

<<中国武术指南>>

图书基本信息

书名：<<中国武术指南>>

13位ISBN编号：9787119013930

10位ISBN编号：7119013939

出版时间：1995-01-01

出版时间：外文出版社

作者：李天骥

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<中国武术指南>>

内容概要

NULL

书籍目录

CHAPTER ONE

THE ORIGINS AND HISTORICAL DEVELOPMENT OF CHINESE WUSHU

- I. The Roots of Chinese Wushu
- II. Wushu Before the Qin and Han Dynasties
- III. The Sui-Tang Period and Afterwards
- IV. Current Developments of Wushu

CHAPTER TWO

THE STYLES OF CHINESE WUSHU

- I. How Many Styles of Chinese Boxing?
- II. The Eighteen Weapons
- III. Methods of Wushu Practice
- IV. The Value of Chinese Wushu
 1. A Healthy Sport
 2. Self-Defence Skills
 3. The Beauty of Chinese Wushu
 4. Virtue and Skill

CHAPTER THREE

AN INTRODUCTION TO SOME WUSHU STYLES

I. Chang Quan

1. Evolution and Characteristics
2. Essential Skills
3. Illustrated Basic Exercises
 - 1) Hand Positions
 - 2) Hand Technique
 - 3) Stances
 - 4) Footwork
 - 5) Leg Skills
 - 6) Shoulder Skills
 - 7) Waist Skills
 - 8) Jumping
 - 9) Balancing
 - 10) Combined Exercise for Five Kinds of Steps
4. Twenty-Four Gestures of Lianhuan Chang Quan

II. Taiji Quan

1. Origin of Taiji Quan
2. Different Schools of Taiji Quan
3. Practice Methods
4. Basic Requirements in Practice
5. Taiji Quan and Health
6. Illustrated Simplified Taiji Quan Exercise

III Shaolin Quan

1. Shaolin Monastery and Shaolin Wushu
2. Contents and Characteristics of Shaolin Quan
3. Illustrated Shaolin Tiangang Quan

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>