


中国字帖著名品牌

每天**1**小时=科学方法+专业技法+标准范字

吴玉生

行楷速成

吴玉生 





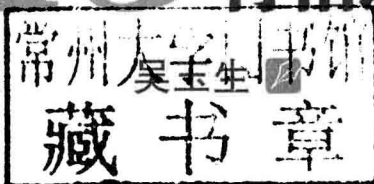
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吴玉生

45 小时

行楷速成



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致 读 者

现代社会科技发展为人们带来了诸多便捷,在电子文档日渐普及的情况下,写得一手好字便可成为让您在千万人中脱颖而出的砝码。那么,如何能练得一手好字呢?所谓“工欲善其事,必先利其器”,科学的练字方法和规范的习字摹本即是您练字过程中必不可少的利器。

如果说练字可以有捷径的话,那么,科学有效的练字方法即是在短时间内练得一手好字的唯一捷径。本套字帖为广大习字爱好者提供了一种高效练字的模式——每天1小时,45天练就一手好字。我们从事了多年汉字书写教育,在此过程中积累了大量理论和实践经验,以此为基础,我们将您的习字之旅科学地划分为45个小时,并合理安排了每1小时的练习量。以1小时为1课,每1课均设有一个简练而精确的习字主题,以此为核心,我们还为您图解技法,总结规律,提出难点和易错点,为提升您的练字效率锦上添花。

本套字帖共四本,分别是《田英章45小时楷书速成》、《田英章45小时行书速成》、《吴玉生45小时行楷速成》、《卢中南45小时楷书速成》。我们引入了普及范围最广、最实用的三种字体——楷书、行楷和行书,并特邀著名书法家田英章、吴玉生、卢中南三位老师,用他们最擅长的字体为您的硬笔书法练习提供最为规范的习字摹本。

一个好的起点是成功的关键,选择一本好的练字指导用书便是写得一手好字的起点。只要您依据本书的练习模式,一步一个脚印,必将步步有所得,笔笔皆生花,45小时练就一手好字指日可待!



应用指南

行楷点画变化大

行楷的点画变化大，多因书写速度以及笔瞬间的连带而有所变形，如鹰爪点、钉形点。需注意，写点要轻入轻出，出锋不能太多。

>	>	>	>	>	1	1	1	1	1
>	>	>	>	>	1	1	1	1	1

例字练习

方	方	方	方	方				
衣	衣	衣	衣	衣				
吁	吁	吁	吁	吁				
纺	纺	纺	纺	纺				

← 既是学习要点，又是书写窍门，重点掌握，嚼烂吃透。

← 图解技法，与要点文字相印证，互为补充，相得益彰。

← 摹影、描红、临写三种方式结合练习，形神兼得。

← “独木不成林”，“单丝难成线”，在实际书写中检验所学，巩固所学。

练字六要点

1. 处理好临与摹的关系。初学者由于自由书写已成习惯，在字形大小、笔画粗细、间架结构、用笔动作等各方面都与原帖存在很大的差距，应提倡多摹少临。
2. 定时。能坚持每天临摹并保证临摹时间，不可断断续续，时多时少。
3. 定量。贪多求快，浮光掠影，达不到长期记忆的效果。临摹要取得好效果，定量很重要，宁少毋多，少则得，多则惑。提倡一个范字写十次，不提倡十个范字写一次。
4. 先慢后快。一般临摹不像范字的症结在于运笔速度太快，无节奏感。书写动作由生到熟，先慢后快，熟能生巧。慢求稳，快易乱。
5. 注意调剂心情问题。练字的时候要心平气和、善始善终。如果心平气和，则能静下心来认真练字；如果心烦意乱，沉不住气，则效果甚微。
6. 不要轻易变换字体。练字要有恒心、有毅力，要持之以恒，切忌三天打鱼，两天晒网。



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鹰爪点

出锋不能太多



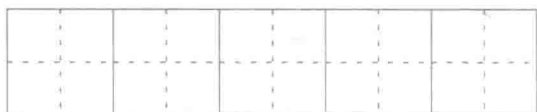
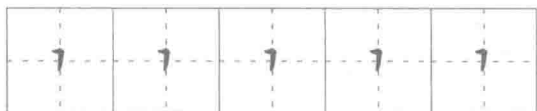
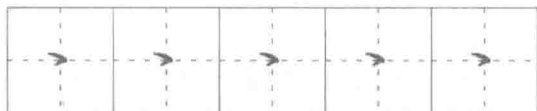
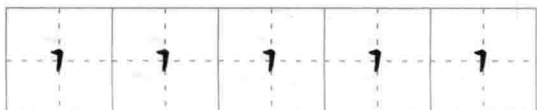
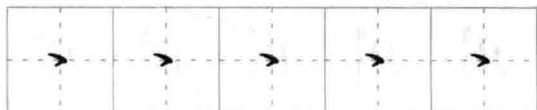
呈鹰爪状

钉形点

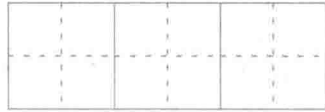
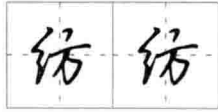
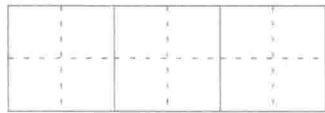
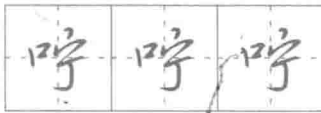
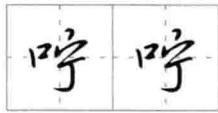
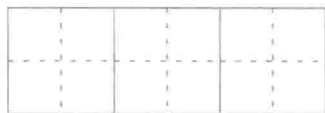
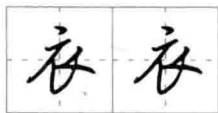
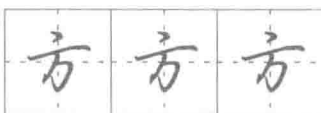
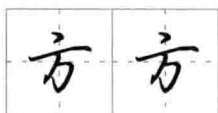
呈钉子状



向下走笔



例字练习





横画勿太平

一般都说“横平竖直”，但实际书写时横画太平则显得僵硬死板，应左低右略高。如果横画在字底，则需写得平一些，以平衡整体结构，防止字体歪斜。

长
横

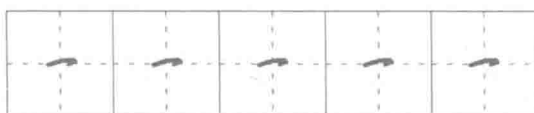
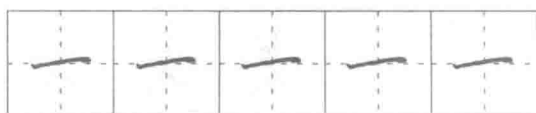
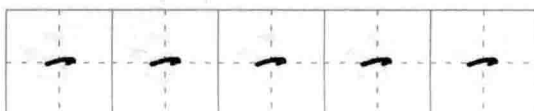
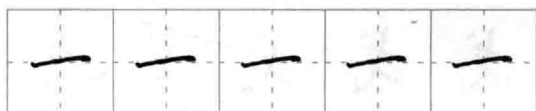
注意上斜角度



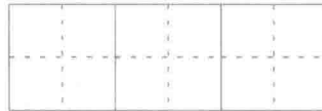
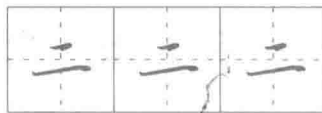
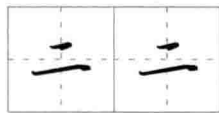
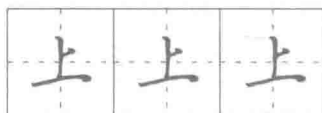
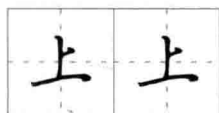
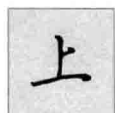
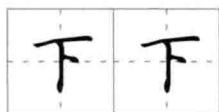
中间稍细

短
横

注意上斜角度



例字练习





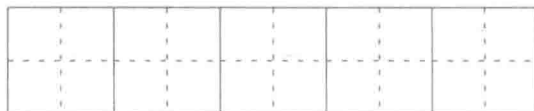
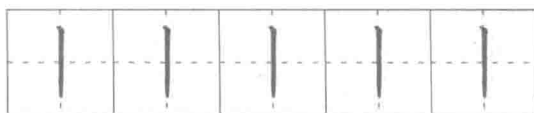
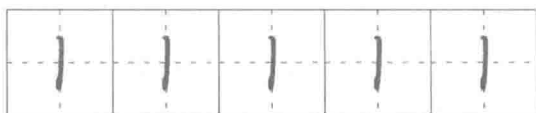
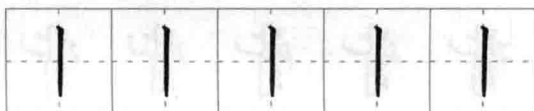
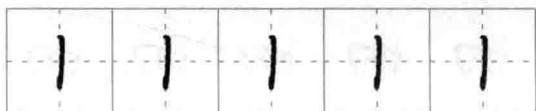
竖画不宜太直硬

行楷竖画不宜太直硬，要适当取斜势。竖画收笔有悬针、垂露之分，但无论哪种都应把力道用在笔端，切忌软散。

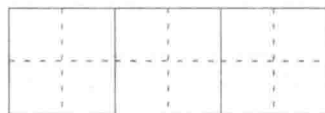
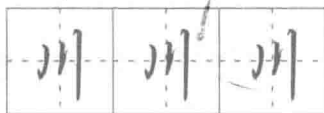
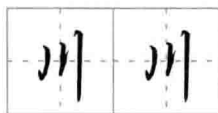
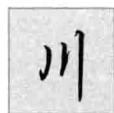
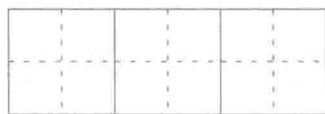
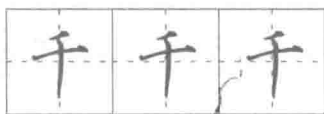
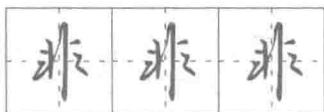
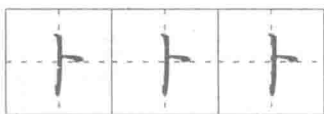
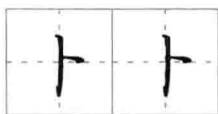
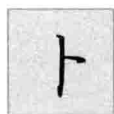
垂露竖



悬针竖



例字练习





撇画顺滑流畅线条美

撇画在书写时要有一定的弧度，要写好这个弧度我们就要控制好手腕的用笔力度。值得注意的是行楷中竖撇多去锋变钩。

斜撇

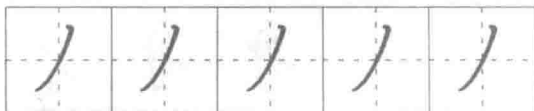
注意流畅



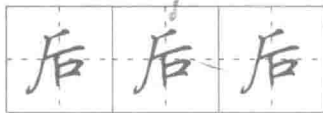
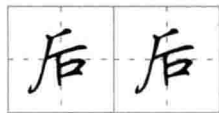
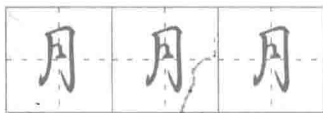
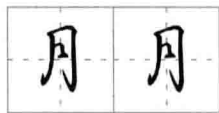
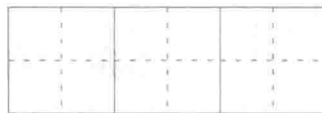
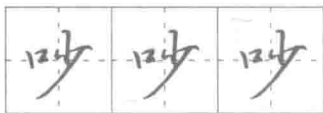
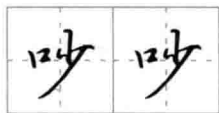
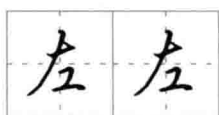
略带弧度

竖撇

先竖后撇



例字练习





捺画要舒展大方

捺画根据角度的不同分为斜捺、平捺。斜捺斜度较大，形状像滑梯。平捺捺脚处要改变行笔方向，平向出锋，但不能过长。

斜
捺

注意流畅



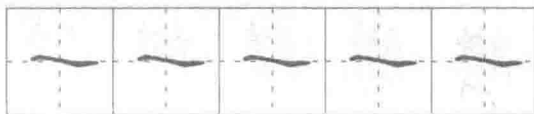
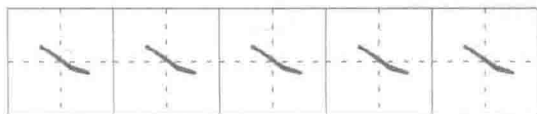
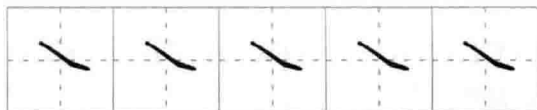
略带弧度

平
捺

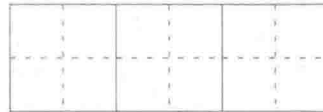
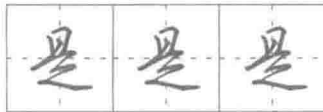
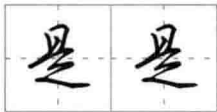
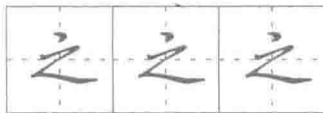
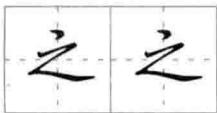
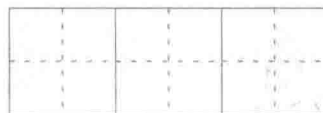
一波三折



注意方向



例字练习





折画要方圆有度

行楷中结体飘逸，强调速度，转折不宜太着痕迹，其折画有方有圆，圆转多于方折。同时折画的折角大小并不固定，可以富于变化，但要适当。

横折

横画
上斜
7
竖画
内收

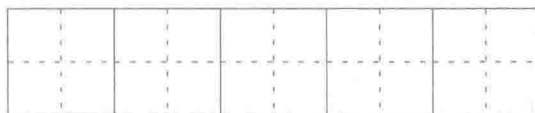
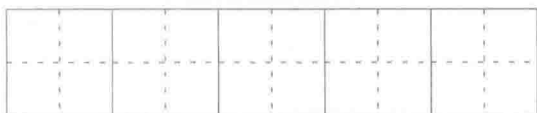
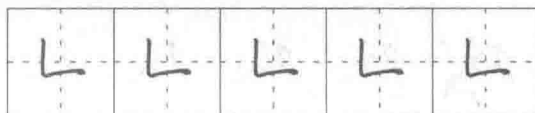
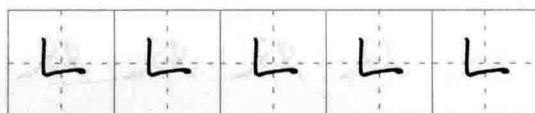
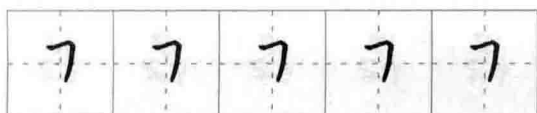
转折处稍圆润

竖折

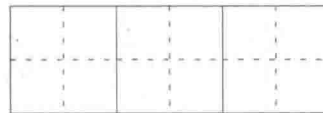
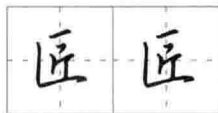
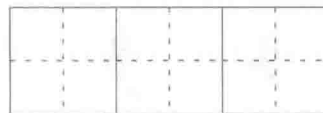
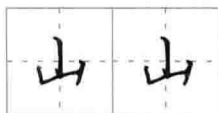
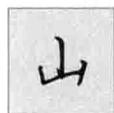
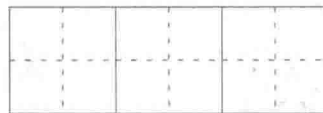
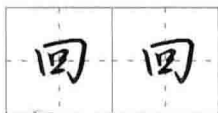
自然右转
折角处稍顿

L

横画
上斜



例字练习





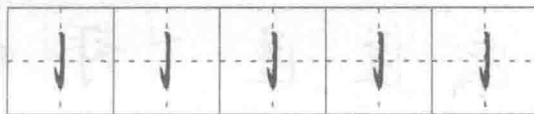
短促有力来写钩

行楷中钩画的处理比较多变并可适度夸张。有些字本来没有钩，可以加钩连带下一笔；有些字竖钩和下一笔可以牵丝相连。但无论哪一种都宜饱满有力，切忌软散。

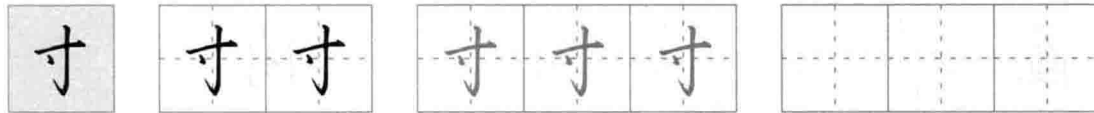
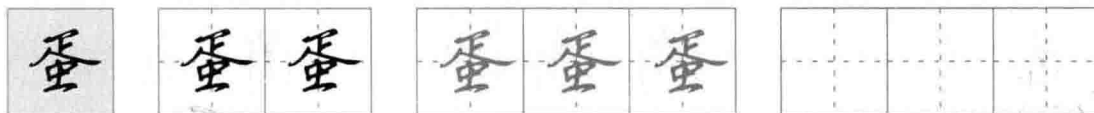
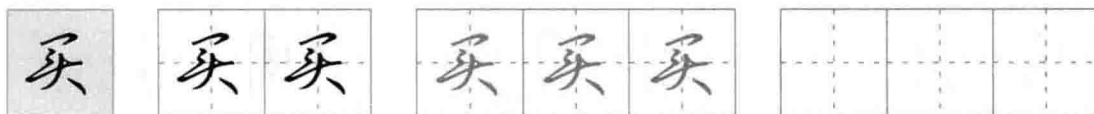
横钩



竖钩



例字练习





点的组合变化多

独立的两个点画在行楷中经常连笔书写，入了就会形成独立的字符。掌握这些常用的字符会对我们的书写水平和书写速度有很大的帮助。

横连点

两点连写
呈游动状



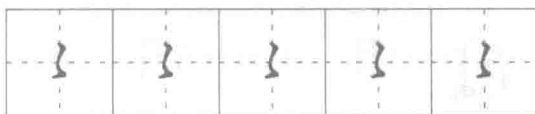
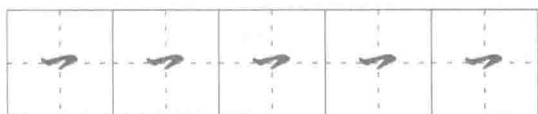
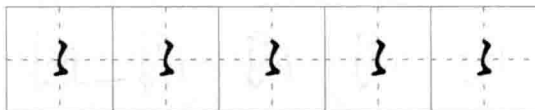
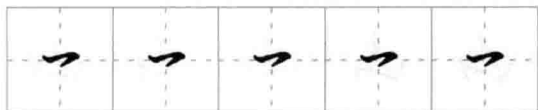
类似横钩

纵连点

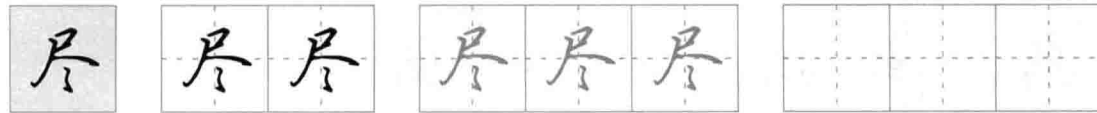
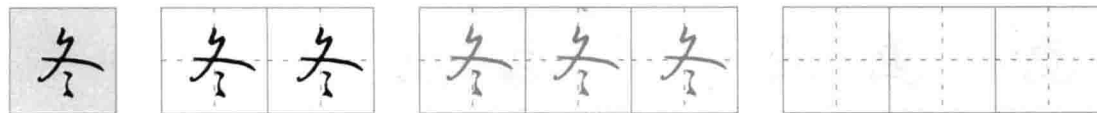
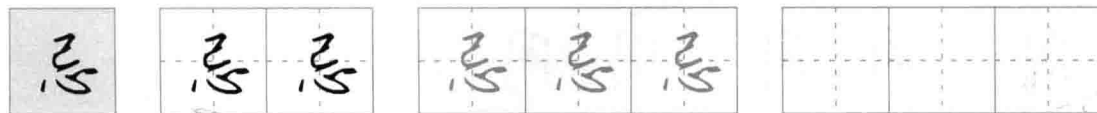
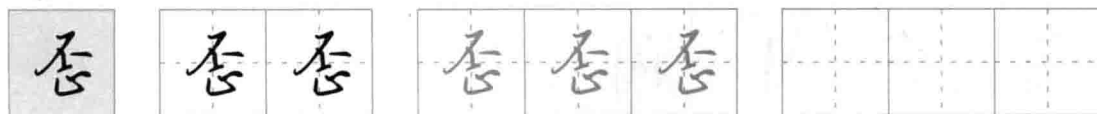
上下直连



末点回笔



例字练习





横连笔游丝过渡要自然

横画之间的连写要由轻到重，过渡连丝要轻，一带而过，不可生硬，做作。同时掌握好长短变化，一般上短下长。

两连横

游丝轻飘
不可过重



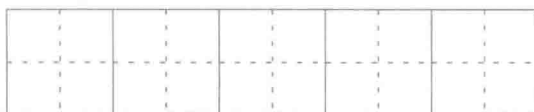
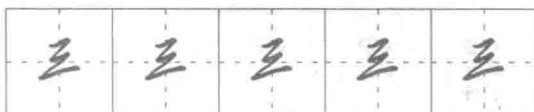
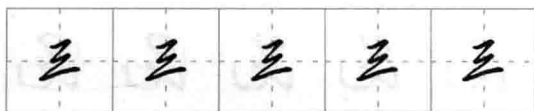
行笔连贯自然

三连横

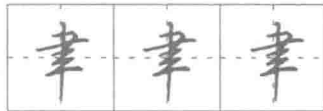
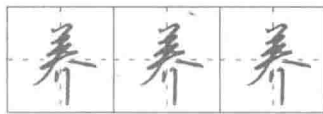
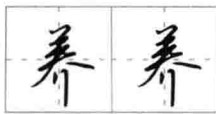
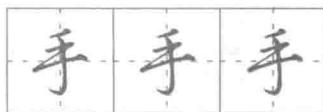
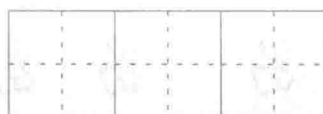
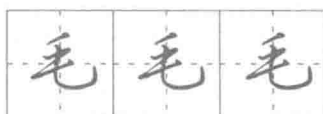
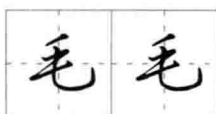
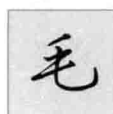
游丝连带



三横等距
中横最短



例字练习





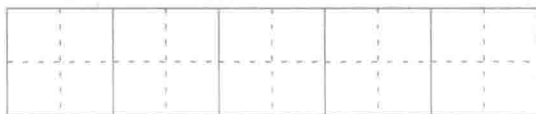
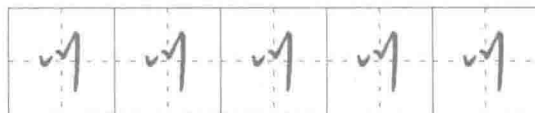
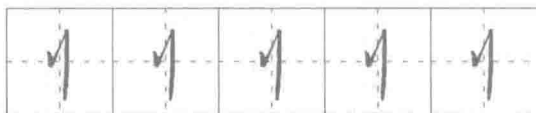
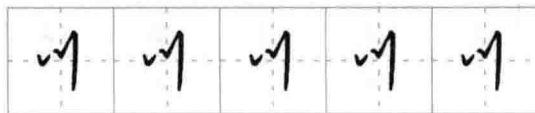
末竖宜用悬针

一个字中有两个或三个竖画时，一般连笔书写第一竖可写似点画，过渡线要轻盈，最后一竖一般都用悬针竖。

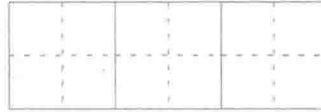
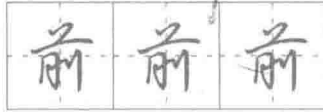
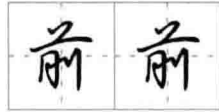
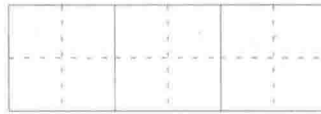
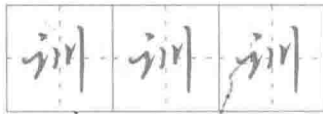
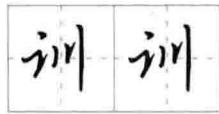
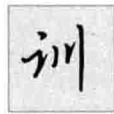
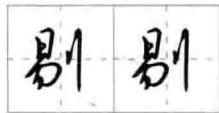
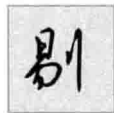
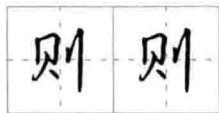
两连竖



三连竖



例字练习





笔画中的字符

2 字符和 3 字符因形似快写的阿拉伯数字 2 和 3 而得名。掌握这两种写法对快写时字笔画省减有很大帮助。

2 字符

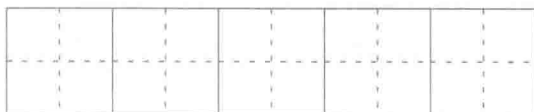
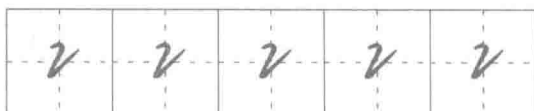
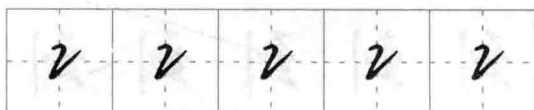


行笔轻盈

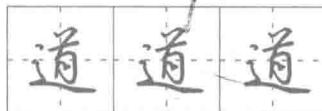
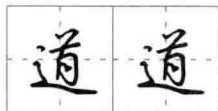
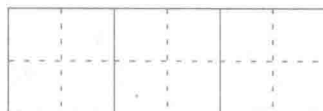
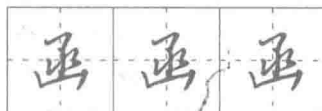
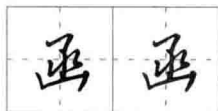
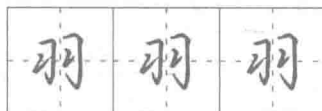
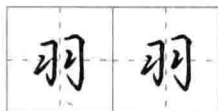
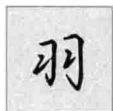
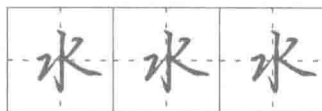
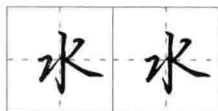
3 字符



减省笔画可用此法



例字练习





方圆有度

行楷有它自己的运笔技巧，并且很多笔画都有简省，今天所学的正线结与方折线就是最常用的两种简省形式。书写这两个笔画时要方圆有度，过渡自然、顺畅即可。

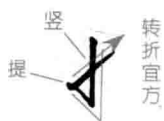
正线结

撇尾圆转写捺

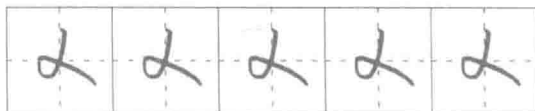
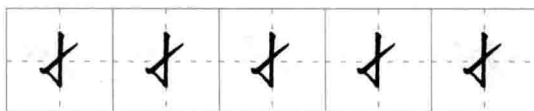


常用于撇捺的连写

方折线



转折宜方



例字练习

