



卢心意六合拳

LUSHIXINYI LIUHEQUAN
KAIQUAN

开拳

配盘 中英文对照

王书文 顾问
余江 著

国术丛书 第十二辑



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卢式心意六合拳开拳

Lu Style Xinyi Liuhe Quan Intermediate

余江 著

Author Jiang Yu

孙慧敏 姜淑霞 翻译

Translated by Huimin Sun, Shuxia Jiang

感 谢

这一套介绍卢式心意六合拳的书虽然由我执笔完稿，实来是集体智慧的结晶，一是继承王书文老师及前辈们经验的传授，二是这些年与众师兄们无间交流的成果，书中的某些段落文字还仗着有宿琳、王周、吴秋亭、谭全胜老师们的无私提供。

感谢卢少君师叔在病危中为本书提词。感谢这些年常在一道打拳、喝茶的蔡泊澄、薛鸿恩、李传乡、钱仁表、唐毓堃、张岳定、孙双喜等师兄们。感谢远在加拿大的胡刚兄百忙中为本书写序。

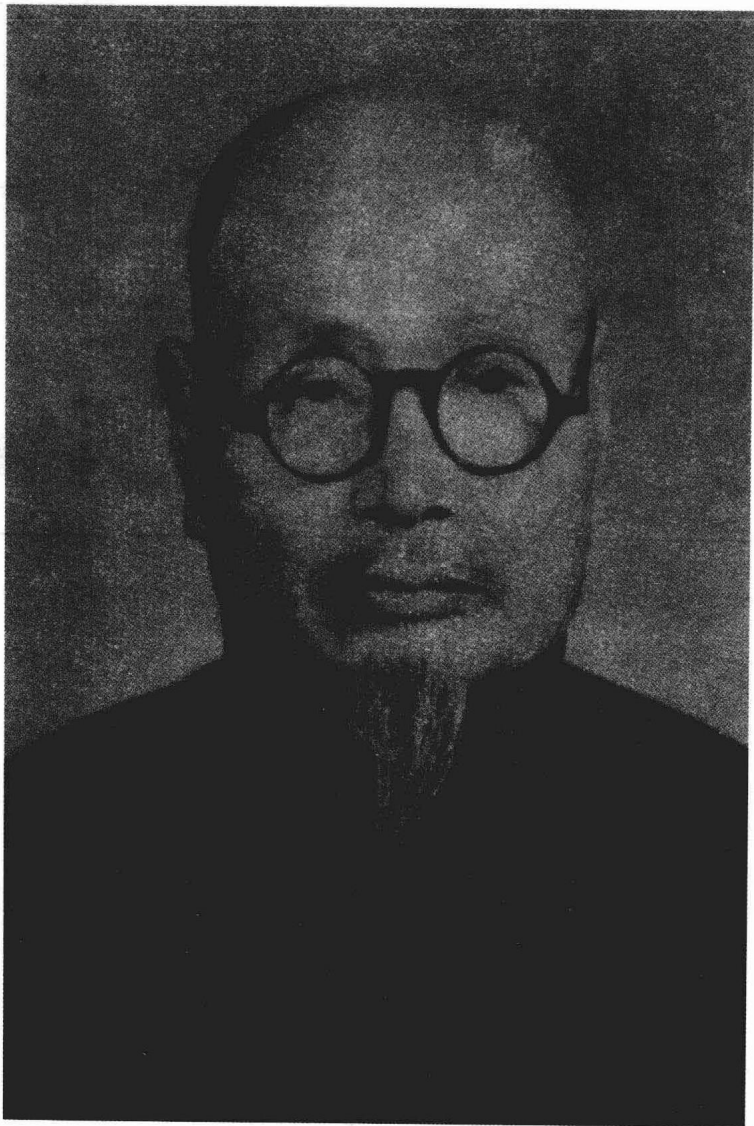
余 江

Special Thanks

Although this book was finished a piece of writing by me to introduce Lu Style Xinyi Liuhe Quan, actually it was a collective intelligence, one part came from Master Shuwen Wang and many predecessors' impart, the other is the result of interflow between me and many fellow apprentices of one and the same master, some words in this book were provided selflessly by Master Lin Su, Master Zhou Wang, Master Qiuting Wu, and Master Quansheng Tan.

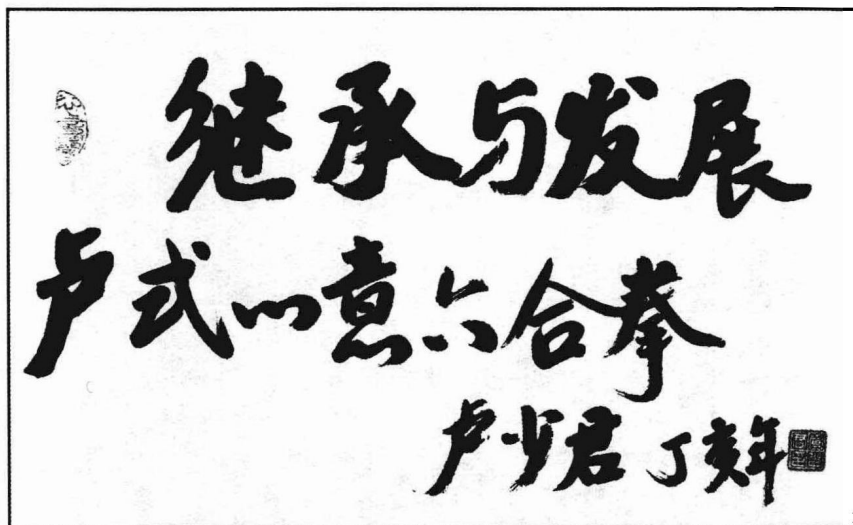
I special appreciate for Master Shaojun Lu writes the inscription when he was critically ill. And many thanks for Bocheng Cai, Hongen Xue, Chuanxiang Li, Renbiao Qian, Yukun Tang, Yueding Zhang, Shuangxi Sun. They practice with me frequently in these years. Thanks Gang Hu in Canada wrote me the preface although he is very busy.

Jiang Yu



一代宗师卢嵩高像

The picture of Master Songgao Lu



Inheritance and development Lu Style Xinyi Liuhe Quan Shaojun Lu

注：卢少君老师为卢嵩高之子

Note: Master Shaojun Lu is the son of Songgao Lu

为卢式心意著作序

中华文化博大精深，绝非虚语。其一为文，其二曰武，其三不计其数。

文之证据:

三坟、五典、八索、九丘、诗经、诸子、楚辞、汉赋、乐府、唐诗、宋词、元曲、明清小说、民国白话，圣迹无度，一贯法书。

武之实验:

七经典武，计谋赢输；千年秦剑，寒光发怵；朝改代换，长城具睹，金戈铁马，成败不素；内外各族，几度征服；战例难数，残阳月渡；英雄辈出，血雨江湖；民间武林，门派奇数；乡间村落，高手频步；北少南武，中南山柱；豪杰无数，把把拳术；地球万载，此景谁住？

回首武林一片，心意六合闪亮武林几百年。以根源而论，发之于黄河，远不说宋代岳武穆英雄一世，就明末至清中，姬龙凤、曹继武、马学礼、戴龙邦、金一望各先祖及传人，跃于黄河两岸，威风席卷中原大地一片；民国时期，原传一支宝鼎，卢嵩高、尚学礼、宋国宾、范百川诸前辈，引其入长江大流域，风起云涌武林知。以朝代时局论，心意拳演变分支现，竟与中国命运——大相息！今上海推出卢式心意拳，对应何？原来是华夏文化复兴大时机！

六合心意一脉，何至于此，主根不变，支支变，却与中国命运环环相扣、节节紧密连？盖其文化之深也！何其深？不可深问焉！留于近日见分晓！

盖其技术之精也！何其精？不可喻也！空口无凭，留待各位去验体。

武师风范，卢氏诸公，武艺文献皆传授，更有拳谱定乾坤，佐证河南山西六合文！

文士雅儒，余江诸位，事业生活两成功；继承发展都不误，分享深度乐趣于社会；忽发好术于此书，按部就班人人知，何其幸？心意上海几老：王、凌、李、于诸公在其中！

黄河、长江、海洋大融流，时光匆匆；名利无边，体有限，留与少许于心意，回报定不已！

勉为序！

时在公元二零壹零年五月二十日
胡刚于加拿大首府渥太华探微斋

Introduction of Lu Style Xinyi

The Chinese culture is extensive and profound, and includes literary and martial arts.

The example of the martial art: the classic seven books of martial arts (Wu Jin Qi Shu) for wars. The ancient sword made thousands of years ago in Qin Dynasty still shines.

How many dynasties were replaced? The Great Wall knows. The shining spears and armored horses, no matter victorious or defeated, all bled. Some ethnic groups made conquests both within and without.

How many battles were fought? Only the sun and the moon know. Heroes appeared one after another, from the blood competitions in the old times of China.

Many styles of the martial arts exist in Chinese Wushu society. Even in countryside, there are many masters.

The famous martial arts which are related to the mountains are Shaolin (originated from Shong Mountain) in north, Wudang (originated from Wudang Mountain) in South and Xinyi Quan (originated from Zhongnan Mountain) in the middle.

Heroes, who have their own styles of martial arts, are countless. For thousands of years on the earth, who owns these but China?

When you recall the history of martial arts in China, Xinyi Liuhe Quan has shined in the Wushu society for hundreds years.

Xinyi Liuhe Quan originated from the Yellow River. Even without

mentioning the Song Dynasty's hero Yue Fei, there are still Master Longfeng Ji, Jiwu Cao, Xueli Ma, Longbang Dai and Yiwang Jing from the Ming Dynasty and in the middle of the Qing Dynasty, as well as other disciples, spread across the nation and known by both sides of the Yellow River, their power and prestige sweeping the Central Plains.

At the beginning of the last century, the masters such as Mr. Songgao Lu, Xueli Shang, Guobin Song, Baichuan Fan etc. brought Xinyi from the Yellow River to the area of Changjiang River (the Yangtse River), and to the attention of everyone in the Chinese martial arts society.

When we trace back, we are surprised to find that the changes in Xinyi Quan reflect many historical changes in China.

What Lu Style Xinyi is reflecting today? It is reflecting the revival of Chinese culture today!

Why does Liuhe Xinyi have this connection to Chinese history? First, it is because the culture is profound. How profound? You will discover for yourself very soon. Second, it is that the techniques are excellent. How excellent? There are no words to describe their excellence; the readers will realize through practice.

The styles of Mr. Lu and the other masters have not only taught the techniques, but also left the Quan Pu (book of theory) to their students. For example, the Quan Pu of Liu He Quan left by Master Lu gave a solid foundation to the Shanghai Xinyi, which also proved that the preface in the Liuhe Quan kept in Shanxi is real.

Mr Jiang Yu and others are not only successful in business but also

in life; not only have they inherited Xinyi Quan, but they have also improved and shared it with the society.

Today, they will publish the book on Lu Style Xinyi, and how lucky the readers are to follow their steps to learn Lu Style Xinyi!

How lucky the senior masters (over 80 years old) Li, Wang, Lin and Yu are to be involved too!

The Yellow River, Changjiang River, and the oceans are interflowing; time is flying by, fame and fortune are endless, but not life. Why not leave some time to practice Xinyi and be rewarded with a better health?

Preface by Hugang
Ottawa, the capital of Canada
May 20, 2010.

开拳导语

卢式心意，又有人称：上海十大形，模仿十种动物：鸡、鹤、燕、鹰、虎、马、熊、蛇、猴、龙，似十种人形——高、矮、胖、瘦、甲、由、目、申、干、虚。你不必依本书十形的顺序来开拳，而是要先认清自己，似熊、似猴、似虎、似蛇……择一形来开拳，因人而异，时间长了，功夫长了，做到十形合一（指十大动物之形意）。卢式心意历来传拳都少在公开场所，而是单个在师父的家中传拳、演拳、喝茶，而且每个人开拳的动作还都不一样，各有侧重，规定师兄弟间也少要窜拳，道理就在于师父要做到因材施教。

由外入内，由纠正拳架的规整、合顺运动轨迹的合理开始，从四梢中的肉梢开始，拳打千万次，能做到熟能生巧，肌肉有记忆力，动作才能做到合理、合顺，尔后开始练习四梢中的筋梢、骨梢，使在打拳的过程中学会应用筋骨的力量。这在开拳（中级）阶段。

几年可以出师？技术上套用八个字来说：有用、好用、妙用、大用。

有用者三个月。新兵训练三个月，就可以上战场。卢式心意也一样，“十年××不出门，三个月心意打坏人。”入门六式加四炮，勤盘三月，拳打万遍，几次对抗，一勇二胆三功夫，三个月足矣。好用者得一年或半载。熟练掌握卢式心意入门和开拳阶段的技术，得意于卢式心意某一、二个形的动作，不怕千招会，只怕一招精，用的好谁都会让你三分。因为工作、生活等原因，诸多前辈未能深入学习下去，但好用好使，是卢式心意现在最多的人群。知妙用者须勤练三年。是卢式心意入室弟子，掌握卢式心意的技术要求，懂得卢式心意的技术奥妙，心明身行，入得了形、相，知变化。有大用者至少得用六年。通晓卢式心意，说得清、道得明，有形有意，就可以出师了，农耕社会，可以闻名方圆百里，算得上名家明师了。马学礼学艺六年，李洛能好像也是学艺六年，他们皆是比我们专心用功。

至于孤独求艺，一心一意或无心无意，我说不清了。

Instruction

Lu Style Xinyi is also named Shanghai Ten Big Forms, imitating the movements of ten types of animals: Rooster, Hawk, Swallow, Eagle, Tiger, Horse, Bear, Snake, Monkey and Dragon, and representing 10 human body shapes, such as Tall, Short, Fat, Thin and so on. It is not necessary to practice them in the order that is described in this book. You can choose one that most suits you and start with it. By persistently practicing the forms one by one, you can unify their strength into one. Lu Style Xinyi is seldom taught in public classes. The masters usually teach, practice, and drink tea at home with their students individually. According to the individual's abilities, they are arranged with different beginning forms.

The practice begins from the correct stance and the movements, from outside to inside, from the ends of muscles. To practice them thousands of times, build them first into the muscles, then into the end of the tendons, and the end of the bones. During training, learn to use the power of the tendons and bones and your studies will reach the middle level.

How long is needed to finish the study? Technically, it can be either useful, good, skillful, or outstanding.

If you want it to be useful, three months should be enough, just like that a recruit can be sent to a battle after three-months training. Lu Style Xinyi is the same as the saying "Three months on Xinyi better than 10 years on something else". To practice the basic six forms and the four Cannon Fists again and again, within three months you would have the courage, the boldness, and the skills to face

your opponent. If you want to be good at it, then one year and a half would be necessary. Try to master the basic techniques of Lu Style Xinyi and deeply understand the essence of the movements of one or two forms named by the ten animals. You do not have to know many forms, and using one form well, anyone would try to avoid you. For many reasons, some people stay at this stage and do not probe further into Lu Style Xinyi, but it can still be very useful.

To be skillful, three years of hard work is needed. You have to be admitted as a disciple of Lu Style Xinyi and have mastered the essential techniques; you should not only be able to lead the body to follow the mind, but also be capable of making changes between the various forms freely. To be outstanding, at least six years of practice should be arranged. To fully understand Lu Style Xinyi means that you must know why and how to perform the arts, and unify the forms and the mind. And your study is finished . At that time, you would be well known within hundreds of miles and also treated as a great master. Xueli Ma and Luoneng Li both had learnt XinYi for six years. They were much more concentrated and diligent than we are.

To reach the highest level of the martial art, depends on an individual's ability and effort.

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