

<<武术运动基本训练>>

图书基本信息

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内容概要

《武术运动基本训练(英文版)》从基本功入手，主要包括了腿部、腰部、裆部、桩功、鼎臂、手眼和冲拳等训练。

在基本功之后，介绍了基本动作训练、基本拳术训练和基本技法。

最后附有人体肌肉图，让习练者了解人体的肌肉结构，从而在练习过程中更加科学、有效。

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章节摘录

版权页： 插图： [Note] The practitioner is not meant to stand upright to end the exercise immediately after the movements from (1) to (6) are completed. On the contrary, practice again continuously with the reverse movements. Movement "(6) fist punches in a bow stance" is actually the reverse movement of (1) (Command One). Then it is followed by bending right elbow in a horse stance (Command Two), scooping left fist up in a right bow stance (Command Three), rolling the arm up and striking with the left fist (Command Four) and snap kick with the left short leg (Command Five). Set the left leg down on the ground, as the front position of fist punch in a bow stance (Command One) after the five reverse forms are completed. And then continue with bending elbow in a horse stance (Command Two), scooping fist up in a bow stance (Command Three), rolling the arm up and striking fist (Command Four) and snap kick with short leg (Command Five). In so doing, there are 15 forms of movements altogether with front, reverse and front movements (five forms of reverse movements only). It is followed by the opposite movement of fist punch in a bow stance again (as in Fig. 192). Now keep the feet together and stand straight to finish Routine I exercises. It will be so for the exercises up to the 12th routine-front and reverse movements are done alternately, until the feet are brought together with a reverse movement to complete the exercises. Similar description will not be repeated in the following text. Routine I is described in the rhymed formula Snap Kick Boxing as "fist punch in bow stance to form a whip-like horizontal line with both arms." It helps to train the muscles of the upper and lower limbs.

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编辑推荐

《武术运动基本训练(英文版)》作者蔡龙云（1928～），著名武术家，山东济宁人。

自幼随父习武，擅长华拳、少林、太极、形意，尤精技击术。

1943、1946年两次在沪以中国拳法击败俄籍拳击手马索洛夫、美籍拳击手鲁赛尔，被誉为“神拳大龙”。

曾任上海体育学院武术教研室主任、国家体委武术研究院副院长、中国武术协会副主席、全国政协委员。

1985年被授予“新中国体育开拓者”荣誉奖。

曾多次担任全国及国际武术比赛正、副总裁判长，并多次出国考察、讲学。

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