

Introduction to Martial Arts 武术介绍



Martial arts originated in primitive societies. Over thousands of years, people accumulated diverse skills of attack, defense and combat for self-defense, obtaining food or competing for wealth and power, and invented various weapons. As civilization progressed, martial arts became less aggressive and developed into a sport.

武术的起源可以追溯到原始社会。在几千年的历史中，人类为了自卫、获取食物，或是争夺财富和权力，逐渐积累了攻防、格斗的技能，并发明了各种兵器。随着社会文明的不断进步，武术的攻击性日益减弱，现在已发展成为一项体育运动。





Chinese martial arts emphasize the “integration of the internal and the external.” The “internal” refers to a person’s mental activities and the motion of one’s breath, while the “external” means the physical movements of one’s hands, eyes, body and footwork. Most of the true practitioners of martial arts pay attention to “*wu de*,” the virtues of martial arts, which are to be patient and to promote justice. This is the so-called “great swordsman – for country and people.” Chinese martial arts are popular among regular people. There are many masters in the rural areas or other lesser-known places. If one day you come across a grey-haired elderly person with a healthy complexion, walking quickly and steadily, it might just be that he or she is a real master of martial arts!

中华武术强调“内外合一”，“内”指内心活动和气息运行，“外”指手、眼、身法、脚步等外在的形体动作。真正的习武之人大都重视“武德”，戒急用忍，弘扬正义，所谓“侠之大者，为国为民”。中华武术普及于百姓之中，乡野间卧虎藏龙。如果你哪天看到一位鹤发童颜、健步如飞的老者，说不定他就是一位武术高人呢！



True or False? 判断正误

1. As society develops, martial arts become more aggressive.
随着社会的发展，武术的攻击性越来越强。 ()
2. The “integration of the internal and the external” found in Chinese martial arts means the coordination of the spirit and body.
中国武术的“内外合一”指的是精神和身体的配合。 ()
3. For true practitioners of martial arts, “*wu de*,” the virtues of martial arts, is of vital importance.
对习武者来说，“武德”是非常重要的。 ()

Schools of Martial Arts 武术门派



形意拳
Xingyi Quan

太极拳
Taiji Quan

八卦掌
Bagua Zhang

南拳
Nan Quan

咏春拳
Yongchun Quan

There are many schools or factions of Chinese martial arts, and they present a truly splendid sight. In terms of geographical areas, there is “*Bei Tui*,” the school north of the Yellow River and “*Nan Quan*,” the school south of the Yellow River. Famous schools include the Shaolin School, the Wudang School, and the Emei School, etc. There are sometimes even further divisions inside the schools – if one section of a school develops a certain characteristic of its own, this section may grow into a new school. Large and small sects of the martial arts are just like a starry sky, creating a Chinese martial arts culture that has a long history and world-renowned reputation.

中国武术门派和套路众多，蔚为大观。按地域划分，黄河以北的为北派，素有“北腿”之称，黄河以南的为南派，以“南拳”闻名。比较有名的门派有少林派、武当派、峨眉派等。这些大派内部又有许多支派，各支派中的某一套路如果有显著特色，又可能发展成为新的支派。大大小小的武术派别犹如满天繁星，形成了历史悠久、名扬天下的中华武术文化。

Try It Yourself 试一试

Under the guidance of your instructor, learn some of the poses represented in the pictures above. Try to imitate these gestures and see who can do it the best.

在老师的指导下，简单了解本页上方的图片中几种有代表性的拳术。试着模仿图中的动作，看谁模仿得最好。

Weapons 兵器



Practice using weapons is an important part of learning martial arts. There have been countless kinds of weapons throughout history, ranging from huge iron hammers to small needles. Both of these, for example, were used as weapons in martial arts. There is an ancient Chinese saying that says one should: "Be versatile and be good at all of 18 weapons." In this saying, the number "18" is a general number to mean "several weapons" – there are many more weapons than eighteen. As time goes on, most weapons become obsolete. Only a few, such as knives, spears, swords, sticks, and whips are still used today.

学练器械是习武的重要部分。中国历史上出现过的武术器械种类不计其数，大到铁锤，小到绣花针，都曾是武术器械中的一员，中国古代有句俗语说“十八般武艺，样样精通”，这里的“十八”不过是泛称而已，实际上的武术器械远不止此数。随着时代的发展，大多数武术器械已被淘汰，只有刀、枪、剑、棍、九节鞭等保留了下来。



Let's Think 想一想

Try to classify the weapons in the pictures on page 5.

试着给第5页图中的兵器分类。



Long weapons 长兵器: () ()

Short weapons 短兵器: () ()

“Soft” weapons 软兵器: () ()



1



2



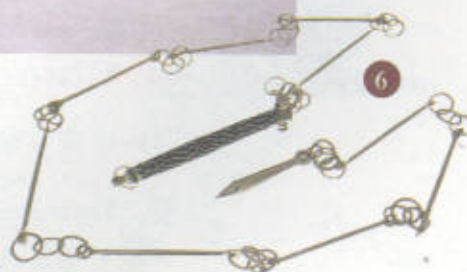
3



4



5



6

① 单刀
dāndāo
Short-hilted broadsword

② 棍
gūn
Stick

③ 剑
jiàn
Sword

④ 双节棍
shuāngjiégūn
Nunchakus

⑤ 花枪
huāqiāng
Spear

⑥ 九节鞭
jiǔjiébiān
Whip

Fist-wrapping Salute

抱拳礼



The fist-wrapping salute is a special way for martial arts practitioners to greet each other. The specific gesture is to stretch both arms parallel to the ground with the elbows toward the outside. The palm of the left hand is stretched out and the right hand forms a fist. The palm of the left hand touches the top of the right hand and both hands are pushed forward slightly.

抱拳礼是习武者见面行礼的特殊方式，其做法是两臂平伸与地面平行，肘尖向外，左手成掌，右手成拳，左掌搭在右拳上，向前一推。



Let's Think 想一想

What is the difference between Po's gesture in the picture and the gesture of the man above? Do you know what Po's gesture means?

阿宝的抱拳礼和上图有什么不同？你知道阿宝的这个姿势代表什么意思吗？

Chinese Learning 汉语加油站

▶ 师傅领进门，修行在个人。

shī fu lǐng jìn mén, xiū xíng zài gē rén.

The master teaches the trade, but the apprentice's skill is self-made.

▶ 冬练三九，夏练三伏。

dōng liàn sān jiǔ, xià liàn sān fú.

Train either in the coldest time in winter or in the hottest time in summer.

▶ 外练筋骨皮，内练一口气。

wài liàn jīn gǔ pí, nèi liàn yì kǒu qì.

Train your body both internally and externally.



▲ 掌
zhǎng
palm

▲ 拳
quān
fist

Basic Hand Gestures and Footwork 基本手型和步型



▲ 弓步
gōng bù
bow stance



▲ 虚步
xū bù
tiptoe stance



▲ 马步
mǎ bù
horse-riding stance



▲ 歇步
xiē bù
resting stance



▲ 仆步
pū bù
drop stance

King Kong Boxing 金剛拳套路

“King Kong,” in Buddhism, refers to Buddha’s attendant wrestlers. They hold instruments made of gold, silver, copper, iron, and other materials. They are gigantic in stature and extremely powerful. King Kong boxing is a branch of Shaolin kung fu. This set of King Kong Boxing is a selection from the easy, practical, and classical moves of traditional King Kong Boxing routines. It inherited Shaolin kung fu’s characteristics of integrating softness and hardness and it is ideal for beginners to learn.

金剛，在佛教中指的是佛的侍从力士，他们手拿用金、银、铜、铁等材料做成的法器，身体巨大有力。金剛拳是少林拳的一个分支。这套金剛拳是在传统金剛拳套路中精心挑选的实用性强、简单易学的经典动作，继承了少林拳朴实无华、刚柔相济的特点，非常适合武术初学者学习。



1

预备式 yù bèi shì
Opening position



2

起势 qǐ shì
Starting movement

Knowledge Links 知识链接

Shaolin kung fu has a distinctive feature in its training, which is the sound cheer. Practitioners will normally produce a sound with the last action at the end of a set of exercises. There are also various sounds like “ah,” “woo,” and “ha” during the training process. These sounds come from the abdominal cavity. They are short, powerful, and have a shocking effect.

少林拳在演练过程中有一个特点，就是以声助威。演练者通常会在套路结尾时随最后的动作发声助威，演练过程中也常有“呀”、“呜”、“哈”等不同的发声。这些发声源自腹腔，短促有力，富有震撼力。



3 左格冲心拳
zuǒ gé chōng xīn quān
Block left and strike the heart

4 转身弓步顶肘
zhuǎn shēn gōng bù dǐng zhǒu
Turn body to bow stance



5 弓步挑掌
gōng bù tiǎo zhǎng
Jab palm in bow stance



6 提膝探爪
tí xī tàn zhuǎ
Raise left knee to stretch claws



7 击手炮
jī shǒu pào
Strike hands



8 上架马步冲拳
shàng jià mǎ bù chōng quān
Block and thrust fist in horse-riding stance

9 上架马步冲拳
shàng jià mǎ bù chōng quān
Block and thrust fist in horse-riding stance



10 弓步后栽拳
gōng bù hòu zāi quān
Thrust fist backward in bow stance

11 弓步砍掌
gōng bù kǎn zhǎng
Cut palm in bow stance



12 独立双劈拳
dū lì shuāng pī quán
Hammer both fists with raised knee



13 马步架拳
mǎ bù jiā quán
Circle arms in horse-riding stance

14 还原
huán yuán
Closing movement



Detailed Explanation of the Moves in King Kong Boxing

金刚拳动作详解

1. Opening position 预备式

Stand straight with the feet together, arms and hands hanging down naturally at the sides of the body. Look straight ahead.

两脚并步站立，两手自然下垂，头正身直，两眼平视前方。

2. Starting movement 起势

Take one small step left with your left foot, and toes stay firmly on the ground. Feet should be about shoulder-width apart. Make two fists and bring them to the sides of your waist, the front of the fists facing up. Keep your back straight and hold your stomach in. Then, turn your head to the left and look in that direction.

左脚向左跨小半步，脚趾抓地，双脚与肩同宽，双手握拳，拳心朝上抱于腰间，挺胸收腹，头左摆，目视左方。

3. Block left and strike the heart 左格冲心拳

Take another step left with your left foot to form a low horse-riding stance. Raise your left arm upwards, toward the left as if to block a blow from that direction. Have the back of your fist facing up and your eyes looking left. Turn left 90 degrees to form a left bow stance. Withdraw the left fist back to your waist, the front of the fist facing upward. Simultaneously and powerfully punch the right fist forward with the front of the fist facing downwards. The right arm should be level with the shoulder. Look straight ahead.

左脚向左跨一步成马步，左小臂左上格出，拳面朝上，目视左方。身体左转90°成左弓步，收左拳与腰间，拳心朝上，右拳拳心朝下向前冲出，右臂与肩平，力达拳面，目视前方。

4. Turn body to bow stance 转身弓步顶肘

Turn right 180 degrees to form a right bow stance. At the same time, unfold the left fist and press the palm upon the front of the right fist. Bend the right arm and thrust backwards, using strength to strike with the elbow. Look straight ahead.

身体右转180°成右弓步，同时，左拳变掌紧贴右拳面，屈右肘向后顶，力达右肘，目视前方。

5. Jab palm in bow stance 弓步挑掌

Turn left 180 degrees to form left bow stance. Thrust the left hand upward, and withdraw the right fist to waist-level.

身体左转180°成左弓步，左掌经体前由下至前撩出上挑，右拳拳心朝上抱于腰间。

6. Raise left knee to stretch claws 提膝探爪

Turn right 180 degrees and use your right foot to step forward. Meanwhile, open your right hand into a tiger claw and stretch low to the right. At the same time, raise your left knee and withdraw the left fist to waist-level. Look at your right hand.

身体右转180°，右脚向前上步，右拳变虎爪向右下探出，左腿提膝绷脚面扣于右膝前，左掌变拳放于腰间，目视右手。

7. Strike hands

击手炮

Squat down and stamp the ground with both feet side by side. Use your right fist to strike your left palm. Look straight forward.

双脚相并，震地屈膝半蹲。右爪变拳拳心朝上，左拳变掌掌指朝下相击于膝前。目视前方。

8. Block and thrust fist in horse-riding stance

上架马步冲拳

Turn right. Step forward with your left foot to form the horse-riding stance. At the same time, the right arm blocks up and stays one fist-length above the head, with the left fist thrust leftward.

身体右转，左脚向左上步成马步。同时，右臂经体前向上架于头顶上方一立拳高，拳心朝上，左掌变拳向左冲出，力达拳面。

9. Block and thrust fist in horse-riding stance

上架马步冲拳

Turn left 180 degrees. Step backward with your left foot to form the horse-riding stance. At the same time, your left arm blocks up and stays one fist-length above the head, with your right fist thrust rightward.

身体左转180°，左脚向左撤步成马步。同时，左拳向上架于头顶上方一立拳高，拳心朝上，右拳落于腰间后向右冲出，力达拳面。

10. Thrust fist backward in bow stance

弓步后栽拳

Turn right 180 degrees. Step backward with your right foot to form the bow stance. At the same time, thrust your left fist backward, with your right elbow held up to the right.

身体右转180°，右脚向右撤步成弓步。右臂屈肘向前上方顶出，拳背停于太阳穴处。同时，左拳内旋贴身体左侧，向后下方冲出。

11. Cut palm in bow stance

弓步砍掌

Turn left 90 degrees, and withdraw your left foot. Then step forward to form the bow stance. At the same time, your right palm cuts in front to the right, to be level with your ears. Look at your right palm.

身体左转90°，左脚收回后向前上步成左弓步。同时，左手变掌外旋，掌心朝上向右前方砍出，力达小指侧，高与耳平，目视右掌。

12. Hammer both fists with raised knee

独立双劈拳

Lift your right knee, and cross your arms in front of your chest. Brandish both fists and curve them out to the shoulder level.

提右膝绷脚面扣于左膝前，双手握拳交叉于体前，右手在外，双手经头顶上方向外绕圆，向两侧下砸，拳眼朝上，高与肩平。

13. Circle arms in horse-riding stance

马步架拳

After your right foot lands, take a step to the left with your left foot to form the horse-riding stance. At the same time, place your left fist on top of your left knee. The right fist rests on top of your head, the front of the fist facing upward.

右脚落地，左脚向左跨一步成马步。同时，左拳放在左膝盖上方，拳心向后。右手握拳，拳心朝上架于头顶。

14. Closing movement

还原

Both fists open into palms and fall slowly and naturally. The shoulder and bottom relax. Slowly take three breaths.

双手变掌自然下垂，肩部、臀部放松下沉。用鼻孔均匀呼吸三次。