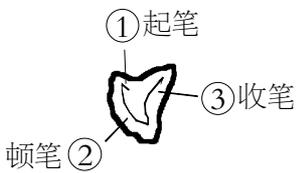
撇点



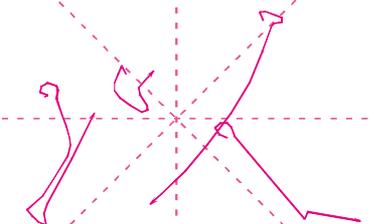
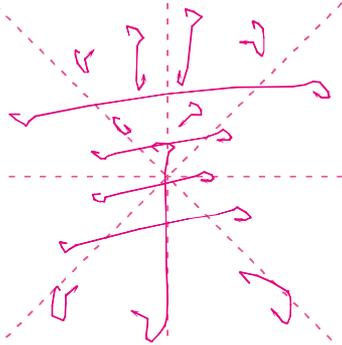
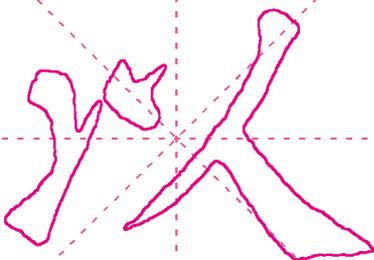
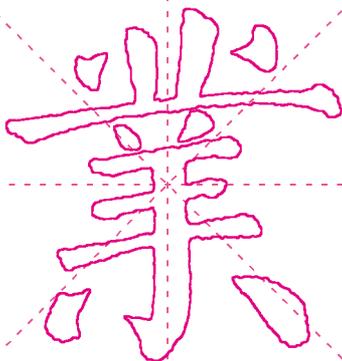
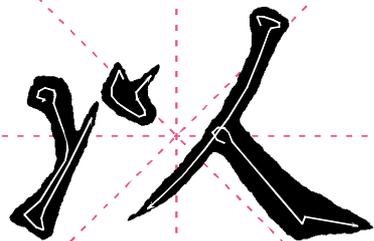
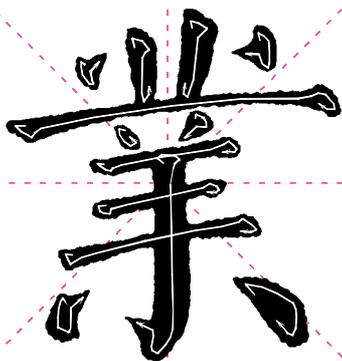
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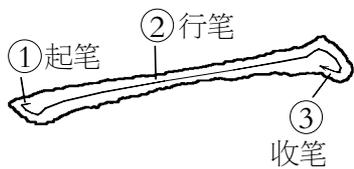
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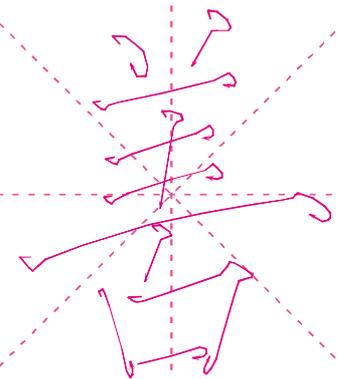
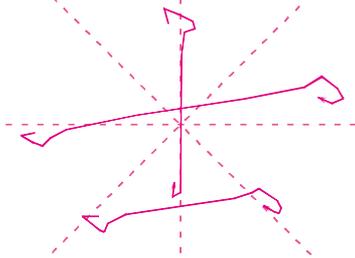
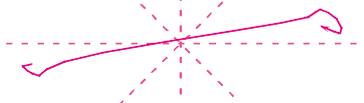
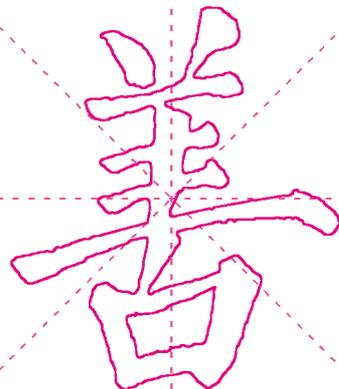
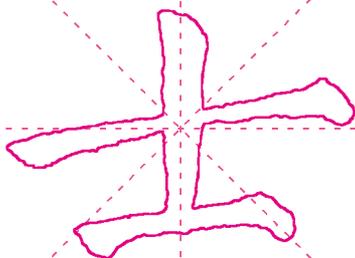
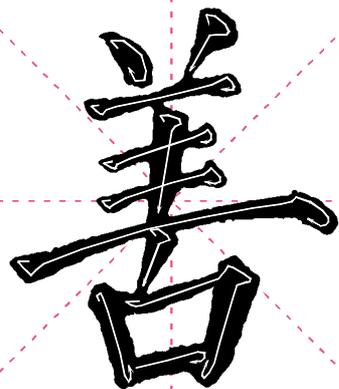
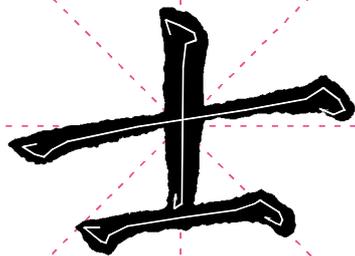
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右下重按。③再转向右上提笔快速出  
锋。



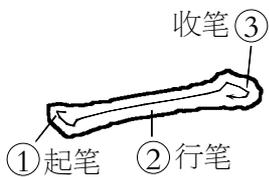
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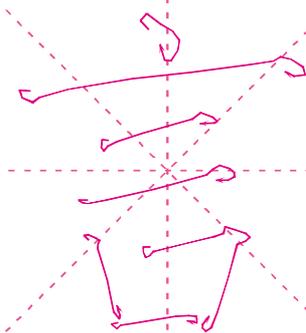
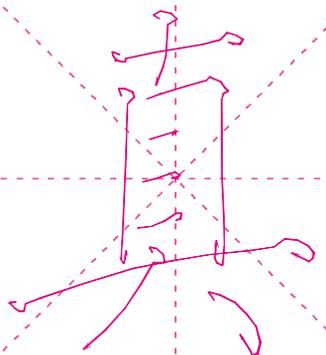
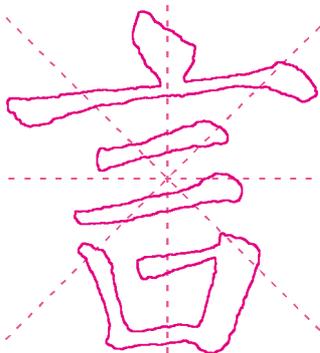
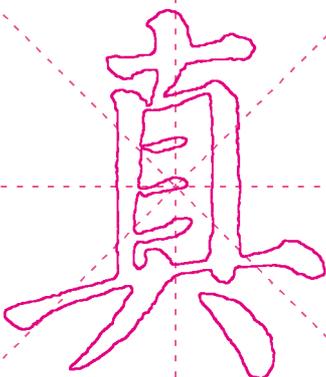
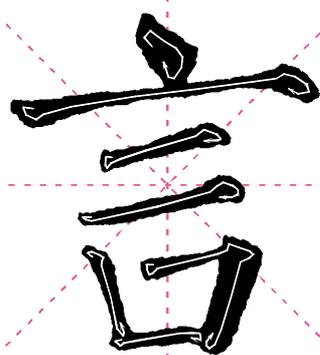
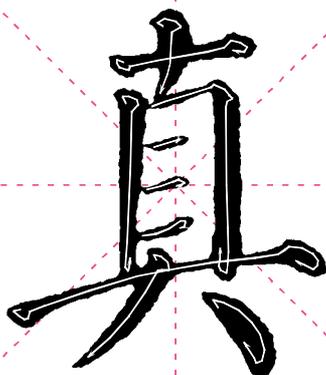
①逆锋向左轻入后向右下轻顿。②折笔向右中锋行笔,并微向右上倾斜。③向右下重顿后提笔回锋收笔。



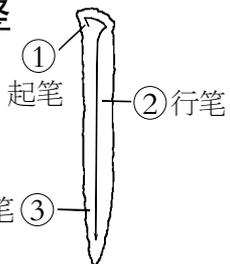
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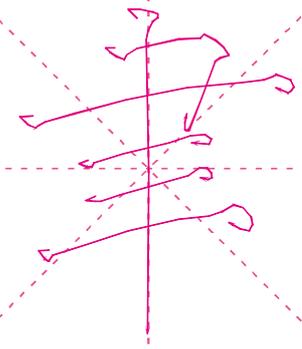
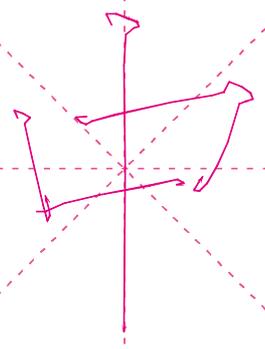
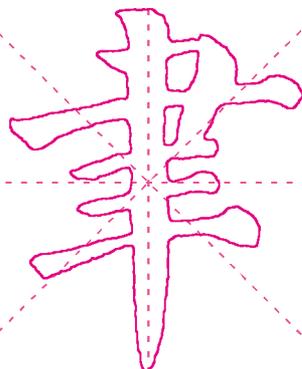
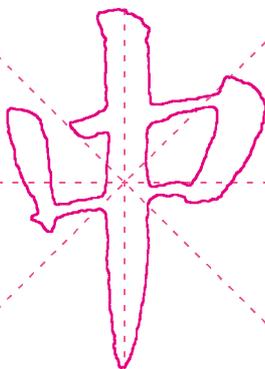
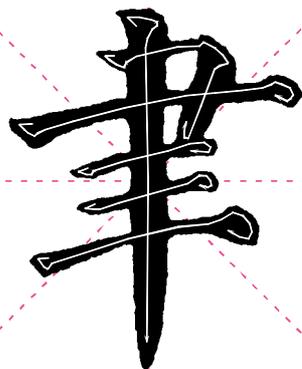
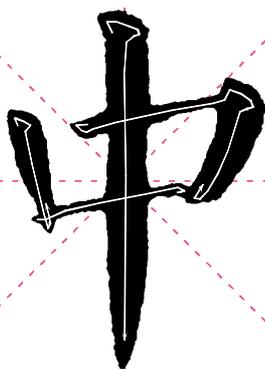
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②转笔向右缓行，且微向右上倾斜。③末端向右下顿笔后回锋向左收笔。



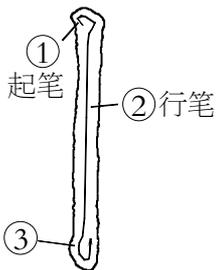
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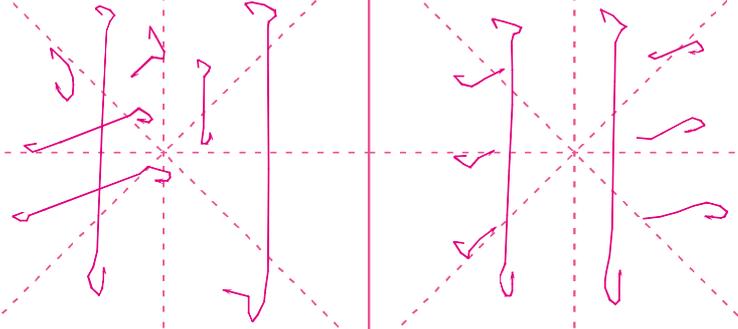
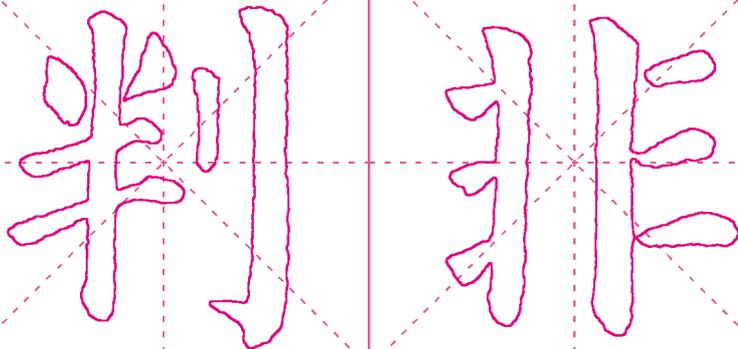
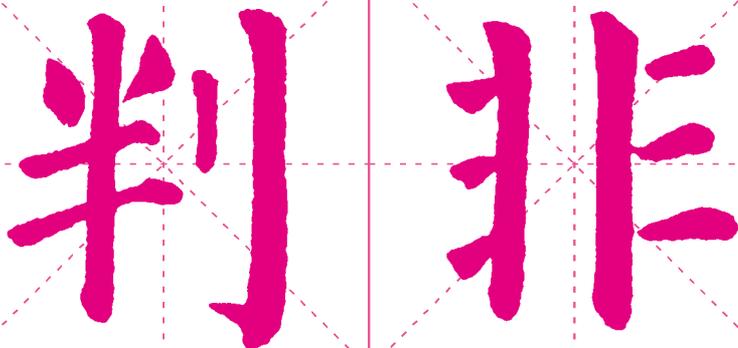
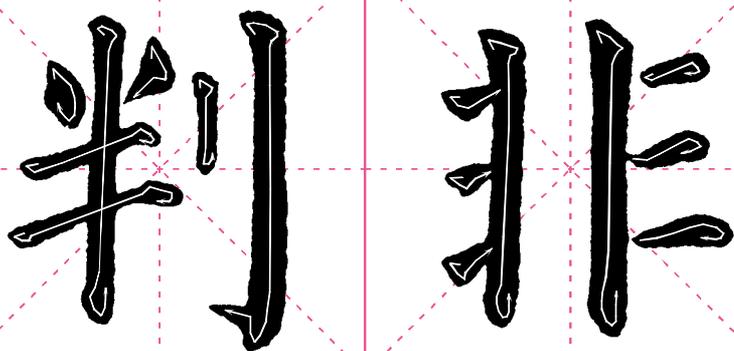
①逆锋向左上轻入后向右下重顿。  
②中锋向下行笔。③再顺势向下提笔  
缓缓出锋,末端呈针状。

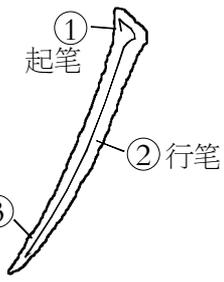
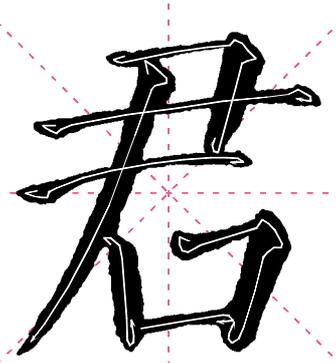
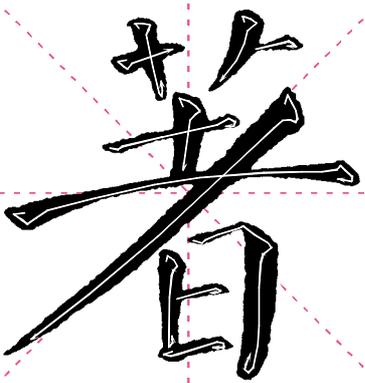
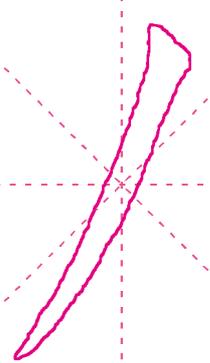
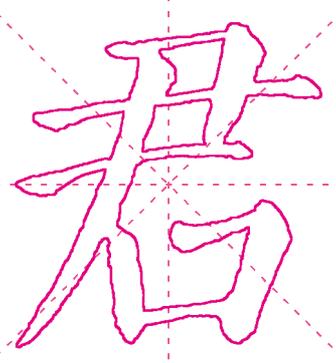
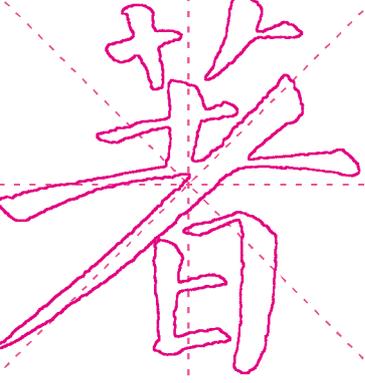
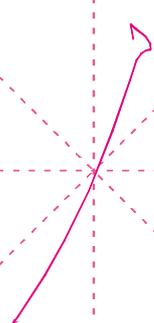
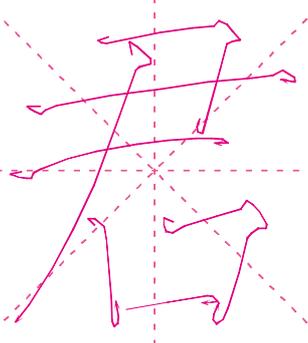
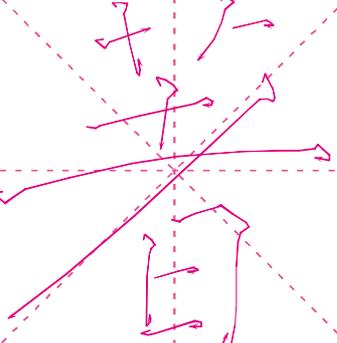


垂露竖

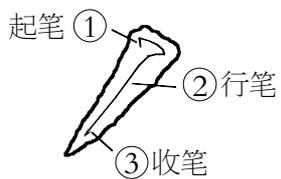


- ①逆锋向左上轻入后向右下轻顿。  
②中锋向下行笔。③再转笔向上提笔回锋,末端呈垂直露水珠状。

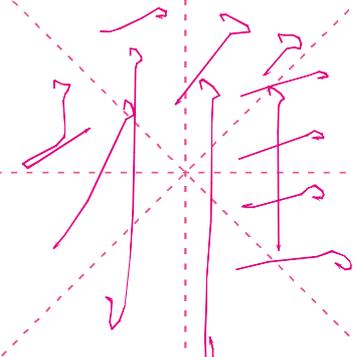
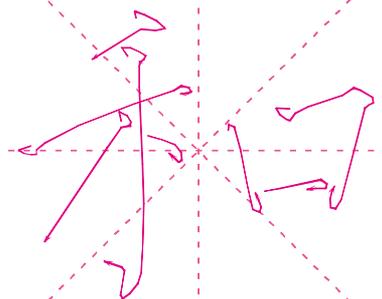
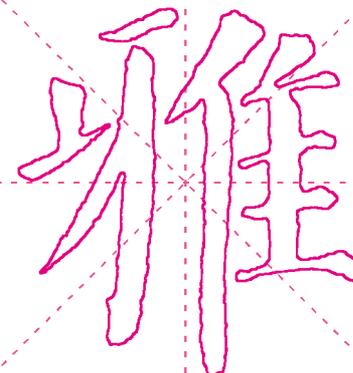
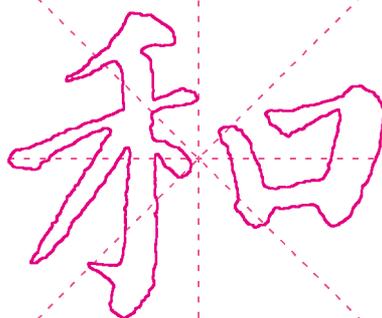
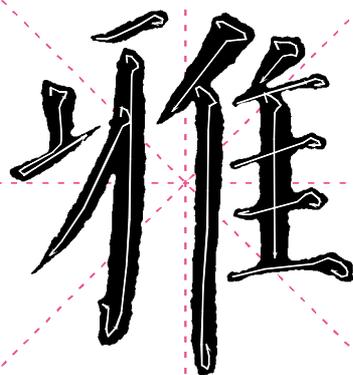
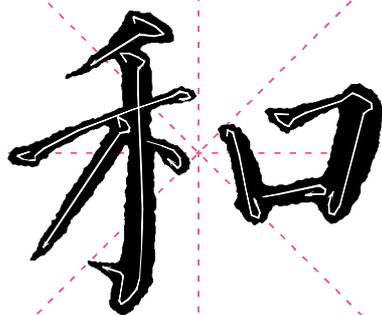


<p>长撇</p>  <p>①起笔 ②行笔 收笔③</p> <p>①逆锋向左上轻入后向右下顿笔。②中锋向左下缓缓行笔。③顺势向左下提笔出锋。</p>		
		
		
		

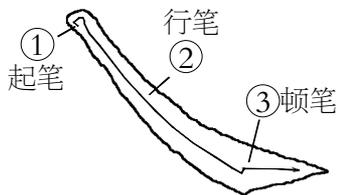
短撇



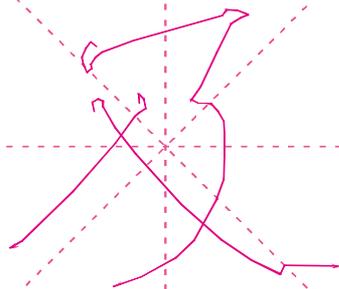
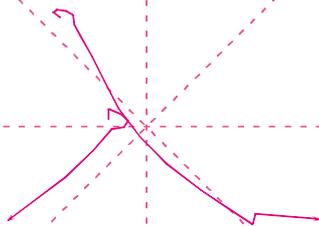
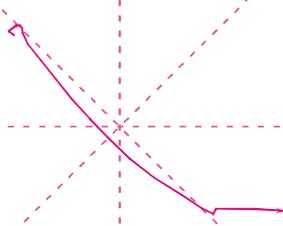
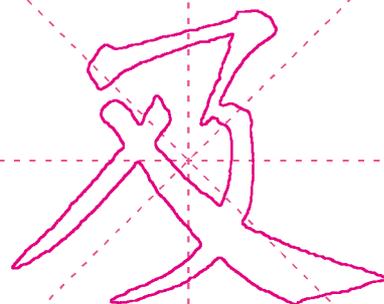
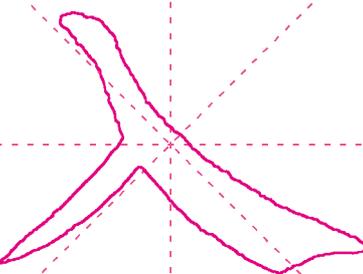
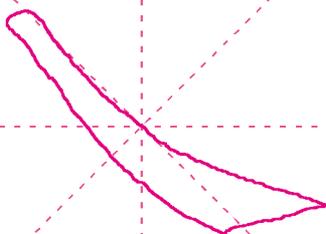
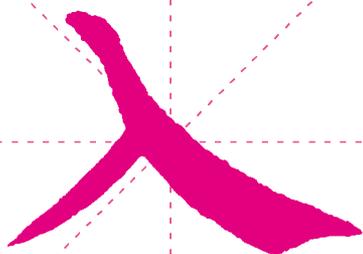
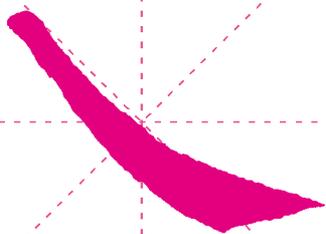
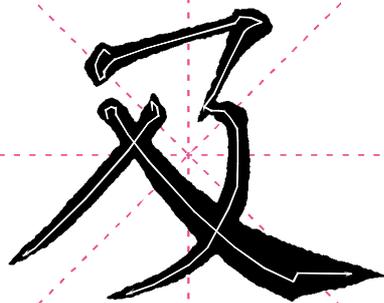
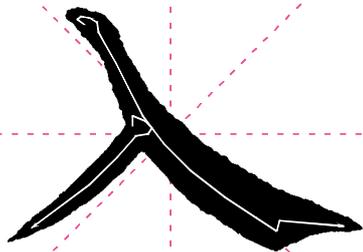
①逆锋向左上轻入后向右下重顿。②中锋向左下快速行笔。③再提笔出锋,此撇要短而有力。



斜捺



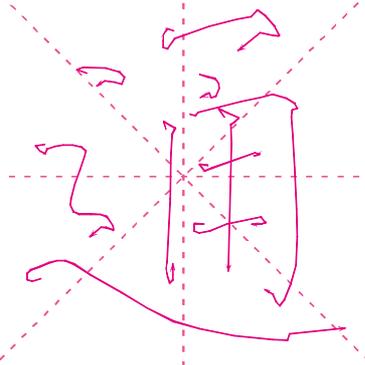
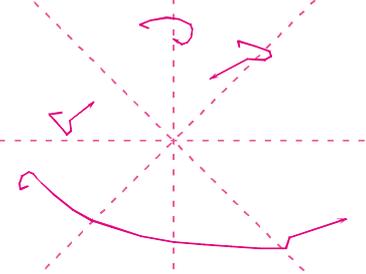
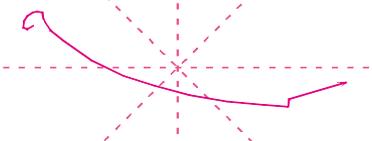
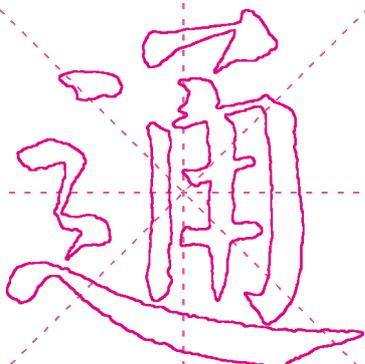
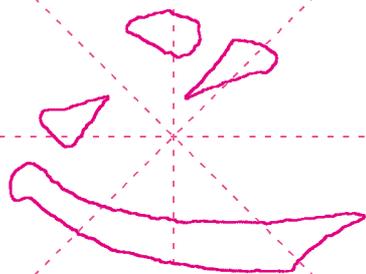
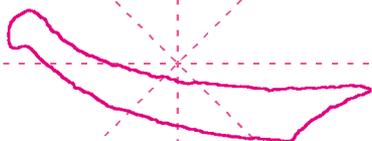
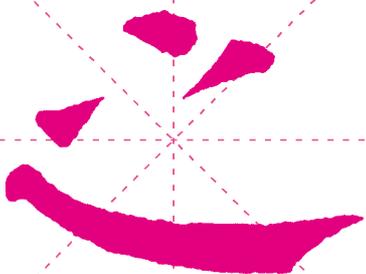
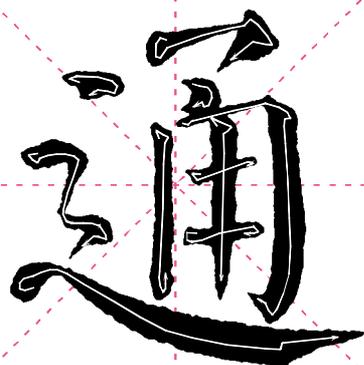
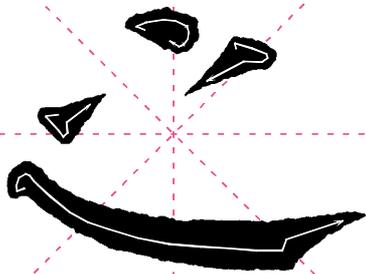
- ①逆锋向左上轻入后转笔向右轻顿。  
②中锋向右下由轻到重缓缓行笔。  
③重顿后向右提笔出锋。



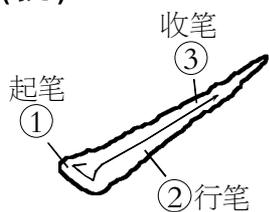
平捺



①逆锋向左轻入后转笔向右重顿。  
②中锋向右下由轻到重缓缓行笔。③重顿后向右上提笔出锋。



提(挑)



①逆锋向左轻入后向右下重顿。  
②折笔中锋向右上快速行笔。③再顺势提笔出锋。

