

點蒼擒拿八法

Diancang Eight Capture Skills

肖作洪 曾亦菡 著



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新华社新华书画院书画家、诗人、雕塑家萧宽题词

少曲音夥多更來與或夥多
 涸陽蒼或文或曲以出今車
 車中米即曲蒼或車
 山林木亭下內甲只(變)米
 集甲營多為晴風亦國點老稿字八法再版而書云曰晴留吾好安作亦博武學洪函揚
 蒼武文武博古今晴騎中華地點蒼武當少林術漸推民天下乐
 為政須正德
 治學要正心
 壬辰歲孟春于點蒼山下寶知堂主點蒼派掌門人白侍儒書

寶知堂點蒼派掌門人白侍儒先生題詞



中国第六支暨第八支赴海地维和警察“维和英雄”，原防暴大队大队长刘建宏（原任武警边防部队昆明指挥学校副校长、右三）及原队员舒刚（现任本校基础部办公室主任兼射击教官、左一）、李文龙（现任本校边境管理学教官、左二）、王铤（现任本校汽修教官、右一）与作者合影



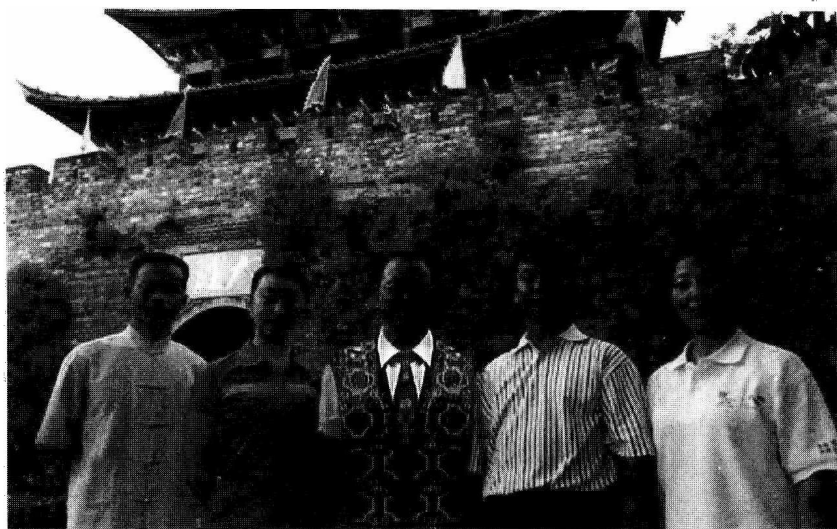
解放军云南省大理军分区司令员、大理点苍武术研究所首席顾问李述朗与作者合影



云南省武术队总教练及省政协副主席兼秘书长胡宝林（左五），云南警官学院警察防卫与控制学科教授、二级警监兼省政协副主席李德祥（右三），沙国政武术馆馆长沙俊杰及副馆长李斌夫妇（右一、右二），省政协副主席秘书长许坤祥（左四）及黄鑫（左一）与作者合影



云南省民族民间文化遗产保护与开发协会会长、云南省民族学会文化遗产保护研究中心主任、世界华人艺术家刘伟（中）与作者合影



大理州武协主席、大理点苍武术研究所所长白侍儒（右二），大理学院南诏大理国历史文化遗产与发展研究基地首席专家、大理市历史文化研究所所长、点苍武术研究所首席顾问张锡禄教授（中），大理学院武术副教授、大理州政协副主席、点苍武术研究所研究员子莲鹰（右一）与作者合影



武当山旅游经济特区武术局武当内家功夫表演团总教练曾友福老前辈（左二）与作者及学生马亚祥（右一）合影



武当武术研究总会会长、《贺龙在武当山》武打总设计师陈逵大师（右二）与作者及现服役于武警某部的学生伍永宏（左一）合影



原中国武协秘书长、现任中国武术院首席专家及国际传统武术联合会副主任康戈武（中）与作者合影



作者曾亦菡在本学院教学现场



作者肖作洪在部队警校教学现场



肖作洪 曾用名萧强发，笔名啸风，男，汉族，1970年12月生，中共党员，祖籍江西吉安，出生于湖北洪湖革命老区。现任中国人民武装警察边防部队士官学校（原武警边防部队昆明指挥学校）高级军事教官，武警专业技术九级中校警衔。1990年12月入伍，1994年12月提干，历任士兵班长、学员区队长、排长、副中队长、训练参谋等职，1999年从武警云南瑞丽边防检查站调入学校任教至今。主授科目有《擒敌技术与警务实战技能》、《边境管理·边境突发事件处置》。曾参与编写内部《军事技能教材》以及《武警云南边防总队缉毒专业暨参谋业务培训统编教材》、指导拍摄实战技能等方面教学片，还经常在警内外刊物和网络上发表学术论文。从小酷爱武术，师从少林与武当两大传统流派，立志弘扬中国传统武术和文化精神并服务于部队。现为中国武协会员、云南省武协委员、大理点苍武术研究所及武当武术研究总会特约顾问。入伍以来一直从事军事训练与教育、教学和管理工 作，并多次参加武警边防部队全国和全省军事大比武（并参与执教和执裁工作），曾多次被评为“优秀教练员”。曾为中国第六支暨第八支赴海地维和警察防暴大队执教堵卡查缉战术课程；曾受邀到云南省公安禁毒局和昆明市特警队进行山地查缉战术及擒敌技术交流教学；2005年年底至2006年年初作为武术指导兼嘉宾主持过云南省电视台拍摄《凌波微步——〈天龙八部〉大理寻踪》15集电视纪录片，并致力发掘和推动大理点苍传统武术；2005年年初还参与省体委群体中心和省武协人士成功策划“武林魂杯”云南省首届太极养生暨武术文化交流会；2011年主编国家教育部面向大学推荐的《武术》教材。因训练与教学工作突出曾荣立过部队三等功三次。

Xiao Zuohong is male, and of Han Chinese ethnicity. He is a Chinese Communist party number. He was previously named Xiao Qiangfa, and his pseudonym is Xiao Feng (Hurricane). His family is originally from Jí'an City of Jiangxi province. He was born in December 1970 in Honghu City of Hubei province, which is an old revolutionary base area.

He is a Lieutenant Colonel of Armed Police, professional level-9, and senior military trainer in the basic ministry of education in China Frontier Defense Solider and Officer School of Armed Police.

Xiao Zuohong enlisted in the army in December 1990, and in December 1994, he was promoted from an ordinary solider to a military cadre. Then, he successively held the posts of; soldier, squad leader, the captain of the student area, platoon leader, vice squadron commander, and training adviser. In 1999, he was promoted to conduct teaching in the school at Yunnan Ruili frontier inspection station.

Subject Major & Research Topics

- Techniques for Seizing Enemy
- Policing Battle Situations
- Border Gates Management and the Handling of Frontier Emergencies

The other books he once took part in compiling are “Military Skills” used as an inner military textbook, and another textbook called “Staff Training and Narcotic Protection of Yunnan Frontier Defense Prefecture”.

Since childhood Xiao Zuohong has taken a great interest in the martial arts. At first he studied with masters at China's most renowned “Gongfu” temples, Wudang and Shaolin. Therefore now, alongside his service to the army, he now wishes to promote the spirit of Chinese traditional Wushu culture. He is a board-member at the Chinese Wushu Association, holding a level-6 diploma in Chinese Wushu. He is also a committee-number at Yunnan Wushu Association, and the special invited counselor at Wudang Wushu

Research Federation and the Diancang Wushu Institute in Dali.

So we can see that, since joining the army Xiao Zuohong has been working in military training, education and management roles. In addition, he regularly takes part in national and provincial military competitions of the armed police frontier force. Also, he has repeatedly been elected as “excellent coach” by his superiors many times, and has often published academic dissertations in police journals on the internet.

Interestingly enough, Xiao Zuohong once gave a course to China’s No. 6 and No. 8 Force Peacekeeping Unit which was deployed to serve in Haiti. He has taught capture tactics in mountainous areas and seizing techniques for soldiers in Yunnan Public Securities Narcotics Control Bureau and Kunming Swat police.

Xiao Zuohong was even the Gongfu advisor for “Walk with Dainty Steps-The Semi-gods and The Semi-devils-Tracking in Dali”; a TV documentary, consisting of 15 episodes, that was made by Yunnan province Television Station and filmed in Dali.

Ever since this accomplishment, Xiao Zuohong has devoted himself to explore and promote “Diancang” traditional Wushu. At the beginning of 2005, he participated in planning the project “Wulin Soul” with the center of national sports bureau of Yunnan, and members of the provincial Wushu association. It was the first Taiji regimen seminar in the Yunnan province. And in 2011 he mainly edited the textbook named “Martial Arts” which is recommended to all the universities in China by Chinese Education Bureau. He won the third-grade merit from the military three times because of his outstanding training and teaching.

So we can see that Xiao Zuohong has consistently worked hard at promoting Wushu culture and more recently developing fitness programs for the masses.



曾亦茜 笔名亦茜，女，汉族，1973年12月生，中共党员，祖籍湖南长沙，出生于四季如春的云南昆明，现为云南大学体育学院副教授。中国武术协会及云南省武术协会会员，国家级武术套路裁判，昆明市武术协会副主席，中国武术六段，沙氏武术第二代传人，沙国政拳法研究会研究员，大理点苍武术研究所和武当武术研究总会特聘研究员。自六岁开始习武，受许坤祥、陈丽华、邓解维恩师启蒙，后师从于沙俊杰、胡宝林。毕业于北京体育大学，武术专项，在北京体育大学参加“全国高等院校青年骨干教师国内访问学者项目”学习期间特别得到了徐伟军教授（原北京体育大学武术学院院长）的教导。常年在高校从事武术及养生瑜伽教学和科研工作，多次获得“优秀教师”称号，著有高等院校体育教材《健康瑜伽》一书，发表武术相关科研论文二十余篇。常年在云南省、全国及国际武术比赛中担任裁判工作。

Zen Yihan, is female, and of Han Chinese ethnicity. She is a Chinese communist party member. She was born in December 1973, and her pseudonym is Yihan. Her family is originally from Changsha City of Hunan province, but she was born in Kunming city of Yunnan province. This is the famous city where ‘there are no other seasons but spring all year long’. She is a vice professor of Sport College of Yunnan University. Now she is a committee member at the China and Yunnan Wushu Association, a national judge of martial arts routines, the vice chairman of Kunming Wushu Association, holding a level-6 certification of Chinese Wushu. She is also the original disciple of the second generation of the Sha Style Wushu, a researcher of Sha Guozheng Boxing System Seminar, a special invited researcher of Wudang Wushu Research Federation and Diancang Wushu Seminar in Dali State. She has been teaching and researching Wushu and Yoga regimen in college and has received awards for being an outstanding teacher many times. She majored in Wushu and graduated from Beijing Sport University. She began to learn Wushu when she was six years old, and was enlightened by Xu Kunxiang, Chen Lihua and Deng Jiewei, then she learned from Sha Junjie and Hu Baolin. She took part in the project of “The University Young Core Instructor and Domestic Visitor” during which she was specially instructed by professor Xu Weijun (the former headmaster of Wushu College of Beijing Sport University). She published “The Healthy Yoga”, a physical education textbook. She has more than 20 academic publications. She is always a referee of Wushu competitions in Yunnan province, and even in national and international games.