

# CHINESE KUNG-FU SERIES 4

by *Cai Longyun*  
*Shao Shankang*

## *Zuijiuquan* (A Drunkard's Boxing)

Hai Feng Publishing Company



醉酒拳

· 中英對照 ·

海峰出版社

# **Zuijiuquan**

*(A Drunkard's Boxing)*

## **醉 酒 拳**

By Cai Longyun & Shao Shankang

Translated by Ji Shao Xiang

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## 前 言

醉酒拳，是中國武術的象形拳術。舞練時步法踉蹌，身形飄忽，時而舉杯自酌，時而顛扑醉倒，跌跌沖沖，趑趑趑趑。由於它的運動形式如此別緻，致使這一拳術能流傳至今。

醉酒拳的特點是：寓拳法於醉形，藏機關於跌扑。它在東倒西歪、前仰後合的醉形醉態之中，含蓄着刁擻點扣、踢彈勾掛、挨傍擠靠、閃展騰挪等技擊的手法，腿法，攻法和避法；而在一跌一倒之中，則蘊藏着扑、翻、剪、絞等地躺摔法的攻防技巧。這個特點使拳法、摔法和醉形融合為一體，構成了頗饒趣味的獨特風格。

醉酒拳的拳路很廣，名目不一，內容也各有偏重。我們編寫的這路醉酒拳，是個傳統的套路，內容偏重於跌扑滾翻動作。整個套路裏裏共有扑虎（魚躍腹扑），翻身扑虎，案頭（向前頭翻），撥浪了（側空翻），栽碑（屈肘前傾跌），仰跌，盤腿跌，跌叉，穿腿坐地，扑地蹦，鯉魚打挺（蹬足躍起），金鉸剪，烏龍鉸柱及旋子等十四種跌扑滾翻的技巧。跌扑滾翻的豐富，增強了運動的難度，同時對鍛煉也提出了高的要求。

練習醉酒拳，對發展身體各部肌肉的力量、各部關節的靈活、各部韌帶的伸長和鞏固，以及平衡感覺、神經與肌肉活動的協調機能，都有良好的作用；對血液循環器官、呼吸器官等內臟器官也起着積極的鍛煉作用。這樣，它可以完成鍛煉體質的任務。

限於編寫水平，可能會有許多缺點存在，尚希讀者提出意見，便於今後修改。

蔡龍雲  
邵善康

# Introduction

*Zuijiuquan* (A Drunkard's Boxing) is a pictographic boxing in Chinese Martial Arts. As the name connotes, it contains movements depicting a person in a drunken state. With steps faltering and body stumbling, the performer now raises his cup and pours out wine for himself, now wriggles and staggers along like a drunken man, as if on the verge of falling. With its unique and fantastic movements, this veritable heirloom has been handed down from generation to generation.

The characteristic features of *Zuijiuquan* are: the skill of boxing resides in drunkenness and the scheme of pugilism hides in pouncing and falling. The drunken state of wriggling and stumbling contains the strokes, the footwork and the skills of attacking and evading, such as tricking and puckering, shoving and smashing, springing and kicking, hooking and hanging, brushing and grazing, squeezing and jostling, as well as dodging and leaping; whereas, in the state of rising and falling, there conceal the skills of attacking and defending, such as pouncing, rolling, somersaulting, and winding. In a word, *Zuijiuquan* has merged the boxing, the wrestling and the drunkenness into an organic whole and formed an unique style which is interesting and fascinating.

*Zuijiuquan* has a great variety of routines with multiple names. They vary in laying particular stress on different movements. The routine introduced in this book is a traditional one, which puts emphasis on the movements of falling, pouncing, rolling and somersaulting. The whole routine consists of fourteen skills, namely, "pounce on tiger" (diving pounce), "backward somersault", "forward somersault", "*Bolangzi*" (Cartwheel), "forward falling", "backward falling", "sideway falling on a twisted leg", "falling on splitted legs", "sit on ground following legs thrusting between two arms", "prone flopping", "carp's leaping", "gold scissor's winding", "dark dragon coils round a column" and "horizontal circling in the air". The enrichment and perfection of these skills have increased the difficulty and set higher demands on the exercise.

*Zuijiuquan* helps strengthen muscles, improve the flexibility of joints and the elasticity of ligaments, and enhance the functional co-ordination between the feeling, the nerve and the muscles. It is also beneficial to the internal organs, such as those of blood circulation and respiration. Therefore, *Zuijiuquan* is a good exercise for fitness building.

As our level of device is limited, there may be many short-comings. And

we hope that our readers will point them out, so that we can revise them in future editions.

*Cai Longyun*  
*Shao Shankang*

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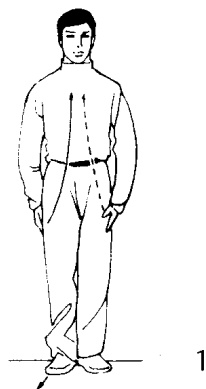
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醉酒拳動作解説

# Description of Zuijiuquan Movements



## 第一段

### 預備勢

面對南方，站立在拳場的西端，兩腿伸直，兩腳靠攏，兩臂垂於身體兩側，兩手五指并攏貼在腿側（圖 1）。

要領說明：頭要端正，下頷內收，眼向前平視；挺胸，直背，鬆肩，兩臂自然下垂；精神貫注，神情安舒。

## SECTION 1

### Starting position

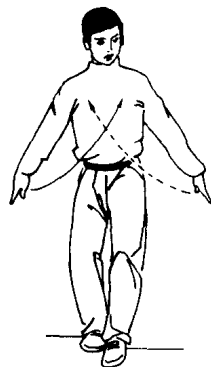
Stand upright to face the south at the west end of the court, with both legs straightened, feet closed together, hands hanging at sides of body, and fingers together and closed to thighs. (Fig. 1)

Points to note: Keep head erect, chin tucked in, and eyes looking straight ahead; hold chest thrown out, back erect, shoulders relaxed and arms comfortably hanging down; concentrate attention and keep perfectly relieved and at ease.





2



3

## 一、虛步叉掌

動作分解：

①右腳上步，兩手從兩側向胸前屈肘抄起，五指內屈，手背相對，手心朝向身裏（圖2）。

②上動不停，兩手從胸前向下、向兩側直臂分開至斜舉部位，拇指外側朝前，掌指朝下；右腳不動；左腳同時向前上步，以腳前掌虛沾地面（圖3）。

③上動不停，右腿屈膝半蹲，左腿隨之屈膝半蹲，身體重量落於右腿，構成右實左虛之虛步勢；兩手在兩腿屈膝的同時從兩側下方向上、向胸前屈肘抄起，至胸前時兩手屈腕成側立掌錯臂交叉，右掌在外面，左掌在裏面，兩掌小指外側朝前，掌指朝上。眼向前平視（圖4）。

要領說明：

①右腳上步、左腳上步，必須和兩手的屈肘抄起、直臂分開的動作協調一致；屈膝半蹲構成虛步，必須和兩掌錯臂交叉的動作協調一致。

②虛步構成之後，兩腿虛實必須分明，右腿儘量做到九十度之半蹲，左腳僅以腳前掌虛着地面；兩肘要平，兩掌掌指高與肩齊；兩臂屈成環狀，兩肩必須鬆沉。