

<<长拳拳术入门>>

图书基本信息

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内容概要

Long-style boxing (Chang Quan) is one of the boxing schools of Chinese Wushu , characterized by its hand and leg attacks for a long distance and fully extended movements. It is one of the compulsory events in international Wushu tournaments. Specially written for beginners , this book describes the basic technical features and skills of Long-style boxing , as well as providing directions on how to practise its movements , combinations and routines. Its descriptions of the basic skills , movements , essential technical points and steps for practice are detailed and easily understandable. The author also cautions beginners against mistakes they are apt to make , and describes methods for correcting these mistakes. The entire book contains 250 illustrations.

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作者简介

Cheng Hui kun , born in Zhongshan city , Guangdong Province , 1955 , started practising Wushu at the age of eight . She began her career as an instructor at the Beijing Spare . Time Sports School in 1971 , and became a coach for the Beijing Wushu Team in 1974 . Ten years later , she worked in the State Physical Culture and Sports Commission . She received a diploma from the Beijing Institute of Physical Culture in 1985 , and currently works in the Teaching and Research Section , Chinese Wushu Research Institute . A member of the Wushu Society , under the Chinese Spots Science Society , she is also a member of the Beijing Wushu Association , and a national Wushu referee .

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Chapter One General Description and Basic Technical Features Chapter Two Basic Skills and Basic Movements
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Appendix : State Competition Regulations for Optional Long.Style Boxing Routines

章节摘录

版权页：插图： Leg sweep is one of the sweeping leg techniques in the Chang Quan exercises. It is very common in the routine performances. It is fast and highly technical. It covers a wide range and requires good skills. It can be used for attack and defence. This exercise can help to increase the power and pliability of the waist, hips, knees and ankles, and improve the coordination of different body parts. Leg sweep exercises include forward sweep with straight body, forward sweep with hand stand, backward sweep with hand stand, and half backward sweep with hand stand. 1. In the course of sweeping, the right leg should be extended backward, knee straight and heel on the ground. 2. Bend the left leg to full squat. Keep the waist erect and hips dropped, and avoid having the buttocks raised. 3. Twist the waist and swing the hips. Sweep and turn swiftly. 4. Turn the body, hands on the ground. The sweeping should be continuous and well-coordinated. 3) How to Practice 1. Choose a level ground before doing the exercises, and do the warm-ups well. The important thing is to relax the joints of the lower limbs in order to avoid injuries like pulled muscles and sprains. 2. Improve the pliability of the hips, knees and ankle joints by stretching the legs with the crouch step. A beginner can use the hands to press each knee joint respectively, for the leg stretch. Pause for a certain period of time after pressing down to the crouch stance.

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