

中华武术文化

Chinese *Wushu* Culture

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Prof. Zheng Qin, the doctoral supervisor of Science of Ethnic Traditional Sports at the School of Physical Education from Central China Normal University, and the first-class umpire of national martial art wushu with Level 8.



擅长中国传统武术、传统医学和养生，多年来从事大学体育、武术文化、养生文化、中国传统文化的教学和科研工作，先后到非洲、美国、越南等进行国际武术文化交流。

He is expert in traditional Chinese martial arts, traditional Chinese medicine and health preservation, and also he has been engaged in the teaching and scientific research of university physical education, martial arts culture, health preservation culture and Chinese traditional culture for many years, and has been invited for international martial arts cultural exchanges in Africa, and other countries including the United States, and Viet Nam.



(一)
中国武术的行礼方法
The Chinese *Wushu* Salute



(二)
中国武术的概念与体系
The Concept and System of
Chinese Wushu



中国武术的概念 The Concept of Chinese Wushu

武术是以中华文化为理论基础，
以技击方法为基本内容，以套路、
格斗、功法为主要运动形式的传统体育。



Wushu is a kind of traditional physical education with the theoretical basis of Chinese culture, with the basic content of attack and defence method, and with the main forms of set routines, grapple, skills (*gongfa*).



中国武术的体系 The System of Chinese Wushu

1. 武德思想体系 Martial arts ethics system
2. 理论文化体系 Theoretical cultural system
3. 技法体系 Skills system
4. 教学体系 Teaching system
5. 竞赛体系 Competition system



1. 武德思想体系 Martial arts ethics system

武德：以中国伦理文化为基础，以尚武崇德为核心而构成的习武、用武、传武的言行准则。

Martial arts ethics: it's the code of the words and deeds for practicing *Wushu*, using *Wushu*, and teaching *Wushu* that is based on Chinese Ethical Culture and takes the advocating martial arts and worshiping morality as its core.

武德当代价值：磨练意志，自强不息；厚德载物，和谐社会；传承文化，报效祖国

The Contemporary values of Martial arts ethics: stll yourself against difficulty and self-discipline; Social commitment and harmonious society; Inheriting culture and serve our nation.

2. 理论文化体系 Theoretical cultural system

哲学：太极说、五行说、八卦说、天人合一说等

兵学：“国之大事，在祀与戎”，培养作战勇气、对抗主动、因敌制胜的思想与方法

中医学：阴阳五行学说、藏象学说、气血学说、经络学说等；制敌与跌打损伤、擒拿与人体结构、健身与武术养生等

美学：技击美、技艺美

Philosophy: On the Tai Chi, On the Five Elements, On the Eight Diagrams, On the Unity of Heaven and Humanity, etc.

Military: “The great affairs of one country are in worship and army.” It refers to cultivate one’s thought and method in fighting courage, take the initiative in confrontation flexible strategy and tactics in war.

Traditional Chinese Medicine: On the Yin-Yang and Five Elements, On the phenomenon of Internal organs of the body, On the *qi*-blood, On the main and collateral channels; enemy attack and traumatic injury, catch and body structure; Body fitness and health cultivation, etc.

Aesthetics: Beauty of the art of attack; Beauty of the *wuhan* skill.

3. 技法体系 Skills system

武术技法是指技击方法，包括以打为主的手法、以长攻为主的腿法、以变换为主的步法、以活为要的身法和运用眼神的眼法，也是武术练习的技术要求与带有规律性的技巧方法。

It refers to the attack skill, including the skills that hit by hands, attack by legs, change by feet, and flexible movement of the body and expression of eyes. It is also the skill requirement of *wushu* exercise, and skill method with regularity.

中国武术的武艺技巧

1. 武术技击中的七拳：头、肩、肘、拳、胯、膝、脚
2. 踢打摔拿靠，点穴卸背

The Techique and Skill of Chinese *Wushu*

1. The seven fists in martial arts: head, shoulder, elbow, fist, hip, knee and foot.
2. Kick, hit, break, hold, lean; attack one's vital point and dislaocate one's back

4. 教学体系

现代武术教学体系——
理论→实践→理论；
主演→导演→主演；
自学→自练→自教。
(三维九段)

Teaching System

Modern *wushu* teaching system --

Theory → Practice → Theory;

Performance → Guided performance → Performance;

Self-study → Self-practice → Self-teaching.

(Trinity with Nine Phases)



5. 竞赛体系 Game System

奥运会武术表演项目

世界武术竞标赛

亚洲武术竞标赛

全国运动会武术比赛.....

Olympic *Wushu* performance

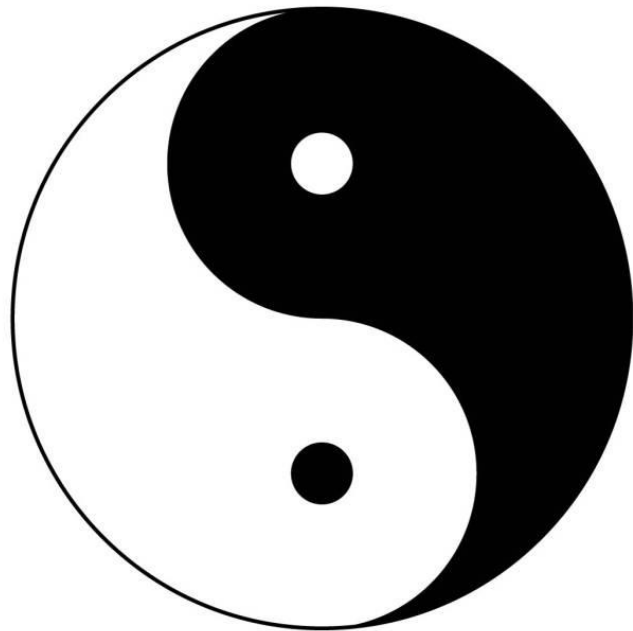
World *Wushu* Championship

Asian *Wushu* Championship

Wushu Competition of National Games

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(三)
中国武术的养生方法
The Health Preserving of
Chinese Wushu

(四)
中国武术功法介绍

大循环功
握力功
十五字功
八门五步

Introduction of Wushu Skills

General Circulation Skill

Gripping Skill

Fifteen Characters Skill

Eight Keys and Five Steps





（五）中华武龙

Chinese Wulong and Dragon Dance

中华武龙是在武术与舞龙两种民族传统体育项目紧密融合基础上，以运动技术重构、文化熔铸为思路，而开发创作的一种全新民族体育项目。中华武龙立足健身养生，逐步走向表演与竞技，在丰富民族体育资源的同时，贯彻落实传统文化“走出去”战略，使民族体育文化得到普及与提高、继承与创新。

Based on the close integration of Wushu and Dragon Dance, Chinese *Wulong* is a brand-new national sports project developed and created with the idea of reconstructing sports technology and melting culture. Based on fitness and health preserving, Chinese *Wulong* gradually transfers performance and competition. While enriching national sports resources, it implements the “go global” strategies for traditional culture, popularizing, improving, inheriting and innovating the national sports culture.

(六) 武术剪纸 *Wushu Paper-Cut*

将中国武术技艺的丰富内容与中国剪纸艺术相结合，以剪纸艺术的形式展现中国武术的特点和文化内涵。

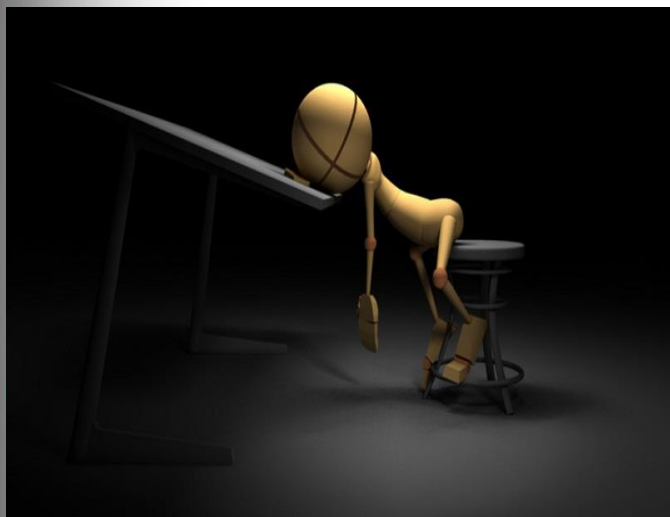


It combines the rich content of Chinese *Wushu* skills with Chinese paper-cut art, and shows the characteristics and cultural connotation of Chinese *Wushu* in the form of paper-cut art.

(七) 中国武术展示

1. 功法：十五字功、大循环功、握力功等
2. 拳术：太极拳、形意拳、八卦掌、八极拳、番子拳等
3. 器械：长器械（棍术、枪术），短器械（刀术、剑术），软器械（双节棍、三节棍、流星锤、九节鞭），鸳鸯钺等
4. 中华武龙（单龙、双龙），太极推手，短兵，健身舞龙等

1. Skills: Fifteen Characters Skill, General Circulation Skill, Gripping Skill, etc.
2. Chinese Boxing: Taijiquan, Xingyiquan, Baguaquan, Bajiquan, Fanziquan, etc.
3. Apparatus: Long Apparatus (cudgel play, spear play), Short Apparatus (broadsword play, rapier play), flexible weapons (nunchaku, three-section cudgel, meteor hammer, nine-section whips), Mandarin duck *Yue* (axe), etc.
4. Chinese *wulong* (single dragon, double dragon), Taichi push-hands, short weapons, fitness dragon dance.



(八)
消除疲劳的方法
The Ways to Eliminate Fatigue



华中师范大学研究生、本科生

Master and bachelor students from Central China Normal University (CCNU)



郑勤教授的研究生表演中华武龙
Chinese *wulong* performed by graduate students supervised by Prof. Zheng Qin



华中师范大学留学生参加留动中国比赛

Guided CCNU international students of "CHINA EXPLORATION" activity organized by CSC



华中师范大学研究生和留学生表演中华武龙
Guide CCNU Chinese graduate and international students perform Chinese wulong



郑勤教授在吉布提教小朋友中国武术

Teach Chinese *wushu* for children in Djibouti



郑勤教授在埃塞俄比亚教中国武术与中华武龙
Teach Chinese *wushu* and *wulong* in Ethiopia



郑勤教授在埃塞俄比亚教中国武术
Teach Chinese *wushu* in Ethiopia



郑勤教授在美国表演中华武龙
Teach Chinese *wulong* in the United States



郑勤教授在美国教中学生中华武龙
Teach Chinese *wulong* for high school students in the United States



郑勤教授与埃塞俄比亚武术协会主席Ahmed Abdulkadir
Prof. Zheng Qin and Ahmed Abdulkadir of the *Wushu* Association president in Ethiopia



郑勤教授与吉布提武术协会主席Mohamed Aliomar
Prof. Zheng Qin and Mohamed Aliomar of the *Wushu* Association president in Djibouti



(九) 提问&答疑

Questions



THANKS!

谢谢!