

# 《武术运动基本训练》

## 图书基本信息

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## 内容概要

《武术运动基本训练(英文版)》从基本功入手，主要包括了腿部、腰部、裆部、桩功、鼎臂、手眼和冲拳等训练。在基本功之后，介绍了基本动作训练、基本拳术训练和基本技法。最后附有人体肌肉图，让习练者了解人体的肌肉结构，从而在练习过程中更加科学、有效。

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## 书籍目录

Chapter One Basic Skills Training Section 1 Leg Training 1. Leg Presses 2. Leg Pulls 3. Leg Splits 4. Leg Pushes 5. Leg Control 6 Leg Kicks Section 2 Waist Training 1. Bending the Waist Forward 2. Bending the Waist Sideward 3. Turning the Waist 4. Twisting the Waist 5. Overturning the Waist 6. Springing the Waist 7. Swinging the Waist 8. Suspending the Waist 9. Bridging the Waist 10. Rubbing the Waist Section 3 Stances Training 1. Horse Stance 2. Bow Stance 3. Empty Stance 4. T-Step 5. Crouching Stance Section 4 Stands Training 1. Hunyuan (Wuji) Stands 2, Four Level (Siping) Stands Section 5 Arm-Stands Training 1, Elbow-Stands 2. Shoulder-Stands 3. Headstands 4. Handstands 5. Push-Stands 6. Double-Arms Exercise 7. Single-Arm Exercises Section 6 Hand and Eye Training 1. Relaxing Shoulders 2. Circling the Wrists Section 7 Fist-Punches Training 1. Fist-Punch in a Horse Stance 2. Fist Punches in a Bow Stance Chapter Two Basic Movements Training Section 1 Balance Training 1. Upright Lifted-Knee Balance 2. Cross-Legged Balance in a Half Squat 3. Back Cross-Legged Balance in a Full Squat 4. Frontal and Back Lying-on-a-Cloud Balance 5. Backward-Bending Balance and Swallow Balance 6. Sideways Balance Section 2 Jumping Movements Training 1. Flying Kicks 2. Double Flying Kicks 3. Chain Kicks in Bounce Steps 4. Flying Lotus Leg Swings 5. Whirlwind Kicks 6. Flying Snap Kicks Section 3 Tumbling Movements Training 1. Forward Rolls (Qiangbei) 2. Backward Rolls 3. Tinsic 4. Over the Crown 5. The Flip-Flop 6. Carp Flips 7. Pouncing like a Tiger 8. Frontal Falling 9. Cross-Legged Falling 10. Legs Twists Section 4 Folding and Rotating Movements Training 1. Resting Stance 2. Crossed Legs in a Sitting Stance 3. Forward Sweep Kicks 4. Backward Sweep Kicks 5. Grinder-like Sweep Kicks 6. Butterfly/Spinning Kicks Section 5 Footwork Training 1. Striding Steps 2. Crossing Steps 3. Treading Steps 4. Striking Steps 5. Walking Steps Chapter Three Basic Fist-Play Training Section 1 Fists, Palms, Hooks and Claws 1. Fists 2. Palms 3. Hooks 4. Claws Section 2 Snap Kick Boxing (Tantuli) Routine 1 Fist Punches Routine 2 Cross Kicks Routine 3 Chopping and Smashing Routine 4 Propped-Up Forks Routine 5 Parrying and Striking Routine 6 Rotating Both Arms Routine 7 Rotating Single Arm Routine 8 Heel Kicks Routine 9 Latching Fists Routine 10 Jumping and Kicking in the Air Routine 11 Kicking with Uprturned Toes Routine 12 Turning the Body to Subdue a Tiger Section 3 Power Boxing 1. Ready Position 2. Punching Fists Upward 3. Plunging Fists in a Horse Stance 4. Horizontal Strike in a Bow Stance (Right) 5. Plunging Fists in a Bow Stance 6. Horizontal Strike in a Bow Stance (Left) 7. Plunging Fists in a Bow Stance 8. Separating the Palms with Feet Together 9. Thrusting Both Fists in a Bow Stance (Left) 10. Thrusting Both Fists in a Bow Stance (Right) 11. Horizontal Sweeping in Crossing Step 12. Swinging Arms and Thrusting Up 13. Left Heel Kicks 14. Right Heel Kicks 15. Fist Punches in a Bow Stance 16. Snapping Palm Up in a Horse Stance 17. Oblique Striking in Defeated Posture 18. Fist Punches in a Bow Stance 19. Snapping Palm Up in a Home Stance 20. "Circling the Moon" with Three Rings (One) 21. "Circling the Moon" with Three Rings (Two) 22. "Circling the Moon" with Three Rings (Three) 23. "Circling the Moon" with Three Rings (Four) 24. Thrusting Both Fists in a Bow Stance (One) 25. Thrusting Both Fists in a Bow Stance (Two) 26. Thrusting Both Fists in a Bow Stance (Three) 27. Snapping Palm Up in a Horse Stance 28. Grabbing Fist in a Home Stance 29. Plunging Fist in a Resting Stance 30. Overturning the Body and Chopping Fists 31. Snapping Palm Up in a Home Stance 32. Grabbing Fists in a Horse Stance 33. Oblique Striking in Defeated Posture 34. Striking Fist in Jumping step 35. Piercing the Throat with Hooked Leg 36. Tilting Wrist and Scooping Up Palm 37. Double Piercing Throat with Hooked Leg 38. Holding Palm Up and Punching Fist 39. Closing Form Section 4 Short Boxing Phase One 1. Ready Position 2. Scooping Palm Up in a Bow Stance 3. Snapping Palm Up with Lifted Knee 4. Raising the Elbow in a Horse Stance 5. Parrying and Striking in a Horse Stance 6. Parrying and Striking While Protecting the Head 7. Single Bian in a Crouching Stance 8. Piercing Palm with Lifted Knee 9. Raising the Elbow in a Horse Stance 10. Fist Punches in a Bow Stance (Left) 11. Fist Punches in a Bow Stance (Right) 12. Standing Upright with Feet Together Phase Two 13. Scooping Palm Up in a Bow Stance 14. Snap Kicks 15. Raising the Elbow in a Horse Stance 16. Fist Punches in a Bow Stance (Left) 17. Fist Punches in a Bow Stance (Right) 18. Fist Punches in a Bow Stance (Left) 19. Fist Punches in a Bow Stance (Right) 20. Standing Upright with Feet Together Phase Three 21. Brushing Aside Over the Knee and Pushing Palm 22. Pushing Palm in an Empty Stance 23. Holding Palm Up with Lifted Knee 24. Scooping Palm Up in a Bow Stance 25. Flying Kick in Treading Step 26. Standing Upright with Feet Together Phase Four 27. Circling the Moon with Three Rings 28. Raising the Elbow with Lifted Knee 29. Raising the Elbow in a Horse Stance 30. Fist Punches

## 《武术运动基本训练》

in a Bow Stance (Left) 31. Fist Punches in a Bow Stance (Right) 32. Snapping Fist Up with Lifted Knee 33. Double Pounce in Leap Step 34. Scooping Palm Up in a Bow Stance 35. Flying Kick in Treading Step 36. Turning Body and Holding Arms in Front of Abdomen 37. Rotating Palms with Lifted Knee 38. Pushing Palm in a Bow Stance 39. Hooked Hand with Feet Together Phase Five 40. Parrying and Striking in a Bow Stance 41. Stamp Step and Strike in a Crouching Stance 42. Elbow Strike in a Horse Stance 43. Holding Elbow in a Horse Stance 44. Circling Elbow in a Horse Stance 45. Holding Fist with Feet Together 46. Chopping Fist in a Horse Stance Phase Six 47. Fist Punches in a Bow Stance (Left) 48. Fist Punches in a Bow Stance (Right) 49. Fist Punches in a Bow Stance (Left) 50. Turning Around and Punching 51. Raising Palm with Lifted Knee 52. Leaping Step and Lifting Knee 53. Brushing Aside over the Knee and Punching 54. Striking a Tiger in an Empty Stance 55. Closing Form with Feet Together Chapter Four Basic Techniques Section I Four Techniques Section 2 Eight Essentials 1. Fists Should Be as Quick as Shooting Stars 2. Eyes Should Be as Sharp as Lightning 3. The Waist Should Be as Supple as a Snake 4. Steps Should Be Firmly Rooted 5. The Spirit Should Be Vigorous 6. Breath (Qi) Should Be Kept Down 7. Strength Should Be Exerted Smoothly 8. Gong (Skill) Should Be Highly Pure and Proficient Section 3 Twelve Forms Appendix Muscles of the Human Body (Front) Muscles of the Human Body (Back)

## 章节摘录

版权页：插图： [Note] The practitioner is not meant to stand upright to end the exercise immediately after the movements from (1) to (6) are completed. On the contrary, practice again continuously with the reverse movements. Movement "(6) fist punches in a bow stance" is actually the reverse movement of (1) (Command One). Then it is followed by bending right elbow in a horse stance (Command Two), scooping left fist up in a right bow stance (Command Three), rolling the arm up and striking with the left fist (Command Four) and snap kick with the left short leg (Command Five). Set the left leg down on the ground, as the front position of fist punch in a bow stance (Command One) after the five reverse forms are completed. And then continue with bending elbow in a horse stance (Command Two), scooping fist up in a bow stance (Command Three), rolling the arm up and striking fist (Command Four) and snap kick with short leg (Command Five). In so doing, there are 15 forms of movements altogether with front, reverse and front movements (five forms of reverse movements only). It is followed by the opposite movement of fist punch in a bow stance again (as in Fig. 192). Now keep the feet together and stand straight to finish Routine I exercises. It will be so for the exercises up to the 12th routine—front and reverse movements are done alternately, until the feet are brought together with a reverse movement to complete the exercises. Similar description will not be repeated in the following text. Routine I is described in the rhymed formula Snap Kick Boxing as "fist punch in bow stance to form a whip-like horizontal line with both arms." It helps to train the muscles of the upper and lower limbs.

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## 编辑推荐

《武术运动基本训练(英文版)》作者蔡龙云(1928~)，著名武术家，山东济宁人。自幼随父习武，擅长华拳、少林、太极、形意，尤精技击术。1943、1946年两次在沪以中国拳法击败俄籍拳击手马索洛夫、美籍拳击手鲁赛尔，被誉为“神拳大龙”。曾任上海体育学院武术教研室主任、国家体委武术研究院副院长、中国武术协会副主席、全国政协委员。1985年被授予“新中国体育开拓者”荣誉奖。曾多次担任全国及国际武术比赛正、副总裁判长，并多次出国考察、讲学。

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