

# 初級南拳

會昭勝 曾慶煌 黃鑒衡 編著

## Elementary Southern Boxing

By Zeng Zhao Sheng  
Zeng Qing Huang  
Huang Jian Heng



香港上海書局出版

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封面照片 Photo on Cover:

全國南拳冠軍獲得者黃建剛表演南拳虎爪。

Huang Jian Gang, Winner of the national championship of the Southern Boxing, is giving a show of the tiger-paw-play of the school

## 初 級 南 拳

Elementary Southern Boxing

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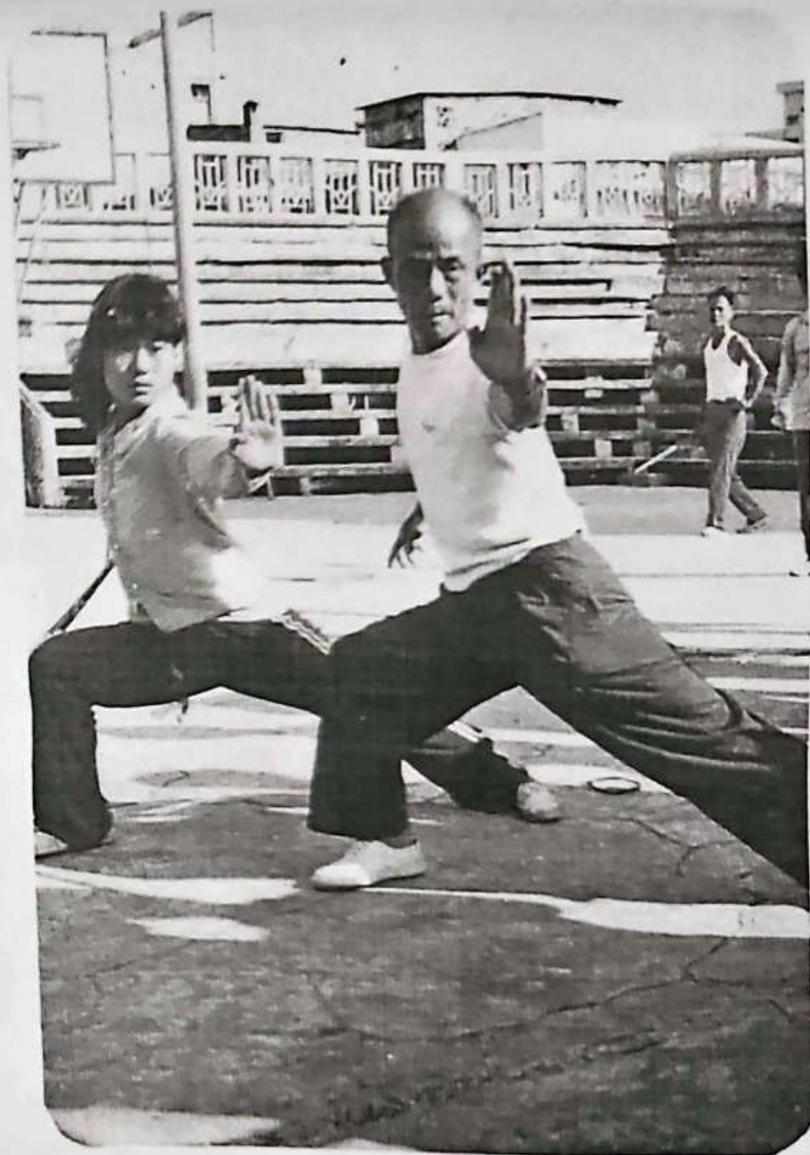
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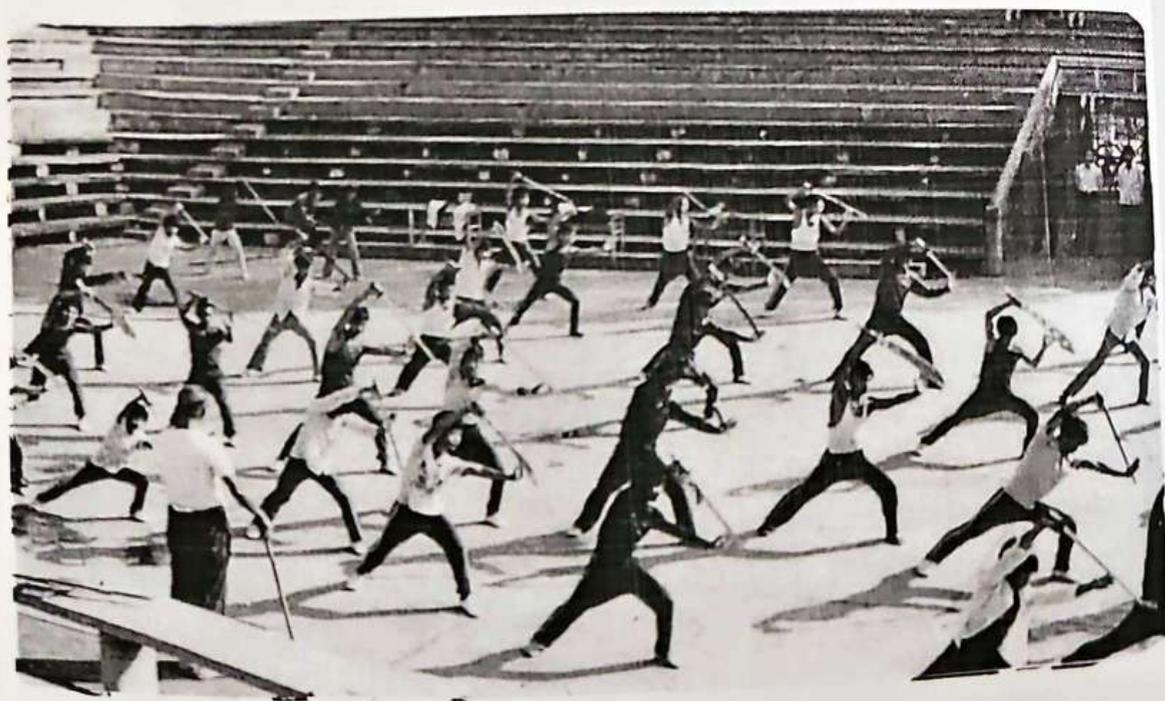
作者曾慶煌

Author Zeng Qing Huang



師徒合照（前排為作者曾慶煌）。

a group photo of the master and his disciples (Author Zeng Qing Huang is in the front row)



作者曾慶煌在開班授徒的情況。



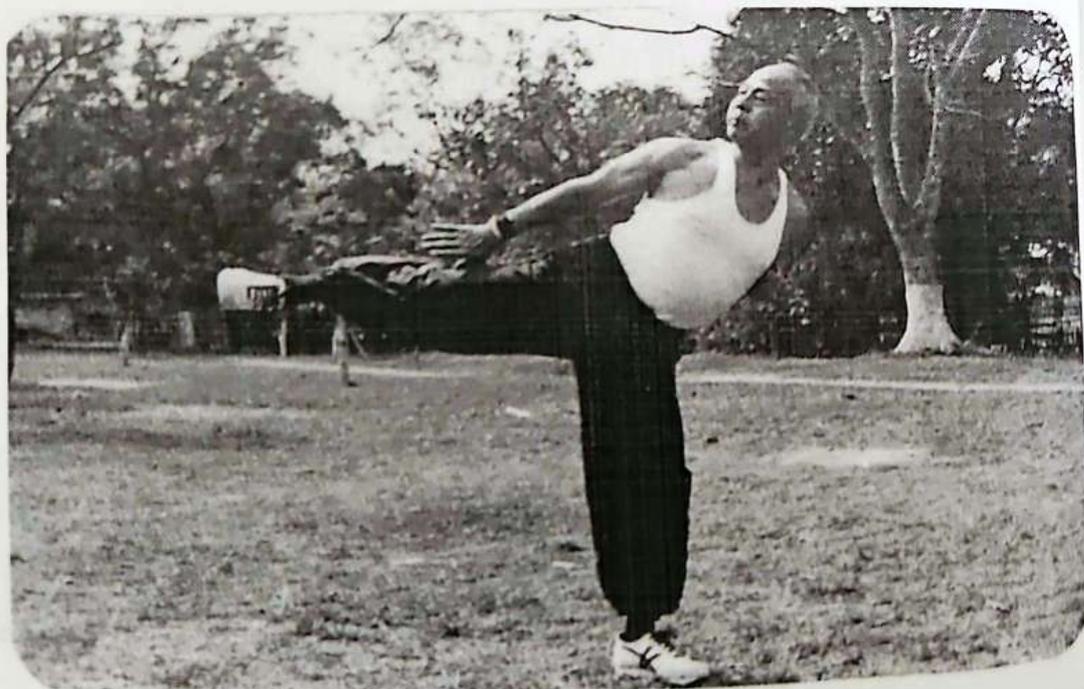
廣東台山李帆風師傅表演「虎鶴雙形」姿勢。

a posture of "the Tiger and Crane Double Styles" performed by Master Li Fan Feng from Taishan of Guangdong



空手對藤牌單刀

empty hands versus a rattan shield and a single broadsword



林仲偉教授表演莫家拳



曾興均表演蔡家拳

Zeng Tian Jun is performing Cai Jia Quan (Tsai Chia Chuan)



廣東南枝拳三父子陳良琛（中）陳樹坤（右）陳樹森（左）

the three of father and sons of the Guangdong Nan Chih Chuan: Chan Leung Shum (middle), Chan Shu Kwun (right) and Chan Shu Sam (left)



作者黃鑒衡（中）率領廣東省武術代表團訪問香港時與香港武術界知名人士李迅萍（左）姚光（右）先生合影。

a group Photo of Author Huang Qing Heng together with Mr. Lee Hsun Ping (left) and Mr. Yiu Kwong (right), well-known personages of the Hong Kong martial circles, when he headed the Guangdong Wushu Delegation on a visit to Hong Kong



## 寫在前面

南拳是中國有名的拳種之一。它與長拳、太極拳、八卦拳等齊名，歷史悠久，淵源流長。「南拳」這個詞，明代就有出現，據《小知錄》記載：「使拳之家十一，使槍之家十七，其拳有趙家拳、南拳、勾掛拳。」距今已有四百多年歷史。

南拳流行於中國大江南北；遍及香港、澳門。當今南洋一帶，美洲、澳洲、歐洲等拳術，多以南拳為主。

南拳特點：手法較多，腿法較少，故有「南拳北腿」之稱。其特點是硬橋硬馬，穩扎穩打，步穩勢烈，剛勁有力，發力有聲。打練起來，威武雄壯，氣勢磅礴，大有「呼喝則風雲變色，開拳則山嶽崩頽」之勢。

經常從事南拳練習，可強體魄、壯筋骨，既可防身自衛，又可却病延年，對增強體質，陶冶性情大有幫助。

本書根據南拳的優秀拳法匯編而成的一種拳術套路，供初學者入門之用。以圖解為主，文字簡練，使學者能收看圖識練之效。

本書撰寫過程中，得到各界朋友多方面協助，謹此致謝。

作者黃鑒衡（右二）與香港武術界知名人士趙教（左二）邵英（左一）杜琛（右一）先生合影。

a group photo of Author Huang Qing Heng together with Mr. Chiu Kau (2nd left), Mdm. Shiu Ying (1st left) and Mr. Tu Shen (1st right), well-known personages of the Hong Kong martial circles

## PREFACE

Nan Quan (Nan Chuan or Southern Boxing) is one of the famous boxing schools of China and enjoys equal popularity to Chang Quan (Chang Chuan or Long-stretched Boxing), Taiji Quan (Tai Chi Chuan or Taichi Boxing), Bagua Quan (Pakua Chuan or Boxing), etc.. Due to its very long history, it is of long standing and well established. The term "the Southern Boxing" appeared as early back as in the Ming Dynasty. According to the record in the then book "Xiao Zhi Lu" (The Record of Trivial Knowledge), "there were 11 schools using fists and 17 schools playing spears. The boxing schools included Zhao Jia Quan (Chao Chia Chuan or Chao's School Boxing), Nan Quan and Gou Gua Quan (Kou Kua Chuan or Hooking-Hanging Boxing)". which has had a history of more than 400 years.

The Southern Boxing has been prevalent to both the north and the south of the Changjiang (Yangtze) River and has spread in Hong Kong and Macau. It has largely become a principal boxing school in South East Asia, Australia, America, Europe, etc..

The Southern Boxing is characterized by more handwork and less legwork, which is just the origin of the term "the southern boxing and the northern legplay". This school features rigid arm and leg postures, steadiness and sureness, stable footwork and violent momentum, firmness and forcefulness and exertion accompanied by utterance. The exercises in it are full of power and grandeur and provided with tremendous momentum. The boxing is practised in such a way as if the shouts changed wind and cloud and fist rushes caused mountains to collapse".

Engaging oneself in the regular exercises in the Southern Boxing can strengthen the physique and reinforce bones and muscles. It can not only be used to defend oneself, but get rid of diseases and extend one's life. It is very helpful to the strengthening of the constitution and the moulding of the temperament.

This book is based on a boxing series composed of the superb boxing techniques of the Southern Boxing for the beginners to start their elementary course in the series. This book mainly consists of illustrations with terse written explanations so as to have the effect that the beginners can learn to practise the series for themselves according to the illustrations.

With regard to the three authors of this book, Zeng Zhao Sheng is (concurrently) head of the unearthing and sorting-out team of Guangdong Wushu; Zeng Qing Huang is member of the Chinese Wushu Association and a famous Wushu coach in Guangdong; Huang Jian Heng is honorary chief editor of the magazine "Martial Circles" (Wu Lin). They have been invited to write this book jointly.

Authors

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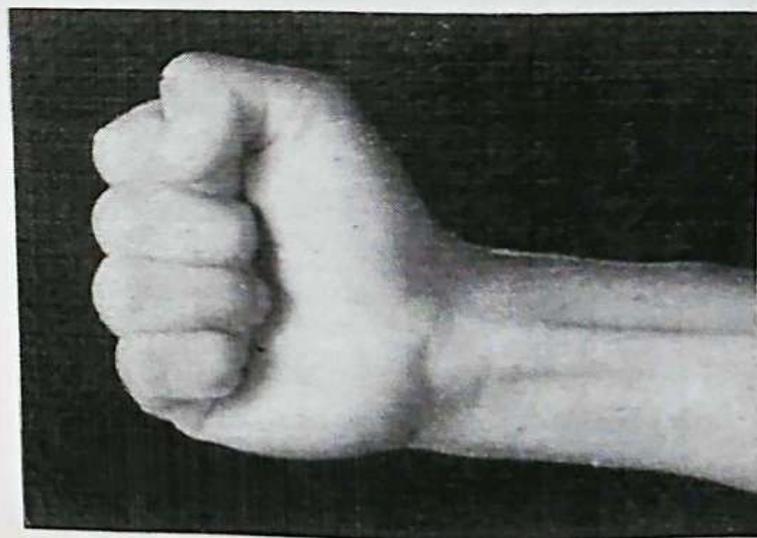
## 南拳基本動作

### Basic Postures of the Southern Boxing

#### 一、平拳

四指併攏伸直（拇指除外）。

先把第一、二指節內屈，再把第三指節內屈卷緊，然後將拇指緊扣在食指和中指的第二指節骨上。拳家說：握拳如卷餅。



#### 1. Level Fist

Bring the four fingers (except for the thumb) together and stretch them.

Bend the first and second knuckles in first, bend the third knuckles in, roll them up tight and then press the thumb firmly on the second knuckles of the index and middle fingers, which is described by the boxing specialists as "clenching the fist like rolling cake dough."

## 二、柳葉掌

四指併攏伸直，用力後張，使拇指彎曲緊貼在虎口處。



### 2. Willow-Leaf Palm

Bring the four fingers together, stretch them, spread them backward forcefully and bend the thumb to attach it firmly on the tiger mouth (the curve between the thumb and the index finger).

## 三、虎爪

五指張開，第一、二指節略向內彎曲成爪狀。腕關節後屈。



### 3. Tiger Paw

Spread the five fingers, bend the first and second knuckles slightly inward and bend the wrist joint backward.

#### 四、馬步

兩腳分開，距離三腳掌長，腳尖正對前方，屈膝半蹲，膝部與腳尖垂直。上體正直。



#### 4 Squatting Half Down as if Riding a Horse

Part both feet to a distance of the total length of three soles with the tips of the feet pointing right to the front and bend the knees to squat half down with the knees perpendicular to the tips of the feet. Keep the upper body upright.

#### 五、弓步

左足上前一步，前後距離約三腳掌長，前腳尖甲扣，後腳尖斜對前方，前腿屈膝，後腿伸直。

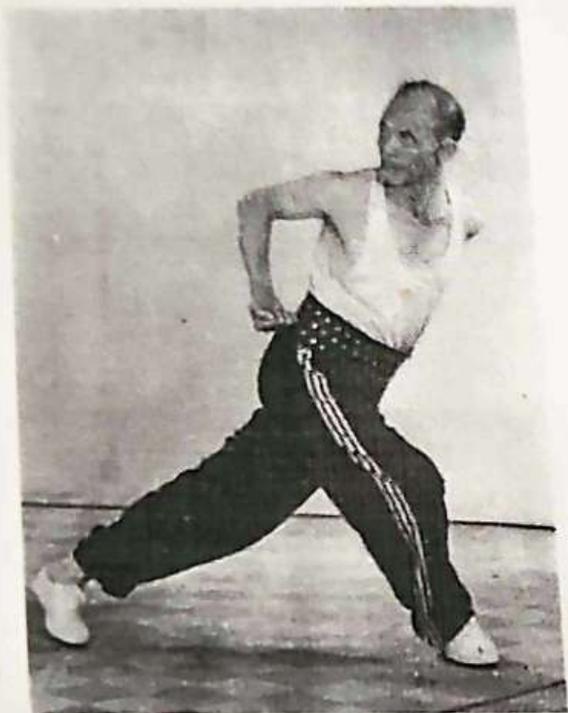


#### 5. Bowing One Leg Forward.

Move the left foot a step forward to a distance of the total length of three soles between the two feet, press the tip of the front foot inward, direct the tip of the rear foot slantingly to the front, bend the front leg and stretch the rear one.

## 六、插步

左脚從右脚後方向右插一步，兩腿交叉。右腿屈膝，左腿伸直，脚跟離地。



### 6. Thrusting One Leg to the Lateral Side of the Other

Thrust the left foot a step to the right by the backside of the right one and cross both legs. Bend the right knee and stretch the left leg with the heels raised from the ground.

## 七、虛步

左足上前一步，腿上，左腿前脚掌虛點地面，後脚尖斜向前方，上體正直。

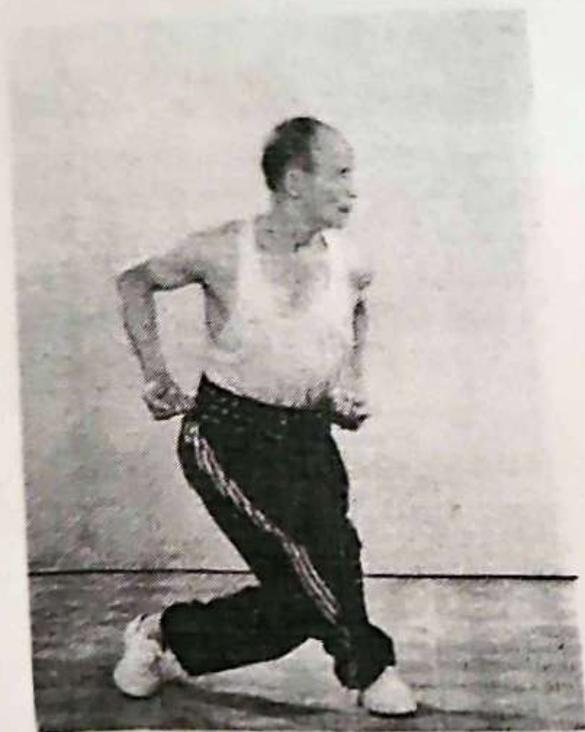


### 7. Making a False Step

Move the left foot a step forward, drop the body weight on the rear leg, touch the ground gently with the front part of the left sole and direct the tip of the rear foot slantingly to the front. Keep the upper body upright.

## 八、蓋步

左脚向右橫邁一步，脚尖外展，兩腿交叉，兩膝微屈，右脚跟提起，兩大腿緊貼。



### 8. Covering One Knee with the Other.

Move the left foot a step transversely to the right, spread its tip outward, cross both legs, bend both knees slightly and lift the right heel up with both thighs close to each other.

## 九、跪步

左脚前出一步，屈膝下蹲。右腿下跪，膝部接近地面，大小腿貼緊，右脚跟離地。重心落於兩腿之間。



### 9. Kneeling Down to the Ground

Move the left foot a step forward and bend the knee to squat down. Kneel down on the right leg with the knee close to the ground, the thigh close to the shank and the heel raised from the ground. Drop the body weight between both legs.

Elementary Southern Boxing Series

套路動作名稱

The Names of the Series Postures

(一) 起勢 Starting Gesture

1. 立正 Standing Upright
2. 併步雙抱拳 Bringing Both Feet Together and Holding Both Fists at the Sides of the Waist
3. 蓋步單插掌 Covering One Knee with the Other and Thrusting One Palm Down
4. 弓步反撞拳 Bowing One Leg Forward and Ramming One Fist Invertedly Out
5. 蓋步雙插掌 Covering One Knee with the Other and Thrusting Both Palms Down
6. 虛步推掌冲拳 Making a False Step, Pushing One Palm Out and Rushing One Fist Out
7. 併步雙抱拳 Bringing Both Feet Together and Holding Both Fists at the Sides of the Waist

(二) 第一段 Section I

8. 左弓步拋拳 Bowing the Left Leg Forward and Tossing One Fist
9. 右弓步拋拳 Bowing the Right Leg Forward and Tossing One Fist
10. 左弓步橫冲拳 Bowing the Left Leg Forward and Rushing One Fist Laterally Out
11. 右弓步橫冲拳 Bowing the Right Leg Forward and Rushing One Fist Laterally Out
12. 弓步格擋 Bowing One Leg Forward and Warding Off with One Arm
13. 左弓步冲拳 Bowing the Left Leg Forward and Rushing One Fist Out
14. 馬步格擋 Squatting Half Down as if Riding a Horse and Warding Off with One Arm
15. 右弓步冲拳 Bowing the Right Leg Forward and Rushing One Fist Out
16. 左弓步劈拳 Bowing the Left Leg Forward and Smashing One Fist Down

17. 右弓步劈拳 Bowing the Right Leg Forward and Smashing One Fist Down

(三) 第二段 Section II

18. 跪步劈拳 Kneeling Down to the Ground and Smashing One Fist Down
19. 插步反撞拳 Thrusting One Leg to the Lateral Side of the Other and Ramming One Fist Invertedly Out
20. 馬步撥掌 Squatting Half Down as if Riding a Horse and Turning One Palm Aside
21. 左弓步冲拳 Bowing the Left Leg Forward and Rushing One Fist Out
22. 馬步掛拳 Squatting Half Down as if Riding a Horse and Hanging One Fist Out
23. 右弓步冲拳 Bowing the Right Leg Forward and Rushing One Fist Out
24. 進步冲拳 Moving Forward and Rushing One Fist Out
25. 馬步撥掌 Squatting Half Down as if Riding a Horse and Turning One Palm Aside

26. 左弓步冲拳 Bowing the Left Leg Forward and Rushing One Fist Out

27. 進步冲拳 Moving Forward and Rushing One Fist Out

(四) 第三段 Section III

28. 右弓步反撞拳 Bowing the Right Leg Forward and Ramming One Fist Invertedly Out
29. 左弓步反撞拳 Bowing the Left Leg Forward and Ramming One Fist Invertedly Out
30. 弓步拍掌反撩爪 Bowing One Leg Forward, Clapping Both Palms and Scooping Both Tiger Paws Reversely Up
31. 弓步上撞拳 Bowing One Leg Forward and Ramming One Fist Up
32. 弓步拍掌反撩爪 Bowing One Leg Forward, Clapping Both Palms and Scooping Both Tiger Paws Reversely Up
33. 馬步穿掌 Squatting Half Down as if Riding a Horse and Threading One Palm Up

34. 弓步橫掃 Bowing One Leg Forward and Sweeping One Fist Transversely
35. 勾踢腿 Hooking One Foot Up and Kicking Out with It
36. 跳跪步反撩爪 Springing Up, Kneeling Down to the Ground and Scooping One Tiger Paw Reversely Up
37. 里合腿 Swinging One Leg Upward and Inward.
38. 弓步挑撞拳 Bowing One Leg Forward and Ramming One Fist Up

(五) 第四段 Section IV

39. 繞步右冲拳 Moving One Foot Round and Rushing the Right Fist Out
40. 繞步左冲拳 Moving One Foot Round and Rushing the Left Fist Out
41. 弓步掛釘拳 Bowing One Leg Forward, Hanging One Fist Out and Nailing the Other Down
42. 挑手蹬腿 Picking Both Hands Up and Kicking with One Sole

43. 撥掌馬步冲拳 Turning One Palm Aside, Squatting Half Down as if Riding a Horse and Rushing One Fist Out
44. 馬步撥掌 Squatting Half Down as if Riding a Horse and Turning One Palm Aside
45. 弓步橫掃 Bowing One Leg Forward and Sweeping One Fist Transversely
46. 蓋步雙插掌 Covering One Knee with the Other and Thrusting Both Palms Down
47. 虛步推掌冲拳 Making a False Step, Pushing One Palm Out and Rushing One Fist Out
48. 後腿併步雙抱拳 Retreating, Bringing Both Feet Together and Holding Both Fists at the Sides of the Waist

動作圖解虛實線說明

The notes of the full and dotted lines in the illustrations of the postures

實線——表示右手、右脚下一個動作的路線。

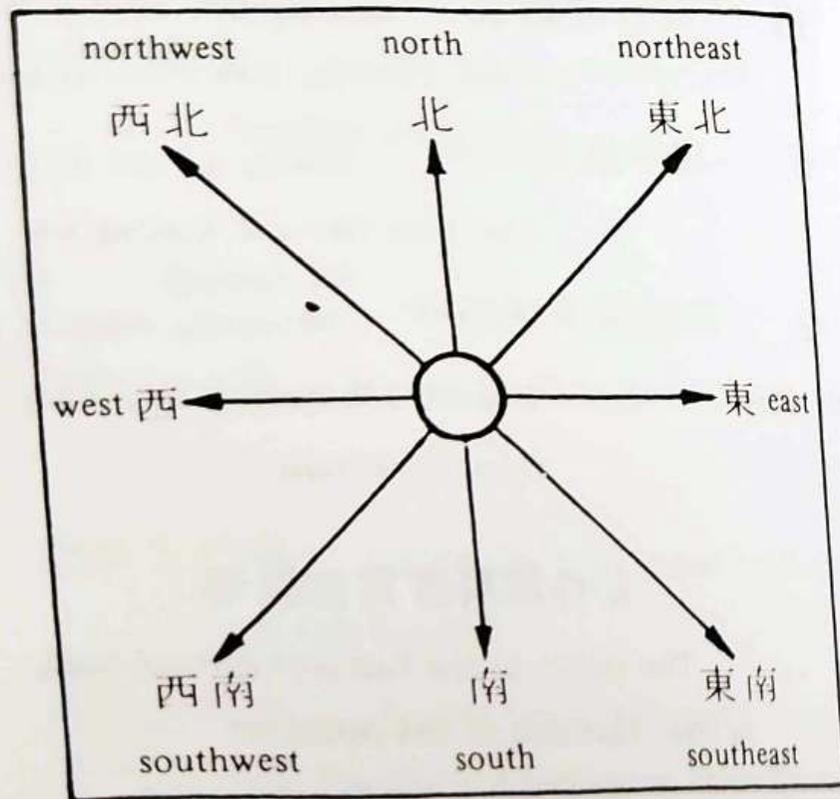
a full line — the route of the next movement of the right hand or the right foot;

虛線-----表示左手、左腳下一個動作的路線。

a dotted line ----- the route of the next movement of the left hand the left foot.

### 動作方向圖

The Diagram of the Directions of the Movements



### 套路動作示範圖

The Illustrations of the Series Postures

起勢 Starting Gesture

1. 立正 Standing Upright



面向南，立正。兩眼向前平視。

Face south and stand upright with both eyes looking levelly to the front.

2. 併步雙抱拳 Bringing Both Feet Together and  
Holding Both Fists at the Sides of the Waist



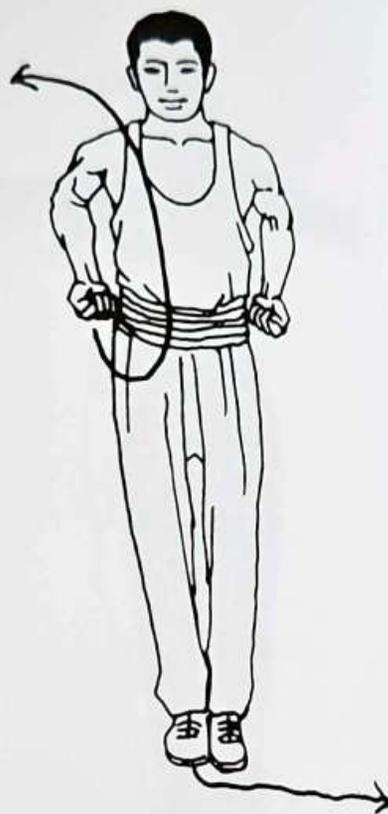
兩臂向前平舉，掌心向下。

Holding both arms levelly up to the front with the hollows of the palms facing downward.



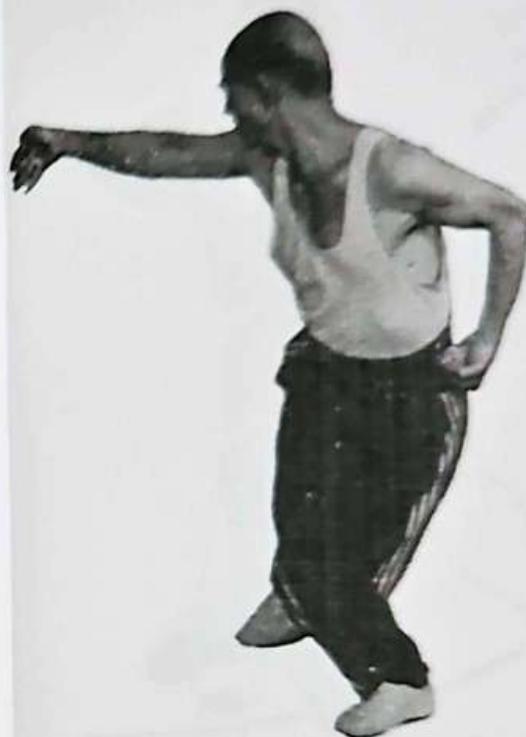
兩掌變拳，屈肘收至兩肩前，拳心向下。

Clench both fists, bend the elbows and draw the fists back to front of both shoulders with their hollows facing downward.



兩臂外旋，兩拳向上，向前掛擊，順勢抱拳兩腰側。

Turn both arms outward, hang both fists out upward and forward and hold them back to the sides of the waist with the momentum.



右腳上前一步，上體右轉成蓋步。同時右拳變掌向前、向上、向後成弧形屈腕下插。

Move the right foot a step forward, turn the upper body right and cover the left knee with the right one. At the same time, unclench the right fist into a flat palm, move it forward, upward and backward in an arc and thrust it down with the wrist bent.

4. 弓步反撞拳 Bowing One Leg Forward and Ramming  
One Fist Invertedly Out



左脚上前一步成左弓步。同時右掌變拳向下、向前、向上撞出。

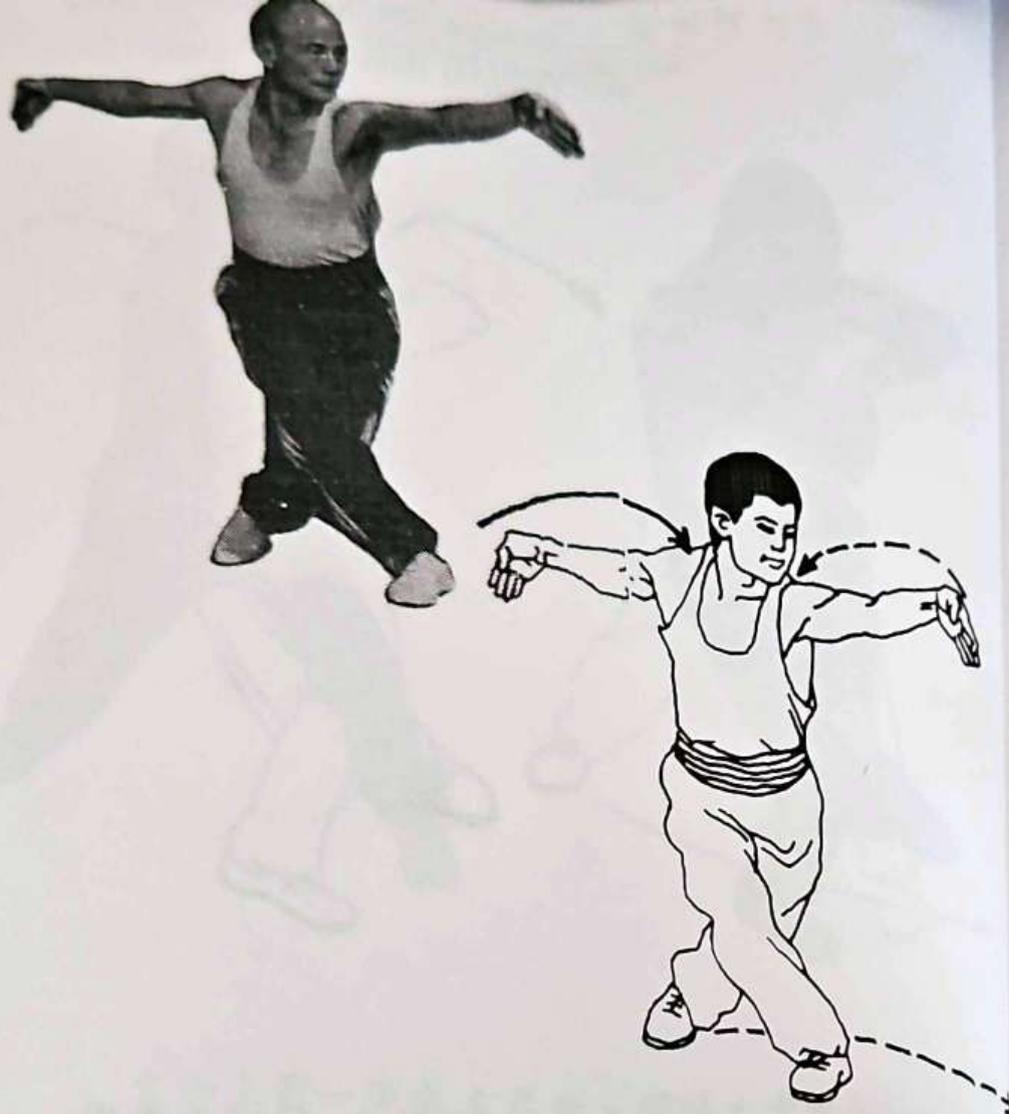
Move the left foot a step forward and bow the leg forward. At the same time, clench the right fist and ram it downward, forward and upward.

5. 蓋步雙插掌 Covering One Knee with the Other  
and Thrusting Both Palms Down



右腳上前一步，上體右轉成右蓋步。同時兩拳變掌平屈胸前。

Move the right foot a step forward, turn the upper body right and cover the left knee with the right one. At the same time, unclench both fists into flat palms and bend them down levelly in front of the chest.

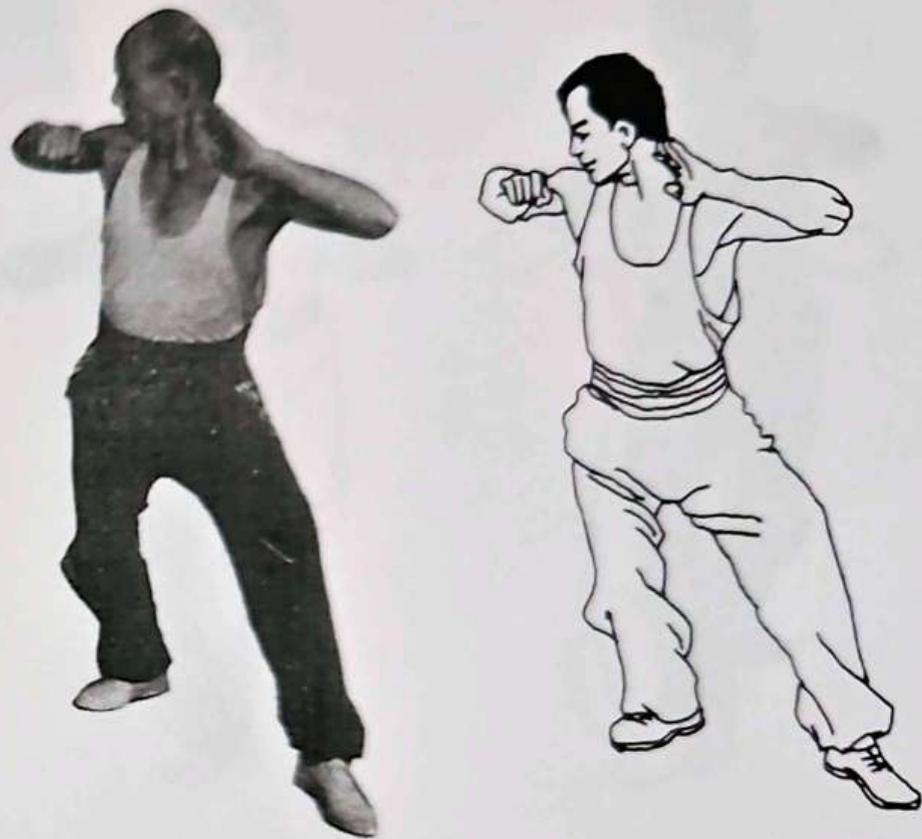


兩掌向上分開，向兩側屈腕下插。

Part both palms upward and thrust them down to both sides with the wrists bent.

6. 虛步推掌冲拳

Making a False Step, Pushing One Palm Out and Rushing One Fist Out



左脚上前一步成左虛步。右掌變拳同時兩臂肩上平屈。

Move the left foot a step forward and touch the ground gently with the front part of the sole. Clench the right fist and simultaneously bend both arms levelly at the height of the shoulders.



上體左轉，同時右拳和左掌一齊用力向前平推。

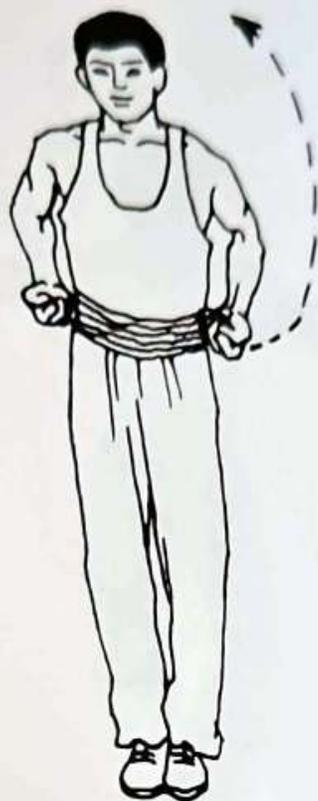
Turn the upper body left and push the right fist and the left palm levelly forward with strength at the same time.

7. 併步雙抱拳 Bringing Both Feet Together and Holding Both Fists at the Sides of the Waist



左脚後退一步，同時左掌變拳，兩臂胸前平屈。

Draw the left foot a step back, clench the left fist simultaneously and bend both arms levelly up in front of the chest.



左脚後退一步向右脚併攏。兩臂外旋向前、向下掛擊。兩拳順勢回抱腰側。

Draw the left foot a step close to the right one. Turn both arms outward, hang them out forward and downward and hold both fists back to the sides of the waist with the momentum.

第一段 Section I

8. 左弓步拋拳 Bowing the Left Leg Forward and Tossing One Fist



右脚向前斜方上半步，左脚向右脚內側點地成丁步。同時左臂由左側向上舉。

Move the right foot half a step slantingly forward and touch the ground with the tip of the left one at the inner side of the right one to form a T shape. At the same time, hold the left arm up from the left side of the body.



左脚向左開一步成馬步。同時右拳直臂向後斜伸。

Move the left foot a step transversely to the left and squat half down as if riding a horse. At the same time, stretch the right fist slantingly backward with the arm straightened.



上體左轉成左弓步。左拳向下直臂向後斜擺。同時右拳由下經左側向上掄拋。

Turn the upper body left and bow the left leg forward. Swing the left fist downward and slantingly backward with the arm straightened. At the same time, swing and toss the right fist up by the left side of the body from below.

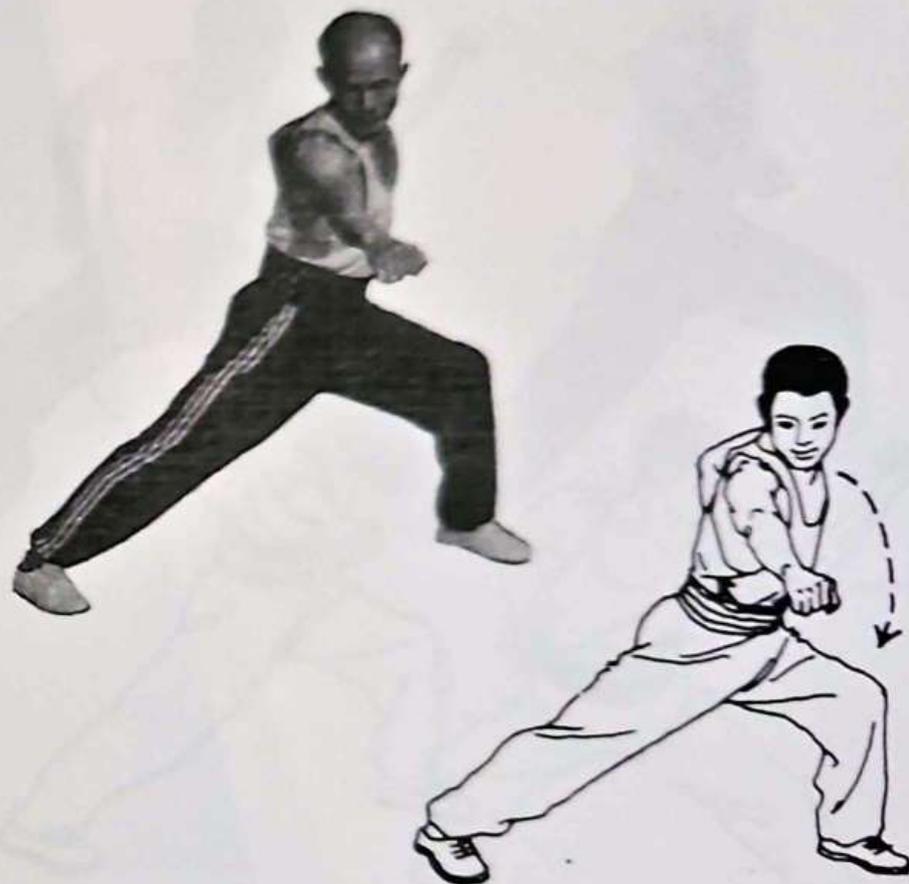
9. 右弓步拋拳 Bowing the Right Leg Forward and Tossing One Fist



左脚向後踏上半步，上體向後轉成右弓步。右拳經體前向下、向後斜擺。同時左拳向下經體前向上掄拋。

Move the left foot half a step backward, turn the upper body backward and bow the right leg forward. Swing the right fist downward by front of the body and slantingly backward. At the same time, swing the left fist downward and toss it up by front of the body.

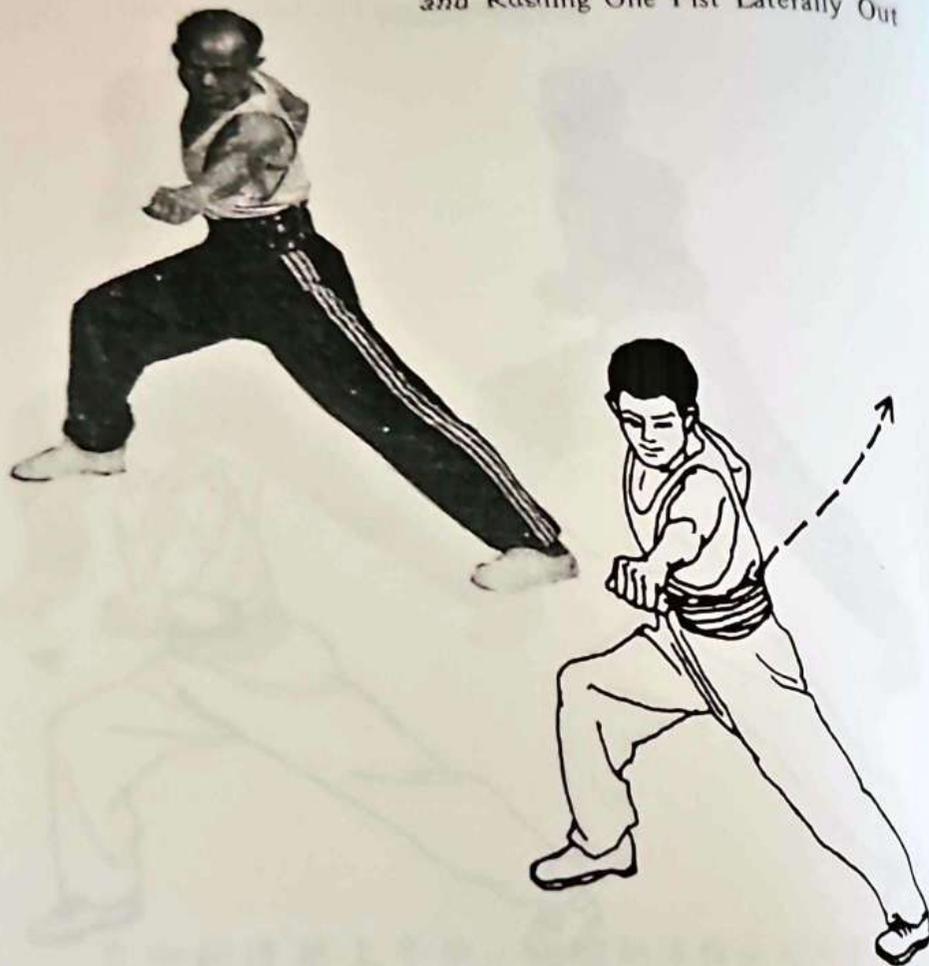
10. 左弓步橫沖拳 Bowing the Left Leg Forward and Rushing One Fist Laterally Out



左脚向左後踏半步，上體左轉成左弓步。同時右拳向右側沖出。左拳回抱腰側。

Move the left foot half a step to the left backside, turn the upper body left and bow the left leg forward. At the same time, rush the right fist out to the right and hold the left one back to the side of the waist.

11. 右弓步橫沖拳 Bowing the Right Leg Forward  
and Rushing One Fist Laterally Out



右腳向右後踏半步，上體右轉成右弓步。同時左  
拳向左側沖出。右拳回抱腰側。

Move the right foot half a step to the right backside, turn the upper  
body right and bow the right leg forward. At the same time, rush the  
left fist out to the left and hold the right one back to the side of the  
waist.

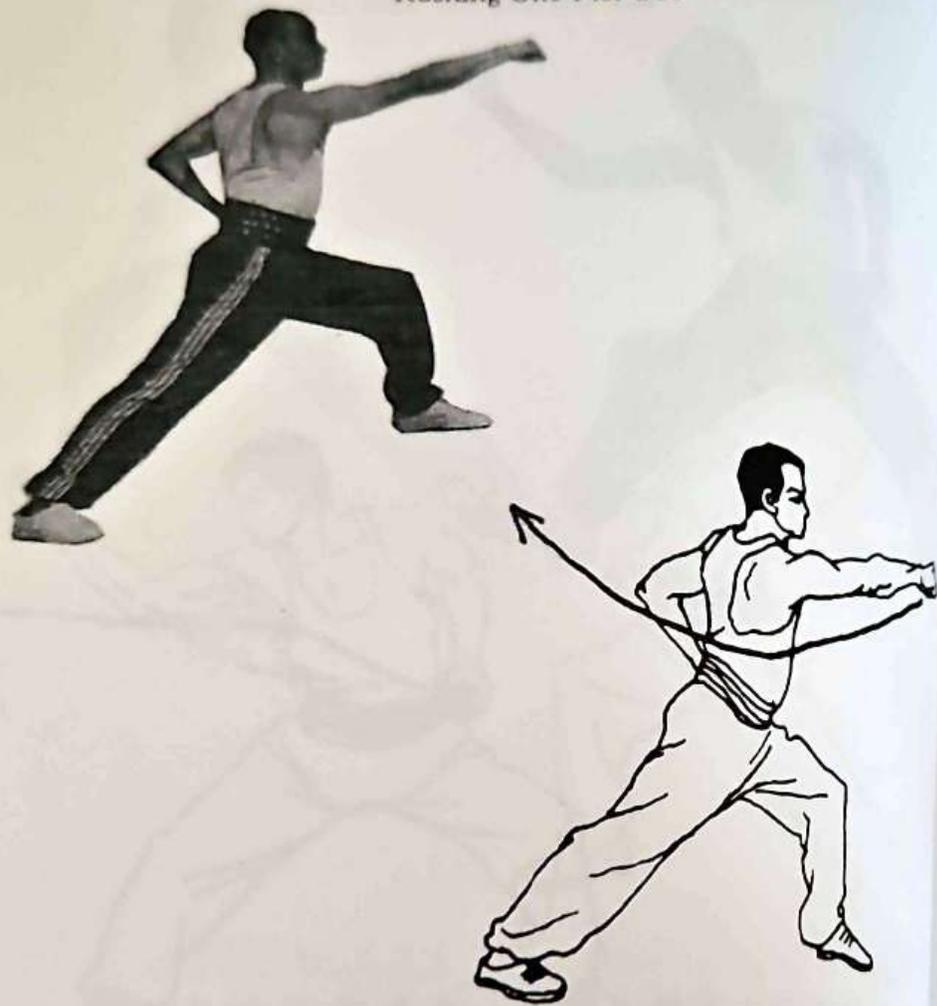
12. 馬步格擋 Squatting Half Down as if Riding a Horse  
and Warding Off with one Arm



左腳向左斜上方上一步成馬步。同時，左臂外旋，  
屈肘向左格擋。

Move the left foot a step slantingly to the left and squat half down  
as if riding a horse. At the same time, turn the left arm outward and  
ward off to the left with the elbow bent.

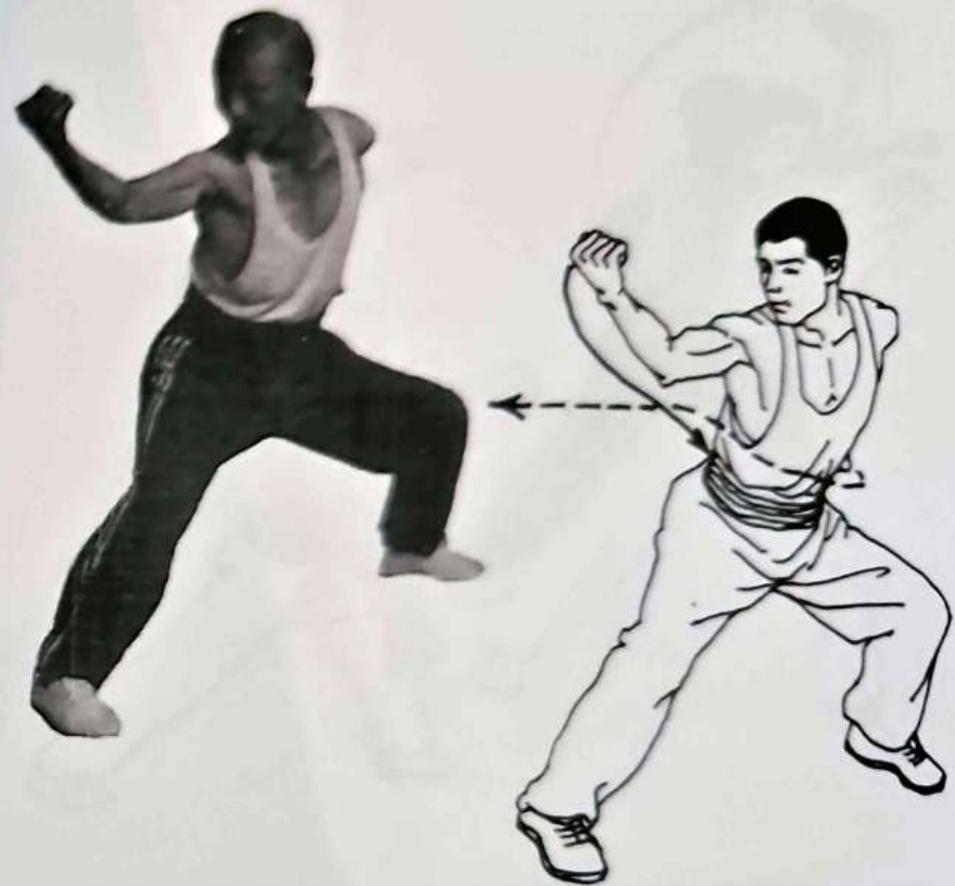
13. 左弓步冲拳 Bowing the Left Leg Forward and Rushing One Fist Out



上體左轉成左弓步。同時右拳向前冲出。左拳抱腰側。

Turn the upper body left and bow the left leg forward. At the same time, rush the right fist out forward and hold the left one back on the side of the waist.

14. 馬步格擋 Squatting Half Down as if Riding a Horse and Warding Off with One Arm



右脚向右斜方上一步成馬步。同時右臂外旋，屈肘向右格擋。

Move the right foot a step slantingly to the right and squat half down as if riding a horse. At the same time, turn the right arm outward and ward off to the right with the elbow bent.

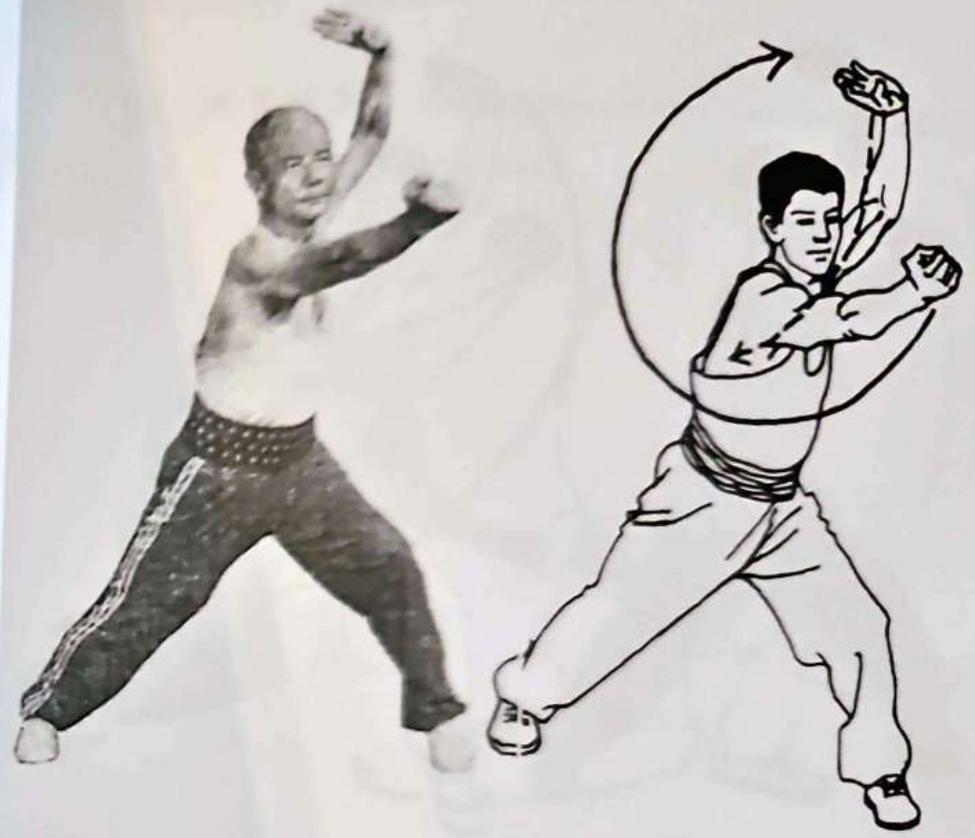
15. 右弓步冲拳 Bowing the Right Leg Forward and Rushing One Fist Out



上體右轉成右弓步，同時左拳向前冲出，右拳拖腰側。

Turn the upper body right and bow the right leg forward. At the same time, rush the left fist out forward and hold the right one back to the side of the waist.

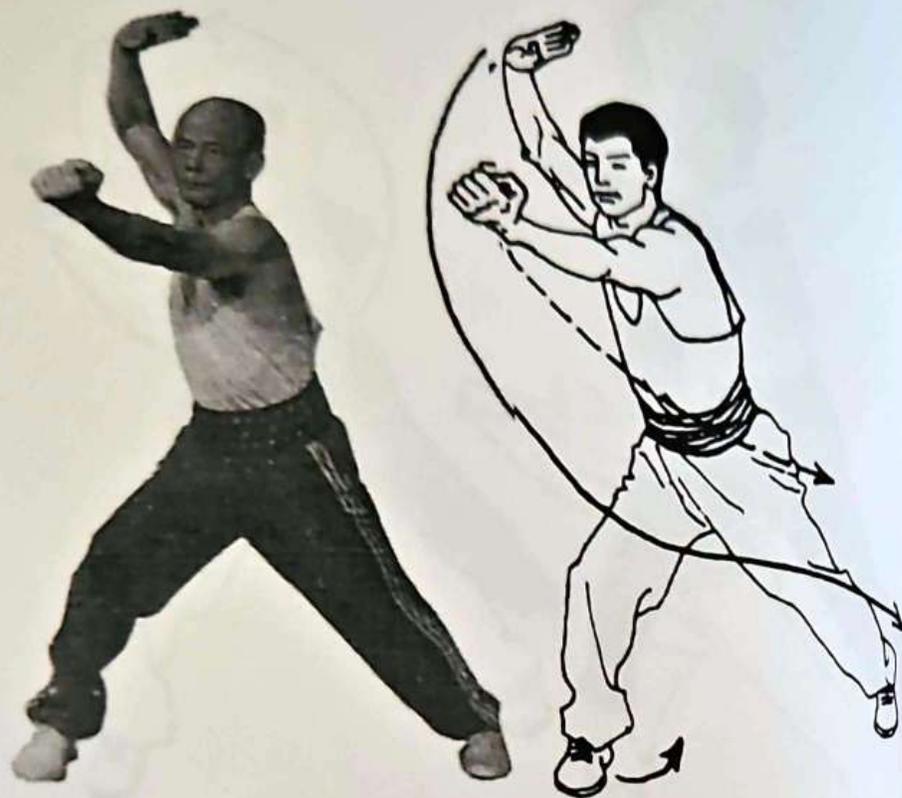
16. 左弓步劈拳 Bowing the Left Leg Forward and Smashing One Fist Down



左脚向左前方上一步成弓步。左拳變掌臂內旋屈肘橫架於額前。右拳向後、向上、向前斜劈。

Move the left foot a step forward to the left front and bow the left leg forward. Unclench the left fist into a flat palm, turn the arm inward and hold the palm levelly up in front of the forehead with the elbow bent. Revolve the right fist backward and upward and smash it slantingly down forward.

17. 右弓步劈拳 Bowing the Right Leg Forward and Smashing One Fist Down



右脚向右前方上一步成弓步。右拳變掌臂內旋屈肘橫架於額前。左拳向後、向上、向前斜劈。

Move the right foot a step forward to the right front and bow the right leg forward. Unclench the right fist into a flat palm, turn the arm inward and hold the palm levelly up in front of the forehead with the elbow bent. Revolve the left fist backward and upward and smash it slantingly down forward.

第二段 Section II

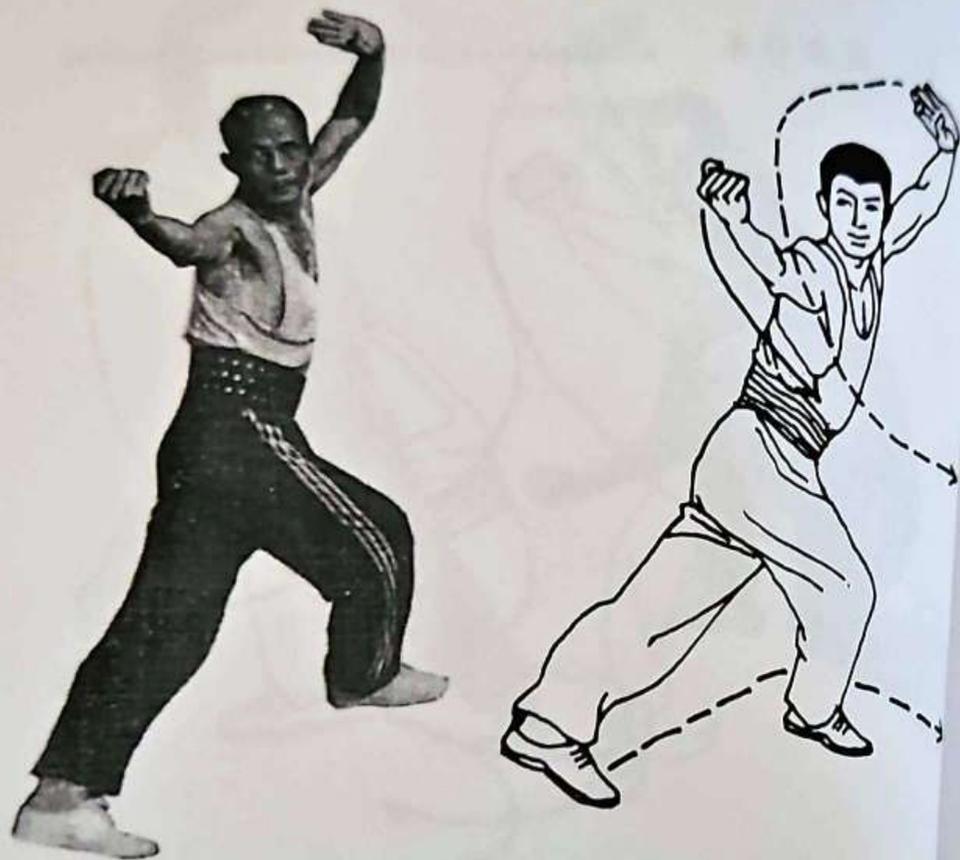
18. 跪步劈拳 Kneeling Down to the Ground and Smashing One Fist Down



上體左轉，右脚稍收成右跪步。左臂內旋向下至腹前變掌。右拳變掌由上向體前下劈。

Turn the upper body left, draw the right foot a little back and kneel down on the right leg. Turn the left arm inward, move the fist down to front of the abdomen and unclench it into a flat palm. Unclench the right fist into a flat palm and smash it down from above to front of the body.

19. 插步反撞拳 Thrusting One Leg to the Lateral Side  
of the Other and Ramming One Fist  
Invertedly Out



右脚向前方上一步，左脚經右脚後退一步成插步。  
同時右拳向下、向上撞擊。左掌橫架於額前。

Move the right foot a step forward to the front and draw the left  
one a step back by the backside of the right one to its lateral side.  
At the same time, ram the right fist downward and upward and hold  
the left palm levelly up in front of the forehead.

20. 馬步撥掌 Squatting Half Down as if Riding a Horse  
and Turning One Palm Aside



左脚向左開一步成馬步。上體稍轉，左掌由上向  
下斜撥。右拳回抱腰側。

Move the left foot a step transversely to the left and squat half  
down as if riding a horse. Turn the upper body a little left and turn the  
left palm aside slantingly downward from above. Hold the right fist  
back to the side of the waist.

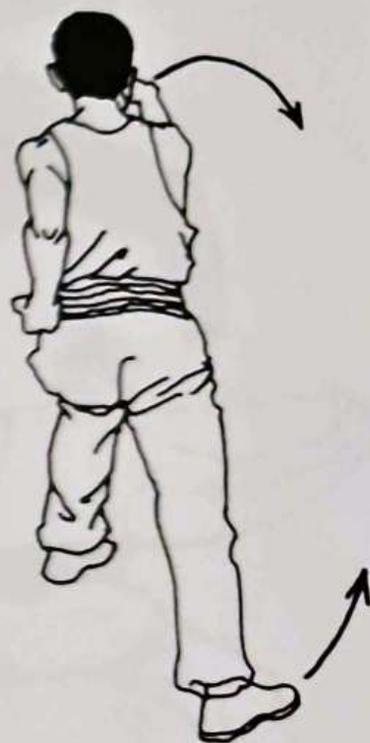


正面圖 (即前圖的正面)

The front view (i.e. the front of Posture 20)

21. 左弓步冲拳

Bowing the Left Leg Forward and  
Rushing One Fist Out



左脚向左側移一小步，上體左轉成左弓步。同時左掌變拳回抱腰側，右拳向前冲出。

Move the left foot a small step to the left, turn the upper body left and bow the left leg forward. At the same time, clench the left fist, hold it back to the side of the waist and rush the right one out forward.



正面圖

The front view

22. 馬步掛拳 Squatting Half Down as if Riding a Horse  
and Hanging One Fist Out



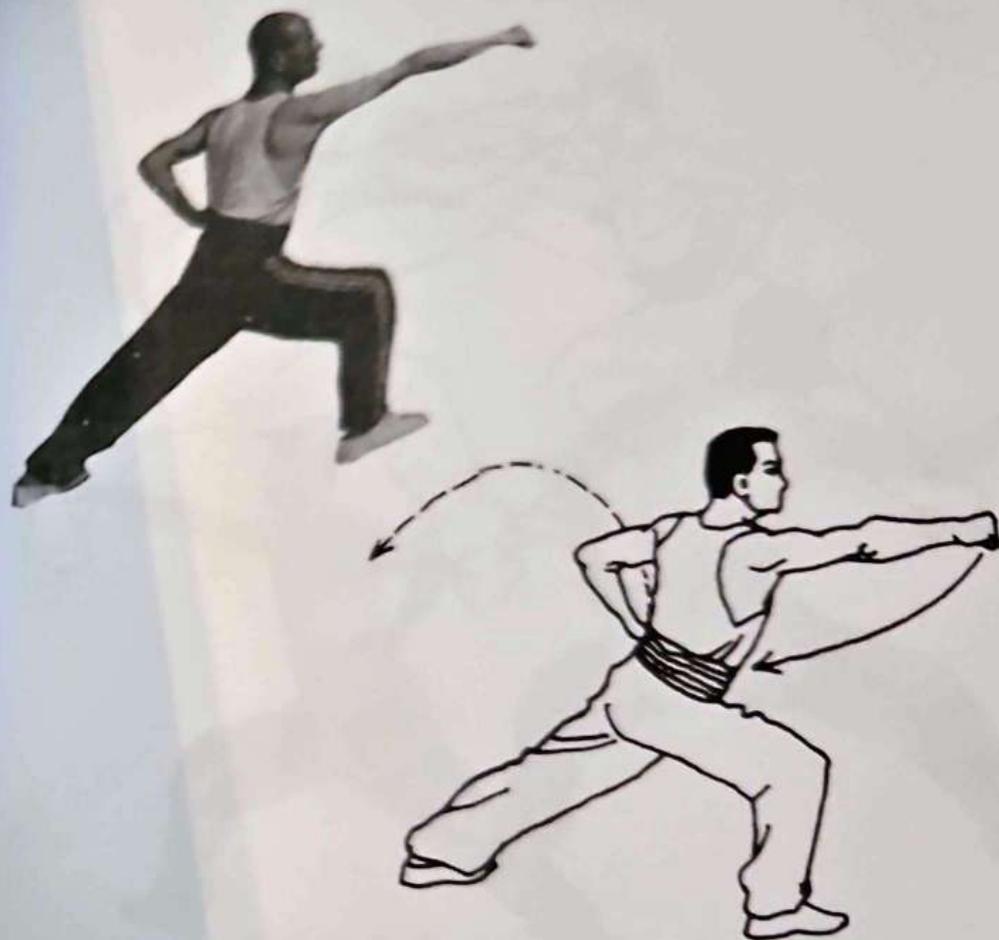
右脚向右侧上一步成馬步。同時右拳屈肘，反臂  
向右掛出。

Move the right foot a step forward to the right and squat half down  
as if riding a horse. At the same time, bend the right elbow, turn the  
arm over and hang the fist out to the right.



右脚向右後側移一小步。上體右轉成右弓步。同時左臂向前衝出。右拳回抱腰側。

Move the right foot a small step to the right backside. Turn the body right and bow the right leg forward. At the same time, rush the left arm forward and hold the right fist back to the side of the waist.



右脚向前上一步，左脚拖進成右弓步。同時右拳向前衝出。左拳回抱腰側。

Move the right foot a step forward, drag the left one forward and bow the right leg forward. At the same time, rush the right fist forward and hold the left one back to the side of the waist.

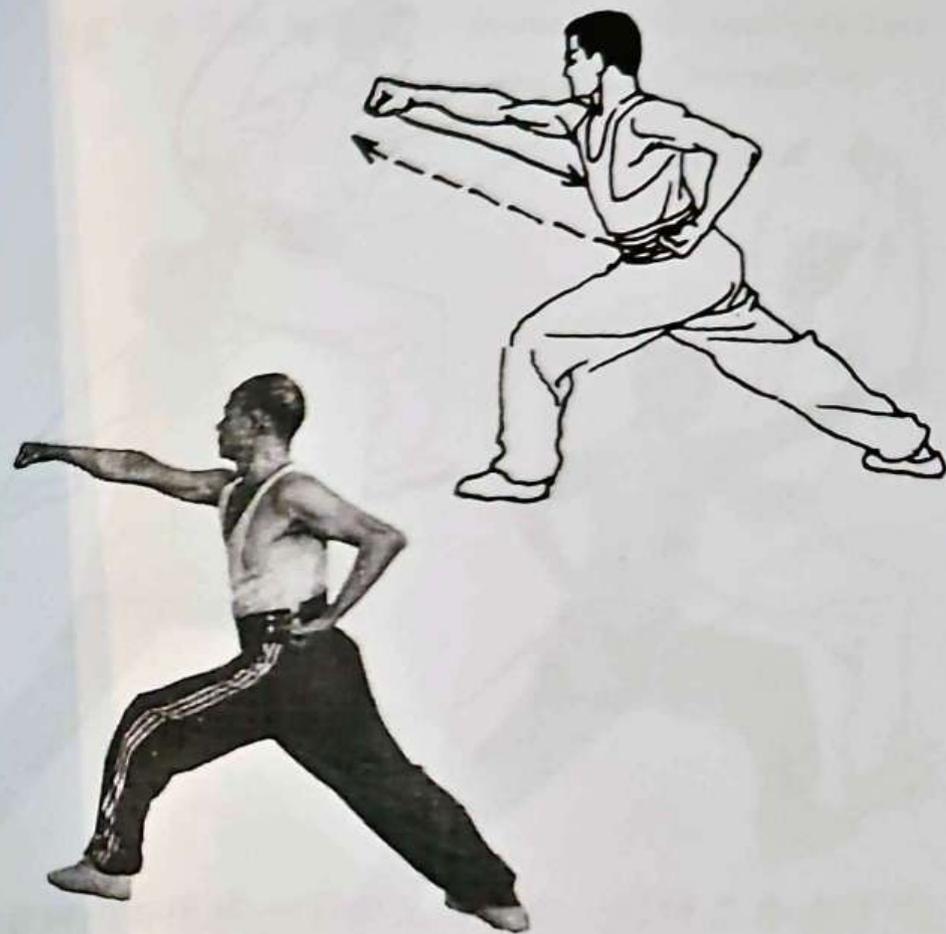
25. 馬步掛拳 Squatting Half Down as if Riding a Horse  
and Hanging One Fist Out



左脚向左後稍移成馬步，左拳經右肩前向上、向前掛出。右拳回抱腰側。

Move the left foot a little to the left backside and squat half down as if riding a horse. Hang the left fist out upward and leftward in front of the right shoulder and hold the right one back to the side of the waist.

26. 左弓步冲拳 Bowing the Left Leg Forward and  
Rushing One Fist Out



左脚向左移一小步成左弓步。同時右臂向前冲出。左拳回抱腰側。

Move the left foot a small step to the left and bow the left leg forward. At the same time, rush the right arm out forward and hold the left fist back to the side of the waist.



左脚向前上一小步，右脚拖進成左弓步。同時左拳向前冲出。右拳回抱腰側。

Move the left foot a small step forward, drag the right one forward and bow the left leg forward. At the same time, rush the left fist forward and hold the right one back to the side of the waist.



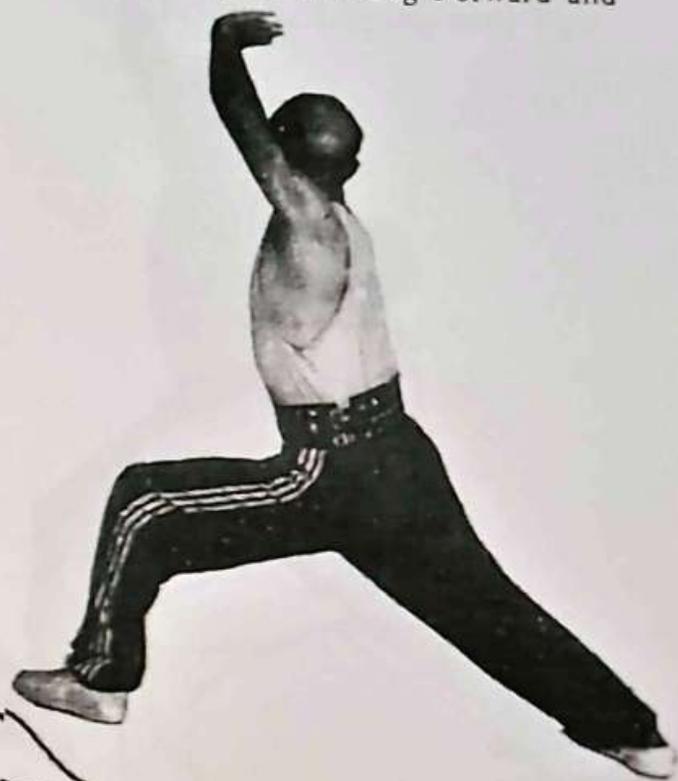
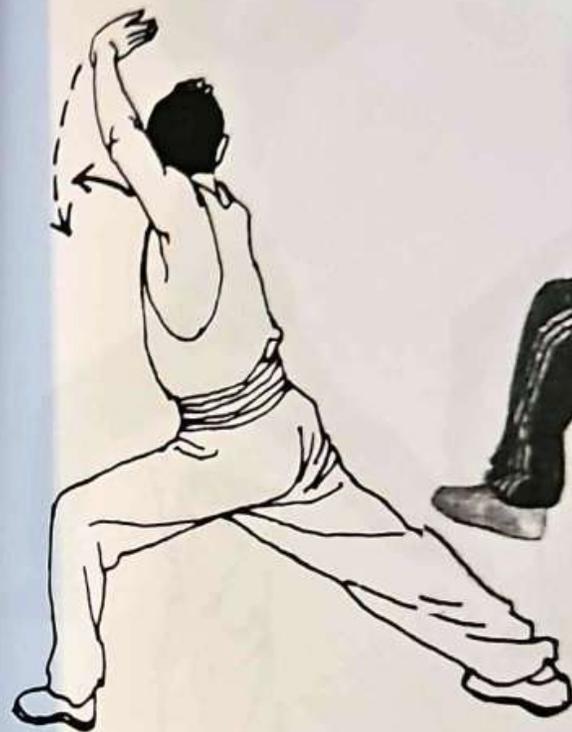
右脚向右後移一小步成右弓步，同時左拳由下而上撞擊。右拳變掌橫架頭上方。

Move the right foot a small step to the right backside and bow the right leg forward. At the same time, ram the left fist up from below, unclench the right one into a flat palm and hold it up levelly above the head.



正面圖

The front view.



29. 左弓步反撞拳 Bowing the left Leg Forward and  
 左脚向左後移一小步，上體左轉成左弓步。同時  
 右掌變拳由下而上撞擊。左拳變掌，臂內旋屈肘橫架  
 於頭前上方。

Move the left foot a small step to the left backside, turn the upper body left and bow the left leg forward. At the same time, clench the right fist and ram it up from below. Unclench the left fist into a flat palm, turn the arm inward and hold the palm levelly up above the front part of the head with the elbow bent.



正面圖

The front view.

30. 弓步拍掌反擦爪 Bowing One Leg Forward, Clapping  
Both Palms and Scooping Both Tiger  
Paws Reversely Up



上體稍後仰。右拳變掌於額前上方與左掌拍擊有聲。

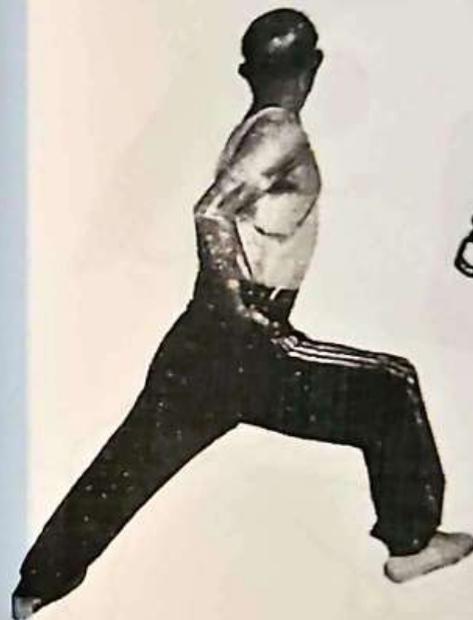
Lean the upper body slightly backward. Unclench the right fist into a flat palm and clap it on the left one to produce a crack in front of the upper part of the forehead.



上體前俯，兩掌變爪，由下向兩側分開向上擦擊。兩臂伸直。

Lean the upper body forward, change both palms into the shape of tiger paws and scoop them up separately from below to both sides stretching both arms.

31. 弓步上撞拳 Bowing One Leg Forward and Ramming One Fist Up



右脚向右後移一小步，上體右轉成右弓步。左爪變拳由後而下向上撞擊。右爪變拳回抱腰側。

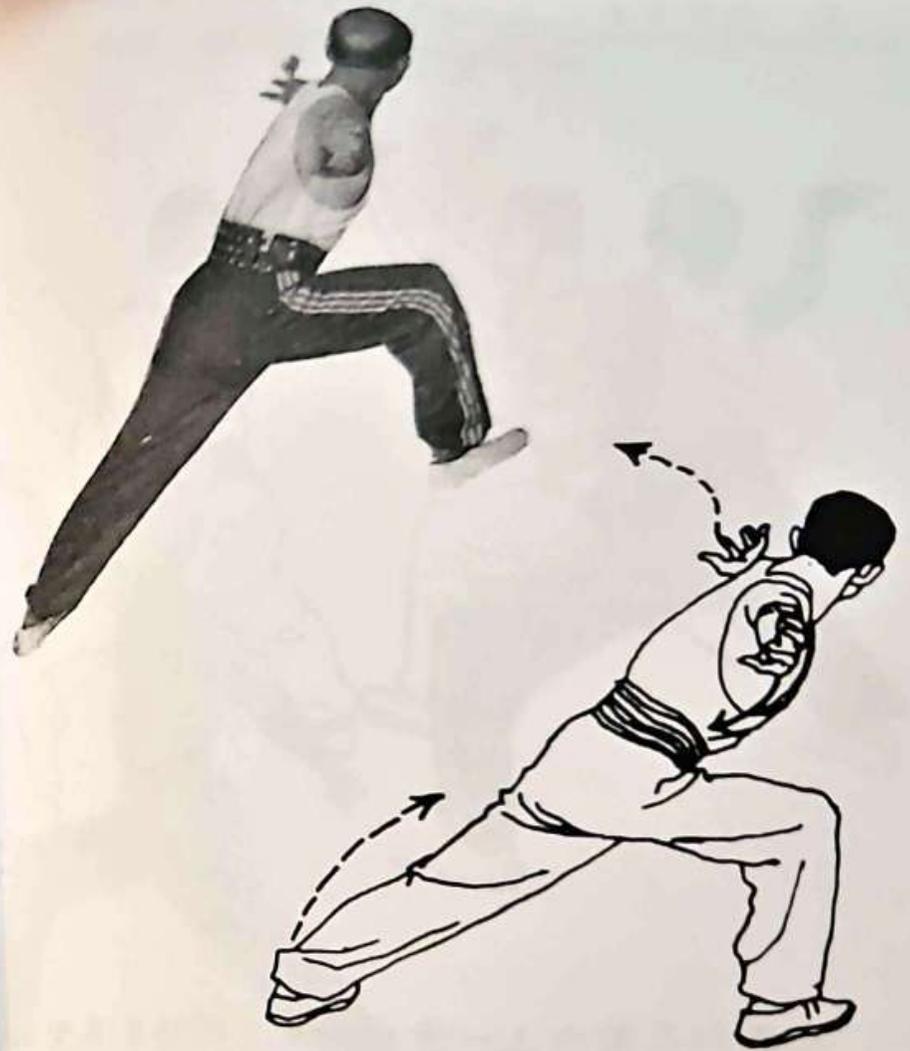
Move the right foot a small step to the right backside, turn the upper body right and bow the right leg forward. Clench the left fist and ram it out downward and upward from the backside. Clench the right fist and hold it back to the side of the waist.

Both Palms and Scooping Both Tiger Paws Inversely Up



上體後仰，兩拳變掌於額前上方相擊有聲。

Lean the upper body backward, unclench both fists into flat palms and clap them to produce a crack in front of the upper part of the forehead.



上體前俯，兩掌變爪由下向兩側分開向上擦擊。

Lean the upper body forward, change both palms into the shape of tiger paws and scoop them up separately from below to both sides.

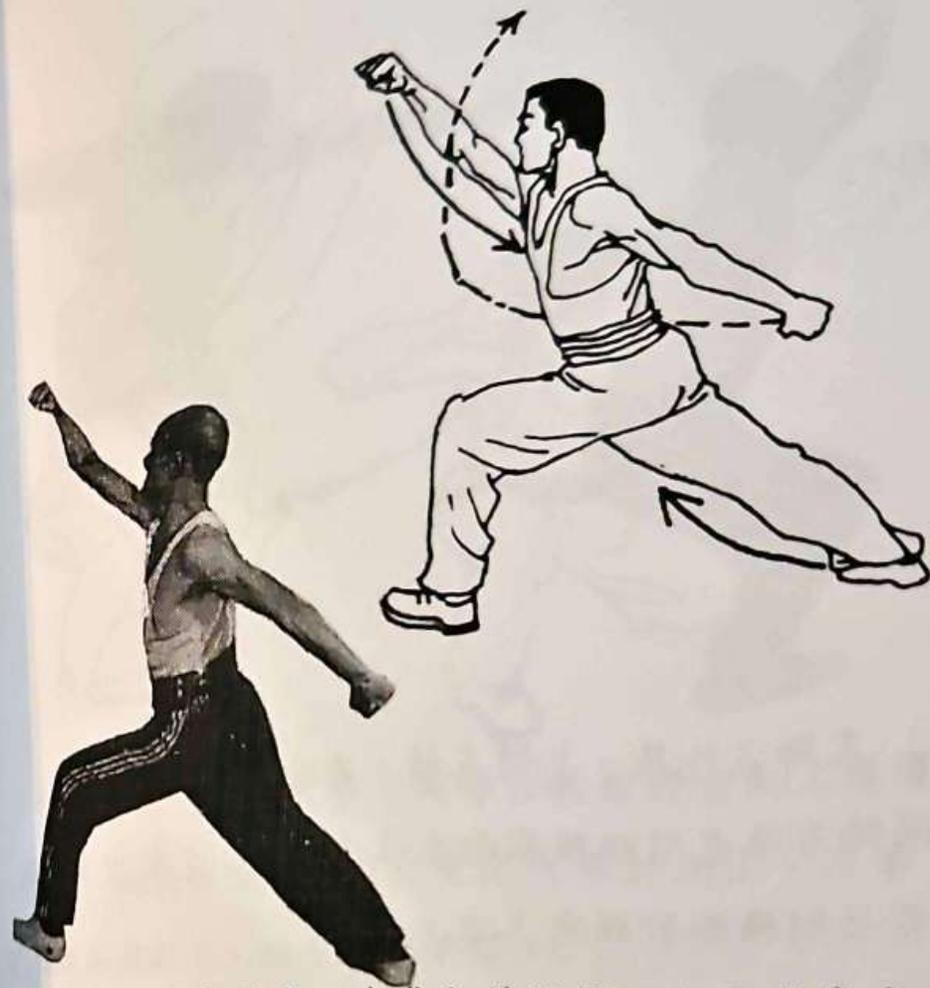
33. 馬步穿掌 Squatting Half Down as if Riding a Horse  
and Threading One Palm Up



左脚向左前方上一步成馬步。同時左爪變掌經腹  
前向左上方穿出。右爪變拳回抱腰側。

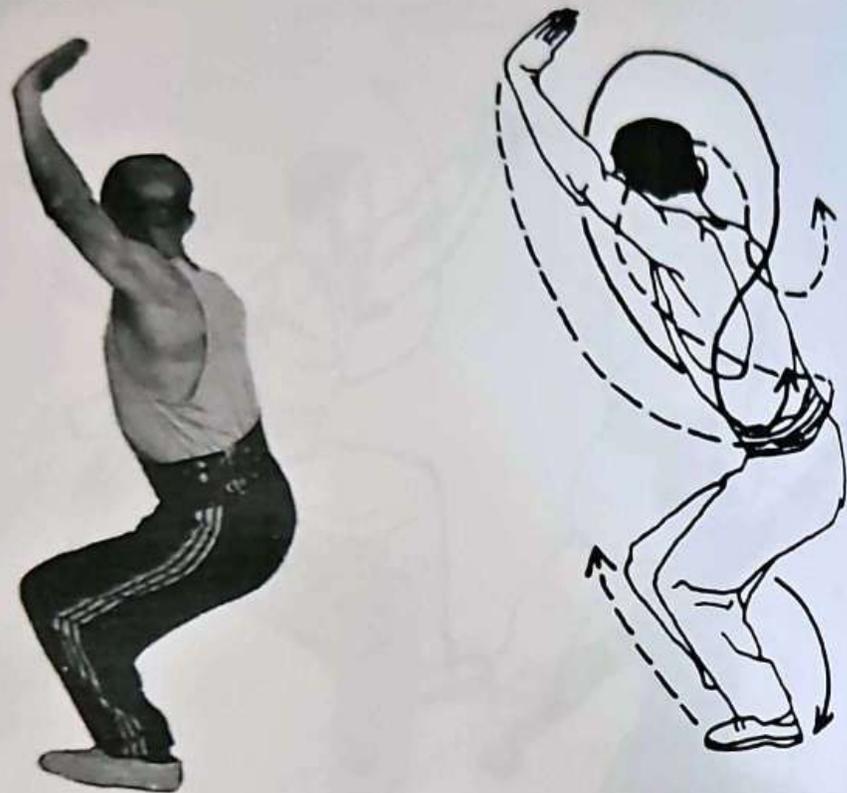
Move the left foot a step forward to the left front and squat half down as if riding a horse. At the same time, change the left tiger paw into a flat palm and thread it out by front of the abdomen to the upper left. Clench the right fist and hold it back to the side of the waist.

34. 弓步橫掃 Bowing One Leg Forward and Sweeping One  
Fist Transversely



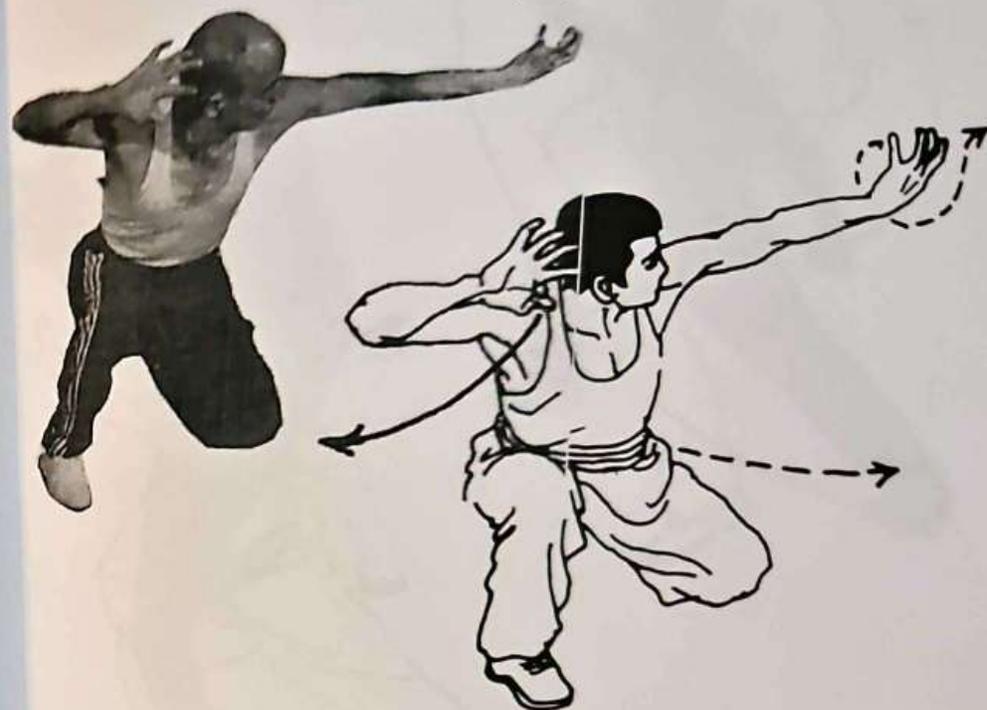
上體左轉成左弓步。右拳向前橫掃。左掌變拳直  
臂向後斜擺。

Turn the upper body left and bow the left leg forward. Sweep the right fist transversely forward. Clench the left fist and swing it slantingly backward with the arm straightened.



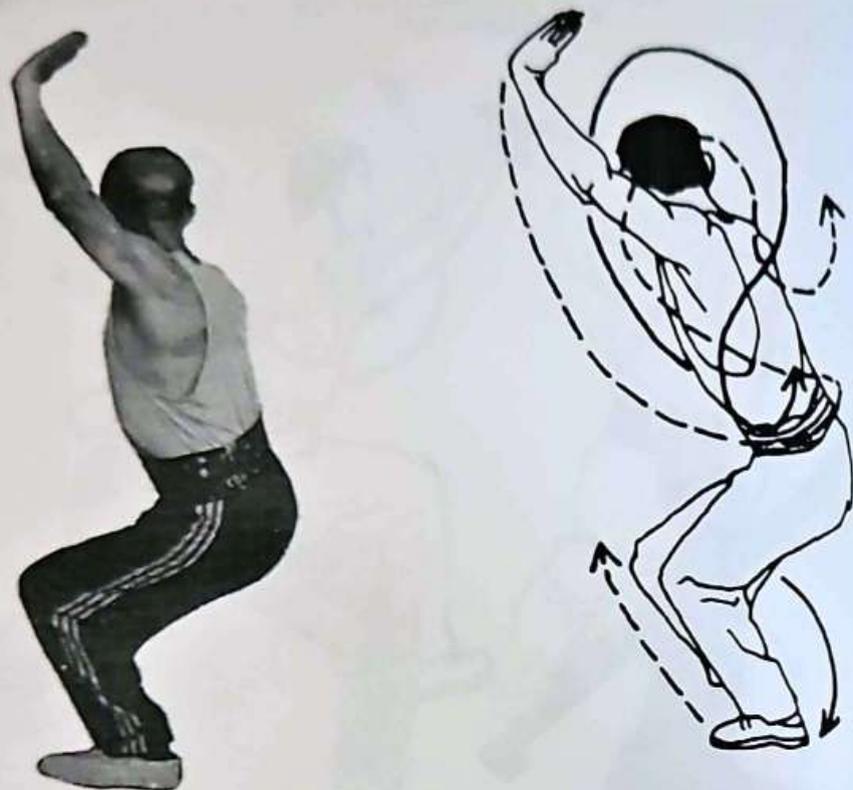
左脚尖外展，上體左轉，右脚跟向前擦地勾踢。  
同時右拳直臂經腹前向右後方擺動。左拳變掌經體  
前屈肘橫架於頭前上方。

Spread the tip of the left foot outward, turn the upper body left, hook the right foot up by rubbing the heel against the ground and kick forward with it. At the same time, swing the right fist by front of the abdomen to the right backside with the arm straightened. Unclench the left fist into a flat palm, lift it up by front of the body and hold it level up above the front part of the head with the elbow bent.



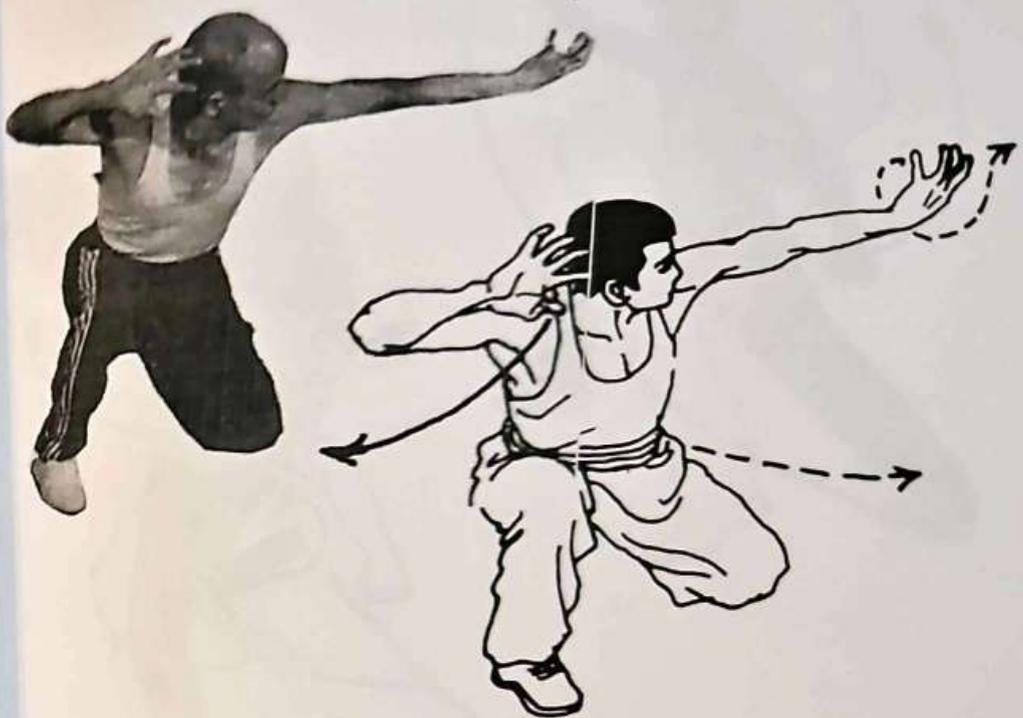
跳起右轉體成左虛步。同時右拳經體前向上繞環  
一周後，再向後擺動，屈肘變虎爪架於頭上。左掌  
變爪經面前由下、向左上方擦擊。

Spring up, turn the body right and kneel down on the left leg. At the same time, revolve the right fist up in a circle in front of the body, swing it backward, change it into a tiger paw and hold it up above the head with the elbow bent. Change the left palm into the shape of a tiger paw and scoop it reversely up from below by front of the face to the upper left.



左脚尖外展，上體左轉，右脚跟向前擦地勾踢。同時右拳直臂經腹前向右後方擺動。左拳變掌經體前屈肘橫架於頭前上方。

Spread the tip of the left foot outward, turn the upper body left, hook the right foot up by rubbing the heel against the ground and kick forward with it. At the same time, swing the right fist by front of the abdomen to the right backside with the arm straightened. Unclench the left fist into a flat palm, lift it up by front of the body and hold it levelly up above the front part of the head with the elbow bent.



跳起右轉體成左虛步。同時右拳經體前向上繞環一周後，再向後擺動，屈肘變虎爪架於頭上。左掌變爪經面前由下、向左上方擦擊。

Spring up, turn the body right and kneel down on the left leg. At the same time, revolve the right fist up in a circle in front of the body, swing it backward, change it into a tiger paw and hold it up above the head with the elbow bent. Change the left palm into the shape of a tiger paw and scoop it reversely up from below by front of the face to the upper left.



左脚上一步成左弓步。左爪變掌臂外旋向左穿出。  
右爪變拳向後擺。

Move the left foot a step forward and bow the left leg forward. Change the left tiger paw into a flat palm, turn the arm outward and thread the palm out to the left. Clench the right fist and swing it backward.



左脚為軸，身體左轉一周。同時右腿隨轉體由體側  
向上向前成扇形擺動，以左掌心向右腳掌拍擊有聲。

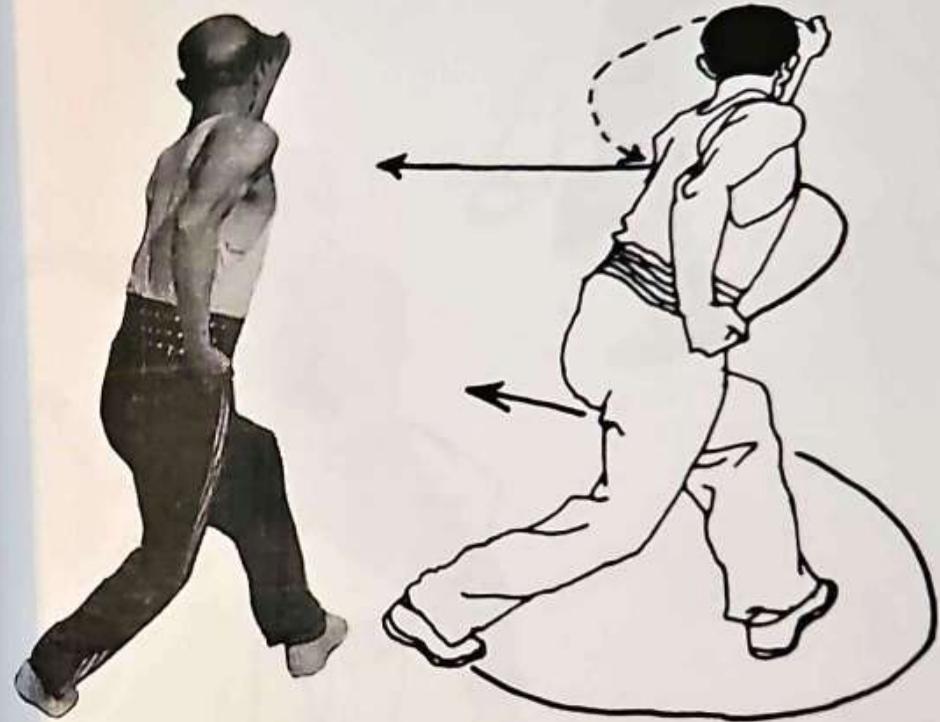
Turn the body left in a circle with the left foot as the axis. At the same time, swing the right leg upward and forward in a sector from the side of the body along with the turn of the body and clap the hollow of the left palm on the right sole to make a crack.



右脚向右前方落地成右弓步。同時左掌變拳，右拳向右上方斜擺挑撞。左拳附於右肘下。

Drop the right foot onto the ground to the right front and bow the right leg forward. At the same time, clench the left fist, swing and ram the right one slantingly up to the upper right and attach the left one to the underside of the right elbow.

39. 繞步右冲拳 Moving One Foot Round and Rushing the Right Fist Out



左脚向右前方繞一步成左蓋步。左拳變掌經胸前向左穿出。右拳回抱腰側。

Move the left foot a step round to the right front and cover the right knee with the left one. Unclench the left fist into a flat palm and thread it out by front of the chest to the left. Hold the right fist back to the side of the waist.



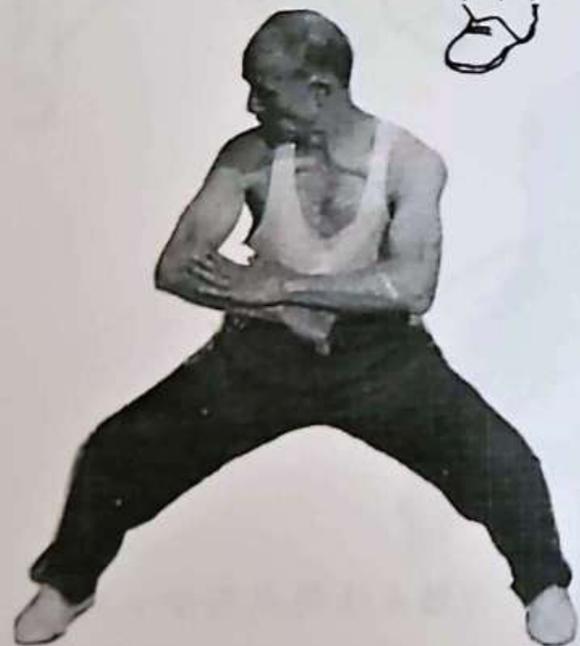
正面圖

The front view.



右脚向左腿前繞一步，身體左後轉成馬步。同時  
右拳經腰間向右側沖出。左掌附於右肩前。

Move the right foot a step round the front of the left leg, turn the body to the left backside and squat half down as if riding a horse. At the same time, rush the right fist out by the waist to the right and attach the left palm to front of the right shoulder.



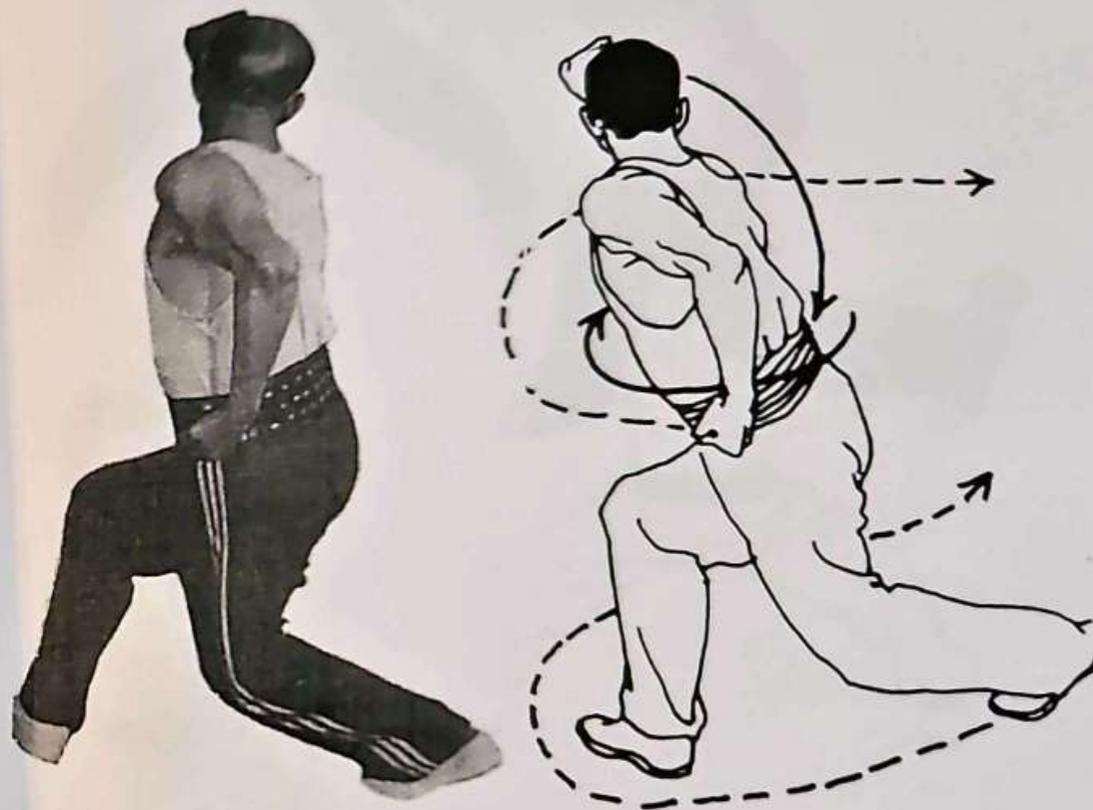
上動不停。右拳迅速收回腹前，左掌附於右前臂上。

Following the preceding movement, draw the right fist quickly back to front of the abdomen and attach the left palm onto the right forearm.



40. 繞步左冲拳

Moving One Foot Round and Rushing the Left Fist Out



右脚向左脚前方繞一步成右蓋步。同時右拳變掌經左胸前向右穿出，左掌變拳回抱腰側。

Move the right foot a step round the front of the left one and cover the left knee with the right one. At the same time, unclench the right fist into a flat palm and thread it out by front of the left side of the chest to the right. Clench the left fist and hold it back to the side of the waist.



正面圖

The front view.



左脚向右腿前繞一步，身體右後轉成馬步。同時左拳經腰間向左側沖出。右掌附於左肩前。

Move the left foot a step round the front of the right leg, turn the body to the right backside and squat half down as if riding a horse. At the same time, rush the left fist by the waist to the left and attach the right palm to front of the left shoulder.



上動不停。左拳迅速收回腹前。右掌附於左前臂上。

Following the preceding movement, draw the left fist quickly back to front of the abdomen and attach the right palm onto the left forearm.

41. 弓步掛釘拳

Bowing One Leg Forward, Hanging  
One Fist Out and Nailing the Other Down



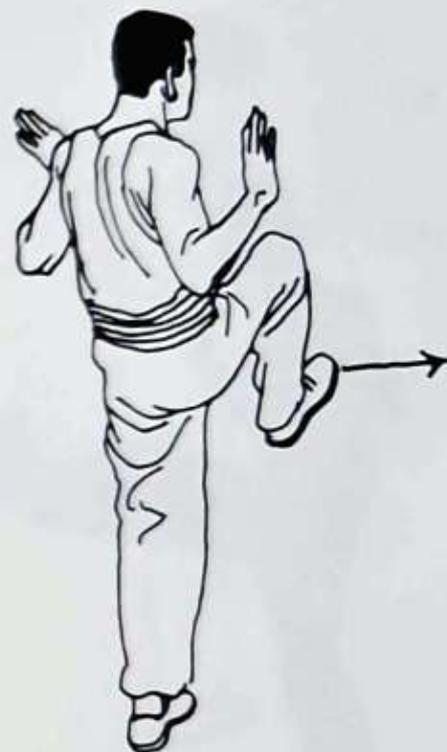
左脚向左後移成馬步。同時左拳經面前向左掛擊。  
右掌變拳回抱腰側。

Move the left foot to the left backside and squat half down as if riding a horse. At the same time, hang the left fist out by front of the face to the left. Clench the right fist and hold it back to the side of the waist.



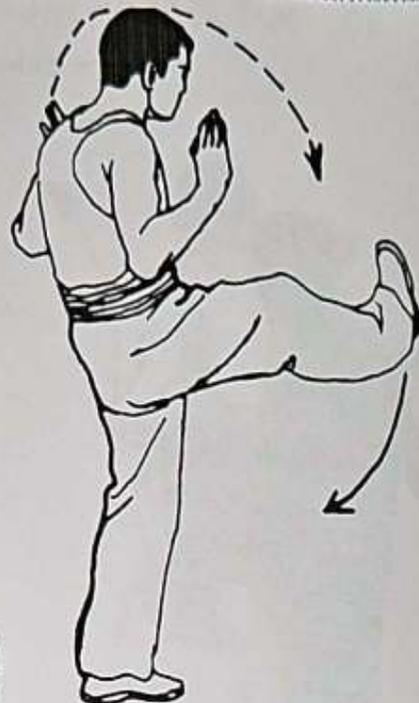
上體左轉成弓步。同時右拳向後、向上、向前下方釘擊。左拳直臂下後擺。

Turn the upper body left and bow the left leg forward. At the same time, nail the right fist backward, upward and forward to the lower front. Swing the left fist down backward with the arm straightened.



右脚提起。同時兩拳變掌一起經面前屈肘分開。

Lift the right foot up. At the same time, unclench both fists into flat palms and part them by front of the face to both sides with the elbows bent.



右脚向前伸直蹬出。同時兩肘下沉腰側。

Stretch the right foot forward and kick out with the sole. At the same time, sink both elbows to the sides of the waist.

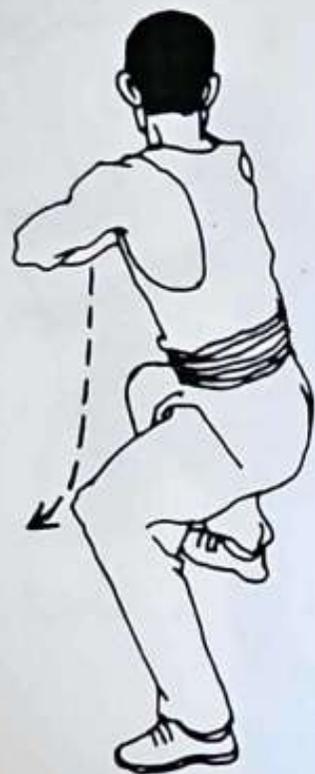
43. 撥掌馬步冲拳

Turning One Palm Aside, Squatting  
Half Down as if Riding a Horse and  
Rushing One Fist Out



右前脚收回成獨立步。同時左掌右撥下壓。右掌  
變拳回抱腰側。

Draw the right front foot back and stand on the left leg alone. At the same time, turn the left palm aside to the right and press it down. Clench the right fist and hold it back to the side of the waist.



上動不停。右脚向前落地，上體左轉成馬步。同時右拳向右側冲出。左掌附於右肩前。

Following the preceding movement, drop the right foot forward on the ground, turn the upper body left and squat half down as if riding a horse. At the same time, rush the right fist to the right and attach the left palm to front of the right shoulder.



正面圖

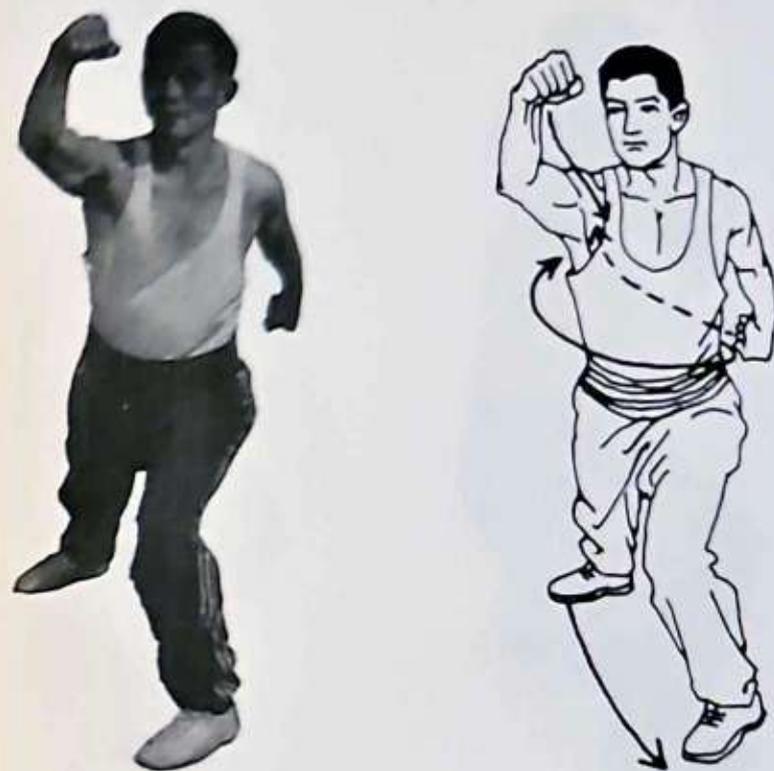
The front view.



上體稍左轉，左掌向左下方撥出。右拳回抱腰側。

Turn the upper body slightly left, turn the left palm aside to the lower left and hold the right fist back to the side of the waist.

44. 弓步橫掃 Bowing One Leg Forward and Sweeping One  
Fist Transversely



左脚稍後移，上體左轉成左弓步。同時右拳向前橫掃。左掌變拳直臂向下後擺。

Move the left foot slightly backward, turn the upper body left and bow the left leg forward. At the same time, sweep the right fist transversely forward. Clench the left fist and swing it down backward with the arm straightened.

45. 蓋步雙插掌 Covering One Knee with the Other  
and Thrusting Both Palms Down



右脚上前一步，上體右轉成右蓋步。同時兩拳變掌平屈胸前。

Move the right foot a step forward, turn the body right and cover the left knee with the right one. At the same time, unclench both fists into flat palms and bend them levelly in front of the chest.



兩掌向上分開，向兩側屈腕下插，兩臂與肩平。

Part both palms upward and thrust them down to both sides with the wrists bent with both arms at the level of the shoulders.



左脚上前一步成左虛步。同時右掌變拳，兩臂肩  
上平屈。

Move the left foot a step forward and make a false step by touch-  
ing the ground gently with the front part of the left sole. At the same  
time, clench the right fist and bend both arms levelly at the height of  
the shoulders.



上體左轉。同時右拳和左掌一齊用力向前平推。

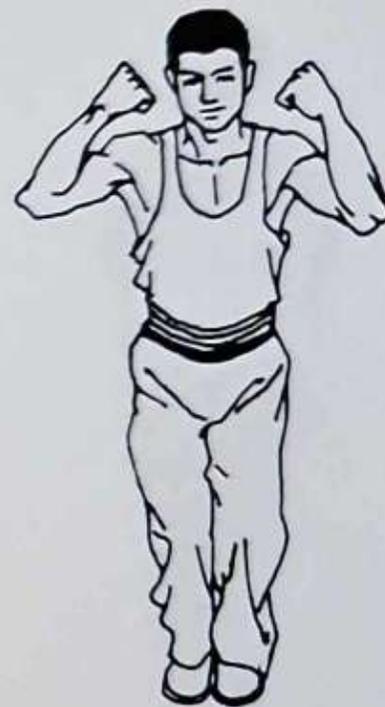
Turn the upper body left and push the right fist and the left palm  
levelly forward with strength at the same time.

Together and Holding Both Fists at  
the Sides of the Waist



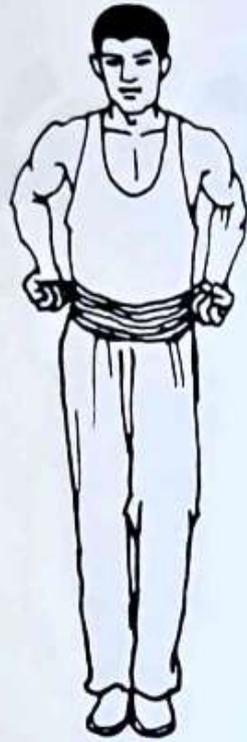
左脚後退一步。同時左掌變拳，兩臂平屈胸前。

Draw the left foot a step forward. At the same time, clench the left fist and bend both arms levelly in front of the chest.



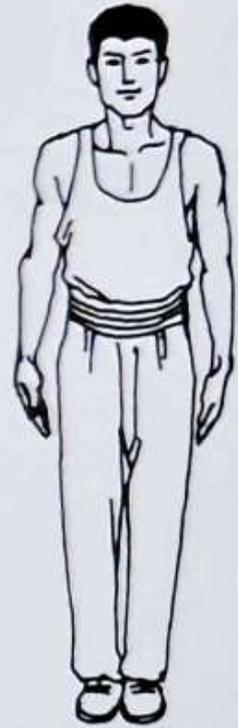
右脚向左脚併攏，兩臂外旋，兩拳向上、向前掛出。

Bring the right foot close to the left one, turn both arms outward and hang both fists out upward and forward.



上動不停。兩拳回抱腰側。

Following the preceding movement, hold both fists back to the sides of the waist.



兩臂自然下垂，成立正姿勢。

Droop both arms naturally down and stand upright.

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