



孔子学院总部
Confucius Institute Headquarters

走进天府系列教材【成都印象】

练武术

Practicing Martial Arts

西南财经大学 汉语国际推广成都基地 著



西南财经大学出版社

中国·成都

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贵州师范学院内部使用



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Introduction

Practicing Martial Arts is one part of the “Impressions of Chengdu” textbook series promoted by the Chengdu Base of Confucius Institute Headquarters and published by the Southwestern University of Finance and Economics. This textbook was edited on the basis of the Confucius Institute Headquarters’/Hanban’s “International Curriculum for Chinese Language Education” (hereinafter referred to as “Curriculum”). The vocabulary and grammar items found in levels 5 to 6 of the Curriculum are presented in narrative and dialog forms, making up eight lessons in total: the first four lessons mainly give an overview of martial arts from the perspectives of history, function, culture and schools; the fifth lesson is about “Martial Arts for International Students”, mainly introducing several kinds of martial arts suitable for international students to practice. In the sixth lesson, “Tai Chi”, the reader will learn what makes Tai Chi special, about its schools and other related facts as well as about its popularity in Chengdu. The title of Lesson Seven is “Tai Chi in the City of Hibiscus”. In Lesson Eight, the reader is briefly introduced to some commonly used words related to martial arts in everyday life, in dialog form which makes the application of these terms more practicable and interesting. The appendix “Recommended Martial Arts Movies, Shows and Books” allows students to acquire a comprehensive understanding of Chinese martial arts from various angles: they will experience the influence of martial arts on people's lives while learning the basics of martial arts and also provides them with assistance in further understanding martial arts. This book will hopefully broaden the cultural horizon of intermediate and advanced students of Chinese and also improve their overall language proficiency.

Hopefully, you will enjoy *Practicing Martial Arts*, and we are looking forward to any criticism or suggestions you might have. Hanban gave us much help and support during editing of this book and we would like to take this opportunity to express our gratitude.

前言

《练武术》是西南财经大学汉语国际推广成都基地推出的《成都印象》系列教材之一。教材以孔子学院总部 / 国家汉办的《国际汉语教学通用课程大纲》为基本编写依据，并以该大纲中的 5-6 级词汇和语法项目为主，采用叙述和对话两种表现形式，共八课：前四课主要从历史、作用、文化与派别的角度对武术进行简单介绍；第五课为“留学生练武术”，主要介绍几种适合留学生练习的武术；第六、七课分别介绍了太极拳的特点、流派等相关知识以及在成都地区的普及情况；第八课为“生活中的武术用语”，以对话形式，简单介绍生活中常用的、与武术有关的词语，增加实用性和趣味性；文后附录“武术影视、书籍推介”，可帮助留学生多角度、全面了解中国武术，让留学生在了解武术基本知识的同时感受武术对人民生活的影响，为他们进一步了解武术提供帮助，同时希望能够扩宽中高级水平汉语学生的文化视野，全面提升汉语水平。

希望您能喜欢《练武术》这本教材，也希望您对本书提出批评和建议。本书的编写得到了国家汉办的大力支持和帮助，在此一并表示感谢。



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第一课

Lesson 1

【武术简介】

【Martial Arts - An Overview】

- ① 野兽 yěshòu
- ② 侵略 qīnlüè
- ③ 兵器 bīngqì
- ④ 拳术 quánshù
- ⑤ 体系 tǐxì
- ⑥ 防御 fángyù
- ⑦ 陶冶 tāoyě

江一华：

今天看了《功夫熊猫》，真是太精彩了！

文小西：

我也很喜欢。这只熊猫又可爱又有正义感，里面的中国功夫也超级赞！

江一华：

就是！就是！本来我就对中国功夫很感兴趣，现在更着迷了。

文小西：

是吗？我对中国功夫完全不了解，你能给我介绍介绍吗？

江一华：

这……你可真难倒我了，我们还是问问大萌吧。

大萌：

中国功夫，人们也称它为“中国武术”。你们猜猜，大概是什么时候开始出现武术的呢？

江一华：

大萌，你就别卖关子了，快告诉我们吧。

大萌：

好吧。在原始社会，原始人类用木头和石头抵抗野兽或其他外敌的侵略，在这个过程中逐渐出现了原始的武术动作。

文小西：

现在算算，大概是五千年前了吧？

大萌：

是的。后来社会不断发展，军队的建立与青铜器制造也促进了兵器的发展，中国武术逐渐成熟。

江一华：

什么时候形成了成熟、专门的武术呢？

大萌：

根据不同资料记载，大约在唐代至明代时期形成了成熟的武术。武术可以分为武术基本理论、拳术、器械搏斗三部分。

文小西：

以前我以为武术只是打打架而已，没想到还有这么多学问。

大 萌：

武术在历史发展中，逐渐发展成了与军事技术不同的一套体系，其健身价值也深受人们重视，到了清代，已发展成为一种“武术运动”。

江一华：

难怪每天早上我家楼下的花园里，有很多人一起练习武术呢，他们有的练太极拳，有的练剑术，有的练其他拳术。

大 萌：

其实武术最重要的是传播一种精神，你们看看“武”这个字是由哪两个汉字组成的？

文小西：

我看到有“止”字，“停止”的“止”。

大 萌：

没错。“武”是由“止”和“戈”两个字组成的。“止”就是停止，“戈”就是“武器”。所以“止”“戈”就是停止使用武器，不要打仗的意思。

江一华：

也是对和谐、和平的向往吧。

大萌：
是的。

中国武术历史悠久，影响深远。练习武术可以防御敌人、强身健体、陶冶性情和增进交流。武术常被分为“传统武术”与“现代武术”。传统武术重视攻防技术，而现代武术更重视健身和艺术表现，把“高、难、美、新”作为发展方向，现代武术还包括了20世纪80年代兴起的搏击运动。现代武术也是对传统武术的继承和发展，在沿袭传统武术部分实战模式的基础上，不断发展出竞技体育比赛和新竞技武术体系，形成了自己的特点。

- | | |
|------|---------|
| ①兴 起 | xīngqǐ |
| ②搏 击 | bójī |
| ③沿 袭 | yánxí |
| ④模 式 | móshì |
| ⑤实 战 | shízhàn |
| ⑥竞 技 | jìngjì |



Jiang Yihua: Today's *Kung Fu Panda* was such an exciting movie!

Wen Xiaoxi: I also enjoyed it a lot. That panda was cute and had a sense of justice. The kung fu shown was also totally amazing!

Jiang Yihua: I know, right? I was always interested in Chinese kung fu, but now I'm hooked.

Wen Xiaoxi: Really now? I don't know much about kung fu. Can you tell me more about it?

Jiang Yihua: About that... you've got me stumped. We better ask Da Meng.

Da Meng: Chinese kung fu, is also called "Chinese martial arts". Have a guess, about how many years ago do you think kung fu first made its appearance?

Jiang Yihua: Da Meng, don't keep us in suspense. Just tell us!

Da Meng: All right. In the earliest societies, people fought back wild beasts or invaders with wood and stones. It was during this time that the earliest martial moves gradually developed.

Wen Xiaoxi: Let's see... That should've been about 5,000 years ago?

Da Meng: Correct. Later, following continuous social development, the establishment of armies and manufacturing of bronze wares drove development of military weapons and Chinese martial arts matured.

Jiang Yihua: When did kung fu become mature and specialized?

Da Meng: According to different records, martial arts matured around the Tang to the Ming Dynasties. There are three components to kung fu: the basic theory, boxing and weapon fighting.

Wen Xiaoxi: I used to think that martial arts was just scuffling. I didn't think there was so much to it.

Da Meng: During their development in the past, martial arts gradually

evolved into a system different from military technology. Their fitness value is also much appreciated by practitioners. They developed into “martial arts sports” by the Qing Dynasty.

Jiang Yihua: It’s no surprise that there are many old people practicing martial arts together in the park downstairs every morning. Some practice Tai Chi, others sword fighting, and the rest (Chinese) boxing.

Da Meng: Martial arts are not only about health. Most importantly, they are about showing attitude. Look at the character of “武”. What radicals is it made up of?

Wen Xiaoxi: I’m seeing the “止” character, which means stop.

Da Meng: That’s right. “武” is composed of the characters “止” and “戈”. “止” means “stop” and “戈” means “weapons”. Therefore, together they mean “stop using weapons”, or “stop making war”.

Jiang Yihua: So martial arts are the strive for harmony and peace.

Da Meng: Correct!

Chinese martial arts have had a long history and far-reaching influence. Practicing martial arts can help in fighting off enemies, honing one’s body, becoming even-tempered and building communication. Martial arts are often divided into “traditional martial arts” and “modern martial arts”. Traditional martial arts prioritize offensive and defensive techniques, while modern martial arts attach more importance to fitness and artistic expression, with “style, difficulty, grace and novelty” dictating development trends. Modern martial arts also include combat sports, which rose in popularity in the 1980s. Modern martial arts continue the legacy and refinement of traditional martial arts. On the basis of continuing traditional martial arts’ actual combat fighting methods, modern martial arts have given rise to new competitive sports tournaments and competitive martial arts systems and thus formed its own characteristics.



词语

模式 模 式 móshì pattern; model; mode	侵略 侵 略 qīnlüè commit aggression; invade	拳术 拳 术 quánshù Chinese boxing
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yě shòu 野兽	wild beast; wild animal
bīng qì 兵器	equipment
fáng yù 防御	defend; guard
táo yě 陶冶	cultivate; mould (one's temperament); nurture (character)
shí zhàn 实战	actual combat; real combat

tǐ xì 体系	system
xīng qǐ 兴起	arise; rise
bó jī 搏击	fight (as a sports category)
jìng jì 竞技	athletic tournament
yán xí 沿袭	continue (a tradition, pattern, etc.)

专 有 名 词

清代 / Qīngdài / Qing Dynasty

语 言 点

1. 卖关子 2. ……而……

思 考

1. 请在表中填出不同时期武术的发展情况。

原始社会	
明代	
清代	

2. 你们国家有没有一种和武术相似的运动？请介绍一下。
3. 现代武术与传统武术相比有什么不同？

第二课

Lesson 2

【武术的作用】

【The Role of Martial Arts】

江一华:

大萌，我今天也起了个大早，在楼下跟着那些老人一起练习了剑术呢！

大萌:

是吗？感觉怎么样？

江一华:

真是太棒了，虽然我的动作不标准，也感觉不太适应，但练完以后，我出了一身汗，觉得身体轻松了不少。

大萌:

看来你锻炼得不错嘛。俗话说：“常常练武术，不用上药铺。”“少时练得一身功，老来健壮不生病。”练习武术可以让人身心俱健。

文小西:

一华，明天你去的时候也叫上我吧。我昨天在电视上看了一段太极拳表演，表演者是一位年轻的中国姑娘，她的动作缓慢中带着刚劲，柔软流畅，别提多美了，我一下子就迷上了！