

国术丛书 第十二辑



卢式心意六合拳

LUSHIXINYI LIUHEQUAN
RUMEN

入门

配盘 中英文对照

王书文 顾问
余江 著

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卢式心意六合拳入门

Lu Style Xinyi Liuhe Quan for Beginners

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弟们无间交流的成果，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

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汰华探微斋

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.

卷首语

一个外国人, 想要了解中国文化, 想要进入中国人的人文精神世界, 给你说一个法子, 去学习中国的书法或武术。因为他是中国文化中最纯粹中国化的。

一个中国人, 想要更深刻地感知自己, 成就其自己一个中国人, 建议你挤出时间来学习书法或武术, 因为他是中国文化中最纯粹中国化的。

武术、书法是汉文化的最佳外在表现, 由外入内, 这是最好的法子。

中国的文化是隐性的, 似水流莲, 直面它时, 就像面对一张大的无法想像边际的网, 一时会张口无言或言不知所云, 因为它高人一头的一切都是隐喻的、意象的。如书法中草书、国画中的写意、武术中的心意拳, 都是见其形, 取其意, 重其心有所悟。松是意的界, 灵是意的魂, 所有的机智都是隐藏的, 所有的一切也如同阴阳一样无时无刻不在变化着。

继而细细想来还是有序可言: 如学习书法时, 应学先楷书后习草书; 学习国画时, 应先学白描后习写意; 学习武术时, 应先学象形后习心意, 都是要经过入形、入相、入定三个阶段。

入形: 教什么习什么, 学什么是什么。

入相: 脑中要有一幅幅图像, 是前人的或是大自然中的, 时时对照, 学什么要像什么。

入定: 定能生慧, 想什么就会什么。

博大精深是中国文化的形而像, 大到你是什么人, 你想要什么, 他就会给你什么, 像《西游记》中悟空学艺一般。

因人而异、因材施教是教之法; 熟能生巧、温故知新是学之法, 铁杵成针。

Author's preface

As non-Chinese people, if you would like to understand the Chinese culture and enter the spiritual world of Chinese civilization, there is a way: learn China's calligraphy or martial arts because they are the purest forms of Chinese culture.

As someone of Chinese decent, if you want to perceive more about yourself and achieve more in Chinese culture, make time to learn calligraphy or martial arts because they are the purest forms of Chinese culture.

Martial Arts and calligraphy ----- the best manifestations of the Chinese culture, from outside to inside, is the best way to learn Chinese culture.

The Chinese culture is recessive, like ripples on the surfaces of the water. When you first face it, it is like facing a huge, unimaginable, boundless net. You are astonished and speechless and do not know where to start, because it is superior, recessive and not what it seems. Such as the cursive style of writing in calligraphy, the freehand brushwork in traditional Chinese paintings, Xinyi Quan in martial arts – you have to see the appearance and learn the meanings. The most important part is to comprehend it. All the wisdom is contained deeply inside of the soul and thought, and everything is like Yin Yang, which never stops changing.

Only after you think it over carefully can you find the rules and orders to follow. For example, when learning calligraphy, study regular script before cursive style. When learning traditional Chinese painting, start line drawing before freehand brushwork. When learning

martial arts, learn by the image first then learn to control by mind. They all have to go through three stages: Imitation, Into the Picture, and Build In.

Imitation: Copy, follow the masters. Learn what is taught.

Into the Picture: There are images in your head of ancestors or nature. Compare constantly. Picture what you have learnt.

Build In: Wisdom, do whatever you want to. Do whatever's on your mind. (to achieve what you want ?)

The Chinese culture is broad and profound. Depending on what kind of a person you are, it will give you whatever you want, like Sun Wu Kong's KongFu in "Journey to the West".

According to the student's ability is the way to teach. Practicing and reviewing is the way to learn. Day by day, time by time one will achieve perfection just like the old saying says that one can make a needle from an iron bar by keeping grinding it.

能文能武一条龙

在我们的文化中，文武是核心。能文能武是每一个望子成龙人家的理想，文可安邦，武可定国，对一个人来讲，也要有两手常备无患：文的一手，武的一手，文可如鱼得水，武可养延保命。能文能武是每一个中国人完美的人生追求，是成就一番事业所必备的。

武文化的核心是流传千年的侠文化，他所关心的是：大义、公平、良心，是推动中国上下五千年潮起潮落的原动力，在中国文化中他是最俱草根性的——爱国、感恩、正气、大义、诚信……威武不能屈、富贵不能移……他的属性是和平的、止戈性的，因为我有武之术才能做到“魔高一尺、我高一丈”。武之术捍卫的是：公平、正义。修为的是：良心、勇敢。武之术的品格应是高贵的、有尊严的、有德行的。

习武之术的人，应是有武之德的人，才有可能成一位能文能武的人——受人尊敬、成就一番事业、朋友遍天下。

People who are wise and skilled in both martial arts and academia are like dragons

Academia and martial arts are the heart of the Chinese culture. To let their sons have both is every family's dream. Academia can be used to develop the country. Martial arts can be used to guard the country. People who knew both were like fish in the water. It presented a perfect life and was necessary to accomplish a career.

The culture of the Chinese Martial Arts is righteous, impartial, and conscientious, which has been integral power in promoting China for the past five thousand years, like a tide full of ups and downs. It is the root of the grass in the Chinese culture – patriotic, grateful, healthy trends, righteous, and sincere.... Never bow to power and be determined no matter poor or rich... Its attributes are peace and antiwar. Only Martial Arts can allow one to achieve: no matter how high an evil power is, my skill is higher by 10 times. Martial Arts represent fairness and righteousness and also helps cultivate oneself according to conscience and bravery. Martial arts should be characterized by moral, honor, and nobility.

People who learn Martial Arts must have the character first, and then to gain both the literary ability wisdom and Martial Arts skills – to win people's respect, to accomplish undertakings, and to make more friends all around the world.

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