

六合八法剑30式

LIUHE BAFAJIAN SANSHI SHI

杨 维 周树生 / 著



《六合八法剑30式》是周树生大师在六合八法拳30式基础上，结合剑的基本动作创编而成。该剑继承了六合八法拳30式导引养生，动作形神清灵，刚柔相济，象形会意，随心所欲，快慢相间，简单易学，老少皆宜的特点。全套共有30个动作，演练时要求动作缓慢柔和，因人而易。青少年长期练习，能够促进生长发育，增加骨质密度，提高骨的坚韧度，开发智力，激活潜能，培养意志；中年人长期练习，能够健筋、强肾、提神、健脑，扩大肺的呼吸总量，消除工作疲劳和紧张情绪，磨炼性格，缓解冲动，调节呼吸功能；老年人长期练习，能够防病治病，强身健体，益寿延年，娱乐休闲，陶冶情操，改善心脑血管机能，提高免疫力，刺激神经系统等。

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推广项目

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■ 杨 纘 周树生 著

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二〇〇七年十一月三十日

武術

源於中國

屬於世界

徐才



戊子年八月

作者简介

杨维, 祖籍山西永济, 1967 年生于黑龙江省青冈县, 工商管理硕士, 武术博士, 教育管理哲学博士, 阜阳大学体育学院武术副教授, 国际武术散手道联盟副主席, 中国武术散手道协会主席, 中华杨氏武艺研究会会长, 少林鹰派武术研究会会长, 国际一级武术裁判, 武术散手道八段, 是一位造诣颇深的武术家。

杨维自幼随父亲杨乃文学习杨氏武艺, 继承和发扬了少林释行山、释行好、释行明和鹰爪王周树生传授的少林鹰派武术体系, 先后得到 18 位武术名师指导, 深得多家武功之精髓。1988~1989 年, 荣获“黑龙江省武术散手比赛”70 公斤级冠军和“最佳擂主”称号; 1992 年, 获国家体育总局举办的“武术文化知识国际大奖赛”三等奖; 1997 年获世界杯“国际武术锦标赛”80 公斤级散手比赛金牌和传统武术比赛银牌; 1999 年, 获美国国际武术联盟总会颁发的“国际武术裁判”资格证书; 2003 年, 获美国世界博览会颁发的金杯奖; 2005 年, 被世界著名武术家评审委员会评为“世界著名武术家”; 2006 年, 被世界文化科学研究院授予“世界十大武术博士”; 2007 年, 被世界文化科学研究院授予“世界著名武术教育家”; 2008 年, 被世界著名武术家评审委员会评为“世界武林百杰”。

从武历程收录入《中国当代武林名人志》、《中国当代武术家辞典》、《世界名人录》、《世界著名武术家大型画册》(第一卷)。已出版的武术著作 30 余部, 音像作品 100 多种, 众多学术文章及论文在国内外刊物上发表。

About the author

Male; was born in Qinggang, Helongjiang in 1967; Ph.D. of Wushu; associate professor of College of Physical Education, Fuyang University; vice chairman of International Wushu Sanshou Dao Association; chairman of China Sanshou Dao Association; president of Chinese Yangshi Wushu Institute; president of Shaolin Yingpai Wushu Institute; the Black Belt 8 of Sanshou Dao; first-level national referee of Wushu; magazine editor of Fighting·Wushu Science(intergrated and academic version); a versatile martial artist.

At early age he began to practice Yangshi Wushu from his father, Naiwen Yang, and accepted and developed Shaolin Eagle Claw Wushu System passed on by Kingshan Shi, Xinghao Shi, Xingming Shi and Shusheng Zhou, king of Shaolin Eagle Claw. He has got guidance from 18 martial artists early or late. In 1988, he got 70kg champion of “Heilongjiang Free Sparring Competition”. In 1992 he was in the third place for “International Grand Prix of Martial Arts Cultural Knowledge”. In 1995 he got the “International Wushu Referee”. In 1999 “USA the World Expo” gold award. In 2006 “The World’s Top 10 Dr. of Wushu” and in 2007 “Top 100 Wushu Extraordinaire”.

He has also published over 30 books, over 100 videos on Wushu and quite a few articles in the magazines at home and abroad.



作者简介

周树生,生于1940年,广东南海人。历任广西省武术队教练、总教练兼领队之职;曾任中国武术协会委员,中国体育科学学会武术分会委员,广西省武术协会副主席,国家级武术裁判员,高级武术教练员。现为中国华岳心意六合八法拳研究总会名誉会长,国际武术散手道联盟荣誉顾问。潜心研练中华武术五十余年,通晓南北内外功法,涉及武术拳种颇为庞杂,尤精少林鹰爪翻子门拳技及心意门的六合八法。

13岁时,启蒙于精武门第三代传人刘续封,先后得到数十位良师的悉心教导。其中颇具影响力的有南派周家拳名师刘铁军;查派名师王少周;少林鹰爪翻子名师黎静波;六合八法传人潘炎流;陈式太极拳大家李经梧等。

1960年,参加了建国以来首次全国武术教练员训练班;1976年,参加中国武术代表团任教练,出访越南;1977年,参加中国武术代表团任教练,出访日本和澳大利亚;1979年,参加由国家体委武术处组成的专家和学者十人小组,对武术竞赛规则进行修改;1982年,参加全国武术工作会议的筹备工作和大会组织工作;1983年,参加全国首届武术挖掘成果大会筹备工作和组织工作;1985年,荣获国家体育总局颁发的“新中国体育开拓者”光荣称号;1990年,参加第十一届亚运会武术集训工作,任教练、副组长,并担任中国体育代表团武术队领队;1992年底,由国家体育总局派遣到新加坡传授中华武术,任新加坡国家武术队教练,在五年执教中,该队在国际大赛中十五人次夺得金牌,其他名次和奖牌达七十余人次。退休后,在民间教授传统武术,在传播中华武术的教学训练中,培育了无数中外杰出的武术教练人才和武林精英,在中国及国际大赛中获金牌以数十计。2007年,被世界文化科学研究院授予“世界十大武术名家”;2008年,被世界著名武术家评审委员会评为“世界武林百杰”。

About the author

Male; was born in Nanhai, Guangdong in 1940. King of Shaolin Eagle Claw and Liuhe Bafa Expert; former member of Chinese Wushu Association, member of Wushu Branch of Chinese Sports Science Institute, vice chairman of Guangxi Wushu Association, national referee of Wushu, and senior Wushu Coach; successive coach, head coach and captain of Guangxi Wushu Team; present honorary president of China Huayue Mind-will Liuhe Bafa Research Federation, and honorary consultant of IWSD Association.

At age 13 he began to study Wushu from master Xufeng Liu, the 3rd-generation successor of Jingwu School. Then he was well taught and given utmost guidance from many grand masters, such as Tiejun Liu of the Southern Zhou Quan; Shaozhou Wang of Cha-Style; Jingbo Li of Shaolin Eagle-claw; Yanliu Pan, successor of Liuhe Bafa; Jingwu Li of Chen-style Tai Chi, etc.

Grandmaster Zhou has studied Chinese martial arts with great concentration for over 50 years and be good at North and South, Inside and Outside kung fu, esp Shaolin Eagle-claw Fenzimen Quan and Liuhe Bafa of Mind-Will School. In 2007 he was named “The World’s Top 10 Martial Arts Masters”. In 2008 “Top 100 Wushu Extraordinaire”

前 言

六合八法拳又称“水拳”，是内家拳之始祖，以导引养生而闻名，动作形神清灵、刚柔相济，象形会意，随心所欲，快慢相间。演练风格犹如春雪初融，润物无声；刹那间如波涛汹涌，江河奔泻，飞流直下，不知不觉中汇聚百川归海，海上礁石林立，水下惊涛拍案；渐渐天边的云雨和广阔的海面融为一体，仿佛进入蓬莱仙境，给人以无尽的遐想……这就是六合八法拳的意境。技术特点以精、气、神、意为导引；动作连贯圆活，一气呵成；劲力内敛，尚意不尚力；轻灵沉稳，刚柔相济，快慢相间，鼓荡起伏；以腰为轴，步随腰动，不偏不倚，若虚若实；象形会意，动作有形，动作会意，练就起来，形同神似，化之意境，其乐融融；手法轻沉柔发，步法灵活多变，发劲刚而浑雄，是中老年健身的最佳选择。

六合八法拳为宋朝陈抟所创。陈抟，字图南，宋太祖时，赐号“希夷先生”，故后人称之为“陈希夷”。希夷先生为道家隐士，居西岳华山云台观，博览群书，熟读经史，始创六合八法拳，以强身健体，祛病延年为目的。

河南鹿邑县隐山人李东风继承陈希夷之衣钵，李东风传关杰、刘钧声等；另有宋元通得陈希夷所传，亦精通此拳，传人有刘昆、李梨、张学礼、张继善等。随后有潘致和也得其技，传人有杨景群、达远、陈鹤侣、李静然、李蝉、王进序。自此，六合八法拳便流传于河北、河南、四川、陕西一带。

清道光年间，直隶（河北）昌平黄花镇人陈光第，跟李东风之再传弟子达远和李静然学得此技，又从李蝉道人练心意神功，遂集各师之长，尽得此拳之精华。同时，又有潘致和之弟子杨景群以此拳变化为导气医病之法，名“先天十二势”。杨景群的传人有杜发魁、阎国兴等。

清光绪年间，辽宁铁岭人吴翼翬先拜阎国兴为师，精习六合八法拳，后又师从陈光第，专练心意六合八法拳。两师之技虽同根共源，然法度不同，玄妙各异。从此遂承两老之所传，集其精华，融会贯通，令此技日趋神明美妙。

1936年，吴翼翬先生任南京中央国术馆教务处处长，传授此拳，所传弟子，在广东、香港一带，知名者有梁子鹏、陈亦人。新中国成立初期，六合八法拳由陈亦人同门传至香港、澳门及海外，国内广东、广西及上海等有练此拳者，但传播不广。广西周树生向广东佛山潘炎流学习六合八法拳颇有功底。

为了便于普及、推广、比赛或表演六合八法拳,周树生老师经过多年练习和研究,2006年,把六合八法拳66式浓缩提炼和简化重组,形成了简化六合八法拳30式,并配以剑、刀、棍、枪、扇等器械练习。2007年,笔者向周树生老师学习六合八法拳30式,并在国内及俄罗斯传授,收到很好的效果。2008年,六合八法拳30式被列入“21世纪国际武术养生之旅推广项目”之一,由国际武术散手道联盟(简称“国际武道联盟”)面向全世界推广,特别在中国、新加坡、美国、加拿大、俄罗斯等国和地区,深受广大中老年朋友所喜爱。六合八法拳30式采取晋级考试制度,分为初级、中级和高级三个阶段。初级阶段要求能够熟练演示全套动作;中级阶段要求掌握每个动作的攻防含义;高级阶段要求能够熟练应用每个动作的攻防含义,并在每年一次的“国际武术养生之旅”期间,举行每个阶段的晋级考试,验证阶段性学习成果,由国际武术散手道联盟颁发相应的资格证书,只有通过初级、中级、高级三级考试后,才能申请教练员证书,具备传授六合八法拳30式的资格。

该书在编写过程中,DVD光盘由周树生老师亲自演示,世界文化传播有限公司杨合家录制,笔者为本书示范动作图解,辛桂维技术摄影和照片处理。愿六合八法拳30式能够为21世纪中老年朋友的健康长寿尽绵薄之力。

阜阳大学武术副教授/博士 杨 维

2009年春节于安徽·阜阳

Foreword

Fist liuhebafa also known as “water boxing” inside the home are the ancestor of boxing to keep in good health and well-known guide, Qing–ling spirit motion, rigid–flexible phase, pictographic knowing, way, speed and white. Chunxue exercise as the beginning of financial style, a silent lubricant; an instant such as rough, rivers rush down, down rapidly; unknowingly brought together in one all–sea reefs buildings, underwater stroke the table Jingtao; gradually Cloud horizon of the sea and broad financial as a whole, as if to enter the Penglai fairyland, gives endless reverie…… This is the fist of the conception of water. Technical characteristics in order to fine, gas, God, guide means; coherent motion live round, at one go; dynamic introverted, and not yet intended to force; Brisk steady, rigid–flexible phase, phase speed, change ups and downs; to the waist axis, Step back with the animals and even–handed, if it is Ruoxu; pictographic Ideographic, tangible action, knowing action, trained to become a spirit likeness, of the artistic conception, enjoyable; way Sophie Shen hair light, flexible, agile footwork, hair Jin Gang and the mighty, middle–aged and old are the best choice for fitness.

Fist liuhebafa created for songshao chentuan. chentuan, word tunan, songtaizu when, thanks to its “xiyi President,” people called it “chenxiyi”. Mr. xiyi Taoist hermit living in xiyuehuashanyuntaiguan, well–read book, read through the history of Pioneer liuhebafa, in order to keep fit, for the purpose of Yannian illnesses.

lidongfeng people henanluyixian yinshan science chenxiyi succession, lidongfeng to guanjie, liujunsheng etc.; songyuantong otherwise be taught by chenxiyi also proficient in the boxing, there is human liukun, lili, zhangxueli, zhangjishan and so on. Panzhihe then have him have the technology, there is human yangjingqun, dayuan, chenhelu, lijingran, lichan, wangjinxu. Since then, liuhebafa boxing will be circulated in hebei, henan, sichuan, shanxi area.

qingchaodaoguang years, hebeicangpinghuanghuazhe chenguangdi, and send disciples of lidongfeng and dayuan study lijingran this technology, and training with heart lichan Road yishegong, set the length of the division, the best of the essence of this boxing. At the same time, the disciples and panzhihe boxing yangjingqun changes to medical treatment of airway law, were “xiantianshiershi”. yangjingqun there is the human dufakui, yanguoxing and so on.

qingchaodaoguang years, liaonitieling wuyuhui al yanguoxing teacher, proficient in boxing liuhebafa, and later studied chenguangdi, boxing training liuhebafa mind. Although the two technical divisions were the source of the same root, but different, dif-

ferent metaphysics. Since then was invited by the mass of the two old, set its best, together, make this technology increasingly wonderful gods.

1936, wuyihui Mr. Nanjing Central Martial Arts Hall Director Office of Academic Affairs, who passed on the fist, the mass disciples in guangdong, xianggang area, well-known persons have liangzipeng, cheyiren. The early founding of New China, liuhebafa boxing spread by the door cheniyren with xianggang, aomen and overseas, the domestic guangdong, guangxi and shanghai have to practice this punch, etc., but is not widely spread. guangxi zhoushusheng to study guangdongfoshan panyanliu boxing liuhebafa quite good.

In order to facilitate the popularization, promotion, competition or performance liuhebafa boxing, zhoushusheng Teacher After many years of practice and research, in 2006, the 66-style boxing liuhebafa uranium enrichment and simplification of the reorganization, the formation of a simplified 30 style liuhebafa boxing, and with swords, knives, sticks, guns, fans and other equipment to practice. In 2007, the author liuhebafa to study zhoushusheng Teacher 30-style boxing, and teaching in China and Russia, received very good results. 2008, liuhebafa Fist 30-type included in the "21st century journey of international health promotion project" one of international wushu sanshoudao association from all over the world for the promotion, particularly in China, Singapore, the United States, Canada, Russia and other countries and regions, Friends by the majority of middle-aged and old favorite. 30-style take liuhebafa boxing promotion examination system, is divided into beginner, intermediate and advanced in three stages. The initial stage of a full set of requirements be able to demonstrate proficiency in action; the intermediate stage of the offensive and defensive grasp the meaning of each action; be able to skillfully advanced stage of the offensive and defensive application of the meaning of each action, and at the annual "International Travel Health" held during each advanced stage of the examination, verification stage study results, by the International Wushu Sanshou Road Alliance corresponding qualification certificate issued, only through the primary, intermediate, advanced three-tier examination before they can apply for instructor certification to teach a 30-style boxing liuhebafa eligibility.

In the preparation of the course of the book, DVD CD-ROM presentation in person by the Teacher zhoushusheng, Cultural Communications Limited yanghejia recording, I book a model-based motion graphic, xinguiwei technical photography and photo processing. Liuhe- bafa would like to be able to punch 30 for the 21st century-style middle-aged and old friend's health and longevity, modest contribution.

Fuyang University Professor Wu Shu / doctor
Yang Wei
Chinese New Year in 2009 in Anhui o Fuyang



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第一式

起势 Commencing

1. 上举剑

左手抱剑，左脚横向开立与肩同宽呈“开立步”，右手变剑指，两手向上平行举过头顶；然后两手下落至两大腿外侧，旋腕，两腿由屈到伸，两手再次上举，目视前方(图 1-1~图 1-10)。



图 1-1



图 1-2



图 1-3





图 1-4



图 1-5



图 1-6



图 1-7

【要点】

两次举剑时要注意重心转换。

【解析】

上举剑是以剑首向上举起。此招有攻击对方下颌之意。



图 1-8



图 1-9



图 1-10

2. 前伸剑

上动不停，两手下落至两大腿外侧；然后两腿由屈到伸，两手上下分开，

右剑指收于右胯外侧，左手持剑置于左胸前，目视左手（图 1-11~图 1-14）。

【要点】

两腿直立与两手前后分开同时进行。

【解析】

前伸剑是以剑首向前伸出。此招有攻击对方胸部之意。



图 1-11



图 1-12



图 1-13



图 1-14

第二式

停车问路

Stop the Wagon to Ask for Dire

第二式
停车问路

1. 丁步剑指

接上式,两腿弯屈,右剑指从左手下方伸出向上、向右划弧,随身体重心上提置于身体右侧;然后身体右转,右脚向前上一小步,左脚紧随半步,脚尖点地,脚跟抬起呈“左丁步”;同时两手分别于体侧划一立圆,左手持剑置于体后,右手剑指向前伸出,目视右手(图2-1~图2-7)。

【要点】

两脚上步要自然,两手划弧要协调。



图 2-1



图 2-2



图 2-3



图 2-4



图 2-5



图 2-6

图 2-7



图 2-8



图 2-9