

EXERCISES IN GYMNASTICS

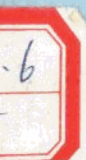
CHINESE-ENGLISH

— 中英對照 —

簡易練功 強身法



王山海編著·萬里書店出版



前 言

練功是一種體育鍛煉，能夠預防疾病，但它又是一種體育醫療，通過體育鍛煉來治療多種慢性疾病，鞏固療效，能起一般藥物所起不到的作用。

從中國醫學的角度來看，治病無非就是“扶正祛邪”。打針、服藥是爲了通過“祛邪”來“扶正”——即促進增強體質，以防治疾病，鞏固療效。“扶正”爲了“祛邪”，“祛邪”必須“扶正”。所以說，練功又是一種體育醫療，它能起到“有病治病，無病強身”的作用。

我們人體，是在神經系統統一指揮下進行活動的。身體某一位位發生病變就會使該部位功能發生障礙，但身體對這種反應決不是被動的。譬如腰痛，雖然在腰部的某一局部有許多軟組織發生病變，但整個人體還是健全的。通過腰部的練功鍛煉，可以促使腰部病情的好轉，還可以促使血液循環的加強和新陳代謝更加旺盛。同時，借助於各部位的各種練功鍛煉，進一步促進血液循環和新陳代謝。通過整個機體旺盛地新陳代謝，逐步鞏固療效，加速腰部功能的恢復。

實踐證明：練功鍛煉和體育活動，對人體改善這種代償功能有很大的幫助。它可以充分發揮健全組織的作用，代償已經病變組織的功能，促進該部肌肉活動功能的恢復。

本書動作簡易，適合中外人士練習，尤其適合一般婦女作健身運動。所有動作由冼孟豪師傅指導，由崔婉明小姐示範，由梁大偉攝影。圖文清楚，可以自學。

INTRODUCTION

Doing exercises is a kind of physical training which can prevent diseases, and it is also a kind of sports therapy which is used to treat a variety of chronic diseases and to consolidate the curative effects through physical training. It has the function which general drugs fall short of.

From the point of view of the Chinese medicine, treating a disease is nothing but "fostering health and dispelling diseases". Injection and medicine-taking are for the purpose to "dispell diseases", while doing exercises is for the purpose to "poster health" so as to "dispel diseases", namely, building up the physique for the prevention and treatment of diseases and for the consolidation of the curative effects. "Fostering health" aims at "dispelling diseases", and "dispelling diseases" depends on "fostering health". Therefore, doing exercises is also a kind of sports therapy which had the functions of "curing disease if there is any or strengthening the body if there is not".

A human body acts under the unified command of the nervous system. A pathological change at some part of the body will result in its functional disturbances, but the body will never give passive response to this. For example, in the case of lumbago, even though pathological changes take place in many soft tissues at some local part of the waist, the whole body remains healthy. The training of the waist by doing exercises can make the ailment of the waist on the mend and also promote blood circulation and vigorize metabolism. At the same time, by means of the training of various parts by doing exercises, blood circulation and metabolism will be further promoted. Through the vigorous metabolism of the whole organism, the curative effects will gradually be consolidated so as to expedite the

recovery of the lumbar functions.

Practice has proved: Training by doing exercises and sports activities are of great help to the body's improvement of the compensating function. They can give full play to the strengthening of the tissues, compensate the functions of the tissues for pathological changes and promote the recovery of the moving function of the muscles at that part.

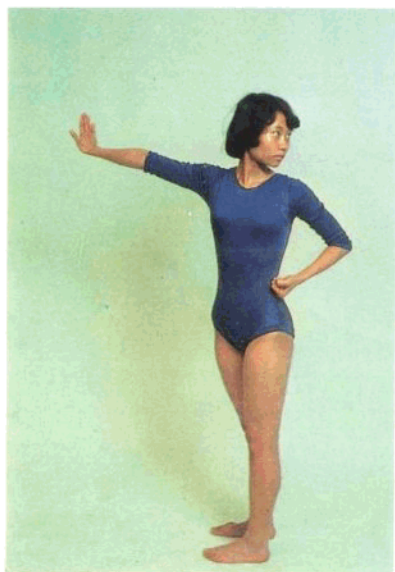
The movements in this book are simple and easy. They are suited both to Chinese and foreigners. In particular, they are suitable to be used by women for strengthening their bodies. All the movements were directed by Sifu (Master) Sin Man Ho and demonstrated by Miss Chui Yuen Ming. The photos were taken by Mr. David Leung. The illustrations and explanations are clear and suitable for self-learning.

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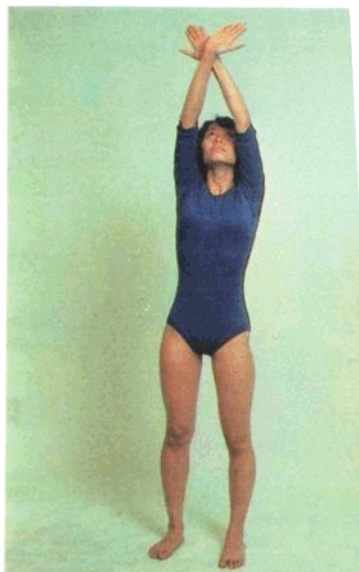
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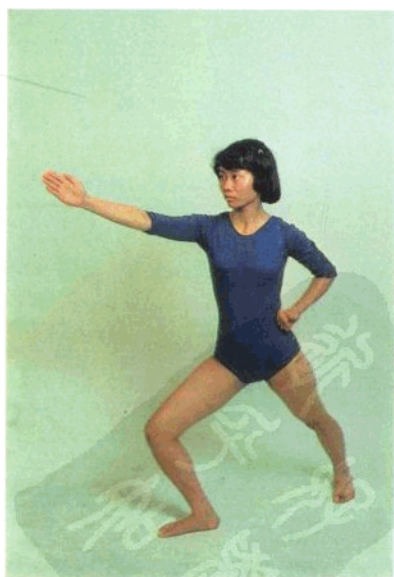
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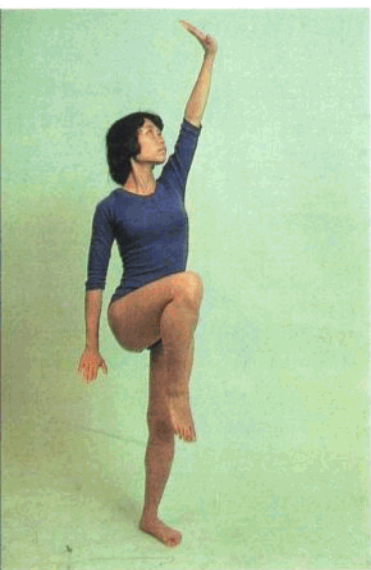


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Bowing a Leg Forward and Reaching a Palm Out.

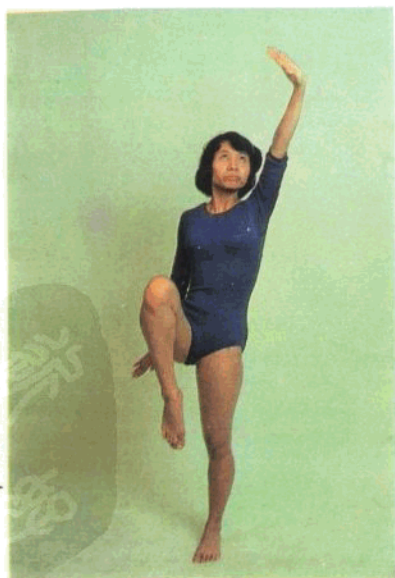
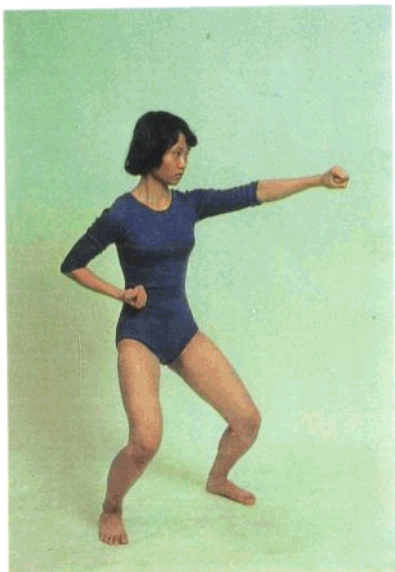
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一、“練功强身法”的動作特點

這裏介紹簡易練功强身法六套 供中外人士練習(男女均適合)。這六套練功方法結合推拿、藥物治療，對防治頸、肩、腰、腿痛等疾病有一定療效，起到“有病治病，無病强身”的作用。

這六套共有三十六個動作，其中前三套十八個動作是防治頸、肩、腰、腿痛的；後三套十八個動作是防治其他疾病的。其特點是：

動作針對性强

患頸、肩、腰、腿痛的病人有個共同的特點，即關節功能有障礙，而“練功强身法”針對病人平時勞動作業姿勢、功能障礙情況，加強活動，達到防治疾病的目的。例如，患頸、肩痛的病人往往手臂不能上舉，肩胛骨上回旋、後縮功能差，病變多半發生在斜方肌、岡下肌、岡上肌、菱形肌等處。根據這種情況，患者如做“左右開弓”、“雙手伸展”、“展翅飛翔”等動作，能加強頸、肩部位的活動，來恢復頸、肩部位的活動功能。腰痛病人的轉腰功能差，有所謂“板腰”之稱。“練功强身法”中就有“轉腰推掌”、“叉腰旋轉”、“弓步插掌”等動作，來恢復病人腰部的活動功能。患腿痛的病人都是腿後羣肌肉發生病變，並且兩腿軟弱無力，有時連走路、上扶梯也不行，針對這種情況，“練功强身法”就有“俯蹲伸腿”、“扶膝托掌”、“胸前抱膝”等動作，加強腿部肌肉力量，恢復腿肌活動功能。所以，“練功强身法”每節動作都突出了重點，而且主要活動部位，鍛煉要求都很清楚。

活動全面 形式多樣

“練功強身法”動作雖然針對性強，但動作結構並不顯得單調，對關節功能來說，活動全面，全身主要關節的各種運動，“練功強身法”中都有要求。例如，頭部的旋左旋右，骨盆的環轉、脊柱的伸縮運動等，都是平時較少活動到的，而“左右開弓”；“頸項爭力”把頭部活動都做到了；“叉腰旋轉”是骨盆的環轉，“雙手托天”、“雙手伸展”使脊柱做了伸縮運動；“左右轉膝”使下肢三個主要關節：髖關節、膝關節、踝關節得到了活動；而拳掌變換，手指交叉等防治腱鞘炎的動作都是活動手指各關節的。所以整套“練功強身法”是全面的身體活動，形式多樣，對人體體質的全面發展有積極作用。

節拍緩慢 動作連貫

動作緩慢和連貫，是“練功強身法”的另一重要特點。病人由於疾病影響，動作不便，不能像健康人或運動員那樣要求用快速有力的節拍做動作。動作節拍緩慢，就可以調動病人的積極性。在練功中逐漸改善自己的活動能力，增強體質，使練功確實收到實際效果。動作連貫是為避免和防止由於突然的動作可能帶來的意外事故。表面上看來動作慢了，好像沒有什麼運動量，其實由於用了“內功”或“內勁”，再用上練功時間較長，對患者的體力消耗也較大，因而鍛煉的效果也會更好。

“練功強身法”由於分節，比太極拳簡單，而且每節動作又不複雜，便於一般人（男女老少）學習掌握。

I. The Features of the Movements of the Exercises

This book introduces six sets of simple and easy exercises suitable for Chinese and Foreigners (suitable for men and women). Integrated with massage therapy and medicinal therapy, these six sets of exercises have certain curative effect on the prevention and treatment of such ailments as the aches of neck, shoulders, waist, legs, etc. and have the effect of building up health if one has not any ailment.

These six sets have 36 movements in total, among which the first three sets of 18 movements are for the prevention and treatment of the aches of neck, shoulders, waist and legs; the last three sets of 18 movements are for the prevention and treatment of other ailments.

Their features are as follows:

The Aims of Movements Are Obvious

The sufferers from the aches of neck, shoulders, waist and legs have a common characteristic, namely, the functions of the joints are hindered. And aimed at the patients' postures in daily work and operations and the state of the disturbance of functions, the movements of the Exercises may enhance activities so as to produce an effect of preventing and curing ailments.

For example, sufferers from the aches of neck and shoulders are often

unable to lift their hands up, their scapulas are poor in the functions of upward circling and back drawing, and pathological changes usually occur at the locations of trapezial, infraspinal, supraspinal and rhomboid muscles. In accordance with these conditions, if the patients do such movements as "Drawing a Bow towards Both Sides", "Stretching Both Hands", "Spreading the Wings and Flying", etc., the activities of neck and shoulders can be enhanced so as to resume their moving functions.

Sufferers from lumbago are poor in turning their waists, which is so-called "stiff waist". The exercises have such movements as "Turning the Waist and Pushing a Palm Out", "Revolving the Pelvis with Both Hands Placed at the Waist", "Bowing a Leg Forward and Reaching a Palm Out", etc. to recover the moving functions of a patient's waist.

In case of sufferers from leg pain, pathological changes all take place in postcrural muscles, and two legs are so weak that a patient is sometimes even unable to walk or go upstairs. Aimed at these conditions, such movements as "Squatting with the Body Leaning Forward and Stretching Both Legs", "Placing One Palm on a Knee and Pushing the Other Palm Up", "Holding a Knee Up in Front of the Chest", etc. in the "Exercises" heighten the strength of crural muscles and recover their moving functions.

Each movement's focal points are apperent, and the main moving parts and requirements for training are very clear.

The Activities Are All-round and the Forms Are Varied

Although the movements of the "Exercises" have obvious aims, the composition of them doesn't seem monotonous. With regard to the functions of joints, the activities are all-round. In the "Exercises", there are requirements for various activities of the main joints all over the body.

For example, such movements as turning the head left and right, revolving the pelvis, stretching out and drawing back the backbone are less done at ordinary times, but "Drawing a Bow towards Both Sides" and

"Making the Neck and Nape Contend" lead to the movements of the head; "Revolving the Pelvis with Both Hands Placed at the Waist" is the circling of the pelvis; "Supporting the Sky with Both Hands" and "Stretching Both Hands" cause the backbone to stretch out and draw back; "Revolving the Knees Left and Right" moves the three main joints of the lower limbs: hip joints, knee joints and ankle joints; and such movements for the prevention and treatment of tenosynovitis as "Changing a Fist into a Flat Palm and Vice Versa", "Interlacing the Ten Fingers of Both Hands", etc. enable each joint of fingers to move. Therefore, the whole set of the "Exercises" is all-round activities of the body and its varied forms have active effect on the comprehensive development of the constitution.

The Rhythm Is Slow and the Movements Are Coherent

It is another important feature of the "Exercises" that the movements are slow and coherent. Owing to the affection of an ailment, a patient has difficulty in moving and he or she cannot be required to do movements in quick and strong rhythm as a healthy person or an athlete. The slow rhythm of the movements can arouse a patient's enthusiasm. In the exercises, a patient gradually improves his or her own moving ability and strengthens his or her physique so as to really attain the actual effects of the exercises.

The coherence of the movements is for the purpose of avoiding and preventing accidents probably caused by sudden movements. It seems that the movements are so slow as if there were no kinergety, but inwardly the effects of training will be better due to the exertion of internal strength plus the longer time of the exercises and the greater consumption of a patient's strength.

As the division of the steps in the "Exercises" is simpler than that of Tai Chi Chuan and the movements in every step are not complicated, it is convenient for general people (men and women, old and young) to learn and master them.

二、“練功强身法”的注意事項

練功動作要正確

因爲“練功强身法”動作的針對性強，只有按照正確的動作技術去做，才能達到較好的防治效果。尤其是患有頸、肩、腰、腿痛的病人，由於某些部位功能障礙，對某些動作可能做不出來。這時，要嚴格要求自己按動作要求去做，不能按患病者的“舒適”動作去做。動作正確與否，防治效果就不一樣。例如“頸項爭力”是頭部動作，如果做成了腰部動作，那麼就失掉了這個動作的效果。其他像“雙手攀足”時屈膝，“雄關漫步”時沒有移重心，“俯蹲伸腿”下蹲時起踵，“展臂彎腰”、“開闊胸懷”時挺肚子，“扶膝托掌”時上體傾斜等等都是易犯的錯誤動作。

練功要用“內勁”

做“練功强身法”時要求用“內勁”，即要求每個動作都緩慢有力。由於平時一般人習慣於把力同重量和速度等合起來，認爲用力動作就是重量大的動作或速度快的動作，而看到速度緩慢的空手動作，就認爲不需要用什麼力。其實不然，“練功强身法”要求每個動作既要緩慢又要有力。緩慢無力的動作是鬆弛的。所謂“內勁”，就是指練功時要做到緩慢而有力。練功要用“內勁”是爲了調節肌肉內部和各塊肌肉之間力的關係。

一塊肌肉是由許多能收縮的肌纖維組成的，在活體上，肌肉的

收縮發力是受神經系統支配的，因此，在一塊肌肉上有許多的神經末梢分佈着，其中支配肌肉收縮的神經末梢叫運動神經末梢。一根運動神經末梢大約支配一至三百多根肌纖維，這一根運動神經末梢連同它所支配的那些肌纖維，就叫做一個運動單位。一塊肌肉內有許多運動單位，而且這些運動單位在肌肉內的分佈是互相交叉。一般情況下，一塊肌肉內並不是全部運動單位同時興奮收縮的，而是有的運動單位興奮收縮，有的運動單位抑制放鬆，動作變換，興奮收縮和抑制放鬆的運動單位也改變。這樣，先興奮收縮的運動單位的肌纖維就處於縮短狀態，而抑制放鬆的運動單位的肌纖維就被它們拉長。因此，在正常肌肉活動中，肌肉內部有的部分在縮短，有的部分則被拉長，如果長期固定在某一種姿勢，或由於受傷後肌肉的保護性肌緊張（或攣縮）等，這是造成肌肉勞損等疾病的內部力學原因。所以，經常改變工作姿勢或進行體育活動，就可以使原來被放鬆拉長的肌纖維部分處於興奮縮短，而原來縮短的部分可以被拉長，使肌肉內部的力學關係得到調整，達到防治肌肉勞損，增強體質的目的。不用“內勁”就達不到肌肉中力的關係調整。一塊肌肉內部的情況是這樣，兩塊或兩塊以上肌肉羣之間的調整力的關係，其道理也是這樣。

練功動作幅度要大

動作幅度是指人體各關節活動的範圍。關節活動範圍大，動作幅度亦大，反之則小。肌肉活動功能和關節活動範圍大小是一致的。因此，“練功強身法”鍛煉時動作幅度越大，被鍛煉的肌肉酸脹感也越明顯，所取得的鍛煉效果也越好。例如“弓步插掌”要求動作幅度盡量大，使腰部、腿部肌肉有酸脹感。但如果腰部沒有挺直，腰部肌肉就不會有酸脹感，看起來動作幅度大，同樣達不到鍛煉的效果，也就是說達不到防治腰肌疼痛病的效果。所以“練功強身法”和打太極拳不同之處就在這裏。太極拳不要求動作幅度大，但要求動作柔圓，因而它們在針對疾病的防治上也是各有特點的。

練功要持之以恆

每天的生活習慣，會影響中樞神經系統的功能，建立有規則的生活制度，能改善中樞神經系統的功能，促進新陳代謝水平的提高。醫療實踐說明，凡是堅持練功的都能收到良好的防病治病的效果。體育醫療有一定的療效，然而療程較長，尤需持之以恆。“練功強身法”不但作為一種治療手段，而且還在於縮短臨床痊癒和機能恢復之間的距離，使病人早日恢復工作能力。病人的機能恢復比較慢，常常落後於臨床痊癒。此外，除了治療病變部位，使其機能恢復外，在許多情況下，還要改造整個機體的協調性和適應能力。如果鍛煉時斷時續，搞搞停停，會破壞正常的生活制度，就會大大減低療效。假如長期中斷，那更會前功盡棄。有些人在開始參加練功的一段時間裏，胳膊腰腿等部位會有酸痛發脹反應，這是正常的生理現象，只要堅持下去，幾天以後酸脹感便會逐漸消失。

練功要循序漸進

“練功強身法”鍛煉，簡便易行，不受時間、地點、設備等條件的限制。只要掌握要領和運動量，一般來說是不會有副作用的。

人的體質的增強有一個過程，一般在開始進行練功鍛煉的時候，內容要比較輕鬆簡單，這樣可以使病人逐漸習慣，逐步適應。當身體的機能已能適應一定的運動量時，可以酌量增加一些。運動量增加後，身體需要經過一個階段的鍛煉，才能與該運動量相適應。這樣循環往復，不斷在更高的運動量水平上產生新的適應，這就是人的體質不斷增強的過程。如果操之過急，盲目加大運動量，那麼不但達不到防病治病的目的，而且還可能由於身體不能勝任而引起損傷，影響健康，使病情惡化。

練功應和呼吸活動相配合

練功要注意配合有意識的呼吸活動，這樣更加有助於提高健康水平。

在練功鍛煉中，凡是做伸和開的動作時都應該吸氣。因為做這些動作的時候，利用動作幅度的伸展與開放，胸部充分展開，肺部有擴張的餘地，這時進行吸氣，容易吸得深。例如，做“左右開弓”和“雙手伸展”這兩節動作的第一拍時應該吸氣。當做二拍時應呼氣。因為這時呼吸通過動作的幫助，有一定的助力作用。但是，也有些動作和節拍不易配合，例如做“俯蹲伸腿”等，這點呼吸應該自然，切忌憋氣練功。

練功必須有得氣感

所謂“得氣感”，是指鍛煉到的肌肉要有酸脹、發熱和舒適感覺。

每節練功時，動作必須做正確，動作幅度盡可能要做到最大限度。因為“練功強身法”每一節動作對身體某一個部位都有一定的作用，能不能收到良好效果，主要取決於動作姿勢是否正確。動作做得正確與否，動作幅度大小不同，效果就大不一樣。例如“頸項爭力”這一節，主要作用於頸部，頸部肌肉應有酸脹感。如果沒有按照動作要求去做，沒有酸脹感，雖然從表面上來看頸部好像在活動，但是不會有什麼效果。其他動作也是這樣。