

太极拳竞赛套路中英对照学练指导丛书

A Chinese-English Bilingual Series of Guide to Learning and
Practicing the Competition Routines of Tai Ji Quan

陈式太极拳 竞赛套路

THE COMPETITION ROUTINE OF CHEN STYLE TAI JI QUAN

主 编 / 张 山 Chief Editor / Zhang Shan
执行主编 / 武 冬 Executive Editor / Wu Dong
英文主编 / 李 伟 Editor of English Version / Li Wei

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前 言

太极拳是一项让世界人民着迷的具有丰富内涵的运动。自从面世以来,就以其独特的运动形式、深邃的文化底蕴、显著的健身效果吸引着越来越多的人,特别是 21 世纪的到来,在高度文明、现代化的生活中,人们渴望自然、和谐的生活,健康、结实的体魄,太极拳恰好就是实现这些愿望绝好的运动。也正是因为如此,太极拳以其特有的方式发展着,从邓小平题词“太极拳好”到天安门万人太极拳表演,从城市到乡村,从中国到世界各地,到处都可以看到众多的太极拳习练者。现在,没有人能精确地计算出世界上到底有多少人在习练太极拳,世界上到底有多少个太极拳组织。然而,太极拳已经发展到世界每一个角落,阔步天下,是人所共知的。可是,由于种种原因,众多太极拳习练者往往因为没有好的教材而哀叹,特别是对世界各地的太极拳爱好者来说更是如此。太极拳竞赛套路是由国家颁布的一个规范的系列竞赛套路,同时也是一套健身的好教材。目前已经在中国乃至世界范围内推广开来。为了更好地配合世界各地的太极拳爱好者学好练好竞赛套路,我们特推出一套完整的、中英文对照的学练太极拳竞赛套路的指导丛书,以满足广大太极拳爱好者的需求。该丛书从学练太极拳的角度出发,高度概括出了行之有效的学练程序和手段,以简洁明快的语言直指动作的核心,大量的图解照片让

您能无师自通。不仅如此,我们还随书配带光盘,为您提供动态的学练环境。书和光盘中的动作示范者均为有相当水准的太极拳教练。这您一看便知,我们的目的只有一个,就是献给广大读者一个精品。

尽管我们很努力,书中仍难免有错误之处,恳请广大读者多多指正!

愿太极拳带给您一生的快乐和健康!

愿我们的这套书对您能有所帮助!

编 者

Preface

Tai Ji Quan, which captivates the people all over the world, is a sports with rich connotations. Ever since it is introduced to the world, it attracts more and more people with the unique forms, the profound cultural characteristics and the remarkable affection on people's health. In the high civilized and modern 21 century, people seek for a more natural and harmonious life and a strong and healthy physique which are the function and purpose of Tai Ji Quan. And just because of these, Tai Ji Quan is developing fast on its own way from Deng Xiao – ping's inscription "Tai Ji Quan is good" to the demonstration done by 10 000 people in Tian An Men Square, from the cities to the countries and from China to the other countries in the world. Nobody can tell exactly how many people are learning and practicing Tai Ji Quan and how many organizations of Tai Ji Quan there are in the world. Unfortunately, the participants feel sorry and disappointed for not having a good and practicable book for them to follow, especially for those foreigners who know little about Chinese and Chinese Wu Shu. The competition routine of Tai Ji Quan is issued and

standardized by the nation for the purpose of the competition and keeping fit which becomes quite popular both in China and in the world. In order to help the participants all over the world for learning and practicing this routine, we present this series of guide which is a Chinese – English bilingual edition to meet your needs. This series illustrate the easy and effective ways and procedures for learning and practicing Tai Ji Quan and points out the key techniques of the movements with simple and lively words together with the tremendous photographs. In addition, we also provide you the VCDs in which you can watch and follow the demonstrations done by the famous coaches. To present you an excellency is the only purpose of this series.

Although we try hard to avoid mistakes, we may have something that are not appropriate in this book and we sincerely hope that you can help us to find out.

May Tai Ji Quan bring you happiness and health!

May this series meet your needs!

Editor

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1. 陈式太极拳竞赛套路简介

A Brief Introduction to the Competition
Routine of Chen Style Tai Ji Quan



1.1 套路结构特点

The Characteristics in the Structure of the Routine

1.1.1 传统性 Traditional characteristics

陈式太极拳竞赛套路,是在传统陈式太极拳一路和二路的基础上创编而成的,既有缠绕柔和的一路特点,又有发劲弹抖的二路特色,基本上保留了传统陈式太极拳的主要动作和动作顺序。可以说,陈式太极拳竞赛套路无论是在动作风格特点上,还是在套路结构编排上,都脱胎于传统陈式太极拳,较好地保留了传统性。

The competition routine of Chen style Tai Ji Quan was created based on the first and second routines of the traditional Chen style. It has the characters of the flexibility and the twining silk force of the first routine and the feature of emitting the springing force of the second routine. We can say that the competition routine of Chen style Tai Ji Quan comes from the traditional one both in its style of movements and in its structure because it preserves the essential movements and the sequence of the traditional Chen style.

1.1.2 难度性 Considerable degree of difficulty

陈式太极拳竞赛套路,具有明显的发力、跳跃、跌叉等动作,而且,动作缠丝绕转,不易掌握,完成全套动作所