

<<少林寺拳谱>>

图书基本信息

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## <<少林寺拳谱>>

### 前言

少林寺武术文化博大精深，是世界文化遗产。

少林功夫拳械套路繁多，但都流传有序。

目前存在少林功夫套路练习不统一的问题，给训练和竞赛都造成了一定的困难。

这不排除以讹传讹的过错。

挖掘、整理、统一、规范少林功夫拳械套路是少林寺义不容辞的责任。

我寺组织人员，首先是对僧俗弟子及社会上的老拳师调查访问，对少林寺遗留下来的拳械套路进行挖掘整理。

2002年我寺又组织专业人员成立了少林武术工作室，对少林功夫套路进行专业的整理、统一、规范，为今后的少林功夫教学打下了良好的基础。

这些套路是一千多年来我寺僧人世代演习的套路。

所谓套路就是人们在长期的演习中，逐渐择其确切实用的招势编为定式，以便人们更好地练习。

套路之重要可见一斑。

《少林寺拳谱》将陆续出版少林寺流传下来的传统套路，这些套路是少林寺的真传，可以作为习少林功夫者的标准教材，为今后少林功夫套路竞赛及竞赛规则的制订打下了基础。

新书出版，我祈祷少林功夫造福于人们，人人都有一个强健的体魄。

阿弥陀佛！

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### 内容概要

少林寺武术文化博大精深，是世界文化遗产。

少林梅花刀系列是少林寺武僧释德根老师亲传之艺。

刀法别致，动作精练，不尚花招，注重技击。

运动起来要求步快手疾，刚劲有力，身械合一，形神兼备。

本书为《少林寺拳谱》系列之一，主要向你介绍了二路梅花刀。

## &lt;&lt;少林寺拳谱&gt;&gt;

## 章节摘录

插图：His left toes scratch the ground before he lifts his left foot backward off the ground until he can turn his left sole upward. While doing these moves, he lets his right forearm gyrate counter-clockwise and his left forearm gyrate clockwise and then spreads his right arm levelly right and his left arm levelly left, with the edge of his broadsword, which is held in his right hand, facing right and with the tip of his weapon pointing forward. At this time his left palm is held erect and faces left, with his left fingers all pointing upward. ( fig. 32-1 ) Having moved his left foot half a step forward, he bends his left knee, lets his right toes scratch the ground before he lifts his right foot backward off the ground for showing his right sole upward. While doing these moves, he swings his forearms toward each other to let them lay horizontal in front of his chest and lets his left forearm stay above his right arm, with his palms all facing upward, with the tip of his weapon pointing backward, and with its edge facing left. ( fig. 32-2 )

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