

Bilingual Teaching



武术 双语教程

王俊法 编著

Course for Wushu



中国海洋大学出版社

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• 青岛 •

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序

当中国的都市中流行着跆拳道、空手道、街舞的时候，一批洋学生却迷恋于中国功夫的“过招”。这便是当今的国际文化态势，不同的民族文化既在交融，也在竞争。

文化若水，柔却有力，沁透人心。文化是民族的灵魂，综合国力的竞争中经济实力、文化实力都不可或缺。中国是一个文化资源大国，却不是文化传输的大国。看一看好莱坞的大片、电视剧的“韩流”，我们也能感到差距。

由此，如何利用好我们丰富的文化资源，如何令世界上人们喜爱、向往和追寻的中国文化既为人类造福，也向世界传播，便是我们每一个民族文化工作者所探索的一个课题。

武术俨然是优秀的民族文化之一。它是在用身体运动讲述中国文化，用它的精美招法和奇妙功力诠释中国文化。

艾斐先生在《文化的责任》一文中说：“要把优秀的文化推向全球，其方式、方法、手段和机制都应是崭新的，具有说服力、感召力和渗透力的。”人们是否想到了武术运动也是推介中国文化的一种特殊形式。

武术这一身体运动形式，一旦有语言作桥梁，便如虎添翼，不啻为具有感召力、渗透力的崭新传输形式。

中国人不会外语，外国人不懂中文，将会使武术的传输，尤其对文化内蕴的领悟和交融大打折扣。由此，我们太需要懂武术的外语人，也更需要懂外语的武术人。

王俊法便是我们期待的后者。记得 23 年以前在上海体育学

院就读本科的他,是一名出色的武术运动员,他把武术功力和技艺融为一炉,颇为美妙,时常令人激情漾起,为当今不少年轻运动员所不及,然而当时他的外语水平却极为平平。他告诉我他曾用了7年的时间苦攻外语,又到亚、非、欧七个国家“摸爬滚打”,终于实现了他的人生目标,在境外教学既能教,也能说,既能练,也能讲,很受欢迎。

今天欣读他的《武术双语教程》书稿,由衷地为他感到高兴。书中凝聚着这位来自孔子故乡——曲阜师范大学的武术教师多年的心血。本书将在青岛的中国海洋大学出版社出版。青岛是2008 奥运的水上竞赛圣地,本书可以说是献给来自世界各国的友人们的一份礼物,相信本书在中外国际文化交流中会起到一定的推动作用。

青岛也是哺育我的故乡,师生之谊,故乡情怀,不禁欣然命笔。

国务院学位委员会体育学科专家组成员

上海体育学院武术系教授

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2005 年国庆于上海

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第一章 武术概念

Chapter 1 Concept of Wushu

武术是以技击动作为主要内容,以套路和格斗为运动形式,注重内外兼修的中国传统体育项目。

Wushu, the well-known Chinese art, with fighting movements as its main contents and routine exercise plus free combat as its forms, is a traditional Chinese sport training and promoting both external and internal human beings.

第一节 中国武术简介

Section 1 A Brief Introduction to Chinese *Wushu*

一、武术是中国传统的体育项目

作为一种传统的体育项目,武术具有竞技比赛、防身健体、娱乐表演和修身养性等功能,是一项具有广泛社会价值的体育运动。

武术竞技比赛的内容包括拳术、器械等套路比赛及散手、推手等搏击形式比赛两大类,都有完整的比赛规则。

中国自古就把武术作为重要的健身防身和选拔兵勇的手段。早在七世纪的唐代即设有武举制,通过考试和比武选拔人才。宋代则设了打擂台比武的内容和标准。明代在军队中通过比赛促进武艺的发展。清代民间仍盛行“打擂台”的武术竞赛活动。

20 世纪 20 年代,曾设立中央国术馆,并在部分省、市设立了分馆,1932 年举办了“全国武术运动会”,以后几乎每年都举办国术、国考,即全国武术竞赛。自 1933 年起,武术被列为全国运动大会的正式竞赛项目。1935 年在上海举行的第六届全国运动大会上,菲律宾、马来西亚、爪哇等地也派代表参加了武术竞赛,1936 年中国曾派武术队赴柏林,参加第十一届奥林匹克运动会,武术作为表演项目受到了与会者的热烈欢迎。

中华人民共和国成立后,武术被列为国家体育竞赛项目。1958 年制定了中华人民共和国体育运动委员会第一部武术竞赛规则。

1985 年国家体委为鼓励运动员迅速提高运动技术水平,根据武术项目特点,制定了《武术运动员技术等级试行标准》,分为武英级、一级武士、二级武士、三级武士、武童等五个等级。

为进一步促进武术运动的科学化,国家体委于 1986 年成立了武术研究院,它是开展武术学术研究的高级机构。为适应武术发展的需要,各高等体育院校和师范学校都设立了武术系、科,开办武术专业,培养武术人才。

1. Wushu Is a Traditional Chinese Sport

As a traditional sport, *wushu* can be used for competition as well as for entertainment, self-defense, health keeping and mental disciplining, and has tremendous social value.

Competitive *wushu* may be divided into two major categories: contests in the performance of routine exercises, either bare-handed or with apparatus, and matches in the forms of *sanshou* (free-sparring) and *tuishou* (push-hands), with integrated rules for competition in both categories.

In ancient China, *wushu* was not only an important means of

fitness building and self-defense, but also a major subject for examination in the selection of soldiers. As early as Tang Dynasty in the 7th century a system of military examination was adopted for recruiting servicemen. In the Song Dynasty (960—1276) there appeared *wushu* contests in the form of *leitai*, literally meaning “fighting on a stage”. *Wushu* competitions were promoted in the armed forces in the Ming Dynasty (1368—1644), boosting the development of martial arts. Up until the Qing Dynasty (1644—1911), *leitai* contests remained very popular among the folks.

During the 1920s a central *wushu* institute was established, with branches set up in some provinces and cities. Beginning from 1932, a “National *Wushu* Meet” was held practically every year. In 1933 *wushu* was officially listed as a competitive event at the national games. At the Sixth National Games held in Shanghai in 1935, *wushu* contests attracted foreign entries from the Philippines, Malaysia and Java. In 1936, at the 11th Olympic Games in Berlin, demonstrations given by a group of Chinese *wushu* athletes were warmly received.

Wushu was included in the national sports programme after the founding of the People's Republic of China. In 1958, the first set of regulations for *wushu* competition was drawn up by the State Physical Culture and Sports Commission.

To encourage *wushu* athletes to raise their level of performance more quickly, the State Physical Culture and Sport Commission, taking into account the characteristics of the sport of *wushu*, promulgated in 1985 a set of tentative standards for determining the technical grades of *wushu* athletes. The grades

were divided as follows: martial heroes, martial artists of first grade, martial artists of second grade, martial artists of third grade, martial artists of third grade, and junior artists.

To further develop *wushu* scientifically, the *Wushu* Research Institute was set up by the State Physical Culture and Sports Commission in 1986 as a body for conducting *wushu* academic researches at a high level. To meet the needs of *wushu* development, departments or special courses have been delivered at physical education colleges and normal institutes for the training of *wushu* cadres.

二、武术在中国具有广泛的群众基础

由于中国武术内容丰富,形式多样,而且不受年龄、性别、季节、场地和器材的限制,较其他运动项目具有更广泛的适应性,因此,有深厚的群众基础。1958年建立了全国性的武术团体——中国武术协会。广大城乡建立了各种武术社、馆、辅导站、研究会、业余武术学校和各种形式的武术培训班,形成了广泛的武术活动网。

2. *Wushu* Enjoys Widespread Popularity in China

Rich in content and diversified in form, *wushu* suits almost everyone and can be practiced any time and anywhere, with or without apparatus. That is why it has great popularity. A national organization — the Chinese *Wushu* Association was set up in 1958. Thereafter, *wushu* bodies of various forms, including societies over the country, form a vast network for the advancement of the sport.

三、武术竞赛的内容大体分为五类

- (1) 拳术:包括长拳、太极拳、南拳。
- (2) 器械:包括刀、剑等短器械和枪、棍等长器械。
- (3) 对练:包括两人或两人以上的徒手对练、器械对练和徒手与器械对练等。
- (4) 集体项目:指多人集体表演的武术。
- (5) 对抗性竞赛:包括太极推手、散手、短兵、长兵等。

3. Contents of Wushu Competition Fall into Five Main Categories

- (1) Handed exercises — including *changquan* (long-range boxing), *taijiquan* and *nanquan* (southern-style boxing).
- (2) Exercise with apparatus — including exercises with short weapons like broadswords and swords, and exercises with long weapons like spears and cudgels.
- (3) Sparring exercise — including bare-handed exercises or exercises with weapons performed by two or more contestants, or exercises in which one or more bare-handed fighters spar with one or more partners using weapons.
- (4) Group performances.
- (5) Combats — including *taiji tuishou* (push-hands), *san-shou* (free sparring), and combats with long or short weapons.

第二节 武术的内容和分类

Section 2 The Content and

Classification of Wushu

武术按其运动形式可分为两大类,即套路和对抗竞赛。套路包括拳术、器械、对练和集体练习。

Wushu is classified into two categories, routine exercises and free combat, according to its forms of execution. Routine exercises including fist play, weapon, sparring and group exercises.

一、拳术

1. Fist Play

包括所有徒手类型的长拳,如查拳和华拳,以及太极拳、南拳、形意拳、八卦拳、八极拳、通背拳、翻子拳、劈挂拳、戳脚拳、少林拳、地躺拳、象形拳等。

To this category belong all the barehanded combat arts, including *changquan* (*chaquan* and *huaquan*), *taijiquan*, *nanquan*, *xingyiquan*, *baguazhang*, *bajiquan*, *tongbeiquan*, *fanziquan*, *piguaquan*, *chuojiaoquan*, *shaolinqun*, *ditangquan*, *xiangxingquan*, etc.

(1)长拳 包括查拳和华拳,以拳、掌、勾三种手型,弓步、马步、仆步、虚步和歇步为基本内容,是一种姿势舒展、动作灵活、快速有力、节奏鲜明,并有穿、蹦、跳、跃、闪、展、腾、挪,起伏转折和跌扑滚翻等动作与技术的主要拳种,而查拳、华拳等各个拳种又有各自不同的技术特点和运动风格。

(1)*Changquan*, including *chaquan* and *huaquan*, is a major