

<<太极>>

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内容概要

中国的太极文化源远流长、博大精深，它是中国古代哲学思想的根源和重要观念。纵观中国数千年历史，太极文化影响着包括儒家、道家等中华文化的主要流派，几乎存在于养生、武术、兵法、体育等每一个领域。本书介绍了太极的内涵、太极养生、太极拳、太极剑等知识，并附有太极拳套路详解，供读者学习演练。

Being broad and profound, the long established Chinese Tai Chi culture is the source and an important idea of ancient Chinese philosophy. During the thousand-year-old history of China, Tai Chi culture have influenced Confucianism, Daoism and other main cultural schools of the Chinese nation, almost present in every sphere ranging from health-preserving, martial arts, military science, to physical training. This book introduces Tai Chi 's meaning, Tai Chi 's way of health-preserving, Tai Chi quan, Tai Chi sword, and provides a detailed illustration on Tai Chi Quan 's training forms in the appendix for the readers to learn and practice.

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章节摘录

版权页：插图：二、剑法多变，避实击虚。

太极剑的技击特点就是剑法多变，注重化力，这跟太极拳的拳理异曲同工。

三、以腰带剑，劲透剑身。

太极剑的发力要求是，要将劲力贯通剑尖及剑身，即腰、臂和剑一贯，全身由下而上，由内而外，由手动剑，一动俱动，用腰带剑运行。

发剑时，要从脚上起劲，透过腰，将劲节节传到剑身，作用于对方。

四、手空剑活，剑法灵巧。

这是太极剑持剑和运剑的特点。

太极剑持剑有很多握法，但都要求手心空，手的力度适中，既不能太松，否则剑与手臂会分离，劲力传不到剑上，如果击技容易被对方击掉手中的剑，也不能太紧，太紧则僵直死板，变化不活，劲不能传到剑身，更不能贯于剑尖。

这就需要练习者认真体悟手的力度，以达到手与剑的水乳交融，这样剑法才能灵活多变。

五、先大后小，弧圈相连。

3 To drive the movement of the sword with the waist, release force all over the sword body. Tai Chi Sword requires that the explosive force is released from bottom to top, from inside to outside, onto the sword tip and the rest part of the sword. When releasing the sword, start force from the feet, run it through the waist and arm, and finally transfer it to the sword body. 4 To keep the palm relaxed, move the sword flexibly. This is the feature of holding and moving the Tai Chi sword. There are many ways of holding the sword, but they all require keeping the palm relaxed to a certain degree. The grip of the sword cannot be too loose, otherwise, the sword and body will split, and the force cannot be transferred onto the sword and. In the case of combat, the sword in the hand is liable to be knocked off by the opponent. It cannot be too tight, either, otherwise, rigidity will make the force unable to move onto the sword body, not to mention the sword tip. This requires the practitioner to comprehend the force used to grip the sword, so that the hand and the sword are in complete harmony in varied movements of the sword.

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