

# CHINESE KUNG-FU SERIES 9

## Wu Song Breaks Manacles

(in Chinese-English)

by Cai Longyun

武松脫銬

●中英對照  
海峰出版社

Hai Feng Publishing Company

# 目次

## Contents

序言	1
Preface	
動作名稱	5
Names of the Movements	
動作說明	9
The Movements of “ <i>Wu Song Breaks Manacles</i> ”	
套路佈局圖	168
Diagram of the Routine	

## 序 言

“武松脫铐”，在武術運動中是一種很別緻的拳路。因為它把《水滸》裏的英雄人物“武松大鬧飛雲浦”的故事在武術中再現金出來，在這個拳路裏既有攻防技擊的動作，又有人物事迹的描繪。

“武松脫铐”的拳路有多種，有單人練的拳路，有三人練的拳路，也有五人練的拳路。

三人練的“武松脫铐”，是一人徒手，右手攥拳，左手握住右拳腕部，作兩手被铐狀；另外兩人，一人持齊眉棍棒，一人持雙手朴刀，作押解的樣子。練起來非常粗獷，徒手的那個人，攻防閃躲，跌撲滾翻，動作靈敏迅速；持刀、棒的兩人，撲打劈擄，動作精確。三人配合極為嚴謹，毫無破綻之處，整個套路的運動氣氛緊張。

五人練的“武松脫铐”，是一人手上套着一副帶有長鏈的木铐；其他四人，各持一根長棍。練起來，除了一敵四人的各種攻防動作之外，間隙中還安插了長鏈和長棍的各種舞花動作。雖然沒有跌撲滾翻，却也扣人心弦。

這兩種“武松脫铐”，已經很難看得到了。現在能夠看到的，就是單人練的“武松脫铐”。

單人練的“武松脫铐”，最精彩的要推上海著名武術家，一九五三年以來曾先後五次在全國武術表演大會上獲得“一等獎”的胡漢平。他練的“武松脫铐”，內容豐富，攻防技擊方法有頂、撞、衝、擊、抓、扯、捋、帶、推、劈、撩、架、蓋、壓、扶、插等十六種手法；踢、彈、踹、掃、絆、踩等六種腿法。雖然兩手活動的機會不多，但運用肩、肘、腿、膀的方法却是較多的。拳路的結構層次也很清楚，分為：起勢、帶铐、搏鬥、磕铐、脫铐、取勝、收勢，

七個層次。佈局也較開闊伸展，枝蔓葉延。整個格調非常和諧、流暢，是一個很好的拳路。

這裏向讀者們介紹的“武松脫铐”，就是根據他的拳路寫成的。

## Preface

A unique style of Chinese boxing featuring movements of both attack and defense, *Wu Song Breaks Manacles* recalls the chapter "Wu Song Goes Wild at Flying-Cloud Pools" from one of the best-known and best-loved of the ancient Chinese novels *Outlaws of the Marsh*.

This exercise is practised in the form of pre-arranged routines, either by a single person fighting an imaginary foe, or by three or five partners in a simulated combat.

In the one-on-two exercise, the one who plays Wu Song, a prisoner travelling under police escort, fights barehanded with the right hand clenched into a fist and the left gripping the right wrist as if his hands were manacled, while the other two who play the guards wield a cudgel and double swords respectively. This exercise is characterized by quick movements such as leaps and falls, attacks and dodges, all done with immense vigour and precision.

In the one-on-four exercise, the one playing Wu Song wears around his wrists a pair of wooden manacles with a long chain attached to it and his opponents are each armed with a cudgel. Without the vigorous leaps and falls of the one-on-two exercise, this exercise features attack and defense movements accentuated from time to time by the graceful wielding of the chain and the cudgel.

Since the one-on-two and one-on-four sparring exercises are now known only to a few masters, the most popular form of *Wu Song Breaks Manacles* involves only one person.

The best-known practitioner of this form is Hu Hanping, a famous *wushu* master from Shanghai and five-time first prize winner at the National *Wushu* Meet since 1953. His hand techniques include elbowing, bumping, pounding, punching, catching, holding, gripping, seizing, pushing, cutting, sweeping, fending, crushing, pressing, gouging and thrusting and his foot

and leg techniques range from kicking, leaping, treading, sweeping, tripping to stamping. In Hu's style of *Wu Song Breaks Manacles*, the boxer uses the shoulders, elbows, legs and hips more frequently than the hands. Hu's exercise, arranged in seven continuous sections, is marked by an easy flowing style of its own.

## 動作名稱

### 起勢

- |           |           |
|-----------|-----------|
| 一、擄肘抱拳    | 二、虛步抱拳    |
| 三、并步左抱拳   | 四、雙按掌     |
| 五、十字手     | 六、平抓反鉤    |
| 七、十字手起鏢勢  | 八、左右頂肘    |
| 九、左右側踢    | 一〇、弓步撞肘   |
| 一一、掃腿衝拳   | 一二、回身捋抓   |
| 一三、踢腿扶目   | 一四、踢腿踺步前掃 |
| 一五、弓步撞肘   | 一六、劈掌架肘   |
| 一七、轉身旋風脚  | 一八、左右踢腿   |
| 一九、前掃     | 二〇、弓步撞肘   |
| 二一、劈掌架肘   | 二二、轉身旋風脚  |
| 二三、叉步抓手   | 二四、側踹     |
| 二五、轉身旋風脚  | 二六、前掃     |
| 二七、弓步撞肘   | 二八、左右頂肘   |
| 二九、前掃     | 三〇、弓步撞肘   |
| 三一、劈掌架肘   | 三一、左踢腿    |
| 三三、踺步箭蹻   | 三四、弓步撞肘   |
| 三五、前掃     | 三六、弓步撞肘   |
| 三七、弓步劈掌   | 三八、馬步衝拳   |
| 三九、踺步轉身衝拳 | 四〇、退步擊肘   |
| 四一、轉身絆掃劈掌 | 四二、絆掃抓帶   |
| 四三、退步擊肘   | 四四、左右磕鏢勢  |
| 四五、脫鏢     | 四六、左右捋抓   |
| 四七、左右撩拳   | 四八、推掌前掃   |
| 四九、弓步插掌   | 五〇、回身抓扯   |
| 五一、急衝三拳   | 五二、伏地後掃   |

五三、踩腿蓋打  
五五、轉身歇步壓肘  
五七、弓步上衝拳  
五九、蹯步抓扯  
六一、上步頂肘  
六三、弓步上衝拳  
六五、并步推掌  
收勢

五四、踢腿馬步架打  
五六、前踢腿  
五八、回身弓步插掌  
六〇、弓步撩臂  
六二、仆步掄劈掌  
六四、回身虛步架打  
六六、震腳虛步琵琶手



# Names of the Movements

## Starting Position

1. Bend Arms and Place Fists on Hips
2. Hold Right Fist with Left Hand in Empty Step
3. Stand with Feet Together and Hold Right Fist with Left Hand
4. Press Both Palms Downward
5. Cross Palms
6. Catch with Bent Fingers and Form Hooked Hands at the Back
7. Cross Palms in Manacles
8. Thrust Elbows Sideways
9. Kick Leftward and Rightward
10. Strike with Forearm in Bow Step
11. Sweep Leg and Punch
12. Turn Back to Catch
13. Kick Up Foot and Gouge Out the Enemy's Eyes
14. Kick Up Foot, Strike Foot and Sweep Leg Forward
15. Strike with Forearm in Bow Step
16. Raise Elbow and Hack with Palm
17. Whirlwind Step with Body Turns
18. Kick Leftward and Rightward
19. Sweep Leg Forward
20. Strike with Forearm in Bow Step
21. Raise Arm and Hack with Palm
22. Whirlwind Step with Body Turns
23. Cross Legs and Seize with Hand
24. Kick Sideways
25. Whirlwind Step with Body Turns
26. Sweep Leg Forward
27. Strike with Forearm in Bow Step
28. Thrust Elbows Sideways
29. Sweep Leg Forward

30. Strike with Forearm in Bow Step
  31. Raise Elbow and Hack with Palm
  32. Kick with Left Foot
  33. Strike Foot and Kick in Flight
  34. Strike with Forearm in Bow Step
  35. Sweep Leg Forward
  36. Strike with Forearm in Bow Step
  37. Hack with Palm in Bow Step
  38. Punch in Horse-Ride Step
  39. Leap into the Air, Turn Torso and Punch
  40. Take a Backward Step and Thrust Elbow
  41. Turn Torso, Sweep Leg and Hack with Palm
  42. Trip with Sweeping Leg and Catch
  43. Take a Backward Step and Thrust Elbow
  44. Bump Manacles Against Thigh
  45. Break Loose from the Manacles
  46. Seize the Opponent by the Wrist
  47. Punch with Right and Left Fists
  48. Push Hand and Sweep Leg
  49. Thrust Palm in Bow Step
  50. Turn Torso and Pull Down
  51. Punch Three Times in a Row
  52. Sweep Leg Backward in Crouch Step
  53. Uppercut in Seated Step
  54. Kick and Punch in Horse-Ride Step
  55. Turn Torso and Press Down Arm in Seated Step
  56. Frontal Kick
  57. Uppercut in Bow Step
  58. Turn Torso and Thrust Palm in Bow Step
  59. Bump Foot and Pull Hands Down
  60. Bump with Arm in Bow Step
  61. Step Forward and Elbow
  62. Cut Palm in Crouch Step
  63. Uppercut in Bow Step
  64. Turn Torso and Punch in Empty Step
  65. Bring Feet Together and Push Palm
  66. Stamp Foot and Hand Strums the Lute in Empty Step
- Closing Form

## 動作説明

# The Movements of the “Wu Song Breaks Manacles”



1

### 預 備 勢

#### 動作分解：

面對南方，站在拳場西端；兩腿伸直，兩腳靠攏；兩臂垂於身體兩側，兩手五指並攏貼在腿側；立正姿勢（圖1）。

#### 要領說明：

頭要端正，下頰內收，眼向前平視；挺胸、直背、鬆肩，兩臂自然下垂；精神貫注，神情安舒。

### 一、掙肘抱拳

#### 動作分解：

兩手握拳，屈肘收抱於兩腰側，拳心朝上，拳面朝前（圖2）。

#### 要領說明：

兩肩稍向後張展，兩拳握緊，挺胸、收腹，保持身體正直。



2

## STARTING POSITION

### ***Movements:***

Stand upright to face south at the western end of the court with both legs straightened, feet closed together, arms hanging at the sides of body, and fingers together and closed to thighs. (Fig. 1)

### ***Points to remember:***

Keep head erect, chin tucked in, and eyes looking straight ahead; hold chest thrown out, back erect, shoulders relaxed and arms naturally hanging down; be relaxed but alert and concentrating.

## 1. BEND ARMS AND PLACE FISTS ON HIPS

### ***Movements:***

Clench hands, bend arms, and place fists on hips with knuckles facing downward and forefists facing forward. (Fig. 2)

### ***Points to remember:***

Extend shoulders slightly to the back with chest thrown out and abdomen pulled in. Clench fists tightly. Keep body erect.



3

## 二、虛步抱拳

動作分解：

①左脚不動，右脚從左腿前面向左側斜前方邁步（圖3）。②上動不停，左脚從後向左側上步，以脚前掌虛沾地面；兩腿屈膝半蹲成爲右實左虛之虛步；左拳同時變掌，與右拳一起直臂向後、向兩側、向前弧形繞行，至身前時屈肘環抱於胸前，左掌心貼附於右拳背，右拳拳眼朝下、拳心朝前；眼向左側斜前方平視（圖4）。

要領說明：

左脚邁步，右脚上步，兩臂環抱，這三動必須同時進行，不要分割開來做。虛步必須使身體重量坐落在右腿，左脚僅是虛着地面。兩臂要屈成環狀，兩肘稍向上翻起，兩肩向下沉墜。



4

## 2. HOLD RIGHT FIST WITH LEFT HAND IN EMPTY STEP

### *Movements:*

- (1) Right foot takes a side-step to the left, brushing past the front of left leg. (Fig. 3)
- (2) Without any pause, left leg takes a forward step to the left from behind right leg with its ball landing on ground; bend both legs at knee to drop to a half squat with body weight shifted onto right leg, thus forming an empty step. At the same time, open left fist. Then left palm and right fist, with both arms straightened, make an arc backward, sideways, and forward until they meet in front of chest with arms bent, left palm against the back of right fist, the thumb side of fist facing downward, and the palm side outward. Look straight ahead obliquely to the left. (Fig. 4)

### *Points to remember:*

The forward sidesteps and the rounding of arms should be done as a continuous whole without any break. In the empty step, weight should rest on right leg while the ball of left foot lands on ground. Round arms in a circle, rotate forearms a bit internally and keep both shoulders drooped.



5

### 三、並步左抱拳

動作分解：

①右腳尖里扣，左腳向左側斜後方退步，左腿伸直，右腿仍屈膝；上身隨勢左轉對向正東方向（圖5）。②上動不停，右腳向後退步與左腳並攏靠齊，兩腿伸直；左掌與右拳一起從胸前向下、向裏、向左胸側屈肘繞環上提；眼向正東前方平視（圖6正面及圖6側面）。

要領說明：

左掌與右拳的繞環動作，要和兩腳的退步、並步動作相應，同時進行，上下肢必須配合一致，動作協調。





6a



6b

### 3. STAND WITH FEET TOGETHER AND HOLD RIGHT FIST WITH LEFT HAND

#### *Movements:*

- (1) Turn toes of right foot inward, take a backward step obliquely to the left with left foot and stretch left leg but keep right leg bent; meanwhile, turn torso leftward to face due east. (Fig. 5)
- (2) Without any pause, move right foot backward, place it beside left foot and straighten up both legs; move left palm and right fist together downward, inward, and upward with arms bent until they come to the front of the left side of chest. Look straight ahead to the due east. (Fig. 6 front view and side view)

#### *Points to remember:*

The circular movement of left palm and right fist should go hand in hand with the backward steps and the placing of right foot beside left foot, the movements of upper limbs should be coordinated with those of lower limbs.