

CHINESE KUNG-FU SERIES 13

23 WUDANG TAIYI WUXING BOXING

(Grappling-Pouncing Techniques)

(in Chinese-English)

by An Tianrong

Hai Feng Publishing Co., Ltd.

武當太乙五行擒撲
九宮旋轉十二法

· 中英對照 ·

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出版說明

《武當太乙五行擒撲二十三式，九宮旋轉十二法》爲愛新覺羅·溥儀所獻，一九八〇、一九八一年的全國武術觀摩交流表演大會上，溥儀先生兩度表演此拳，引起廣泛注意。爲使此一拳術廣爲流傳，不致湮沒，溥儀先生特委托武漢市武術協會副主席安天榮先生，按照其親自演授動作整理成冊出版，書名《武當太乙五行拳》作者金子弢（即溥儀）。我社爲向海外讀者介紹我國優秀武術拳種，於一九八五年初在北京《體育文史》主編楊亞山先生的熱情協助下，徵得溥儀先生本人和拳術整理者安天榮先生首肯，允予對原書作進一步的修改，在香港出版海外版。

今天，奉獻在讀者面前的是經過安天榮先生重新按照溥儀先生生前演授的動作套路照片，對全部動作、解說，逐一作了認真校核，訂正了多處重要錯誤的一本全新著作。爲了有別於以前出版過的一本，爲了紀念三年前不幸病逝的溥儀先生，我們將書名恢復溥儀先生首次表演時所使用的名稱：《武當太乙五行擒撲二十三勢，九宮旋轉十二法》。

一九八八年十月

內容簡介

武當拳術之一，創建於明朝，此拳動作似太極含胸拔背、形意相隨，但又不同於太極自成一格。拳以養氣健身、制敵自衛爲旨，要求心息相依，腰隨膀轉，運行勻慢，動靜自如。練法是兩手環抱，腳走弧線，動如蛇行，勁似作繭。其特點是鬆柔圓活，固守待進，尚意而不尚力，貴化而不貴抗，爲目前整理出的一套較完整的武當派拳術。

全書分三部份：一、拳術基本動作；二、九宮旋轉十二法基本功法。這部份內容是新增加的；三、太乙五行擒撲二十三式動作說明。

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前 言

武當山，位於中國湖北省西北部，漢江南岸，均縣境內。原名太和山，又名參嶺或仙室。中有七十二峯、三十六崖、二十四澗等勝景，及上、下十八盤等險徑。風光秀麗，景色清奇。主峯天柱，亦稱紫霄，海拔一千六百一十三米，雄峙其上之金殿（即金頂），純以銅鑄，馳名中外。天風振蕩，雲海浮沉，極為壯觀。為道教名山和武當派拳術發源地。

《武當太乙五行擒撲二十三式》、《九宮旋轉十二法》，係武當派拳術之一。一九八〇年和一九八一年，全國武術觀摩交流表演大會上，愛新覺羅·溥儼老先生，兩度表演此項拳術於太原和瀋陽。引起廣泛注意，深得各方好評。國內報刊，分別撰文介紹。為了發掘、繼承、研究和普及此項拳術，武漢市武術協會曾邀請愛新覺羅·溥儼老先生來漢講學，親予演授。筆者受溥儼老先生委託，將此書整理成冊。除動作解說外，各式名稱，均按溥儼老先生要求撰寫，保持其此拳本來面目。以供廣大武術愛好者研習及精於此道之專家參酌修訂之用。

愛新覺羅·溥儼老先生生於一九二九年秋上武當，居紫霄宮七月有餘。從李合林道長習此拳。李稱此拳係明弘治（孝宗朱佑樸）年間（一四八八—一五〇四），由本宮龍門第八代宗師張守性，根據武當丹士張三丰《太極十二式》，並上溯漢末名醫華佗《五禽戲》，及道門流派中吐納、導引、技擊等，融煉而成。愛新覺羅·溥儼老先生研習此技五十餘年，從未間斷。不幸因突發性心肌梗死於一九八五年十一月三十日晨2時去逝。享年八十有二。現將此拳整理問世，以表對溥儼先生的悼念。

此拳以養氣健身、制敵自衛為旨歸。尚意不尚力，貴化不貴抗。要求心息相依，腰隨胯轉，運行勻緩，動靜自如。兩手環抱，腳走弧綫，動如蛇之行，勁似蠶作繭。辨位於尺寸毫厘，制敵於擒撲封閉，水流雲繞，莫測端倪。演練之時，方丈之地即可。

本書在編寫過程中，曾得到楊亞山，張連成等同志大力支持協助，僅此表示感謝。

由於整理者水平有限，未當之處，敬請廣大讀者批評指正。

武漢市武術協會副主席
江漢大學武術教研室主任 安天榮

一九八六年十月十五日於武漢。

Introduction

Wudang Mountain lies on the south bank of the Hanjiang River, in Junxian County, northwestern Hubei Province. The Mountain originally called Taihe Mountain, and also Ginseng Mountain or Immortal Mountain, has 72 peaks, 36 cliffs, 24 valleys, 18 upper-bend and 18 lower-bend narrow paths, and other scenic spots. The mountain is picturesque and full of unique natural beauty. The main peak Tianzhu, also called Zixiao Palace, is 1613 meters above sea level. There is a famous bronze hall on its top, reverberated with high-altitude winds, and surrounded by a sea of clouds. A magnificent scene. The mountain, famous for Taoism, is the birthplace of Wudang Wushu School.

23 *Wudang Taiyi Wuxing Grappling-Pouncing Techniques* and 12 *Jiugong Rotating Methods* are a component part of Wudang Wushu School. In the Chinese national wushu contests and exhibitions held in Taiyuan and shengyang in 1980 and 1981, Master Aisin Gioro Pu Xuan twice demonstrated this pugilism, arousing much attention and winning favorable comments. The press also gave some publicity to it. Wuhan Wushu Association invited Mr Aisin Gioro Pu Xuan to give lectures and demonstration. Entrusted by Mr Pu Xuan, I wrote this book. Except for movement explanations, the names of all forms were written in line with requirements so as to maintain the original characteristics of the pugilism. This book is for wushu fans to exercise by themselves and for experts' reference.

Master Aisin Gioro Pu Xuan ascended Wudang Mountain in the autumn of 1929 and lived in Zixiao Palace for over seven months. He learned this pugilism under the guidance of Taoist Chief Li Helin. Li said this wushu branch was formed by the eighth-generation Master Zhang Shouxing of Zixiao Palace in the years between 1488 and 1504 during the reign of the Ming Emperor Hongzhi. Zhang Shouxing created it by incorporating 13 Taiji forms of Wudang Alchemist Chang Sanfeng, five-animal exercises of Hua Tuo, a famous doctor of the late Han Dynasty (25-220), and other parrying techniques of Taoist wushu schools. Master Aisin Gioro persisted in practising it for more than 50 years. Unfortunately attacked by a sudden stroke of myocardial infarction, he died on November 30, 1985, at the age of 82. Now I offer this book to reader in memory of Mr. Pu Xuan.

This boxing is for cultivating qi and toughening health and for self-

defence. It emphasizes on mind instead of strength, good at fending off attacking force, but not for confrontation. It requires mutual supplement of mind and breath and harmony of movements and pauses. Its movements are slow and smooth, in which waist rotates according to hips. Two hands form a ball-holding form, feet move in arcs like moving snakes. The force exerted is like a silkwork making a cocoon. The practitioners can set out their footwork precisely and subdue opponents motionless. Their movements would be unpredictable, like running water and flying clouds. A tiny area is enough to practise this boxing art on.

My acknowledgement goes to Mr. Yang Yashan and Mr. Zhang Liancheng of *Sports History Journal* in Beijing, who gave me unreserved help in writing this book.

Because of limited knowledge on the part of the author, the book is open to criticism and suggestions.

An Tianrong

Deputy Chairman of Wuhan Wushu Association

Deputy Chief of Wushu Section, Jiangnan Univ. In Wuhan

October 15, 1986

武當太乙五行擒撲二十三式

九宮旋轉十二法

一、基本動作

- (一)手型
- (二)手法
- (三)步型
- (四)步法
- (五)腿法
- (六)身型
- (七)身法
- (八)眼法

二、九宮旋轉動十二法

- (一)預備勢（無極式）
- (二)左右穿翻天旋掌
- (三)左右掏腰地旋掌
- (四)左右抱球旋轉掌
- (五)左右追風插指掌
- (六)左右旋轉蓮花掌
- (七)左右扣腕頂指掌
- (八)左右旋轉劈空拳
- (九)左右旋轉攙毆掌
- (十)左右括弧前推掌
- (十一)左右括弧歇步掌
- (十二)左右盤旋雲手掌

三、武當太乙五行擒撲二十三式

預備勢（無極式）

起 勢

- (一)白猿出洞 雙峯拜日
 - (二)勒馬懸崖 海底頂雲
 - (三)蛟龍溟濛 雷劈山洪
 - (四)犀牛望月 轉身托天
 - (五)青獅抱球 閃耀金庭
 - (六)豹子含美 仰頭驚林
 - (七)大鵬展翅 羣獸震驚
 - (八)花鹿採芝 俯飲清泉
 - (九)黃麟吐津 戲引螻羣
 - (十)鯉魚打挺 波浪滔天
 - (十一)雄鷹探山 雙擒鳴羣
 - (十二)仙鶴騰空 飛舞風雲
 - (十三)金猴竊丹 爐火皆平
 - (十四)青娥探月 波平浪靜
 - (十五)黑熊反掌 威震森林
 - (十六)金蟬得度 醉卧瑤池
 - (十七)喜鵲登枝 寒立梅蔭
 - (十八)蒼龍入海 意守心寧
 - (十九)野馬抖鬃 烈性飛騰
 - (二十)神猿入洞 性歸心田
 - (廿一)彩鳳凌空 百鳥齊鳴
 - (廿二)伏虎靈台 永守黃庭
 - (廿三)抱元守一 正氣長存
- 收 勢 動靜結合 反轉乾坤

23 WUDANG TAIYI WUXING GRAPPLING – POUNCING TECHNIQUES 12 JIUGONG ROTATING METHODS

I. Basic Movements

1. Hand Forms
2. Hand Techniques
3. Stances
4. Footwork
5. Leg Techniques
6. Body Forms
7. Body Work
8. Eyework

II. 12 Jiugong Totating Methods

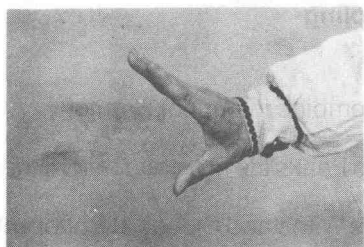
1. Taiji Yin-Yang Fish, Left-Right Style
2. Piercing and Spinning Palm, Left-Right Style
3. Rotating Palms Through Waist, Left-Right Style
4. Ball-Holding Spinning Palm, Left-Right Style
5. Wind-Pursuing Thrusting Palm, Left-Right Style
6. Rotating Lotus Palm, Left-Right Style
7. Wrist-Tucking and Finger-Thrusting Palm, Left-Right Style
8. Rotating Empty-Hacking Palms, Left-Right Style
9. Rotating Grabbing and Intercepting Palm, Left-Right Style
10. Parenthesis Forward Pushing Palm, Left-Right Style
11. Parenthesis Cross-Legged Palm, Left-Right Style
12. Coil Cloud-Hand Palm, Left-Right Style

III. 23 Wudang Taiyi Wuxing Grappling-Pouncing Techniques

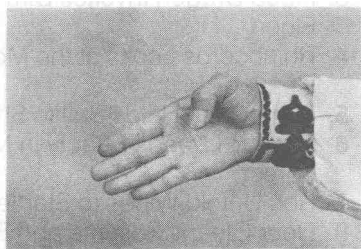
Ready Position (Wuji Position)

Starting Movement: Vitality and Qi Combine in Perfect Harmony to Rotate the Universe

1. White Ape Comes from Cave Two Peaks Lie Prostrate before the Sun
2. Rein in Horse at Brink of Precipice Withstand Clouds at Bottom of Sea
3. Flood Dragon Invokes Dim Mists Thunderbolt Strikes Mountain Flood
4. Rhinoceros Looks at the Moon and Turns Round to Support the Heaven
5. Green Lion Holds Ball to Shine Golden Hall
6. Leopard Keeps Beauty in Mouth and Raises Neck to Startle Forest
7. Roc Unfold Wings to Startle Animals
8. Deer Gleans Sesame and Bows to Drink Lucid Spring Water
9. Yellow Python Shoots Spittle to Frolic with Mole Cricket Groups
10. Carp Leaps out of Water to Stir up Surging Waves
11. Eagle Flies over Mountain to Catch Chickens Twice
12. Red-crowned Crane Soars into Sky and Flies Gracefully in Wind and Clouds
13. Golden Monkey Steals Immortal Pills and Fire in Stove Dies out
14. Green Moth Surveys the Moon and Surging Wave Subside
15. Black Bear Turns over Its Paws Whose Great Power Shakes Forest
16. Golden Toad Becomes Immortal and Sleeps in Yaochi Lake Drunken
17. Magpie Perches on Branch to Stand Alone on Winter Plum
18. Green Dragon Dives into Sea with Peaceful and Concentrated Mind
19. Wild Horse Shakes Manes to Demonstrate Fiery Violence
20. Immortal Monkey Enters Cave and Peacefully Concentrates Mind
21. Colourful Phoenix Flies High in Sky and Hundred Birds Chirp Together
22. Subdue Tiger on Fairy State to Defend Taoist Scriptures Eternally
23. Preserve Vigour and Vital Energy Forever



1



2

一、基本動作

(一)手型

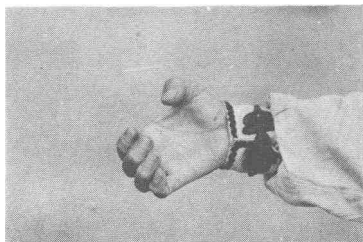
1、八字掌：五指伸直，拇指外展，其餘四指自然靠近，虎口撐圓，形如八字。（圖1）

2、劈空掌（扣指掌）：拇指屈扣，其餘四指伸直並攏。（圖2）

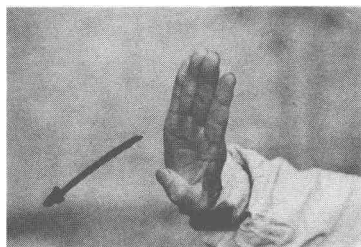
3、虎爪掌（虎掌）：拇指外展彎屈，其餘四指並攏，使第二、三節指骨彎屈，但不得屈攏。（圖3）

(二)手法

1、劈掌：由上向下或由下向斜上方側掌劈擊，勁貫掌外沿。（圖4）



3



4

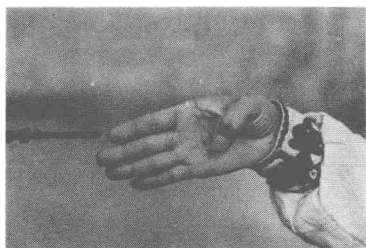
I. Basic Movements

(I) Hand Forms

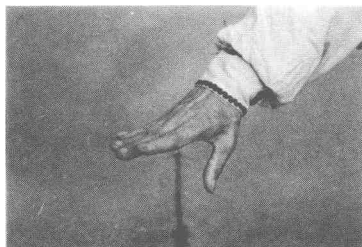
1. "8-character" palm (on the gesture "the left hand rule"): Five fingers straighten. Thumb stretches out and other four fingers keep side by side to let fork remain round like a Chinese character of eight or the gesture of the left hand rule. (fig. 1)
2. Empty-hacking palm (thumb-tucking palm): Thumb bends to the center of palm, and the other four fingers keep side by side and straighten. (fig. 2)
3. Tiger-claw palm (tiger palm): Thumb stretches out and bends, and the other four fingers keep side by side to let the second and third joints bend but not hold in. (fig. 3)

(II) Hand Techniques

1. Hacking palm: Palm hacks in an upward-downward direction, or in a downward-upward-oblique direction. The force is applied at the outer edge of palm. (fig. 4)

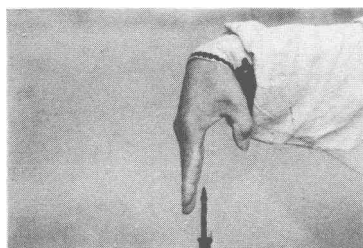


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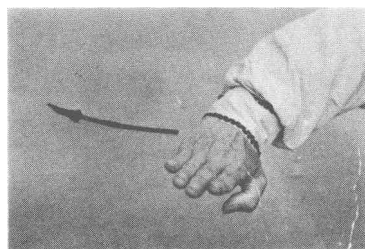


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- 2、戳掌: 臂由屈到伸, 直腕向前頂擊, 勁貫指尖。(圖5)
- 3、按掌: 由上向下按, 手心朝下, 勁貫掌心。(圖6)
- 4、插掌: 臂由屈到伸, 直腕向下或斜下插, 勁貫指尖。(圖7)
- 5、砍掌: 仰掌或俯掌, 由右向左或由左向右橫擊, 勁貫掌外沿。
(圖8)



7



8

2. **Intercepting palm:** Arm straightens to let wrist thrust forward straight. The force is applied at tips of fingers. (fig. 5)
3. **Downward-pressing palm:** Palm, facing downward, pushes downward from above. The force is applied at the center of palm. (fig. 6)
4. **Thrusting palm:** Arm straightens to let wrist thrust downward straight or downward obliquely. The force is applied to tips of fingers. (fig. 7)
5. **Horizontal cutting palm:** Palm faces upward or downward to make a horizontal cut from right to left, or from left to right. The force is applied at outer edge of palm. (fig. 8)