

蔡李佛
Tsai Lee Fo
Chin Pao Ping Cheng Chuan



蔡李佛

金豹平輝拳

陳健民題



許田興著
By Hui Tin Hing

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序 言

古語云：「君子和而不同，小人同而不和。」

坊間武術書種類繁多，往往令好武者無所適從。惟蔡李佛拳專著，鳳毛麟角，多年前曾在坊間發現一本有關蔡李佛拳專書，內容為本人示範及用本人照片作封面。此書之出版，事前並未經本人同意。因作者用筆名之故，無從追究，引起武林風波，現已平靜下來，但本人仍耿耿於懷。（藝美圖書公司出版「蔡李佛家平拳」一書則獲本人同意出版）

一九八二年，本人與門人黃冠羣、許田興參與南京賽事。完事後，道經蘇杭一地，時適值國慶日，蒙蘇州地方政府邀請表演南派武藝：蔡李佛家拳，全場鼓舞，並求多示範以開眼界。回港後，基於上述兩種原因，決定囑門人許田興加緊練習，更決心發揚本家拳術。

今門人有意出版武術叢書，藉以紀念先宗之教。易經云：「同聲相應，同氣相求。」書公諸於世，匪欲炫之於人，旨在就正於道，學其所學，樂其所樂也。僅當出版之成，書以自律，亦以此為晚輩勉。

癸亥深秋 陳健民客於香江

Preface

There is an old saying: "Gentlemen correspond to each other but differ from each other, while the mean may be the same as each other but do not correspond to each other." There are such a large variety of books on Wushu (Chinese martial arts) in the market that Wushu fans may be at a loss as to which to buy. However, there are very rare books exclusively on Tsai Lee Fo Chia Chuan, but I came across such an exclusive book on sale concerning this school of Chinese boxing many years ago, the contents of which were my demonstrations of the boxing and my photo was used on its cover. In fact, the book had been published without my prior permission, but as a penname was used for the book, I had no way of finding out who was to blame for it. This aroused a disturbance in the Wushu circle then and up to now I have still been taking it to heart although the disturbance has long calmed down. (Nevertheless, the publication of this book "Tsai Lee Fo Chia Ping Chuan" by Yih Mei Book Co. has been approved by me myself.)

In 1982, I took part in the Nanjing Wushu Contest together with my disciples Wong Koon Kwan and Hui Tin Hing. When we came back by way of Suzhou and Hangzhou, it was just the National Day and we received an invitation from the Suzhou local government to perform the feats of this southern school of Chinese boxing: Tsai Lee Fo Chia Chuan. The whole audience was excited by our performance and asked us to demonstrate more so as to further widen their view.

In view of the above two reasons, I decided, after my return to Hong Kong, to tell my disciple Hui Tin Hing to step up his practice and be more determined to carry forward our own school of Chinese boxing.

Now my disciples have an intention of publishing a series of books on Wushu in order to commemorate the instructions of our predecessors. The books will be made public not for the

purpose of making a display in face of people, but by aiming at soliciting comments so as to maintain the proper path of our school. They will only retell what they have learned and rejoice at what they have rejoiced at.

Now let me write this preface on completion of this book in order to exercise self-discipline and encourage my juniors.

**Chan Kin Man in Hong Kong
in late Autumn, 1983.**

自序

武術乃中華民族幾千年文化一環。余從小對武術就有十分濃厚興趣，憶幼時居住在屯門，邨中聘來一位國術教練，任邨中導師，指導邨人習武，余本欲習之，無奈雙親反對，所以唯有遵命，未有習武。弱冠，便投身蔡李佛家第五傳人 陳健民恩師門下，執弟子禮，以表至誠。在習武過程中，自己意志堅定、不怕艱苦，在堅持學習的原則下，身體日益康泰，尤對活步碎手秤椿一〇八式感興趣。

一九八二年，隨師前赴南京，參加中國國際武術友好邀請賽。比賽地點在南京五台山體育館，一連四天。余表演青龍偃月刀法，獲大會評為優秀運動員，發給獎狀。當時每項賽事，設評判六名，穿白衣，並由北京委派國家級評判監評。賽前每天八時至十時，備專車送運動員到體育館預練，並有南京市武術評判及江蘇武術評判視察。

一九八三年廣東省全省武術賽余被邀請示範演出。一九八三年十月，被德國法蘭克福功夫學校校長羅拔威勒先生聘任為駐西德之中國武術教練。現任陳健民體育會武術教練、香港政府康體總處兼職武術導師。

許田興

Author's Preface

Wushu is a link of the several thousand years' culture of the Chinese nation. I have been much interested in Wushu since my childhood. When I lived in Tun Mun in my childhood, my village got a Wushu coach to teach the villagers to practise Wushu. I wanted to learn it but my parents objected to it, so I had no choice but to give up. When I was twenty years old, I took Master Chan Kin Man, the inheritor of Tsai Lee Fo School of the fifth generation, as my master and treated him with great respect by regarding myself as a true disciple.

In the course of learning Wushu, I have become healthy day by day on the principle of persisting in learning with the constancy of purpose and without fear of hardship. I have been especially interested in 108 quick short steelyard play with lively movements.

In 1982, I went to Nanjing with my master to take part in the China International Wushu Friendly Invitational Contest which was held in the Wutaishan Gymnasium in Nanjing for 4 days in succession.

I performed the Green Dragon Semilunar Swordplay in the contest and awarded the title of an Excellent Player with a certificate of merit.

At that time, each item was manned with 6 judges in white who were supervised by a National Judge dispatched from Beijing. 8:00 to 10:00 a.m. before the contest every day, the special vehicles carried the players to practise in advance in the gymnasium, which was inspected by the Nanjing city Wushu judges and Jiangsu provincial Wushu judges.

In 1983, I was invited to demonstrate the martial arts in the Guangdong Provincial Wushu Contest. In October of 1983, I was invited by Mr. Robert Willard, the headmaster of Frankfurt Kung Fu School in Germany as the Chinese Wushu coach there. I

am now the Wushu coach of the Chan Kin Man Sports Association and the part-time Wushu teacher of the General Office for Recreation and Sports of the Hongkong Government.

By Hui Tin Hing

蔡李佛家拳簡介

中國武術，源遠流長。蔡李佛家拳為南派武藝，拳技以快打慢，特點是柔中帶剛，左右兼顧，步法靈活。基本手法是穿、拿、掛、掃、插。步法有標馬、釘截、橫掃、偷彈、纏絲、懷心撐腿等。

此拳法由新會京梅鄉人陳享先生所創，享公幼隨其叔遠護習少林拳，長大後拜李友山為師，又隨蔡福先生習拳，其後更得青草禪師所傳。享公後來把蔡家拳、李家腿法及佛門掌法一爐共治，創「蔡李佛拳」派，其意乃紀念先師，故以此為名。本門拳技盛行於佛山、廣州、肇慶、韶關等地，以及澳門、香港、南洋一帶。練拳時發聲為「噏」、「的」、「或」。

此拳分初、中、高三級。初級：車輪拳、逼步扯搥、小梅花、小十字、截虎拳。中級：平拳、十字靠打、白毛拳。高級：平靜、八卦心、醉八仙、佛掌、遠庭八卦、雄人八卦等。另外，器械有：梅花拳對練、空手入白刃、行者棍、蝴蝶雙排刀、虎尾棍、青龍偃月刀、蛇茅槍、左右十三槍、梅花單刀、一〇八碎手秤椿等。

陳健民編寫

A Brief Introduction to Tsai Lee Fo Chia Chuan

Chinese Wushu is of long standing and well-established. The skills of Tsai Lee Fo Chia Chuan are the feats of one of the southern schools of Chinese Wushu, which are used to attack the opponent in slow motion with quick movements. This school of Chinese boxing features gentleness with firmness, concurrent consideration to the movements of both sides of the body and nimble footwork. Its basic hand-moving techniques include threading, seizing, hanging, sweeping and thrusting. Its footwork includes squatting as if riding a horse, nailing and intercepting, sweeping transversely, stealing and snapping, threading, snapping up and propping up, etc..

These boxing skills were created by Mr. Chan Heung, a native of Ching Mui Village of Xinhui County. He learned Shao Lin Chuan from Chan Yuen Wu, his uncle, in his childhood. He took Lee Yau Shan as his master after he grew up and learned boxing from Mr. Choi Fook. Later he was also instructed by Buddhist Monk Ching Cho. Afterwards, he combined the boxing skills of Choi's school, the leg-moving techniques of Lee's school and the palm-play of the Buddhist school together and created the Tsai Lee Fo Chia Chuan (Boxing of Choi's, Lee's and Buddhist Schools). This name was used to commemorate his masters.

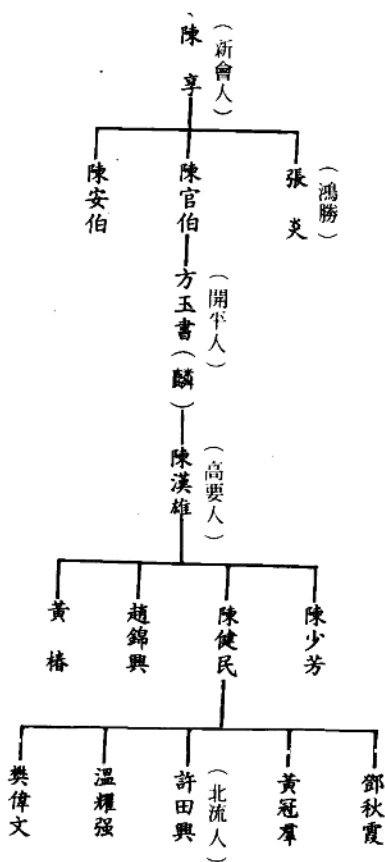
The boxing skills of our school have been prevailing in such places as Foshan, Guangzhou, Zhaoqing, Shaoguan, etc. and the region of Hong Kong, Macau and South East Asia. In practising the boxing, the sounds produced are "Yick!", "Tick!" or "He".

This school of boxing is divided into junior, middle and senior levels. Junior level: Cartwheel boxing, pressing forward and moving fists, junior plum blossom boxing, junior crisscross boxing, tiger-intercepting boxing; middle level: Ping Chuan (level

boxing), crisscross close fighting, Pai Mo Chuan; senior level: level elbow-play, Pa Kua Heart Attacking, Drunkard Eight Immortals' Boxing, Buddhist palm-play, Tak Ting Pa Kua Chuan, Hung Yan Pa Kua Chuan, etc.. The school's martial arts with apparatus include bandying exercises of boxing on stakes like a plum blossom, countering a knife with empty hands, Buddhist monks' rod-play, butterfly double sword-play, tiger-tail rod-play, green dragon semilunar sword play, long lance play, left and right thirteen lanceplay, plum blossom sword-play, 108 quick short steelyard play, etc.

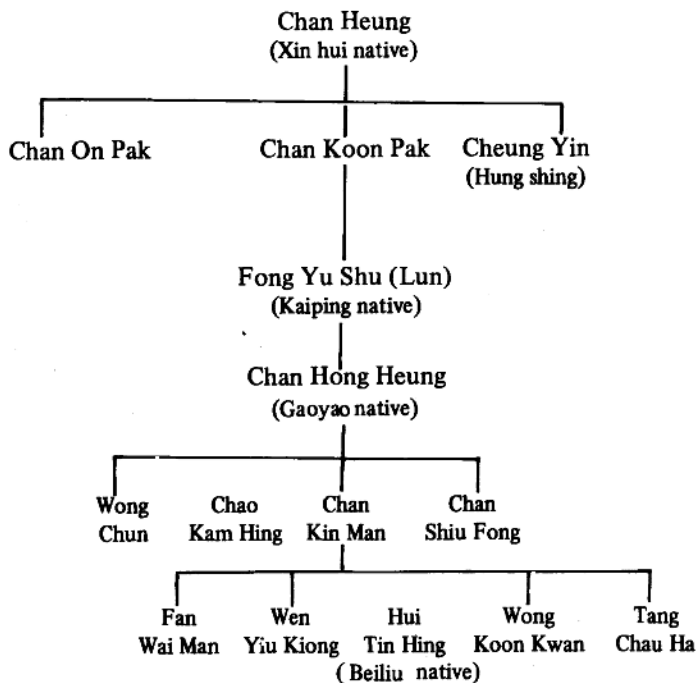
By Chan Kin Man

蔡李佛拳系統表



註：蔡李佛派門人繁衍，未能盡錄，此書祇簡要介紹作者系統，作為引證之參考。

The Table of the System of Tsai Lee Fo Chia Chuan



Notes: There have been numerous disciples in Tsai Lee Fo School, who cannot be all listed here. This brief introduction to the author's system is only for reference in quotations.

金豹平胛拳拳譜

- | | | | |
|----|--------|----|--------|
| 一 | 直立分手 | 二 | 上步單插掌 |
| 三 | 偷馬殺手 | 四 | 大鵬展翅 |
| 五 | 魁星踢斗 | 六 | 金較剪 |
| 七 | 雙分手 | 八 | 見禮 |
| 九 | 雙分手 | 十 | 見禮 |
| 十一 | 偷馬穿手 | 十二 | 雙沉掌 |
| 十三 | 朝手雙掌 | 十四 | 偷馬殺手 |
| 十五 | 陰手扭馬 | 十六 | 踏馬右掛拳 |
| 十七 | 轉身雙插掌 | 十八 | 收拳立正 |
| 十九 | 四平雙伏手 | 二〇 | 四平雙虎爪 |
| 二一 | 直立收拳 | 二二 | 吊左馬穿左手 |
| 二三 | 盤橋虎爪 | 二四 | 偷馬掠翅 |
| 二五 | 四平反撞 | 二六 | 踏左馬雙沉掌 |
| 二七 | 踏右馬雙沉掌 | 二八 | 朝手左拋掌 |
| 二九 | 右掛拳撐掌 | 三〇 | 進左脚虎爪 |
| 三一 | 偷馬掠翼 | 三二 | 轉身四平反撞 |

- | | | | |
|----|---------|----|---------|
| 三三 | 踏右馬掠翅 | 三四 | 轉身旋風腿 |
| 三五 | 提右脚穿右手 | 三六 | 提右脚穿左手 |
| 三七 | 盤手進馬右插掌 | 三八 | 跪馬截脚 |
| 三九 | 盤手包肘 | 四〇 | 穿右手彈脚 |
| 四一 | 盤橋截手 | 四二 | 上步標撞 |
| 四三 | 吊右脚穿左手 | 四四 | 進步右插拳 |
| 四五 | 吊左脚穿左手 | 四六 | 朝手右拋掌 |
| 四七 | 吊右脚穿右手 | 四八 | 右截槌 |
| 四九 | 盤橋上馬右攬槌 | 五〇 | 盤橋上馬左攬槌 |
| 五一 | 轉身右截虎 | 五二 | 偷馬左截虎 |
| 五三 | 擒拿手 | 五四 | 右掃拳 |
| 五五 | 跪右馬右避虎 | 五六 | 右掛拳撐掌 |
| 五七 | 進步破拳 | 五八 | 子午右朝手 |
| 五九 | 右側身金較剪 | 六〇 | 左跳步撐虎 |
| 六一 | 右跳步撐虎 | 六二 | 跪左馬左避虎 |
| 六三 | 跪右馬右避虎 | 六四 | 進步標撞 |
| 六五 | 吊右脚穿左手 | 六六 | 進步右插槌 |
| 六七 | 穿左手 | 六八 | 左割手 |
| 六九 | 正面進步陽插槌 | 七〇 | 偷馬掠翼 |
| 七一 | 扭手 | 七二 | 見禮 |
| 七三 | 雙橋手 | 七四 | 退步收式 |

註：本拳原爲一百零八式，現簡略爲七十四式。

Names of Chin Pao Ping Cheng Chuan Movements

1. Standing Upright and Parting Both Hands
2. Stepping Forward and Thrusting a Single Palm Out
3. Stealing a Step and Driving a Hand Out
4. The ROC Spreading its Wings
5. The God of Literature Snapping a Foot Out
6. Crossing Both Hands like Gold Scissors
7. Parting Both Hands
8. Giving a Salute
9. Parting Both Hands
10. Giving a Salute
11. Stealing a Step and Threading a Hand Up
12. Sinking Both Palms
13. Pushing Both Palms Forward
14. Stealing a Step and Driving a Hand Out
15. Drawing a Hand Backward Unexpectedly and Squatting with Both Legs Closely Crossed
16. Moving a Foot and Hanging the Right Fist
17. Turning the Body and Thrusting Both Palms Out
18. Drawing Both Fists Back and Standing Upright
19. Squatting Half Down Steadily and Reaching Both Hands Out
20. Squatting Half Down Steadily and Shaping Both Hands like Tiger Paws
21. Standing Upright and Drawing Both Fists Back
22. Standing with the Left Foot Touching the Ground Gently and Threading the Left Hand Up
23. Revolving Both Arms Crisscross and Moving Both Hands like Tiger Paws
24. Stealing a Step and Moving Both Hands as if Sweeping the Wings
25. Squatting Half Down Steadily and Rushing a Fist Out
26. Moving the Left Foot Forward and Sinking Both Palms
27. Moving the Right Foot Forward and Sinking Both Palms

28. Laying the Right Hand above the Head and Throwing the Left Palm Out
29. Hanging the Right Fist and Propping the Left Palm Up
30. Moving the Left Foot Forward and Reaching a Hand Out like a Tiger Paw
31. Stealing a Step and Moving Both Hands as if Sweeping the Wings
32. Turning the Body, Squatting Half Down Steadily and Rushing a Fist Out
33. Moving the Right Foot Forward and Moving Both Hands as if Sweeping the Wings
34. Turning the Body and Whirling a Leg
35. Lifting the Right Foot Up and Threading the Right Hand Up
36. Lifting the Right Foot Up and Threading the Left Hand Up
37. Revolving the Hands, Moving Forward and Thrusting the Right Fist Out
38. Squatting Down as if Riding a Dragon and Intercepting the Opponent's Foot
39. Folding an Arm to Hold the Other Elbow
40. Threading the Right Hand Up and Snapping a Foot Out
41. Folding an Arm and Intercepting the Opponent's Hand
42. Stepping Forward and Rushing a Fist Out
43. Touching the Ground Gently with the Right Foot and Threading the Left Hand Up
44. Moving Forward and Thrusting the Right Fist Out
45. Touching the Ground Gently with the Left Foot and Threading the Left Hand Up
46. Laying the Left Hand Above and Throwing the Right Palm Out
47. Touching the Ground Gently with the Right Foot and Threading the Right Hand Up
48. Intercepting and Hammering with the Right Fist
49. Holding an Arm up, Moving Forward and Revolving the Right Fist to Hammer
50. Holding an Arm Up, Stepping Forward and Revolving the Left Fist to Hammer
51. Turning the Body and Revolving the Right Fist as if Intercepting a Tiger
52. Stealing a Step and Revolving the Left Fist as if Intercepting a Tiger
53. Seizing with a Hand
54. Sweeping the Right Fist
55. Kneel on the Right Knee and Smashing the Right Fist Down