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编著: 王鑑伟 Editor: Wang Jianwei

书法技要



The Art Of Calligraphy

-Kai Shu | English-Chinese Translation

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序

者的思想、个性,以及时代精神逐渐融会于字里行间,表现出不同的艺术魅力。由于不同时代,从实用的简便,逐渐演化出不 书法是中国特殊的艺术,自有文字以来,即伴之有书写。文字书写本为实用,但随着时代的前进,书写工具的改良,书写

同的书体。约在三千年前的殷商时期,书刻在龟甲兽骨上有甲骨文,而后春秋战国时有大篆,秦有小篆,汉代有隶书,隋唐时

修养等差异,从而表露出不同的风格。由横平竖直的静境,渐趋于波磔骏发的动势。也可说中国三千年的书写史就是一部书体 演化成楷书;在汉末魏晋之间,草书盛行。由于各种新书体产生,其执笔运转技法也有所发展变化,加之不同书写者的个性、

的演变史,是一部百花争艳的书法风格史。

研习书法艺术现已成为中国人为提高素质修养的一个重要内容, 从小学起即定为基础课, 许多成年人也抓紧研习书法; 同

时中国传统文化亦受到众多海外人士的青睐,不少人远渡重洋来华学习这门艺术,或在该国书法教室学习

之著名碑帖的基本特点, 书法教育家王鑑伟先生,最近编撰了 以范本为例, 扼要精析, 《书法技要》丛书, 使之便于掌握其书写方法, 拟订真、 草、隶、 逐步进入书法艺术的殿堂。 篆诸种, 陆续付梓。 该丛书简要介绍各种书体 同时又介绍历代有关

中并附有英译文, 可为外国书法爱好者选用 该书体的名家作品

以作比较欣赏,

提高其审美能力。

我看此书不仅可作学校之教材,

也实为书法爱好者自学之良师益友。书

中国美术学院教授 拳 ** 松野车

Calligraphy is a special art of China. Since the time when words existed, writings appeared thereafter. The writing of words was originally for practical purposes but as time progressed and writing tools improved, writers gradually incorporated their thoughts and individual character into their work, together with the changes through time, works with different artistic charm were produced.

Different writing styles evolved during different periods according to their practical and functional uses. About three thousand years ago during the Shang Dynasty, inscriptions on bones and tortoise shells known as Jia Gu Wen (the oracle inscriptions) were discovered. The Warring States used Da Zhuan (greater seal character) and then followed by Xiao Zhuan (lesser seal character) during the Qin period. Li Shu (official/clerical script) was used in the Han Dynasty where it gradually evolved into the Kai Shu (regular script) during the Sui-Tang period. Between the end of Han and Wei-Jin Dynasties, Cao Shu (cursive script) became popular. As different writing styles developed, the writing techniques too progressed. Moreover, each individual writer's personality and cultural background gave rise to different writing styles such as from the static horizontal and vertical crisscross to the wave-like, free-flowing trends of writing. One can say that China's three thousand years of writing history is a book of evolution of the writing scripts as well as a book of the colourful calligraphic styles each vying for a place in history.

The art of calligraphy has now become an important element for self-improvement and achievement for the Chinese people. It is one of the basic subjects taught in the primary schools and it is also well-studied by many adults. At the same time, China's traditional art has attracted favourable responses from people overseas of which many had crossed the vast oceans to come to China to learn this form of art while others continue to learn from their local calligraphy classes.

Wang Jianwei, a calligrapher and an educationalist, has compiled a series of calligraphy essentials that includes the Kai, Cao, Li and Zhuan scripts. This book provides an introduction to the basic characteristics of some famous rubbings from carved tablets in the different writing styles. The main points are emphasized and explained so as to help beginners to grasp the writing techniques and eventually be a part of the calligraphic world. This book also introduces famous calligraphers' works from the different periods to allow comparisons and enhance aesthetic appreciation. I believe this book is not only an instructional tool for schools but it is also a great companion and calligraphy teacher for self-study individuals. There is an English translation in the book that serves as a useful guide for foreign learners.

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遠縣群年和強議

朝著名书法家欧 九成宫碑 避暑时以 阳询 发现温泉的 结体沉稳 所 书 是他的晚年代表作, 法度严 谨 笔力刚劲, 由魏征撰文, 唐贞观六年 碑文记载了唐太宗 (公元632年

乘。

其书称作

『欧体』

因曾任太子率更令,

故又称

字信本,

临湘

称『率更体』

祖

阳询

"Jiu Chen Gong Bei" ("Jiu Chen Gong Li Quan Ming") was composed in the sixth year of Zhen Guan during the Tang Dynasty (632 A.D.) by the famous Tang calligrapher Ouyang Xun. It was written in his old age, later scripted by Wei Zhen. The tablet has inscriptions that recorded the discovery of a hot spring during Emperor Tang Tai Zhong's summer retreat at the Palace Jiu Chen.

"Jiu Chen Gong Bei" has a very stable framework, the writing technique is careful and strict, the strokes are powerful and dangerously steep amidst the flatness.

Ouyang Xun (557-641 A.D.), also known as Xin Ben was a native of Linxiang in Tanzhou (now Changsha, Hunan Province). His ancestral home was in Qianchen, Bohai. His writings are known as "Ou Ti" (Ou calligraphic style) and "Lu Geng Ti", the latter was the title of his official status when he was serving under the crown prince.



Chinese characters are made up of separate strokes. The basic strokes of Kai Shu consist of eight brush strokes: horizontal, vertical, left-falling, right-falling, dot, hook, bend and upstroke. With constant practice one will be able to grasp the writing skills and thus build a firm foundation.



通过笔画练习,可以掌握楷书的基本笔法,从而打下扎实的基础 汉字是由基本笔画组成的, 楷书的基本笔画大致有横、 竖、 撇、 捺、 点、 钩、 折、 提等八种。

横

Horizontal

向左藏锋起笔,中段稍提;收笔 略作顿势回锋。

Start with the brush tip towards the left then briefly lift the tip in the mid-section and finally use a pause to turn the tip to









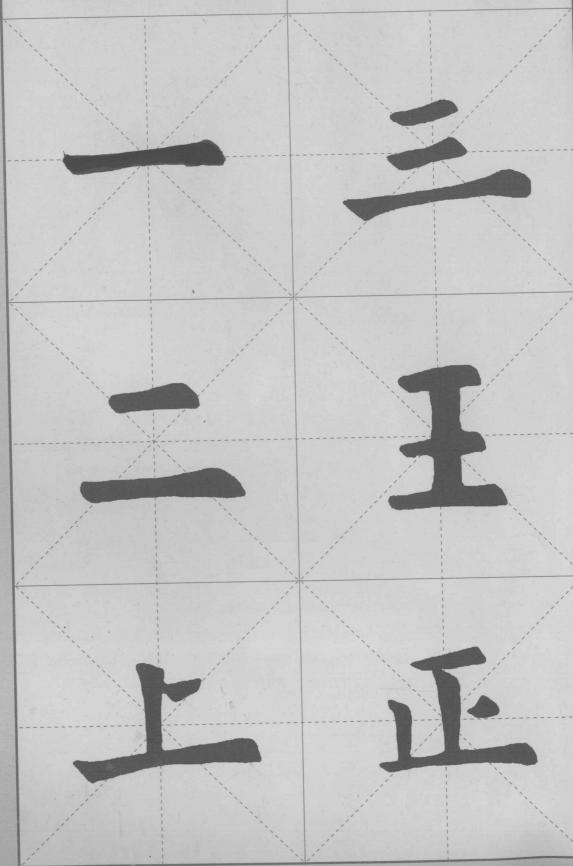




短横 Short Horizontal









Vertical

竖画须劲挺硬朗。

Vertical strokes are stronger in appearance.



悬针 Hanging Needle





垂露 Dew Drop



尖头竖 Sharp-tip Vertical





基 本 笔 画

Basic Strokes

撇 Left-falling

起笔厚实, 尾部多尖锐。 Begin with a solid bold stroke and tapers to a sharp ending.

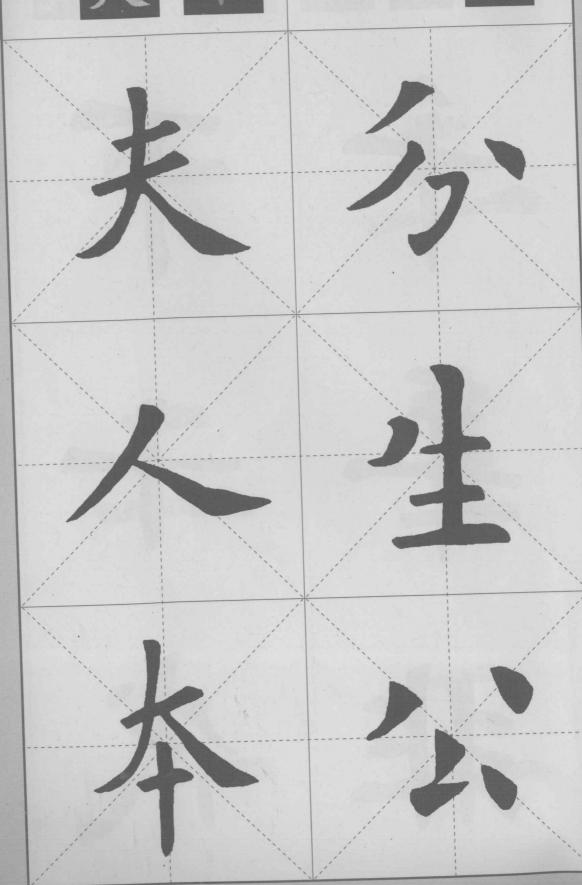






短撇 Short Left-falling





基 笔

画

Basic Strokes

竖撇 Vertical Left-falling

弯撇 Curved Left-falling







回锋撇 Return Left-falling

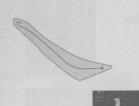




Right-falling

逆锋入笔,逐渐加重,尾部向右 水平提笔。

Start with a reverse stroke, slowly increase the strength and lift the brush near the end horizontally to a stop.









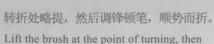
平捺 Flat Right-falling



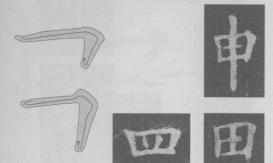








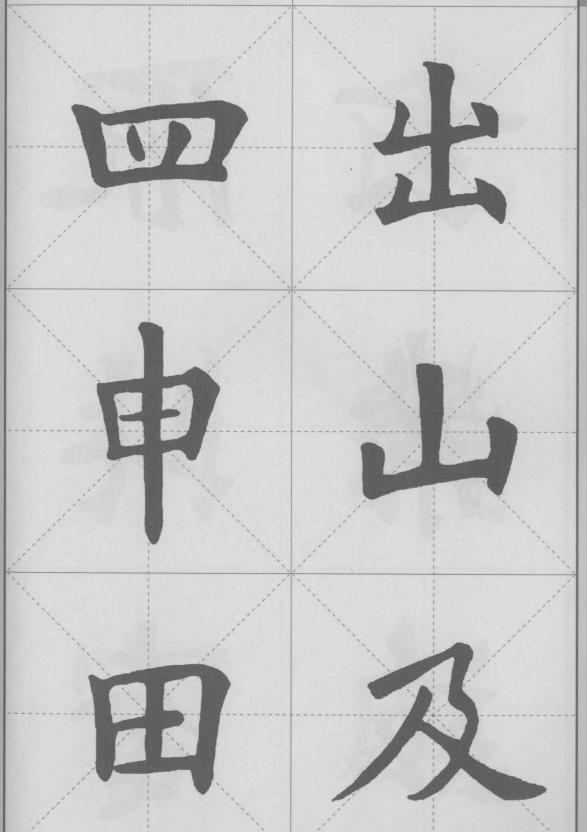
Lift the brush at the point of turning, then adjust the brush tip and pause before executing the rest of the stroke.

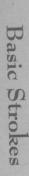


Bend











撇折 Left-falling Bend







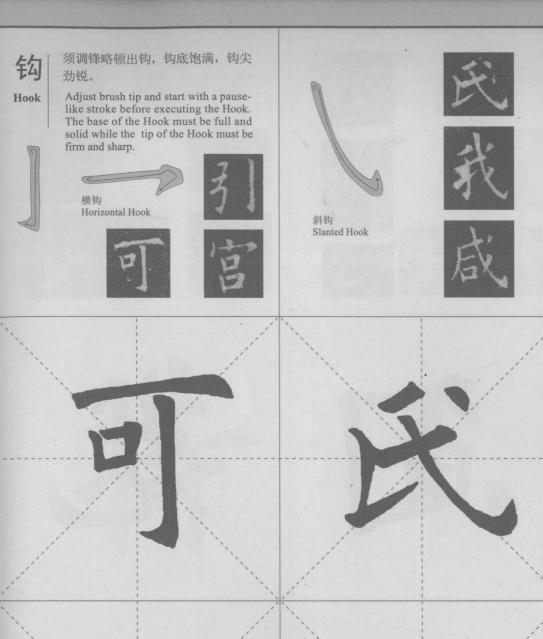


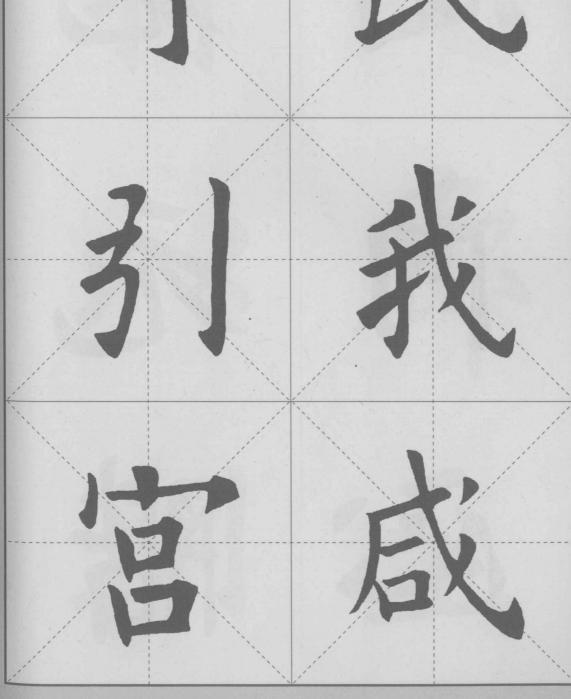
竖弯折 Vertical-curve Bend





基







横折钩 Horizontal-bend Hook



卧钩 Rest Hook



内

10



竖弯钩 Vertical-curve Hook



弧钩 Arc-like Hook







