

主 编 于翠兰

Simplified Taiji Quan

# 简化太极拳

## 教程

配VCD双语教学盘

凤凰出版传媒集团  
江苏科学技术出版社



# *Simplified Taiji Quan*

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Chief editor Yu Cuilan



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编 著 于翠兰  
责任编辑 金宝佳  
责任校对 苏 科  
责任监制 张瑞云

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主 编 于翠兰

Chief editor Yu Cuilan

副主编 祝玮东

鲁 芬

蔡林冲

Vice editor Zhu Weidong

Lu Fen

Cai Linchong

翻 译 黄 瑾

袁 妮

Translator Huang Jin

Yuan Ni



# 前言

● Simplified Taiji Quan



**太极拳**是中华文化的一朵奇葩。它不仅是一种积极预防疾病、延年益寿的重要健身手段，也是一种陶冶性情、追求和谐的高雅文化活动，其中天人合一、崇尚自然的理念更是一般体育运动所无法替代的。据不完全统计，太极拳运动目前已经传播到全世界150多个国家和地区，世界各国习练太极拳的人数众多，日本早在10多年前称太极拳练习者已逾百万。随着21世纪全球经济文化一体化、信息化时代的到来，人们崇尚自然，追求和谐，渴望拥有文明与健康的理念更加深入人心，而太极拳运动正是顺应人们实现这一愿望的一种理想方式。因此有理由说，太极拳不仅造福于中国人民，也造福于全人类，是中华民族奉献给世界的一项原创性的文化成果。

“简化太极拳”是由原国家体委于1956年组织部分专家，在“杨式太极拳”的基础上，按由简入繁、循序渐进、易学易记的原则加以简化、改编的一个太极拳规范套路，全套共分四段二十四式，所以又称“二十四式太极拳”。它要求习练者做到：精神贯注，上下相随，虚实分明，连贯圆活，速度均匀，整套动作如行云流水，连绵不断，充分体现传统太极拳动作的柔和、缓慢、轻灵的特点，是学习太极拳的基础套路，也可用于一般性



比赛。简化太极拳历经 50 年，实践证明，它是众多太极拳流派中普及率最高、参与人数最多、传播最为广泛的一个套路。

但是，简化太极拳的教学与传播，多年来一直沿袭着“口授身传”的传统教学模式，教材与教法大多围绕传授者如何“教”，而忽视习练者“学”的内在过程，因而增加了学习难度，一部分人甚至难以坚持下去。

本教程在总结 20 多年教学经验的基础上，以提升太极拳文化内涵为主线，根据简化太极拳习练和技能形成的基本规律，从习练者“如何学”的角度进行教材内容设计。全书共分四篇，即：概述篇、习练篇、指导篇和资料篇。概述篇中主要简述了太极拳的发展史，简化太极拳的创编、特点和功能，以传播武术文化，提高习练者的学习兴趣和形成习练目的，为动作技能学习做准备。习练篇中从“学”的角度，把学习内容重新分割和组合，以降低学习难度，并通过由“整体→局部→整体”动作的反复示范和模仿练习，逐步完成动作技能的学习和知识技能的内化整合。指导篇是对习练者学习过程的全面指导，并阐述动作学习的难点、重点，提供学习建议与帮助。资料篇中，通过对太极拳著名人物、套路图片资料、经典文献以及相关太极拳、太极剑等的介绍，以拓展习练者的视野，为习练者进行自主学习和研究性学习提供丰富的知识资源。

为了使习练者能够更加直观、自主地学习，本书配有 VCD 双语教学光盘，充分运用现代教育技术手段，全面、系统、直观地介绍简化太极拳的完整套路和习练方法，可与本书互为参照学习。另有多媒体课件一套（光



盘2张)。该课件将本教程的全部内容设计为一个完整的学习体系,将每一知识点设计成相对独立的子系统,通过按钮和控件的链接与灵活转换,实现自主性、选择性和个别化学习。课件还通过创设学习情境,融图文声像及动画于一体,充分发挥现代多媒体计算机辅助教学的作用,以调动习练者的多种感官和身体各部分共同参与学习和练习,对提高学习兴趣与学习效率,掌握动作的难点、重点,以及理解与记忆动作等方面具有独特的作用。

本教程和多媒体课件获得2004年江苏省高等院校教育教学成果一等奖。

总之,太极拳以其独特的健身、养生、防病、陶冶性情等功能成为武术走向世界的重要窗口,而2008年北京申办奥运会的成功,更为武术推向世界创造了良好契机。

请您早日加入太极拳习练者的行列吧!愿本书带给你快乐、美好与健康!

衷心感谢茅尚娟同志参与本书的动作示范,许立俊同志承担本书照片拍摄工作。

由于编著时间仓促,书中不当之处,恳请读者指正。

编著者

2005年12月



## Foreword

*Taiji Quan* flourishes in Chinese traditional culture. It is not only a method to prevent disease, retard the aging process, but also an elegant activity to cultivate one's temper and pursue the harmony. It advocates keeping people and heaven being a unit and venerates nature, which is far beyond common sports activities. Now *Taiji Quan* is spread about 150 countries, and there's a large population practising *Taiji Quan* all over the world. It is said that in Japan the practicers had been more than a million 10 years before. With the coming of the wholeness of global economy and culture, and the informational times, people much more thirst for cultivation and healthy than ever. *Taiji Quan* is just the proper way for people to realize their wishes. Therefore, *Taiji Quan* benefits not only Chinese people but the human beings. It is an original cultural production dedicated to the world by Chinese people.

In 1956, by some *Taiji Quan* experts of the former National Sports Committee, a simplified set of *Taiji Quan* based on the Yang-style Big Frame was issued, under the principle of being easy to learn and practise, and from simple to complex. This series consists of 24 forms, so it is also called "24 Forms *Taiji Quan*". It requires concentration, harmony, either empty or solid steps, circular movements and continuity, and even motions. All the movements are slow, like clouds floating in the sky, which gives prominence to its characteristic of softness, slowness and lightness. Simplified *Taiji Quan* is a basic routine for people to learn *Taiji*, and also to be used in competition. During its 50 years' development, it is proved that simplified *Taiji Quan* is the most popular one in *Taiji* family.

However, for years, the traditional teaching and spreading approaches of simplified *Taiji Quan* have been dictation and body-





show. Most of books and approaches didn't pay attention to the study on the internal process of learning, but the way to teach it. As a result, to learn simplified *Taiji Quan* is harder, and even some of the practicers couldn't keep learning it.

Basing on the author's teaching experience for more than 20 years, this book focuses on proving the cultural connotation of *Taiji Quan* and mainly talks about how the practicers should learn *Taiji Quan* according to the general principle of exercising *Taiji Quan* and forming skills. This book includes four parts, that is, overview, practice, instructions and references. In the part of overview, in order to increase practicers' interests and make a purpose, it tells about history of *Taiji Quan*, the conception and creating of simplified *Taiji Quan*, which is a preparation for the learning of movement skills. In the part of practice, to reduce the learning difficulties, the contents have a further division and combination. Through the demonstration and imitation of integrative movements, local ones and then integrative ones, conform the learning of movement skills to the knowledge skills. The part of instructions helps practicers during the whole learning process. It expounds the difficulties and key points and gives some suggestions and help. The introduction of masterpieces on *Taiji Quan*, notabilities, figures of routine and relative kinds of *Quan* and sword gives practicers a new horizon, and offers them rich knowledge to self-study and research.

To help practicers learn it directly and on their own responsibility, we made a VCD, in which modern teaching technologies are used to systematically and completely introduce the whole routines and practice methods of Simplified *Taiji Quan*. It'll be a good references for practicers to learn the book with it. In addition, there is a set of multimedia courseware ( two VCDs), in which the whole book is designed as an integrative study system. Each set is a subsystem, which can be learned selectively and separately through the links and transition of press and control buttons. Making full use of modern



CAE approaches, the courseware creates the study conditions, and melts pictures and words with sounds and images. So, it helps the practicers a lot to understand and remember movements, and improves their study efficiency.

Both of the book and its courseware won the first prize of teaching achievements in Jiangsu colleges and universities in 2004.

All in all, it is the function of body-building, health-care, disease prevention and temperament moulding that *Taiji Quan* opens an important window for Wushu to the world. Furthermore, the successful bidding for the 29<sup>th</sup> Olympic Games in beijing in 2008 is an important turning point for Wushu to go in the world.

May you join in the *Taiji Quan* practicers' family as soon. May this book bring you happiness and health!

Sincerely thanks for Mao Shangjuan's participation of the demonstration and Xu Lijun's taking photographs in this book.

As time is limited, there must be something that is not appropriate, we sincerely hope you can help us to find it out.

Editor  
2005.12

# 目 录

## Contents



概述篇 Overview .....	1
一、太极拳简史 .....	1
History of <i>Taiji Quan</i>	
(一) 名称的由来 .....	1
Origin of the Name	
(二) 创始人 .....	1
Initiator of <i>Taiji Quan</i>	
(三) 流派 .....	3
Schools of <i>Taiji Quan</i>	
二、简化太极拳的创编 .....	7
The Conception and Creating of Simplified <i>Taiji Quan</i>	
三、简化太极拳的特点 .....	9
Features of Simplified <i>Taiji Quan</i>	
四、简化太极拳的功能 .....	11
Functions of Simplified <i>Taiji Quan</i>	
(一) 促进生理机能健康 .....	11
Improving Physics Fitness	
(二) 促进心理健康 .....	13
Training the Mind and the Body	

# 习练篇 Practice ..... 16

## 一、简化太极拳动作分析 ..... 16

Analysis of the Movements of Simplified *Taiji Quan*

### (一) 头部(顶、颈、面)动作与要求 ..... 16

Head (pate, neck and face) Movements and Requirements

### (二) 躯干(胸、背、腰、腹、臀)动作与要求 ..... 16

Body (chest, back, waist, abdomen and buttocks) Movements and Requirements

### (三) 上肢(肩、肘、腕、手)动作与要求 ..... 17

Movements of Upper Limbs (shoulders, elbows, wrists and hands) and Requirements

### (四) 下肢(裆、胯、膝、足)动作与要求 ..... 18

Movements of Lower Limbs (crotch, hips, knees and feet) and Requirements

## 二、简化太极拳套路学习 ..... 19

Learning of Simplified *Taiji Quan* Routine

### (一) 第一组 Series One ..... 20

#### 基本动作 ..... 20

Basic Postures

#### 第一式 起势 ..... 28

Form 1 Starting Posture

#### 第二式 左右野马分鬃 ..... 30

Form 2 Mustang Parting Its Manes on Both Sides





第三式 白鹤亮翅 .....	37
Form 3 The White Crane Spreading Its Wings	
主要动作攻防含义 .....	39
Offence—defense Implication of Main Movements	
(二) 第二组 Series Two .....	41
基本动作 .....	41
Basic Postures	
第四式 搂膝拗步 .....	42
Form 4 Brush Knees and Twist Steps on Both Sides	
第五式 手挥琵琶 .....	49
Form 5 Hand Strums the Lute	
第六式 倒卷肱 .....	52
Form 6 Forearm Rollings on Both Sides	
主要动作攻防含义 .....	57
Offence—defense Implication of Main Movements	
(三) 第三组 Series Three .....	59
基本动作 .....	59
Basic Postures	
第七式 左揽雀尾 .....	61
Form 7 Pulling Peacock's Tail—Left Style	
第八式 右揽雀尾 .....	66
Form 8 Pulling Peacock's Tail—Right Style	

主要动作攻防含义 .....	71
----------------	----

Offence-defense Implication of Main Movements

(四) 第四组 Series Four .....	75
---------------------------	----

基本动作 .....	75
------------	----

Basic Postures

第九式 单鞭 .....	77
--------------	----

Form 9 Single Whip

第十式 云手 .....	81
--------------	----

Form 10 Cloud Hands

第十一式 单鞭 .....	86
---------------	----

Form 11 Single Whip

主要动作攻防含义 .....	89
----------------	----

Offence-defense Implication of Main Movements

(五) 第五组 Series Five .....	90
---------------------------	----

基本动作 .....	90
------------	----

Basic Postures

第十二式 高探马 .....	91
----------------	----

Form 12 High Pat on Horse

第十三式 右蹬脚 .....	93
----------------	----

Form 13 Kick with Right Heel

第十四式 双峰贯耳 .....	96
-----------------	----

Form 14 Twin Peaks





第十五式 转身左蹬脚 .....	98
Form 15 Turn and Kick with Left Heel	
主要动作攻防含义 .....	101
Offence-defense Implication of Main Movements	
(六) 第六组 Series Six .....	103
基本动作 .....	103
Basic Postures	
第十六式 左下势独立 .....	105
Form 16 Push Down and Stand on One Leg—Left Style	
第十七式 右下势独立 .....	109
Form 17 Push Down and Stand on One leg—Right Style	
主要动作攻防含义 .....	112
Offence-defense Implication of Main Movements	
(七) 第七组 Series Seven .....	114
第十八式 左右穿梭 .....	114
Form 18 Work at Shuttles on Both Sides	
第十九式 海底针 .....	118
Form 19 Needle at Sea Bottom	
第二十式 闪通臂 .....	120
Form 20 Flash the Arms	
主要动作攻防含义 .....	122
Offence-defense Implication of Main Movements	
(八) 第八组 Series Eight .....	123



基本动作 .....	123
Basic Postures	
第二十一式 转身搬拦捶 .....	124
Form 21 Turning Body, Pulling, Blocking and Pounding	
第二十二式 如封似闭 .....	129
Form 22 Apparent Close-up	
第二十三式 十字手 .....	132
Form 23 Cross Hands	
第二十四式 收势 .....	136
Form 24 Closing Form	
主要动作攻防含义 .....	138
Offence-defense Implication of Main Movements	
三、简化太极拳动作路线示意图 .....	140
Movement Illustrations of simplified <i>Taiji Quan</i>	
指导篇 Instructions .....	142
一、习练与指导 .....	142
Practices and Instructions	
(一) 习练过程与方法 .....	142
Process and Methods of Practising <i>Taiji Quan</i>	
(二) 学习难点举例 .....	151
Examples for Difficulties	
二、注意点与建议 .....	155
Attentions and Suggestions	





(一) 初学者易出现的问题及改正方法 .....	155
Problems for the Beginners and the Correcting Ways	
(二) 学习建议 .....	160
Suggestions	
<b>资料篇</b> Reference .....	162
一、图片资料 .....	162
Picture Information	
(一) 人物介绍 .....	162
Introduction of Yang-style <i>Taiji Quan</i> Masters	
(二) 杨氏太极拳 .....	163
Yang-style <i>Taiji Quan</i>	
(三) 杨氏太极拳攻防动作 .....	163
Offence-defense Movements in Yang-style <i>Taiji Quan</i>	
(四) 杨氏太极剑 .....	164
Yang-style <i>Taiji</i> Sword	
(五) 杨氏太极刀 .....	164
Yang-style <i>Taiji</i> Broadsword	
(六) 杨氏太极拳源流及亲族传人表 .....	165
Family Tree of Yang-style <i>Taiji Quan</i>	
(七) 杨澄甫先生太极拳照 .....	167
Photographs of Yang Chengfu in <i>Taiji Quan</i> Exercises	
二、套路资料 .....	170
Routine Information	