

A Guidance For Learning and Praticing
Taiji Quan and Taiji Sword

太 极 拳 太 极 剑

学练指引

周庆杰◎编著



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Zhou Qingjie

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内容简介

太极拳以其独特的健身价值和养生理念,以及蕴涵着的深厚的中国传统文化内涵,受到世界各国人民的青睐,已经成为一项具有中国文化特色的世界性运动。

为满足国内外太极拳爱好者学练的需求,本书以中英文对照的方式编写了中国最普及的 24 式太极拳和 32 式太极剑的学练方法,通过对太极拳、太极剑动作名称的释义和太极拳理的解读,图文并茂地引领练习者体验太极拳每个动作的攻防含义、学练重点和太极拳运动所蕴含的文化意境,便于练习者能更好地掌握太极拳运动的特点、动作的准确性以及进一步提高的关键。

Instruction

The unique body-building value and health-preserving theory of Taiji Quan, which embody the profound Chinese culture, make it very popular among people all over the world. And it has become a world-wide movement having the characteristics of Chinese culture.

To cater for the needs of Taiji Quan enthusiasts at home and abroad, this Chinese book introduces the learning and practicing ways of the 24-form Taiji Quan and 32-form Taiji Sword, which are most widely spread in China. The book explains the meaning of every movement and concept of Taiji Quan, and may help those practitioners with interesting illustrations understand the meaning of offence and defense in it, the key points in learning and doing it, and the cultural conception in Taiji Quan, so that people can master the cultural profundity of Taiji Quan and the accuracy of combating movement in it.

前言

Preface

当我还是一个孩子的时候,我心目中的英雄就是那些肌肉发达、威风八面的武林豪杰。在接触太极拳之前,我一直认为太极拳是老年人的运动,不适合年轻人练,而且身边的朋友都有这样的看法。随着年龄的增长,当我抱着试试看的心态学习太极拳之后,我慢慢地被太极拳精妙的技术和深邃的文化内涵吸引住了,发现自己当初对太极拳的一些认识是偏颇的。

As a child, my heroes were inevitably those muscular and awe-inspiring masters that I saw in the field of Wushu. Along with many of my friends, I held to the popular stereotype that Taiji Quan is a sport suitable only for the elderly. However, as I grew up, I started to learn about Taiji Quan and, in the process, became fascinated by the skills required to master it, as well as its profound cultural connotations. Then I realized my previous view had been ignorantly biased.

在一个人的一生总体规划中,太极拳对于未来的工作而言似乎是一种无足轻重的准备(除非是你要以传授太极拳为业)。然而,参加太极拳运动并非没有意义。其意义在于你从中学到了什么?一种气质,一种美德,一种坚忍不拔、不断超越自我的毅力。平时练拳时的乐观精神以及平和心态具有很强的感染力,它会渗透到我们日常生活和工作的方方面面,无论你从事何种职业,它都将成为极其宝贵的物质财富和精神财富。

Generally speaking, unless a person intends to become a Taiji Quan instructor, the sport can at first seem irrelevant to career development. Taiji Quan, however, can be of great significance. It teaches skills that affect and strengthen the temperament, virtue and will. Taiji Quan practice leads to a peaceful mind and optimistic spirit which will become integrated into life and work. Taiji Quan provides the material and the mentality for the enrichment of all of life.

目前,全世界 150 多个国家和地区的上亿人在练习太极拳。太极拳已成为一种真正意义的世界运动,成了中国向世界宣传和介绍自我的名片。不同国家、不同肤色、不同宗教信仰的人们频繁聚集在一起进行太极拳交流活动,这已成为一种跨文化现象,引起世界范围的高度关注。

Now, one hundred million people, in more than a hundred and fifty countries, currently practice Taiji Quan. It is no exaggeration to say that Taiji Quan has evolved into a world sport generally, in addition to its role as a symbol of Chinese culture to the world. People of different nationalities, races and religions are gathering to practice Taiji Quan and learn more about each other's cultures in the process. Taiji Quan is becoming a trans-cultural activity and getting the world's attention.

本书以中英文对照的方式编写了中国最普及的 24 式太极拳和 32 式太极剑的学练方法,通过对太极拳、太极剑动作名称的释义和太极拳理的解读,图文并茂地引领练习者体验太极拳每个动作的攻防含义、学练重点和太极拳运动所蕴涵的文化意境,便于练习者能更好地掌握太极拳运动的特点、动作的准确性以及进一步提高的关键,在学练太极拳的过程中感受和体验中国传统文化的魅力所在。

This book, written in both English and Chinese, contains all the practicing and learning methods of China's most popular 24-form Taiji Quan and 32-form Taiji sword. The goal is to enable the beginners to fully grasp the key elements to the practice of Taiji Quan, the meaning of each attack and defense movement and the cultural implications behind all. Additionally, this book is designed to assist current Taiji Quan practitioners in completely mastering the features and movements. Finally, the book aims to show the lovers of the sport the charm of Chinese traditional culture, as related to Taiji Quan.

本书关于太极拳、太极剑技术动作、经典太极拳理论的英文编写，都具有一定的开创性，尤其是太极剑的动作名称释义和技术动作的英文编写。在我进行逐字逐句的英文编写过程中，感到了很大的困难和压力。需要特别说明的是，太极拳和太极剑的动作名称和动作说明的英文部分并非只有一种译法，本书仅给出了较为常见且争议较少的译法。我亦希望通过拙作，引起中外太极拳爱好者的思考与讨论，共同促进太极拳翻译工作的发展，共同促进中外太极拳文化的交流。

In many ways, a book on classical Taiji Quan theory and technical movements in both Chinese and English is unique. Translating the names and technical movements of the Taiji sword, as well as explaining their illustrations, was only done with great difficulties. It is worth mentioning that there is not merely one way to translate the names and movement illustrations of Taiji Quan and Taiji sword, although the versions presented in this book tend to be the more commonly accepted. It is my hope that this book will provoke thought and discussion among Taiji Quan lovers at home and abroad, and promote the work of translation and cultural exchange as they concern Taiji Quan.

一书之成，历时十余载，可谓殚精竭虑，倾力奉献，然而终因限于学力和对太极拳理念理解的不足，难免有谬误之处，尚恳请中外太极拳爱好者及翻译家不吝指正。

This book is the result of ten years of difficult work and devotion. However, due to the limitations of my knowledge and experience, errors are unavoidable. Suggestions and corrections are always welcome, from Taiji Quan lovers and translators in China and throughout the world.

周庆杰

Zhou Qingjie

2010年3月于北京

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第一章 什么是太极拳

Chapter One What is Taiji Quan

太极者,无极而生,阴阳之母也

Taiji, being born of Wuji, is the mother of yin and yang

一、太极拳的概念

1. The concept of Taiji Quan

“太极”一词,最早见于《易经·系辞上》,指阴阳未分、天地混沌之时。《易经》把“太极”作为一种最高的理念范畴,认为“太极”是派生万物的本源;也是大到极点的意思,大极则必破,破者分也,实为将分未分之时,如新生命即将诞生。太极思想以其混沌至极和独特的阴阳理论对中国宇宙学说、古代科技乃至文化习俗都产生了深刻影响。

The term "Taiji" firstly appeared in *Book of Changes · Xici*, referring to the chaotic state of the universe before Yin and Yang were separated. In *Book of Changes*, Taiji, as the highest category, is thought to be the origin to derive the world. The term originally means the apex of everything. When the universe reached a point when it can't expand anymore, separation of Yin-Yang would follow. Taiji means that very point of moment when Yin and Yang were to go apart in a millisecond and life was just to come into being. The Taiji thinking, with its primeval chaos and the unique theory of Yin-Yang, had a profound influence on China's theory of universe, the ancient science and technology as well as culture and traditions.

清代太极大师王宗岳集太极学说之大成,首用“太极”一词来论说和命名所练习的拳法,其着重点就在于将阴阳对立统一的辩证法,具体地应用到拳术领域中去,同时也运用“取象于天”的一些形象化比喻,来为拳术的传承和教学服务。王宗岳指出,“太极者,无极而生,阴阳之母也,动之则分,静之则合。”

Wang Zhongyue, the great Taiji master, firstly integrated the main idea of the Taiji thinking, and innovatively used the term "Taiji" to state and name the Quan, which was being practiced. His thinking aims to put the dialectics of unity of opposites of Yin-Yang into the specific field of art of boxing and employed such lively metaphors as "drawing the image from the heaven" to facilitate the passing down and teaching of the art of boxing. Wang Zhongyue indicated that "Taiji, being born of Wuji, is the mother of yin and yang. In movement it differentiates; in stillness it consolidates."

近代太极拳名家陈微明(1881-1958)在其《太极拳答问》一书中把太极拳取名的含义说得更加透彻:“问取名太极,究系何意?答太极本一圆形,为阴阳混合之一体。太极拳处处求圆满,分阴阳虚实,故以为名。”

Chen Weiming (1881-1958), a great Taiji master of modern days, presented a more exact explanation regarding the naming of Taiji Quan in his *Q&A of Taiji Quan*, "What is the reason for the name of Taiji? It is because Taiji is a unity of Yin and Yang in round shape. Taiji Quan seeks fullness everywhere and features the division between Yin and Yang, emptiness and fullness, so it is called Taiji."

事实上,太极学说仅是在精神层面对太极拳的形成产生了重要影响。而在至关重要的技术层面,太极拳的形成则直接得益于以下两个方面:第一,明代武术。明代武术极为盛行,涌现出很多武术名家、专著和新拳种。太极拳是在吸收当时16家著名拳法,特别是戚继光的32式长拳(吸收了29式)的基础上创编而成的;第二,导引和吐纳。导引和吐纳法源自于先秦文献中记载的养气、养形术,经医家的“五禽戏”、道家的“性命双修”以及宋人的“八段锦”和明人的“易筋经”等养生强身法衍化发展而来。太极拳则巧妙地吸收和借鉴了导引和吐纳中的一些方法,使人在练拳时流汗而不气喘,加强了柔化而刚发的爆发力量。

In fact, the Taiji theory only has an important influence on the formation of Taiji Quan on the spiritual level. On the technical level, the formation of Taiji Quan derived from the following two aspects: 1. Wushu in the Ming Dynasty. In the Ming Dynasty, Wushu was extremely popular, and many Wushu masters, monographs, and new styles of boxing emerged in that period. Taiji Quan was created and made up after the absorption of 16 boxing styles, in particular the 32-form Qi Jiguang Long-style Boxing (absorbing the 29-form). 2. Dao-yin and Tu-na. Dao-yin and Tu-na originated from the art of nourishing the qi and body which had been documented in the literature works of pre-Qin Dynasty, and developed from the Wu Qin Xi (Five Animals Play) in iatrology, Nourishing the Body and Spirit in Taoism, Eight Silken movements of Song Dynasty and Classics of Changing the tendon of Ming Dynasty. And then, Taiji Quan has absorbed and benefited from some methods of Dao-yin and Tu-na skillfully. The result is, one will not sweat without asthma while practicing, and the explosive power of neutralizing softly but discharging hard is enhanced.

概而言之,太极拳就是一门以中国古代太极学说为理论根基,融合了导引和吐纳的武术流派。

In a word, Taiji Quan is a branch of Wushu, using the ancient Chinese Taiji as its theory foundation and melting Dao-yin and Tu-na.

二、太极拳的核心理论

II. Core Theory of Taiji Quan

太极学说中的阴阳观是太极拳理论的核心内容。

The concept of Yin-Yang, a part of Taiji theory, serves as the core of the Taiji Quan theory.

“阴阳”，是自然界相互关联的某些事物或现象对立双方的概括。它既可以代表两个相互对立的事物或势力，也可以代表同一事物内部所存在的相互对立的两个方面。在太极拳中，它包括了相反、相承的两个方面，如虚实、开合、刚柔、动静等方面，但主要是说太极拳的本质“一阴一阳之谓道，其妙处在互为其根而已”；“阴不离阳，阳不离阴，阴阳互济，方为懂劲”；“动则生阳，静则生阴，一动一静，互为其根”。

Yin-Yang is a generalized term referring to the relevancy and contradiction between all objects in the nature. The term represents two objects or forces that oppose each other, or the two opposing aspects in one object. In terms of Taiji Quan, Yin-Yang means two opposite but cooperative aspects, for instance, fullness and emptiness, extending and withdrawing, hardness and softness, movement and stillness. Essentially, Yin-Yang is Quan, the art of which is the inter-dependence. Yang does not leave yin; Yin does not leave yang. The mutual cooperation of yin and yang is precisely what makes up the understanding of energy.

太极由无极化生而成，是阴阳的本源。运动时，阴阳相互分开，静止时，阴阳又合而为一。事实上，阴阳体现在太极拳的各个演练之中。每个动作都分阴阳，无论是定势还是演练过程，阴阳的关系都包含在其中。例如，左单鞭动作，在前的左手为掌属阳，在后的右手为勾属阴；当头微向上时为阳，尾闾放松向下为阴；重心在左腿为实属阳，右腿为虚则属阴。同时，阴阳又蕴涵着相互转换之意。

Taiji, being born of Wuji, is the mother of yin and yang. In movement Yin-Yang differentiates; in stillness it consolidates. In fact, yin and yang are embodied in the play of every exercise of Taiji Quan. Yin and yang are embodied in every movement: the relationship of yin and yang is involved in every motion of Taiji Quan, whether in a fixed form or in a process. For

example, in the Left Single Whip exercise, the left hand in front is the open palm and belongs to yang, and the right hand in the rear is the hook and belongs to yin. When the head is up slightly, it is yang, and when the pelvis is relaxed and down, it is yin. When the weight is on the left leg, it is full and belongs to yang; then the right leg is empty and belongs to yin. At the same time, every yin and yang element implies the tendency to transform itself into the opposite.

阴阳中的虚实则是对拳理、拳法的高度概括。练拳走架分清虚实,才能使身体平衡,重心稳定,转换灵活。“虚实”在太极拳中表现为以下三个方面:

Fullness and Emptiness featured in Yin-Yang theory are the essence of Taiji Quan theory and skills. Only by differentiating fullness and emptiness in practicing Taiji Quan, player can keep balance, maintain steady and change freely. Fullness and emptiness are reflected in three aspects in Taiji Quan.

1. 在练拳过程中,凡意念集中之处为实,反之为虚。

1. In practicing Taiji Quan, fullness is needed when the Quan procedure calls for "conscious-focused", emptiness is needed when the Quan procedure calls for "conscious-free";

2. 在太极拳动作中,负担身体重量较多的腿为实,反之为虚。

2. In practicing Taiji Quan, the weight-supporting leg represents fullness and the weight-free leg represents emptiness.

3. 太极推手中“避实就虚”的技击思想,含有“以己之强攻敌之弱”之意。

3. In practicing Taiji Tuishou (pushing hands), the fighting thinking of "stay clear of the full and to strike at the empty" can be interpreted as "to keep (or stay) clear of strong and to strike at weak".

三、太极拳的标志——太极图

III. The logo of Taiji Quan- Taiji Diagram

中国古代流传的“太极图”在宋代得到了广泛的传播。“太极图”是一张研究易学原理的重要图形,包含了天地万物的普遍规律。周敦颐的《太极图说》论述了太极本身是阴阳、动静、刚柔的对立统一体,阴阳、五行、八卦理论是“易”学的最高原则,而这些原则都尽藏于太极图之中,太极图就是易学的代表图。以太极命名拳术,太极图也就相应地成了太极

拳的图徽。可以说,太极拳的众妙法门尽在此一图中。

太极图中,黑色部分代表阴,白色部分代表阳。黑、白部分又被生动地称作为黑、白鱼。黑鱼和白鱼相互依存、相互转化。黑鱼(阴)和白鱼(阳)之间的和谐与平衡共同构筑了所谓的太极态。

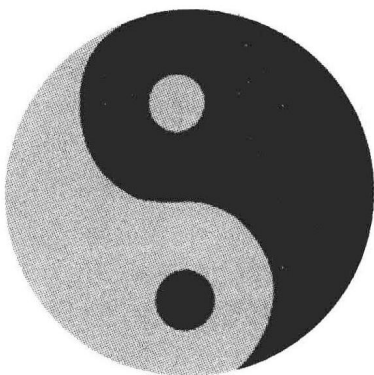
黑白泾渭分明,但又蕴涵着相互转化之意。太极图所展示的阴阳是不断变化的,所谓阴不离阳、阳不离阴,阴即是阳,阳即是阴。

太极图是圆的,相应的太极拳亦是处处成圆。随曲就伸的太极拳动作十分符合人体的自然弯曲,从而把阴阳互变演绎得浑然天成、妙趣横生。

The Taiji diagram coming down from Ancient China was widely spread in the Song Dynasty (960 ~ 1279). The Taiji diagram is an important figure to study the theory of changing, including the universal rules of the world. In *Diagrams and Illustrations of Taiji* of Zhou Dunyi (1017 ~ 1073), it is written that Taiji is itself a unity of yin and yang, of motion and motionless, of strength and softness, and the highest principle of changing is the theory of yin and yang, while all hidden in the Taiji diagram. The Taiji Diagram is the representative symbol of Taiji Quan. As boxing was named with Taiji, the Taiji diagram is accordingly becoming the emblem of Taiji Quan. We can say that all arts of Taiji Quan are in the Taiji diagram.

In the Taiji diagram, the black part represents yin and the white represents yang. The black and white parts can also be called black and white fishes. The two fishes supplement each other, transform themselves into each other and depend on each other. The harmony and balance between the black fish (yin) and the white fish (yang) constitute the harmonious Taiji state.

There is a clear distinction between the black and the white. Every yin and yang element has a tendency to transform itself into its opposite. This is why the Taiji diagram seems to be changing constantly and continuously, just like flowing water.



The Taiji diagram is round in shape. Yin and yang are in a constant state of harmonious coexistence and soft transformation. The curved movements of Taiji Quan conform best to the natural state of the structure of the human body, making it easy to transform and adjust the yin and yang relationship within it smoothly and naturally.

