

总策划 李洁
总主编 李洁 许峰 肖斌 赵晓霆
总主译 韩丑萍
英译主审 查尔斯·萨沃纳·文图拉

中华传统经典养生术

站桩功

（汉英对照）

编著 孙磊 翻译 潘霖 翁玮

Chief Producer Li Jie
Chief Compilers Li Jie Xu Feng Xiao Bin Zhao Xiaoting
Chief Translator Han Chouping
English Language Reviewer Charles Savona Ventura

附视频
With video

(Chinese- English) Traditional and Classical Chinese Health Cultivation

Zhan Zhuang Gong (Post Standing Exercise)

Compiler Sun Lei
Translator Pan Lin Weng Wei



上海科学技术出版社
Shanghai Scientific & Technical Publishers

需要全本请访问 www.ertongbook.com

中华传统经典养生术

（汉英对照）

(Chinese-English) Traditional and Classical Chinese Health Cultivation

Chief Producer Li Jie
Chief Compilers Li Jie Xu Feng Xiao Bin Zhao Xiaoting
Chief Translator Han Chouping
English Language Reviewer Charles Savona Ventura

总策划 李 洁
总主编 李 洁 许 峰 肖 斌 赵晓霆
总主译 韩丑萍
英译主审 查尔斯·萨沃纳·文图拉

站桩功

Zhan Zhuang Gong (Post Standing Exercise)

编著 孙 磊
Compiler Sun Lei

翻译 潘 霖 翁 玮
Translators Pan Lin Weng Wei

上海科学技术出版社
Shanghai Scientific & Technical Publishers

图书在版编目（CIP）数据

站桩功 : 汉英对照 / 孙磊编著 ; 潘霖, 翁玮翻译
. -- 上海 : 上海科学技术出版社, 2022.9
（中华传统经典养生术）
ISBN 978-7-5478-5784-7

Ⅰ. ①站… Ⅱ. ①孙… ②潘… ③翁… Ⅲ. ①桩功(武术)－基本知识－汉、英 Ⅳ. ①G852.1

中国版本图书馆CIP数据核字(2022)第142446号

站桩功

编著 孙 磊

上海世纪出版(集团)有限公司
上 海 科 学 技 术 出 版 社 出版、发行
(上海市闵行区号景路159弄A座9F-10F)
邮政编码201101 www. sstp. cn
印刷
开本 787×1092 1/16 印张 16.5
字数 200千字
2022年9月第1版 2022年9月第1次印刷
ISBN 978-7-5478-5784-7/R·2546
定价：150.00元

本书如有缺页、错装或坏损等严重质量问题，请向印刷厂联系调换

内容提要

Summary

本书主要从身心一体的角度对养生类的站桩功法进行阐释。包含了历史渊源、理论基础、特色与要领、功法操作、注意事项、应用等几个方面。

在理论上，阐释了站桩的动与静、松与紧、力与气、练与养，以及与觉知力、阴阳五行、筋膜系统、十二经筋的关系，从而认识站桩以及深入地习练站桩。

在功法操作上，从身心层面，阐释了站桩的特色要领、常见分类、身姿、辅助训练、身形操作等，对于常见的身体姿势问题给予操作建议与机制阐释。在呼吸方面阐释了顺式呼吸、逆式呼吸、体呼吸、胎息等呼吸方式。在心意方面阐释了心、意、神三个层面的操作。常见桩法选取了养生类桩法的单式桩法以及以阴阳五行与经络经筋为锻炼途径的组合桩法。进阶习练介绍了站桩深入习练后的几个常见层次。站桩的注意事项是站桩习练中常见问题的汇集。站桩的应用是对站桩习练效果的观察。

本书是对养生类站桩的经验性阐释，对习练站桩者有实用的参考价值。

From the perspective of body-mind integrity, this book mainly explains the post standing exercise for health cultivation, including its history, theoretical foundation, characteristies and essential principles, movements, cautionary notes and application.

In order to comprehend and practice these in depth, theoretically, we explain the motion and stillness, relaxation and tension, strength and qi, exercise and nutrition, as well as the relationship with internal visualization, five elements, yin and yang, sinews and fascia, and twelve meridian sinews.

From the body-mind aspect, we discuss the characteristics, essential principles, classification, body posture, auxiliary training, and movements concerning post standing exercise, combined with suggestion and mechanism explanation for typical difficulties on body movements. Normal abdominal breathing, reverse abdominal breathing, body breathing, and fetal breathing are introduced as the main breathing patterns. Besides, there are three levels of practice: mind, intent and spirit. Common standing postures are selected from simple standing postures for health cultivation and combined exercises via yin, yang, five elements, sinews, fascia and meridians. Following in-depth practice, advanced practice introduces several stages of post standing exercise. A selection of common problems in practice is included in cautionary notes of post standing exercise.

In a nutshell, this book offers an empirical explanation of post standing exercise for health cultivation.

需要全本请访问 www.ertongbook.com

顾问委员会

Advisory Committee Members

主任

徐建光　陈凯先　严世芸　胡鸿毅

Directors

Xu Jianguang　Chen Kaixian　Yan Shiyun　Hu Hongyi

副主任

王拥军　舒　静　郑林赟　林　勋

Vice Directors

Wang Yongjun　Shu Jing　Zheng Linyun　Lin Xun

学术顾问

林中鹏　林　欣　俞尔科　潘华信　潘华敏　姚玮莉
王　彤　王庆华　刘　华　聂爱国

Academic Advisers

Lin Zhongpeng　Lin Xin　Yu Erke　Pan Huaxin
Pan Huamin　Yao Weili　Wang Tong　Wang Qinghua
Liu Hua　Nie Aiguo

编纂委员会

Compilation Committee Members

总策划

李　洁

Chief Producer

Li Jie

总主编

李　洁　许　峰　肖　斌　赵晓霆

Chief Compilers

Li Jie　Xu Feng　Xiao Bin　Zhao Xiaoting

副总主编

沈晓东　孙　磊　陆　颖

Vice Chief Compilers

Shen Xiaodong　Sun Lei　Lu Ying

总主译

韩丑萍

Chief Translator

Han Chouping

副主译

翁　玮　张凯维　潘　霖

Vice Chief Translators

Weng Wei　Zhang Kaiwei　Pan Lin

中文主审

何　江　竺英祺

Chinese Language Reviewers

He Jiang　Zhu Yingqi

英译主审

查尔斯·萨沃纳·文图拉

English Language Reviewer

Charles Savona Ventura

编　　委（按姓氏笔画排序）

许　峰　孙　磊　李　洁　肖　斌　何　江　沈晓东
张凯维　陆　颖　陈唯依　陈超洋　竺英祺　赵晓霆
翁　玮　韩　榕　韩丑萍　潘　霖

Editorial Board Members (arranging in the order of the number of strokes in surnames)

Xu Feng	Sun Lei	Li Jie	Xiao Bin
He Jiang	Shen Xiaodong	Zhang Kaiwei	Lu Ying
Chen Weiyi	Chen Chaoyang	Zhu Yingqi	Zhao Xiaoting
Weng Wei	Han Rong	Han Chouping	Pan Lin

项目资助

Acknowledgements

• 上海市进一步加快中医药传承创新发展三年行动计划（2021—2023 年）“中医药健康素养提升工程”[项目编号：ZY（2021-2023）-0105）]

• 健康上海行动专项项目（2022—2024 年）“名家推广中医传统功法，冠军带动全民健身活动”（项目编号：JKSHZX-2022-04）

• The Three-Year Action Plan for Inheritance, Innovation and Development of Traditional Chinese Medicine in Shanghai (2021–2023) on Improvement of Traditional Chinese Medicine Health Literacy under grant No. ZY (2021–2023)–0105

• Healthy Shanghai Action Project (2022–2024) on Masters Promoting Traditional Chinese Medicine Exercises and Champions Leading Public Fitness Activities under grant No. JKSHZX–2022–04

需要全本请访问 www.ertongbook.com

序

Foreword

中华传统养生术源远流长，在数千年的发展演化过程中，汲取儒、道、释等与人的生命活动和治病养生有关的文化营养，形成了独特的理论体系和身心锻炼技法。有些技术和方法甚至在砭、针、灸、药之前，是中华民族最早修身养性、祛病延年的重要组成部分。

出土文献马王堆《导引图》、张家山《引书》、战国《行气玉佩铭》等为中华导引术提供了珍贵的考古史料，存世文献《庄子》《吕氏春秋》《黄帝内经》等也有相关理论和方法的记载。此后，导引学术思想不断丰富、发展和创新，20世纪50年代又以“气功”之名呈现于世，闻名海内外。

中华传统导引术和中医养生学是中华民族健康维护的原点，蕴含了中华文明的生生之理。“天人合一”的整体观和辨证观是中华文明的精髓和核心。《道德经》曰：人法地，地法天，天法道，道法自然。整体观既是中国传统哲学的基石，还是中医学和养生学的重要理论基础。中医学认为人体是一个有机的整体，脏腑、经络、精气神等都是有机整体，同时人与社会和自然也是一个整体，相互融合不可分割。

上海市气功研究所在建所三十年之际，提出构建现代气功“气以臻道”学术思想，得到学界广泛响应。研究所总结多年来教学培训经验，汇集成第一批凡八种养生术——易筋经、古音六字诀、逍遥功、八段锦、天柱导引功、松柔功、六合功和放松功，以汉英对照方式出版发行，得到国内外同道的青睐和赞誉。

世界卫生组织（WHO）提出健康新概念：“健康不仅为疾病或羸弱之消除，而系体格、精神与社会之完全健康状态。”随着当代世界面临的传染病、慢性疾病、老龄化和精神卫生等健康问题的前所未有的挑战，WHO提出要寻找低成本干预措施，延缓发展态势，减轻经济负担。WHO提出的战略目标之一，就是通过把传统和补充医学服务纳入卫生保健服务供给和自我卫生保健之中，来促进全民健康覆盖。

2016年在WHO指导下，上海中医药大学、上海市中医药研究院成立太极健康中心。该中心秉承以中华传统文化“太极”为标志，以WHO倡导的生理、心理健康及良好社会适应性的健康新理念为目标，以传统中医养生、保健、导引、按蹻、食疗、药膳、心理为技术手段，结合中华太极文化深厚底蕴，整体构建“太极健康”的自我疗愈模式，并推广于世界各地各民族中。李洁教授及其同仁在第一批“中华传统经典养生术”基础上，精选传统导引术以及与日常生活密切相关的站、行、坐、卧方式，汇集第二批凡五种养生术——诸病源候论导引术、站桩功、行步功、卧功、神气五行操等，再次以汉英对照出版发行。

我深信这套丛书的出版将对传承中华传统文化、发挥中医药整体观和治未病特色、提升全民中医药健康素养起到良好的促进作用。我深切期待着他们能够再接再厉，不断创新，让中华优秀文化和传统养生术惠及世界各地更多民众。

胡鸿毅

2022年8月

Traditional Chinese health preservation has a long-standing history. Its well-established theoretical system has evolved over thousands of years by integrating Confucianism, Taoism, Buddhism and cultural understanding on human health and disease. As an essential part in promoting health and longevity, some practice methods were long before the emergence of *Bian*-stone, acupuncture, moxibustion and Chinese herbs.

These ancient practice methods have been proved by unearth books including the *Dao Yin Tu* (Daoyin Diagram) in Mawangdui, *Yin Shu* (Book on Daoyin) in Zhangjiashan and *Xing Qi Yu Pei Ming* (Jade Inscriptions on Qi Cultivation) from the Warring States Period, along with the later books such as *Zhuang Zi* (Zhuangzi), *Lü Shi Chun Qiu* (Spring and Autumn of Master Lü), and *Huang Di Nei Jing* (Yellow Emperor's Internal Classic). The academic idea on Daoyin has been further enriched and developed. In 1950s, the Daoyin became known as Qigong.

Traditional Chinese Daoyin and health preservation are essential to the health and wellness of Chinese people and contain the philosophical wisdom of Chinese civilization, which highlights the holistic and dialectic view on man-nature unity. The *Daodejing* states, "Men emulate earth; earth emulates heaven; heaven emulates the Dao; and the Dao emulates spontaneity." The holistic view is both the corner stone of traditional Chinese philosophy and theoretical foundation of Chinese medicine and health preservation. Chinese medicine believes that the human body is an organic whole, including the zang-fu organs, meridians, essence, qi and spirit. In addition, man is inseparable to society and nature.

On the occasion of celebrating the 30th anniversary, Shanghai Qigong Research Institute put forward the academic idea of "Qi-Dao harmony" and compiled a set of eight books (in Chinese and English) on health preservation exercise—*Yi Jin Jing* (Sinew-Transformation Classic), *Gu Yin Liu Zi Jue* (Six Healing Sounds), *Xiao Yao Gong* (Free and Easy Exercise), *Ba Duan Jin*, *Tian Zhu Dao Yin Gong*, *Song Rou Gong* (Soft and Relaxed Exercise), *Liu He Gong* (Six-Unity Exercise) and *Fang Song Gong* (Relaxation Exercise).

The World Health Organization's (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." To address the

unprecedented health challenges of infectious diseases, chronic diseases, aging and mental health issues, the WHO is seeking low-cost interventions to reduce economic burden. One of the WHO's strategic goals is to promote universal health coverage by integrating traditional and complementary medicine services into health service delivery and self-care.

In 2016, the Taiji Health Center was established within the Shanghai University of Traditional Chinese Medicine and Shanghai Academy of Traditional Chinese Medicine. The Center focuses on Taiji, aims to help achieve health as "a state of complete physical, mental, and social well-being", and thus constructs a self-healing Taiji health model by combining ancient health preservation, Daoyin, massage, food therapy, herbal diet and mental regulation. Professor Li Jie and her colleagues compiled another five books (in Chinese and English) on health preservation: *Zhu Bing Yuan Hou Lun Dao Yin* Shu (Daoyin Recorded in Zhu Bing Yuan Hou Lun), *Zhang Zhuang Gong* (Post Standing Exercise), *Xing Bu Gong* (Qigong Exercise in Walking), *Wo Gong* (Qigong Exercise in Lying Position) and *Shen Qi Wu Xing Cao* (Exercise of Five Elements).

I firmly believe that the publication of this book series will benefit the inheritance of traditional Chinese culture and promote the public health and wellness. I deeply hope that they will continue to dedicate and make effort to introduce excellent Chinese culture and traditional health preservation exercise to more people around the world.

Hu Hongyi
August, 2022

前 言

Preface

中华文化源远流长，历经数千年发展。中华传统养生术是其重要的组成部分，是中华民族的瑰宝，是修身治学的根本大道，是中华民族最早用以防治疾病、养生保健的重要方法之一，为人民健康作出了巨大贡献。

2015年，上海市气功研究所向海内外气功学界发出倡言——构建现代气功“气以臻道”的学术思想，同年编纂出版“中华传统经典养生术”一套八种丛书，取得良好的社会反响，在海外也取得了广泛的影响。2016年，在世界卫生组织传统医学、补充医学与整合医学部指导下，上海中医药大学成立太极健康中心，以中华传统文化“太极”为标志，以WHO倡导的身体、心理、社会适应性和道德的完好状态的健康为目标，以传统中医养生、气功、导引、按跷、食疗、药膳、心理为技术手段，结合中华太极文化深厚底蕴，构建“太极健康”的自我疗愈模式，推广和提升世界各族人民的健康与福祉。

中华传统经典养生术是“太极健康”自我身心锻炼的重要技术方法，我们在第一批出版基础上，精选编纂第二批“中华传统经典养生术”一套五种功法，涉及人的行、立、坐、卧各种形式下的锻炼方法。希望在已经到来的全球化、人口老龄化时代中，探索出一种集自我保健、疗愈与康复于一体的新型健康促进模式，构建“太极健康”的理念与平台，为当代人的身心健康服务。

上海市气功研究所

2022年夏

Traditional Chinese culture has a long-standing and well-established history of thousands of years. As an important part of it, traditional Chinese health cultivation is a treasure of the Chinese nation and the fundamental way to cultivate one's body and mind. It is also one of the earliest important methods used for disease prevention and treatment as well as life cultivation, thus making great contributions to people's health.

In 2015, Shanghai Qigong Research Institute advocated the concept of "*Qi-Dao Harmony*" for its academic advance. The *(Chinese-English) Traditional and Classical Chinese Health Cultivation* series of eight books published in the same year has achieved positive social feedback and extensive influence overseas. In 2016, under the guidance of the WHO Traditional, Complementary and Integrative Medicine (TCI) Unit, Shanghai University of Traditional Chinese Medicine (SHUTCM) established the Taiji Health Center. The center aims for the health concept advocated by WHO, which is a state of complete physical, mental and social well-being as well as moral integrity. With the traditional Chinese concept "Taiji" as its symbol, the center combines with the profound Chinese Taiji culture. It also takes traditional Chinese medicine (TCM) as the technical means, including TCM health cultivation, Daoyin, massage, dietary therapy, medicated diet, mental therapy, and so on. We hope to build a self-healing model of "Taiji Health" for the health and well-being of people all over the world.

Traditional and classical Chinese health cultivation exercises are important methods of "Taiji Health" mind-body exercises. On the basis of the first series, we have selected and compiled five kinds of exercises in the second series of *Traditional and Classical Chinese Health Cultivation*, involving exercise methods in different positions of walking, standing, sitting and lying. In this age of globalization and population aging, we try to explore a new health promotion model

需要全本请访问 www.ertongbook.com