

Hard Wing Chun School Series 硬门咏春拳系列



CODE NO.DW135-01
6937475386664

Lecturer: Lin Xin
(Length:52minutes, Subtitles:English,Chinese)

It is said that Wing Chun was created by Nun Wumei of Shaolin. One of the branches, hard Wing Chun by name, was improved on by artist of Hong boxing Liang Zan through practicing and spread in Guangdong's troupes. Consisting of all the hand methods used in this school, thirteen Post Hands is the basic skill of hard Wing Chun. As long as one gets familiar with these post hands, he has mastered most technique actions of hard Wing Chun and will find it helpful in further study.



CODE NO.DW135-02
6937475386671

Lecturer: Lin Xin
(Length:56minutes, Subtitles:English, Chinese)

Siu Nim Tao (Xiao Lian Tou) is the fundamental routine of Wing Chun (Yongchun). In hard wing chun, there are two ways of practicing Siu Nim Tao: practice strength and practice skills. Strength practicing is tight and slow movements which gives the practitioners "tight" practice to improve their strength and stamina; skill practicing is "loose" practice which enables the practitioners get familiar with the tact and then give out strength. Siu Nim Tao is the foundation or "seed" of the force of wing chun. It is very helpful for practicing wing chun to master the key of this routine.



CODE NO.DW135-03
6937475388071

Lecturer: Lin Xin
(Length:53minutes, Subtitles:English,Chinese)

The Upper arm belongs to the intermediate trainings for skills in our school. This movement has contained some skills of the upper hand, and mainly practices the skills of upper hand and forearm. It practices both hands instead of the one hand in single-minded action. The hand skills mainly involve the change of upper hand and forearm. The hands go up and down together, but in and out alternately. In the training, it emphasizes the elasticity and pushing power of the forearm. And during the practices of various strengths, this movement requires one to perform smoothly and powerfully. By practicing it, one can find a way to get closer to skills of higher level. Meanwhile, it is really practical and helpful.

十三桩手

CODE NO.DW135-01

主讲:林敏
(片长:52分钟 字幕:英语/中文)

咏春拳相传为少林五梅师父所创,其中一支由洪拳大师梁赞在实践中加以改进,在广东戏班里流行,称“硬门咏春拳”。十三桩手是硬门咏春拳的入门基本功,它包括了本门所有的实用手法。本碟中武术名师林敏亲身讲解了十三桩手的各个要点,只要将桩手训练纯熟,基本上就掌握了硬门咏春的大部分技术动作,对以后的进一步学习有极大的帮助。

小练头

CODE NO.DW135-02

主讲:林敏
(片长:56分钟 字幕:英语/中文)

小练头是咏春拳中的初级套路。在硬门咏春中,小练头有两种练法:练功法与练技法。练功法是一种绷紧的慢练,力求给练习者通过“紧”的练习,增强功力和耐力;练技法则是通过一种“松”练而使练习者的手法流畅熟练,然后再发劲。小练头是咏春拳功力和劲力的来源,掌握其中要点,对练好咏春拳有极大好处。

胜桥

CODE NO.DW135-03

主讲:林敏
(片长:53分钟 字幕:英语/中文)

胜桥是 本门技法中的一个中级训练过程,该套路包含了一些桥法,以及众多的桥手与桥手的练习,并以双手练习而不同于“小练头”的单手练习,手法主要以练习桥手与桥手的变化为主,双手齐上齐落交替进出,训练中更注重桥手的“弹劲”与“促劲”,并且在“各种劲力”的练习中做到动作转换流畅而有力。是通往更高级技术的桥梁,同时又具有很好的实用性。演各比赛。

Xingyi Series

形意系列

Shape-Mind Fist, is also named Heart-Mind Fist or Heart-Mind Six Integrated Fist. As a traditional fist, it is listed as one of four famous kinds of inner Fist, together with Wudan, Taiji, and Eight Diagram. It belongs to animal shape Fist, with twelve shapes of dragon, tiger, monkey, horse, crocodile, cock, swallow, sparrow hawk, snake, falcon, eagle and bear. It is better at fighting, particular in Yi-channeled Qi, Qi-channeled force, with a combination of Yi and xing. It is simple, practical, orderly. It is particular at short-distance beating, quick attacking. A co-ordination between the xing and yi, interaction between the inner and outside can lead to a whole effect physically and psychologically. It aims and does well to cultivation and body building as well as actual combat.

形意拳又名心意拳或心意六合拳,与武当、太极、八卦并称内家四大拳派,是一门古老的传统拳术。形意拳基本属于象形拳,有龙、虎、猴、马、鼯、鸡、鹞、燕、蛇、螭、鹰、熊十二大形,它长于搏击,讲究以意领气,以气导力,意形二表,形意一体。拳风雄浑质朴,动作简练实用,整齐划一,讲究短打近用,快攻直取。通过对形与意的相互调节,内与外的相互作用来达到体用兼修的功效。形意拳以冶炼操守、强健体魄为宗旨,不仅有强身健体,修身养性之功效,而且具有富于实战的技巧效果。





Lecturer:Bo Jiacong
(Length:80minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
According to the different aims, the Stake Exercise includes the Health Care Stake (parallel step) and Actual Combat Stake (oblique T-step). In fact, the Health Care Stake is the basic to practice the Wushu. If you grasp the real skills and can use them freely as you want, the two Stakes Exercises are not different. The essential points of the Stake Exercise: Focus attention, relax body and breathe naturally.

CODE NO.DW027
6937475313028

意拳-站桩
主讲:傅家骥
(片长:80分钟 字幕:英语/中英/中简)
根据练功的目的不同,意拳站桩可分为健身桩(平行步)和技击桩(丁八步)实际上健身也是从事拳术锻炼的基本功,拳学修炼到了登堂入室之时则无所谓什么是健身什么是技击了。站桩功总的基本要求是:精神集中、周身放松、呼吸自然。



Lecturer:Bo Jiacong
(Length:83minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
The aim of Try Force is to activate the force you obtained in stake exercises and to use it freely. The request of Try Force is that the slowness is better than the quickness. While practice, you seem to feel the force in air with you hands like swimming until you can move your hands as snakes. The stake exercise is relative still, the try force is even movement.

CODE NO.DW027
6937475313028

意拳试力
主讲:傅家骥
(片长:83分钟 字幕:英语/中英/中简)
试力的目的是使站桩中得到的拳劲儿活起来以致应用。试力要求是慢慢于快、缓胜于急。试力就是摸拳劲儿,通过在空气中游泳般的训练,使自己的两条胳膊像活的两条蛇。站桩是相对的静止,试力是匀速运动,发力则是变速、制动、刹车。



Lecturer:Bo Jiacong
(Length:84minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
The Applying Force is the effective motive power of Chinese Boxing hitting power. And it is the comprehensive showing of training in Stake Exercises, Try Force and Footwork. Without s pragmatic skills, you can never lean how to apply your force well. The general requirements of Applying Force: Sudden explosion and abrupt stop.

CODE NO.DW028
6937475313035

意拳发力
主讲:傅家骥
(片长:84分钟 字幕:英语/中英/中简)
发力是拳术有效打击力量的动力,是站桩、试力、走步等基本功训练的综合体现。如果没有夯实的基本功,要想学近道学好发力是不可能办到的。发力总的要求:一触即发,一发即止。



Lecturer:Bo Jiacong
(Length:86minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
Free Sparring of Yi Quan is called blocking hands, sanshou or actual combat. It is the total achievement and comprehensive exhibition of the boxing essential skills. According to its original meaning, it is the barehanded fighting. The combat principles of the Yi Quan: 1. Pay attention to improve your inner energy. 2. The method of whole body is general rule. 3. Attack and defense should be done at any time.4. Guarding the middle and use it to attack or defend. 5. Practice and use it whenever and wherever.

CODE NO.DW028
6937475313035

意拳散手
主讲:傅家骥
(片长:86分钟 字幕:英语/中英/中简)
意拳散手:意拳散手又称散手、散打、实作等。散手是拳术各项训练的总成,是直接检验拳术锻炼的综合体现。就其原始意义来讲乃是附加任何条件的徒手搏击。意拳(大成拳)的技击原则:一、精神力量的培养。二、全身之法以方法、一法不立无法不容。三、攻守各一何为一、何为头发手便是。四、守中用中。五、拳拳随应、行站坐卧不离这个。



Lecturer:Bo Jiacong
(Length:57minutes, Subtitles:English,SimpleChinese,TraditionalChinese)
The Single Hand Exercise of Yi Quan, it is called the Yi Quan Sport Exercise. The special exercise is essential auxiliary for combat training. It can improve your skill quality, especially helpful for you to grasp the key techniques of this boxing.

CODE NO.DW029
6937475313042

意拳单操手
主讲:傅家骥
(片长:57分钟 字幕:英语/中英/中简)
意拳单操手:意拳单操手也可称拳操,是技击训练不可缺少的辅助练习。通过这些特定的操练提高练功者的全面身体素质,为意拳训练打下必要的基础。第一种单操手练习都有助于提高和掌握特殊的技术要领或是技巧。

Wu Shijun Quanfeng Series 武世俊拳风系列



Xingyi Quan (Twelve-style, Five-element and Five-element Linked Quan)
Lecturer: Wu Shijun
(Length:43minutes, Subtitles:English,Chinese)
Xingyi Quan originated from Taigu, Shanxi Province, whose characteristics are paying attention to the power rather than the appearance, powerful energy with loose appearance and changeable techniques. The Twelve-style Boxing emphasizes the attack skills from the twelve animals and the expression the actual usage. Five-element Boxing emphasizes the meaning of Metal, Wood, Water, Fire and Earth. Wu Shijun is born in Taigu, the original place of Shanxi Xingyi Quan. He started learning Xingyi Quan from his father in 1950. He played Xingyi Quan in a special and changeable way. It's worthy to consult.

CODE NO.DW118-5
6937475380143

形意拳(十二形五行连环行)
主讲:武世俊
(片长:43分钟 字幕:英语/中文)
形意拳发源于山西太谷。山西形意拳讲究功力形松意紧、外形不拘一格、打法变幻多端的风格特点。在形意十二形中,重点突出所取动物的进攻技巧,展现了不求形象但求意真的练法和五行中讲究金、木、水、火、土的内涵。
武世俊祖籍在山西形意拳发源地,1950年开始随父习练形意拳,他在打法上多有变化,风格独特,可讲参考。

Xingyi Quan Series 形意拳系列



Xingyi Five-element Broadsword
Lecturer: Di Guoyong
(Length:56minutes, Subtitles:English,Chinese)

CODE NO.DW079-1
6937475313660

Xingyi Five-element Broadsword is formed by predecessors of Xingyi Quan who integrated schools of broadsword skills and then abstracted,concision ,practiced,summarized them on the principles of concision and practicality and on the mode of Chop(Pi), Snap (Beng),Drill (Zuan),Cannon (Pao) and Crosscut (Heng) in Five-element Boxing(Wuxing Quan).

The Characteristics of Five-element Broadsword are:concise methods,prominent strength,swiftness and valour,practical skillful attack,Interlink broadsword is a traditional series in the country.It has rich content,strict structure,smooth strength,fiere letting off of strength,virle vigor,all which entirely show the style and characteristics of xingyi shool.



Xingyi Five-element Spear
Lecturer: Di Guoyong
(Length:67minutes, Subtitles:English,Chinese)

CODE NO.DW079-2
6937475313677

Xingyi Five-element Spear is formed by predecessors of Xingyi Quan who integrated school of spear skills and then abstracted,concluded,practiced,summarized them on the principles of concision and practicality and on the mode of Pi,Zuan,Beng,Pao,Heng of Five-element Boxing (Wuxing Quan).It is characterized by union of body and weapon,prominence to the whole strength,emphasis on power.



Xingyi Five-element Sword
Lecturer: Di Guoyong
(Length:67minutes, Subtitles:English,Chinese)

CODE NO.DW079-3
6937475313684

Xingyi Five-element Sword has the five kinds of sword techniques which predecessors of Xingyi Quan select after simplifying a lot of sword techniques and which are the most primary,the most practical and can reflect the style and characteristics of Xingyi the most,summarize them on the principles of concision and practicality and on the mode of Chop(Pi),Snap(Beng),Drill(Zuan),Cannon(Pao)and Crosscut(Heng) in Five-element Boxing (Wuxing Quan).



Xingyi Five-element Staff
Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

CODE NO.DW079-4
6937475313691

Movements of Five-element Staff are so concise that it is easy to learn and exercise them,its skills are clear,methods are explicit,strength is great and ability of skillful attack is strong.Five-element staff which has not jazzy forms and techniques,like Five-element Boxing pays great attention to the whole strength,body strength and work strength.When exercising Five-element staff put the body to the main position,the waist strength be the upper position and the whole body strength to the best.
Five-element staff position is also named after the names of chop,drill,snap,cannon,crosscut in Five-element Boxing.It is skill method and strength techniques as well.Five-element Linked Staff is a traditional routine after Five-element staff which is spread much widely.The whole routine of moves is dapper.The strength is spread much widely.The whole routine of moves is dapper.The strength is consistent and smooth.The vigor is fierce.All these are outstanding reflection of the characteristics and style of Xingyi Quan.



Xingyi Mixture Styles Boxing
Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

CODE NO.DW079-5
6937475313707

Xingyi Mixture Styles Boxing is a folk traditional routine which form on the basis of Five-element Boxing(wuxing quan) and Twelve-style Boxing and by adding some skills besides twelve-style boxing. It has rich moves and skills, outstanding style and features, much long series and much wide spread. In the old boxing pedigree, Xingyi Mixture Styles Boxing is regarded as " union of styles and fists", " united boxing", "soul of twelve-style boxing".



Xingyi Eight-form Boxing
Lecturer: Di Guoyong
(Length:55minutes, Subtitles:English,Chinese)

CODE NO.DW079-6
6937475313714

Literature has eight arts of composition and wushu had eight forms.Xingyi Eight-form Boxing is a traditional routine,which is spread the most widely in the country.It is dapper with only seventeen forms totally.In term of moves,the whole routine not only includes the entire content of Chop (Pao)and Crosscut (Heng) in Xingyi Five-element Boxing (Xingyi Wuxing Quan),but also adds the moves of horse-style,cock-style,crane-style,the fights of tiger against dragon and so on.

Roiline exercise should emphasize on the force applying of eight forms,the bodywork of backing before advancing to right before to left and saving before applying,the fullness,firmness and integrity of strength applying.

形意五行刀
主讲:邸国勇
(片长: 56分钟 字幕: 英语/中文)

CODE NO.DW079-1

形意五行刀是形意拳前辈们综合各门派刀法技法,从中提炼、归纳、实践、总结,以简洁实用为原则,以五行拳劈、钻、崩、炮、横为模式,而总结出来的形意五行刀法。
五行刀的特点属“方法简洁、劲力充实、快捷勇猛、技击实用、连环刀是民间一个传统套路,它内容丰富,结构严谨,劲力顺达,发劲勇猛,气势雄壮,充分显示出形意的风格和特点。

形意五行枪
主讲:邸国勇
(片长: 67分钟 字幕: 英语/中文)

CODE NO.DW079-2

形意五行枪是开意拳前辈们综合各派枪术技法,从中提炼、归纳、实践、总结,以简洁实用为原则,以五行拳劈、钻、崩、炮、横为模式,以身械合一,突出整劲,注重功力为特点,而总结出来的。

形意五行剑
主讲:邸国勇
(片长: 67分钟 字幕: 英语/中文)

CODE NO.DW079-3

形意五行剑是形意拳老前辈们从众多剑中删繁就简,择其最主要、最实用、最能体现形意的风格和特点的五种剑法。用五行拳的劈、钻、崩、炮、横的名字而命名的五种剑法。

形意五行棍
主讲:邸国勇
(片长: 62分钟 字幕: 英语/中文)

CODE NO.DW079-4

五行棍法动作简洁,易学易练,技法清晰,方法明了,劲力浑厚,技击性强。五行棍没有花式,花法,就像五行拳一样,注重整劲,讲究身劲,注重功力。五行棍练习时,以身为主,腰力为上,以整体力为佳。五行棍法也是按五行拳的名称而命名的:劈棍、炮棍、横棍。它既是技术方法,又是劲法。
五行连环棍是在五行棍之后的一个传统套路,流传极为广泛,整套动作短小精干,劲路和顺,连接顺畅,表现气势勇猛,突出的表现了形意的特点和风格。

形意杂式捶
主讲:邸国勇
(片长: 62分钟 字幕: 英语/中文)

CODE NO.DW079-5

杂式捶是在五行拳和十二形拳基础上,又增加十二形之外的一些技法,综合而成的一个民间传统套路。它动作技法丰富,风格特点突出,套路较长,流传较广。在老拳谱中杂式捶为:“形拳合一”、“统一拳”、“十二形拳精华也”

形意八式拳
主讲:邸国勇
(片长: 55分钟 字幕: 英语/中文)


CODE NO.DW079-6

文有八法,武有八式。形意八拳在民间是一套流传最广的传统套路。它短小精干,一去一回,一去有17个动作,回来是这17个动作的重叠。从动作上来看,整个套路不但包括五行拳劈、钻、崩、炮、横的全部内容,而且还增加了马形、鸡形、鹤形、还有龙虎相交,白鹤亮翅、顺步打、翻身抱、退步翻拳等动作。
套路演练要注重八式的发动,整个套路中的八个发力点,注意发力之前的身法,欲前先后、欲左先右、蓄而后发,发力要饱满、沉稳、均整。

Xingyi Twelve-Style Boxing **CODE NO.DW079-7**
6937475313721

Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

Xingyi Twelve-style Boxing is composed of twelve basic fist techniques which form by absorbing the advantages and features of dragon, tiger, monkey, horse, alligator, cock, swallow, sparrow hawk, snake, Chinese ostrich, eagle and bear, combining the fist method, applying the principle of practicality of skillful attack and the method of reflecting the meaning by the shape.




形意十二形拳 **CODE NO.DW079-7**
主讲: 邸国勇
(片长: 62分钟 字幕: 英语/中文)
形意十二形拳是吸取了龙、虎、猴、马、猿、鸡、燕、鹤、蛇、猿、熊、鹰、十二种动物的特长和特点, 结合拳式动作, 以攻击实用为原则, 以象形取意的方法, 而串编组成的十二种基本拳法。

Appreciation Of Xingyi Quan And Weapon Routines **CODE NO.DW079-8**
6937475313738

Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

Appreciation of Xingyi Quan and Weapon Routines consists of many short and practical skills of boxing, sword, broadsword and spear. In this disc, there are twelve routines altogether. They are Xingyi Five-element Boxing, Five-element Linked Boxing, Xingyi Five-element Sword, Xingyi Twelve-style Boxing, Xingyi Mixture Styles Boxing, Xingyi Eight-word Skill, Eight-word Skill Linked Boxing, Xingyi Eight-form Boxing, Xingyi Combined Boxing, Xingyi Combined Staff, Xingyi Twelve Pounding Boxing and Xingyi Protect Body Cannon Boxing. Each routine is demonstrated naturally and clearly so that the learners can easily follow.




形意拳械套路欣赏 **CODE NO.DW079-8**
主讲: 邸国勇
(片长: 62分钟 字幕: 英语/中文)
形意拳械套路欣赏是各剑法、刀法、枪法等技法配合而完成的一个个短小精干的完整的传统套路欣赏, 共有如下十二种套路: 形意五行拳、五行连环拳、五行连环剑、形意十二行拳、形意杂式捶、形意八字功、八字功连环拳、形意八式拳、形意综合拳、形意综合棍、形意十二洪拳、形意安身炮。各个套路动作顺畅、技法清晰, 有利于各武术爱好者更好地参照、学习。

Xingyi Eight-word Skill **CODE NO.DW079-9**
6937475313745

Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

Eight-word Skill is named after the eight words of spread,intersect,wrap,stride,flick,butt,cloud and lead.Xingyi Quan attaches importance to studying something in order to apply it, the integration of study and use, having substance and use both. Eight-word Skill is practical boxing with real application. Every word of it that is made up of particular movements has their own exercise methods, skills and usages. They can be exercised respectively or jointly. The latter one is called Eight-word Skill Linked Boxing.

Practicing the Eight-word Skill, you can learn the many skills and usages of movement except Five Elements Boxing and Twelve-Style Boxing, and improve your combat ability.




形意八字功 **CODE NO.DW079-9**
主讲: 邸国勇
(片长: 62分钟 字幕: 英语/中文)
八字功是以: 展、截、裹、挑、顶、云、领, 这八字命名的功法。形意拳讲究学以致用, 学用结合、体用兼备。八字功乃是致用之功夫。每一字功法都有其独特的动作组成, 各有不同的练法、功法和用法, 既可每一字功法单独往返左右练习, 也可八字功法串连起来练习。八字功串连起来练习叫八字功连环。

练习八字功可以学到五行拳和十二形意之外的身体各部位、多种方位、多种角度、不同的功法、招式和用法, 以丰富形意拳的技法以提高自身的攻击能力。

Xingyi Five-Element Boxing **CODE NO.DW079-10**
6937475372391

Lecturer: Di Guoyong
(Length:62minutes, Subtitles:English,Chinese)

The Five-element Boxing(Wuxing Quan)also called Xingyi Mother Boxing is the most basic fist technique in the series of Xingyi Quan.It includes:Chop Fist (Pi Quan),Drill Fist(Zuan Quan),Snap Fist(Beng Quan),Cannon Fist (Pao Quan)and Crosscut Fist (Heng Quan).The Five-element Boxing is named according to the Five Elements theory in the China's traditional culture.Previous masters combined fist forms with Five Elements theory,simplified them to find out the five boxing forms,combined body and Chinese medicine theory to define the boxing theory and skills of attack and defence,finally named it Five-element Boxing.




形意五行拳及五行连环拳 **CODE NO.DW079-10**
主讲: 邸国勇
(片长: 62分钟 字幕: 英语/中文)
五行拳是形意拳系中最基本的拳法, 也称之形意母拳。它包括: 劈拳、钻拳、崩拳、炮拳、横拳五拳。五行拳是以中国传统文化中的五行学说命名的拳术。前辈拳家先贤以五行学说结合拳式, 把拳式招法删繁就简, 由博返约, 找出五拳, 再结合人体参以中医理论, 用以解说拳理和攻防技法, 以命名拳术为五行拳。

Shang-style Xingyi Quan Series 尚派形意拳系列

Traditional Xingyi Interlinked Double Broadwords **CODE NO.DW107-1**
6937475372391

Lecturer: Li Hong
(Length:43minutes, Subtitles:English,Chinese)

In Xingyi Quan, we appreciate a lot on "weapon and quan together as a whole." No matter short or long, single or double, there are different weapons for different boxing. In the year 1936, my grandfather master Shang Yuanxiang demonstrated this set at the Performing Wushu Meeting for Relieving The People in Yellow River Disaster in Peiping and aroused the martial arts world. My father Li Wenbin was good at this broadsword and understood the essence. Here I demonstrate the set for you and wish you could get an understanding of the traditional Xingyi Quan and its weapons.




传统形意连环双刀 **CODE NO.DW107-1**
主讲: 李宏
(片长: 43分钟 字幕: 英语/中文)
形意拳中讲“拳械一体”有什么拳就有什么器械, 不管长短还是单双。尚云祥爷爷在1936年北平黄河赈灾演武大会上曾练过这个套路, 引起武术界轰动, 父亲李文彬擅长刀术, 故得其真传。通过我的讲解和演练, 希望广大爱好者能了解原始传统套路和前辈的功力与神韵。

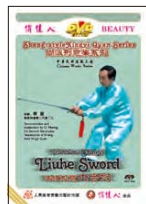
Traditional Xingyi Five-element Broadsword **CODE NO.DW107-2**
6937475372401

Lecturer: Li Hong
(Length:45minutes, Subtitles:English,Chinese)

Xingyi Five-element Broadsword is derived from the traditional Xingyi Five-element Broadword. The Xingyi Five-element Broadword is Chop (Pi), Snap (Beng), Drill (Zuan), Cannon (Pao) and Crosscut (Heng) for starting practicing and then we learn the routine to show the complete force in this set. Less change but it is the key to learn force and weapons. And then show the special smartness and the hardness of Xingyi weapons.



传统形意五行刀 **CODE NO.DW107-2**
主讲: 李宏
(片长: 45分钟 字幕: 英语/中文)
形意五行刀是在精修形意单刀劈、钻、炮、横、刀后, 才学练的一趟传统器械套路中阐明。目的在于将已练纯熟的五种功力在一个套路中完整展现。该套路虽动作数量和内容变化较少, 但确是习练掌握形意器械基础的关键所在, 从中展现形意刀的拳械一体, 迅猛刚实的特点。



Traditional Liuhe Sword **CODE NO.DW107-3**
6937475372414

Lecturer: Li Hong
(Length:53minutes, Subtitles:English,Chinese)

Xingyi Liuhe Sword is derived from the Traditional Xingyi Liuhe Quan. The former name of it is Xinyi Liuhe Quan and Liuhe Quan, it is a name of one kind of Quan. Here we mainly talk about the technique and the requirement of Xingyi Liuhe Sword. Besides the internal three conformities and external three conformities it requires that cooperate with advancing, retreating, turning and folding with force. It shows the affluent content of Xingyi weapon with quite special distribution. Through my demonstration I hope you can understand it more.

传统六合剑 **CODE NO.DW107-3**
主讲: 李宏
(片长: 53分钟 字幕: 英语/中文)
形意六合剑是从形意传统套路——六合拳中变化出来。形意拳的前身曾叫“心意六合拳”、“六合拳”, 是指一种拳的名称。在这里主要讲形意六合剑的练法和要求。它除了讲究“内外三合”的“六合”外, 还求在进退、转折、拗顺中求动作和劲力的合协。该套路布局独特, 展现了形意器械的丰富内涵。现通过我的讲解, 展现给广大武术爱好者, 希望能从中更了解形意器械。



Traditional Xingyi Twelve-style Quan **CODE NO.DW107-4**
6937475372421

Lecturer: Li Hong
(Length:54minutes, Subtitles:English,Chinese)

Xingyi Twelve-style Quan is imitated from the living style and fighting form of 12 animals, including dragon, tiger, monkey, horse, crocodile, cock, swallow, sparrow hawk, snake, Falcon, eagle and bear. Adding more hand techniques body techniques leg techniques and footwork makes it rich and powerful. It aims at improve people's health, change their mettle and enhance longevity, practice different energy and improve actual combat.

Xingyi Twelve-style Quan derived from Xinyi Quan (Xinyi Liuhe Quan) with 10 big forms as dragon, monkey, horse, cock, swallow, sparrow hawk, snake, eagle and bear. It was passed down by Dai Longbang. The originator of Xingyi Quan, Li Luoneng added crocodile style and Falcon style to create Xingyi Quan and made it like Xinyi Quan. But they are different in many theories and Xingyi Quan is more complete in combat skills.

传统形意十二形 **CODE NO.DW107-4**
主讲: 李宏
(片长: 54分钟 字幕: 英语/中文)
十二形是以模拟十二种动物的生活形态和搏斗的特长而组成的传统器械套路。它包括龙、虎、猴、马、蛇、鸡、燕、鹤、蛇、猿、熊、鹰、较五形拳练习, 又增加了许多手法、身法、腿法和步法, 形象丰富, 劲力全面, 是提高身体素质, 改变人的精神气质, 进而达到延年益寿的目的。又右剑从和掌握多种劲力, 搞攻防实战能力。

形意拳是由心意拳(心意六合拳)衍变, 戴龙邦所传原为十大形: 既龙、虎、猴、马、鸡、燕、鹤、蛇、鹰、熊。后由形意拳鼻祖李洛能创添了蛇形和龙形, 使形意拳有与心意拳相似之处, 但大部分拳理拳法有所不同, 使其器械技击之法更趋于全面。



Traditional Xingyi Five-element Sword **CODE NO.DW107-5**
6937475372438

Lecturer: Li Hong
(Length:57minutes, Subtitles:English,Chinese)

The traditional weapons of Xingyi Quan--- The Xingyi Five-element Sword is Chop (Pi), Snap (Beng), Drill (Zuan), Cannon (Pao) and Crosscut (Heng) for starting practicing and then we learn the routine to show the complete force in this set. Less change but it is the key to learn force and weapons. And then show the special smartness and the hardness of Xingyi sword.

传统形意五行剑 **CODE NO.DW107-5**
主讲: 李宏
(片长: 57分钟 字幕: 英语/中文)
形意传统器械——五行剑是精修形意单刀劈、钻、崩、刺、炮、横、剑后, 才学练的一趟传统器械套路。目的在于将已练纯熟的五种功力在一个套路中完整展现。该套路虽动作数量和内容变化较少, 但的确是习练和掌握形意器械性能和劲力的关键所在, 进而展现形意剑特有的身法和既轻灵, 又刚实的特点。



Traditional Xingyi Liuhe Broadsword **CODE NO.DW107-6**
6937475372445

Lecturer: Li Hong
(Length:52minutes, Subtitles:English,Chinese)

Xingyi Liuhe Broadsword is derived from the Traditional Xingyi Liuhe Quan. The former name of it is Xinyi Liuhe Quan and Liuhe Quan, it is a name of one kind of Quan. Here we mainly talk about the technique and the requirement of Xingyi Liuhe broadsword. Besides the internal three conformities and external three conformities it requires that cooperate with advancing, retreating, turning and folding with force. It shows the affluent content of Xingyi weapon with quite special distribution. Through my demonstration I hope you can understand it more.

传统形意六合刀 **CODE NO.DW107-6**
主讲: 李宏
(片长: 52分钟 字幕: 英语/中文)
形意六合刀是从形意传统套路——六合拳中变化出来。形意拳的前身曾叫“心意六合拳”、“六合拳”, 是指一种拳的名称。在这里主要讲形意六合刀的练法和要求。它除了讲究“内外三合”的“六合”外, 还求在进退、转折、拗顺中求动作和劲力的合协。该套路布局独特, 展现了形意器械的丰富内涵。现通过我的讲解, 展现给广大武术爱好者, 希望能从中更了解形意器械。



Xingyi Twelve Hong Chui **CODE NO.DW107-7**
6937475373435

Lecturer: Li Hong
(Length:48minutes, Subtitles:English,Chinese)

Xingyi Twelve Hong Chui (Big Hammer) is used the fist through the routine, so is called Chui (Hammer), which with more changes and difficulty. It includes advancing, retreating, rotating and turning, or bundling, unfolding, withdrawing and sending. There are both basic techniques and high skills in it. So you don't rigidly adhere to techniques and should play to the score in the actual combat.

形意十二洪捶 **CODE NO.DW107-7**
主讲: 李宏
(片长: 48分钟 字幕: 英语/中文)
形意十二洪捶整个套路的动作都都用拳, 故叫“捶”其变化多, 难度大, 进退转折, 束展收放, 既有基础功夫又有高难技法。在实战中不可拘泥于打法, 须随机应变。



Xingyi Interlinked Spear **CODE NO.DW107-8**
6937475373442

Lecturer: Li Hong
(Length:58minutes, Subtitles:English,Chinese)

Spear is called "the king of all weapons" all through the ages. In practice, it is sometimes hard and sometimes soft; It gives you the sense of being up and down and the grace of changing. It impresses others by the vigor and sense of jumping and turning up and down, being so changeable that makes others hard to predict. The Xingyi spear pays attention to the movement of raising, dropping, turning and drilling. The waist is the source of power with both hands helping and supporting each other, and the attacking and defending perform as a whole. The force and power of the "outward parry, inward parry and thrusting" of Xingyi Spear is greatly difference from that of the "tilting, coving and thrusting" of other spears.

形意连环枪 **CODE NO.DW107-8**
主讲: 李宏
(片长: 58分钟 字幕: 英语/中文)
形意拳是中国传统武术的主要优秀拳种之一, 深受国内外武术爱好者的肯定与喜爱。我国著名“十大武术家”之一的李文彬先生, 自幼习武, 为形意拳大师尚云祥的关门弟子, 深得形意之真谛。其子李宏, 中国武术七段, 尚派形意拳第二代掌门人。

枪在武术器械中历来被称为“百刃之王”, 在演练中讲究有刚有柔, 重身法, 善变化, 给人以上下翻飞, 变化莫测的气势和感觉。形意枪更讲究起落翻钻, 腰力源, 前后两手相辅相成, 固打一体。其它枪术中的“拦拿扎”与形意枪的“崩扣扎”在劲力和威力上有着显著的差异。



Xingyi Linked Sword
Lecturer: Li Hong
(Length: 62minutes, Subtitles: English, Chinese)
The application of Xingyi force and methods are the same as those on the swords. But it is quite different from that of the other ordinary swords. It requires that to transfer the hand's force into the sword. Thus it is said that the sword is the extension of the arm and can be bring into practice freely.

CODE NO. DW107-9
6937475373459

形意连环剑
主讲: 李宏
(片长: 62分钟 字幕: 英语/中文)
形意拳的发劲和技法运用在剑上, 可以说是毫无二致的, 与一般剑法有较大的差别, 形意器械要把手上的劲力运用到剑上, 故说它是臂的延长, 在运用中才可发挥自如。

CODE NO. DW107-9



Xingyi Interlinked Broadsword
Lecturer: Li Hong
(Length: 81minutes, Subtitles: English, Chinese)
The most significant feature and advantage of the traditional Xingyi traditional weapon is that the quan and weapon perform as a whole. The chopping broadsword and chopping palm of Shang-style Xingyi are the same in the force using of "three riving force," waist drives shoulder, shoulder drives elbow, elbow drives wrist. It does not use the arm force individually but use borrowing force to chop, push and rub. Not only should it requires the power of waist but also make the foot and hand reach the point at the same time.

CODE NO. DW107-10
6937475373466

形意连环刀
主讲: 李宏
(片长: 61分钟 字幕: 英语/中文)
形意传统器械最大的特点, 也是最显著的长处, 就是器械一体。尚氏形意大刀和劈掌一样, 用的是腰催肩、肩催肘、肘催腕的“三催”劲。不用直臂劈而是用臂带劈、带推、带挫。既发挥腰力, 又使手脚力齐到的劲法特点。

CODE NO. DW107-10



Xingyi Mixture Styles Quan
Lecturer: Li Hong
(Length: 62minutes, Subtitles: English, Chinese)
Xingyi Mixture Styles Quan is widely spread, with the distance of the routine quite different. On the basis of demonstrating the way of applying force by some part of the body, it has its own unique power and appreciativeness. From different movement structure and requirements, the method of applying force demonstrates the panorama of twelve styles.

CODE NO. DW107-11
6937475373473

形意杂式捶
主讲: 李宏
(片长: 62分钟 字幕: 英语/中文)
形意杂式捶流传较广, 各流派间距离长短不一。在展现身体某一部位的发力和演练变化上, 有其独特的功力和观赏性。从其不同的动作结构和动作要领, 发劲方法展现了十二形的全貌。

CODE NO. DW107-11



Xingyi Comprehensive Paired Practice
Lecturer: Li Hong
(Length: 58minutes, Subtitles: English, Chinese)
This set of Xingyi Comprehensive Paired Practice contains more changes of the movements, force and route on base of the traditional Xingyuan. It reflects the Xingyi Quan's feature of "hard attacking and hard advancing" and the unique attacking techniques of "closing to body and applying force." The circle of Xingyiquan gives high praise for the creative thought of this set.

CODE NO. DW107-12
6937475373480

形意综合对练
主讲: 李宏
(片长: 58分钟 字幕: 英语/中文)
此套对练是在形意传统的基础上渗入更多的动作, 劲力和路线变化。反映形意拳“硬打硬进”的风格及“沾身纵力”的独特打法, 此对练套推陈出新的思路受到形意拳界一致肯定和好评。

CODE NO. DW107-12



Xingyi Liuhe Quan and Eight-form Quan
Lecturer: Li Hong
(Length: 63minutes, Subtitles: English, Chinese)
Xingyi Liuhe Quan emphasizes on holding the fists while chopping with the forearm like an axe. It is real hacking palm of being "like axe and belonging to metal". Its force does not only come out from shoulders, elbows and joints of the hands, but also from the forearm between the elbow and hand. It is very unique in its attacking technique. Eight-form Quan has significant feature of being "striking once encountering the hands with swift and solid power in each forms." Though the movements do not stretched as other routine, but it has more movements of changing hand forms and changing force. In practice, they change more with emphasis on "harmony of the upper body and the lower one, the unity of the inner and outer power, the uniform of the whole body."

CODE NO. DW107-13
6937475373497

形意六合拳八式拳
主讲: 李宏
(片长: 63分钟 字幕: 英语/中文)
形意六合拳突出了双手推举用小臂作斧刃发劈劲, 是“似斧属金”之真正劈拳。以仅用肩、肘、手关节发力, 而突出肘、手之间的小臂发劲, 击法上独具独到之处。形意八式拳具有“见手就打、迅猛刚实、招招发劲”之特点。虽动作较其它套路拳伸展尺度要小, 但其变手变劲的动作较多, 练习“上下相融、内外合一、周身完整一气”。

CODE NO. DW107-13



Xingyi Protecting-body Cannon Paired Practice
Lecturer: Li Hong
(Length: 64minutes, Subtitles: English, Chinese)
Xingyi Protecting-body Cannon is a traditional Xingyi set of paired practice that gains wide popularity. It requires the force apply out in forward step, advancing step, twisting step and retreating step and the body should move as a whole. The force is sometimes strong or soft, sometimes fast or slow. If two persons practice it for a long times and think of the change of its force, quickness and slowness, hardness and softness, and distance, it can improve the coordination of the whole body and have good effect of knowing well of the force and increasing the mind of attacking and defending.

CODE NO. DW107-14
6937475373503

形意安身炮对练
主讲: 李宏
(片长: 64分钟 字幕: 英语/中文)
安身炮是流传较广的形意传统对练套路, 要求在上步、进步、拗步及退步时劲力得发, 身周一体。劲力反映有刚有柔, 有快有慢。两人经常操练、揣摩内含的劲力、快慢、刚柔、距离变化, 不但能增强全身的协调性, 而对体会劲力与攻防意识都有很大的帮助。

CODE NO. DW107-14



Xingyi Linked Staff
Lecturer: Li Hong
(Length: 60minutes, Subtitles: English, Chinese)
In general staff, it is said that: "the staff play covers a large range." It means that the force is on the front of the staff. Xingyi staff and Quan are with the same principles. The Xingyi staff is that same with the Xingyuan in using of "three driving force." It uses the waist as the axis, the fulcrum and the source of power. It is similar to that principle of using the lever to enlarge the power, its movements are not in big frame, because it prefers the movements to be agile and easy to change, quick, strong and firm. Applying the force of waist can inflict heavy injury of the opponent's bone and nerve rather than the skin and muscle.

CODE NO. DW107-15
6937475373510

形意连环棍
主讲: 李宏
(片长: 60分钟 字幕: 英语/中文)
一般的棍法所谓“棍打一片”是指力在前端, 而形意棍与拳相同, 仍用“三催”, 腰为轴, 为支点, 又为力源, 利用棍杆加大作用力, 从动作上毫无大抡大摆, 只求近而勇变, 快而刚实: 接腰发力震力, 少伤对方皮肉, 重创其筋骨。

CODE NO. DW107-15



Xingyi Five Elements Restraining Each Other And Counterwork Hammers
Lecturer: Li Hong
(Length: 58minutes, Subtitles: English, Chinese)
Five Elements Restraining Each Other is popular dual routine in traditional Xingyuan. It includes five kinds powers of chop, snap, drill, cannon and crosscut, being accreted and corresponded with the metal, water, wood, fire and earth. When you practice, you should according to the theory of five elements restraining. The movements are seems simple but it has profoundly in essences. It is hypothetic coherent face-to-face fight for the purpose of fostering the consciousness of attack and defence and the accuracy and flexibility of the movements of the body, hands and feet. Counterwork Hammers is traditional dual routine in Xingyiquan. Two persons represent attack and defence by fist methods, showing the characteristic of "Punch lie place of ox." You can use any parts of body to fight, don't be limited in rulers, but try to release power well.

CODE NO. DW107-16
6937475373527

形意五行相克对劈捶
主讲: 李宏
(片长: 58分钟 字幕: 英语/中文)
五行相克为形意拳界广为流传的拳术对练套路。由劈、钻、崩、炮、横、五种有特色的劲力与金、水、木、火、土、相对应, 按相行相克。生克制化的道理去锻炼, 其动作看似简单, 但内容深刻, 运用灵活变化多端, 以锻炼攻防意识和身法、手法、步法的协调性和灵活性。对劈捶是形意拳传统对练套路, 两人均用拳法协同攻防, 并展现“拳打卧牛之地”的布局, 要求拳打三节不见形, 哪沾哪有, 用哪哪好使, 不受规矩限制, 只求劲力得发。

CODE NO. DW107-16



Xingyi Sword Dual Practice
Lecturer: Li Hong
(Length: 52minutes, Subtitles: English, Chinese)
Xingyi Sword Dual Practice was created by Li Wenbin on the basis of mastering the quan and weapons. It pays much attention to the Xingyi force and the style of being "hard attacking and hard advance." It emphasizes the power of Xingyi and the style of forcefully attacking. Through the swift change of sword method and the variety of the methods of body, hand and footwork, it requires no knocks between sword and sword. Thus it has special requirements on the force, distance, body of the practitioners.

CODE NO. DW107-17
6937475373534

形意对剑
主讲: 李宏
(片长: 52分钟 字幕: 英语/中文)
形意对剑是在精练拳械的基础上, 由李文彬先生独创, 特别强调了形意劲力和“硬打硬进”的风格, 通过剑术的轻灵和身手步法的多变, 剑术表演中不能有碰撞。故对练者在劲力、距离、身法上有较高的要求。

CODE NO. DW107-17

Quintessence Series of Da Cheng Quan 大成拳精粹系列



Footwork and Push Hands
Lecturer: Huang Jingwen
(Length: 56minutes, Subtitles: English, Chinese)
Suppose that the terms of power just like beads in disorder. Then the footwork is just like the string full with beads. In martial art usually have the saying of "rather pass power than give footwork." So we can see how important the footwork is. Also the footwork is consistent with all kinds of routine. Such as Chook-walking Step, Triangle Step with slanting around, or Eight Diagram Step with cycle etc. They are plenty of essentials in footwork. Such as drive step by hips, the upper body leading to the motion of the rest parts. Rubbing Step is the leading of footwork in these terms.

CODE NO. DW108-1
6937475374159

步法推手
主讲: 黄景文
(片长: 56分钟 字幕: 英语/中文)
假如各项发力是散乱无章的珠子, 那么步法就是串起珠子的一根线, 武术界素有“宁传一力不传一步”说法, 可见步法在武术中的重要性。步法是根据走步的各种路线组成的, 如直线的鸡行步, 左右斜摆的三角步, 绕圈而行的八卦步等等。步法要领也很多, 如以跨带步, 上领下顿等。各项步法中, 摩擦步为步法之母。

CODE NO. DW108-1



Releasing Force
Lecturer: Huang Jingwen
(Length: 60minutes, Subtitles: English, Chinese)
Though there are many forms of Releasing Force in the practices of Da Cheng Quan, all of them are the explosions of force from different angles. With correct methods and maintenance of practising, you'll be able to get steady Piling Force, and the force you release will be violent. So we say, making Piling Exercise is like saving money, and Releasing Force is like spending money. Bear this in mind. There are many techniques to release force: Fixed-step Fist Techniques, Moving-step Fist Techniques, Palm Techniques and Leg Techniques. All of them are simple and practical, easy to learn and use. The movements are well coordinated, and the force within them is appropriate. The crux to release force: Force focused on hands, attentions on the opponent. Under the huge nets, nothing can escape.

CODE NO. DW108-2
6937475374166

发力
主讲: 黄景文
(片长: 60分钟 字幕: 英语/中文)
尽管大成拳发力方法很多, 但其归一点, 都是桩功功力从不同角度瞬间爆发。站桩方法正确且练功时日长久, 桩功自然厚实, 发力就凶猛, 因此说站桩是攒钱, 发力是花钱, 这一点一定要明白。发力有定步、活步的拳法、掌法、腿法等多种多样。简单实用, 易学易用, 力量均整, 一动无有不动, 拳论形容发力有句口诀“神在手上, 意在敌前, 如网天罗, 万物可逃”。

CODE NO. DW108-2



Trial Force
Lecturer: Huang Jingwen
(Length: 58minutes, Subtitles: English, Chinese)
Trail Force is the dynamic extension of Piling Exercise and the trial of Releasing Force. Its essence is to arouse the force gathered from Piling Exercise by the resistance of air and to release it out the body. The movements are slow, but dynamic. The force of the movements is like drawn silk, which remains unbroken all along. There's full of feeling of resistance in the movements, which seem to possess both the mountain-like static state of Piling Exercise and the nature and smoothness of Releasing Force. Trial Force is the basis of Vivacious Dance, and the Vivacious Dance is its improvisation. The movements of Trial Force differ from ordinary slow movements. Trail Force is an important skill in Da Cheng Quan.

CODE NO. DW108-3
6937475374173

试力
主讲: 黄景文
(片长: 58分钟 字幕: 英语/中文)
试力功法就是站桩在空间的动态延伸, 也是一种试探性的发力。其本质利用空气阻力来激发习练者由站桩得来的功力, 使之作用于体外。它的特点是慢, 慢中求功, 力如抽丝, 绵绵不绝, 动作中充满阻力感, 看上去既有站桩静态如山的浑厚又有拳法动作行云流水般的流畅。试力是健舞的基础, 健舞是试力的即兴发挥。它不同于一般的慢动作, 可谓一种极其重要的大成拳功法。

CODE NO. DW108-3



Stake Exercise

Lecturer: Huang Jingwen
(Length:54minutes, Subtitles:English,Chinese)

CODE NO.DW108-4
6937475374180

The Piling Exercise of Da Cheng Quan is divided into two parts, the health and combat. The externalities between the piling exercise for health and for combat are similar, but the imaginings are different. And there are many kinds methods for practicing skills, so generally it is called Stand Piling. Whether for health or combat, the Hunyuan Piling is the basic skill, it is synthesized with the essence of Da Cheng Quan, and so it is necessary for the beginner or senior practitioner.



Actual Combat

Lecturer: Huang Jingwen
(Length:56minutes, Subtitles:English,Chinese)

CODE NO.DW108-5
6937475374197

Actual combat, namely Sanda, it is a sort of unconditional wushu antagonism. You can use whatever skills you like except morally exoculation, crotch kicking, larynx locking and so on. In a word, head is needed to run into feet are needed to kick a player fist is required to hit, and step is required to excel the adversary. The expression should be powerful and the vigour should be unconquerable. The every part of the body can be the weapon of martial art.

Quintessence Series of Yi Quan 意拳(大成拳)精粹

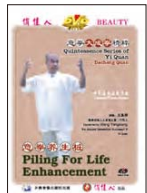


Break Hand and Vivacious Dance of Will Fist

Lecturer: Wang Yongxiang
(Length:57minutes, Subtitles:English,Chinese)

CODE NO.DW109-1
6937475375002

Break Hand and Vivacious Dance of Will Fist is an effective fundamental training technique which perfect three competing forces inside the body and neatly unify the inside contradictions. It was founded by Mr. Wang Xiangzhai and Will Fist Seniors on the basis of teaching practice, as well as innovated by the lecturer Wang Yongxiang. The Will Fist has various techniques with flexibility and strong attacking force. A practice of break hand can effectively increase arm strength and coordinate the hand and body better, and give play to more function.



Piling For Life Enhancement of Will Fist

Lecturer: Wang Yongxiang
(Length:58minutes, Subtitles:English,Chinese)

CODE NO.DW109-2
6937475375019

Based on teaching practice from Wang Xiangzhai and Will Fist theory of seniors, Lecture Wang Yongxiang got a conclusion of an effective basic training technique perfecting three contradictory forces inside the body and then the outside. This practice can calm your mind, increase blood circulation and improve metabolism. A persistent practice can build up your body and enhance your life span.



Internal and External Contradiction Force and Releasing Force

Lecturer: Wang Yongxiang
(Length:58minutes, Subtitles:English,Chinese)

CODE NO.DW109-3
6937475375026

Based on the theory and practice of Yi Quan of Mr. Wang Xiangzhai, Wang Yongxiang generalizes the effective training method on three disputing forces form the internal to the external. It is used for teaching or combat, you can get great effect, and attack or defend quickly. The theory of Yi Quan emphasizes the philosophy, namely it should be cooperated with thought, and it isn't only the force. The great benefit to practices the Yi Quan, it requires to contend with nature environment with your whole body, and don't use the part of body to attack or defend. So the theory is science.

Traditional Shanxi Xingyi Quan Series 山西传统形意拳系列



Practical Skills of Xingyi Whip-staff

Lecturer: Zhang Xigui
(Length:56minutes, Subtitles:English,Chinese)

CODE NO.DW114-1
6937475378607

Whip-staff is also called short staff. It is popular in Shanxi and northwest area in China, and the length is about 1.2 meters. It is short and without blade, and the end and handle should be used. Change to use as one and two hands, it absorbs the methods of long and short weapons and develops its unique style. The main points are that attacking or defending by taking a advantage of an opportunity, and weapon and body are moved in harmony.

站桩

主讲:黄景文
(片长:54分钟 字幕:英语/中文)

CODE NO.DW108-4

大成拳桩法分健身和技击两部分。健身技击在外形上大致相同。只是在意念要求上存在差异。因站立功法方法较多,一般称做站桩。无论从健身还是技击方面说,浑元桩都是大成拳的核心功法。初学者练它,拳学造诣深者还练它。浑元桩综合了大成拳的精髓。

实作对搏

主讲:黄景文
(片长:56分钟 字幕:英语/中文)

CODE NO.DW108-5

实作,又称实战、散打、技击、对搏等,是一种无条件的武术对抗。除了道德上不允許的挖眼、踢裆、锁喉等阴毒招数外,踢打摔拿无不可用。总之,头要撞人,脚要踢人,手要打人,步要过人。与刚才的活动架势神态要逼人,气势要逼人,周身各关节无不可作为技击利器。

意拳断手与健舞

主讲:王永祥
(片长:57分钟 字幕:英语/中文)

CODE NO.DW109-1

意拳断手与健舞是王乡斋老先生和意拳前辈在教学运用的实践基础上,通过王永祥老师的总结创新,创出先使体内矛盾三个争力逐一完善再到体外矛盾统一的一套有效的基础训练功法。意拳手法多样灵活,攻击性较强,练习断手能更有效的加强手臂的功力,也可使手与身体更好的配合,发挥出更多的功能。

意拳养生桩

主讲:王永祥
(片长:58分钟 字幕:英语/中文)

CODE NO.DW109-2

在王乡斋老先生和意拳前辈拳学思想和教学的实践基础上,王永祥老师总结出先使体内矛盾三个争力逐一完善再到体外矛盾统一的一套有效的基础训练功法。习练意拳养生桩能够静心养气,增强血液循环,促进新陈代谢,长久坚持就会达到强身健体,益寿延年的效果。

体内外矛盾争力与发力

主讲:王永祥
(片长:58分钟 字幕:英语/中文)

CODE NO.DW109-3

王永祥总结出先使体内矛盾三个争力逐一完善,再到体外矛盾的一套有效的基础训练功法,用于教学,以重视技击,功力深厚,出手快捷著称。意拳的拳理拳法非常讲究哲理,即主张一切力量都是精神的集合,而不是单纯的“力”。学习意拳最大的好处是:学习利用自身整个身体去与外界抗衡,而不是单个的某部分肢体去进行攻防,此拳理无疑是科学的。

形意鞭杆实用技击

主讲:张希贵
(片长:56分钟 字幕:英语/中文)

CODE NO.DW114-1

鞭杆,亦称短棍,流行于山西及西北一带,长约1.2米左右,鞭杆短而无刃,梢把并用。单双手互换,它吸收和综合了武术长短器械的多种运动方法,衍变出独特的运动风格。用法要诀是乘人之势,借人之力,出势要伸展自如,劲力要刚柔相济。动作要声东击西,进退要虚实随机。练习起来,手不离鞭,鞭不离身,表现出鞭似蛟龙缠身,身似猿猴攀纵,眼如狸猫摆尾,步像雄鹰斗勇的特点。



Practical combat skills of Hunyuan Sanshou Quan

CODE NO.DW114-2
6937475378614

Lecturer: Zhang Xigui
(Length:55minutes, Subtitles:English,Chinese)

This video mainly introduces the demonstrations of the Hunyuan Sanshou Quan's techniques in a real combat. It includes the technique combination of Shaolin, Long Fist (Chang Quan), Short Fist (Duan Quan), Through Arm (Tong Bi), Turn Over Fist (Fanzi Quan), Mantis Boxing (Tanglang Quan) and Xingyi Quan, and can be regarded as a collection of specimens of traditional Sanshou.



Rules of Chinese Wushu Tuishou Competition(on trial)

CODE NO.DW114-8
6937475378676

Lecturer: Zhang Xigui
(Length:52minutes, Subtitles:English,Chinese)

On the base of Taiji Tuishou, Wushu Tuishou is a kind of civilized athleticisms, in which the competitors make efforts to have the opponent fall down to the ground for losing of balance. On the principles of Touch, Join, Stick, Follow and "no hit with separated hands", the competitors utilize the hand techniques, such as Lv(roll back), Ji(squeeze) An(press), Cuo(scrub), Dai(lead), and the leg techniques, such as, Bie(clip) Ji(-Gou)(hook), Ban(stumble), Gua(hang). Thus, Wushu Tuishou is also called civilized Sanshou (free fighting). The rules for the competition showing on this disk are explained by Zhang Xigui, one of the prominent martial artists, and demonstrated by Wu Shijun and Liu Jun. Wu is a famous Chinese martial artist, and Liu is one of the champions of China Wushu Championships. This disk provides the competitors and judges of Tuishou with an excellent learning material which gives a detail account of allowed techniques, prohibited parts and scoring criteria of the competition.



Practical Technique of Hunyuan Xingyi Quan

CODE NO.DW114-4
6937475378638

Lecturer: Zhang Xigui
(Length:56minutes, Subtitles:English,Chinese)

In need of the competition and the spreading, in order to inherit and develop the traditional content of Xingyi Quan, it comes out the integrated Xingyi Quan Routine with unusual characteristic on the basis of absorbing, spreading and improving. There are 48 movements in this set. It contains the main movements of five-elements, twelve-style Quan and some other techniques developed from them. The route is divided into 5 sections. It is a nice route for performance and competition.



Four-technique Quan of Cock Style

CODE NO.DW114-5
6937475378645

Lecturer: Zhang Xigui
(Length:58minutes, Subtitles:English,Chinese)

The Four-technique Quan of Cock Style is named as Four Techniques briefly. It is a traditional routine in Xingyi Quan. Due to its Cock Style and there are four techniques inside we call it Four-technique Quan of Cock Style. This routine is prudent and vivid with the exact force to show the feature of cock, like the capability of standing on one foot, the movement of pecking a grain of rice, the style of shaking plume and the courage of fighting. In this set, it shows all the hand techniques of attacking and defending. It is a practical technique of both practicing and fighting.



Practical Combat Skills of Continuous Quan

CODE NO.DW114-6
6937475378652

Lecturer: Zhang Xigui
(Length:60minutes, Subtitles:English,Chinese)

Continuous Quan is one of the traditional routines of Xingyi Quan. It bases on the theory of Five-elements, with a short and tightened frame, but powerful. It features that stepping forward or backward without a start or end, but they are linked up.

浑元散手实用技击

主讲:张希贵
(片长:55分钟 字幕:英语/中文)

CODE NO.DW114-2

该碟主要介绍浑元散手拳在拆招过程中的实战表演,它包含了少林、长拳、短拳、通臂、翻子拳、螳螂拳及形意拳等拳种的技击组合动作,堪称传统武术散手招式之集簿。

中国武术推手竞赛规则(试行)

主讲:张希贵
(片长:52分钟 字幕:英语/中文)

CODE NO.DW114-8

武术推手是以太极推手为基础,结合传统武术手法,在沾、连、粘、随、不丢不打的运动中,用捋、挤、按、搯、带等手法和掬、勾、绊、挂等腿法,使对方失去平衡或倒地的一种文明的竞技艺术,故又名散手。该竞赛规则由中华武林百杰张希贵主讲,全国著名武术家武世俊和全国武术锦标赛金牌获得者刘军协助示范而成,片中重点突出几种使用方法禁忌部位,得分标准的示例,是一盘搞武术推手裁判和训练的好教材。

浑元形意拳实用技击

主讲:张希贵
(片长:56分钟 字幕:英语/中文)

CODE NO.DW114-4

根据国内比赛和国外推广的需要,为继承发扬形意拳传统内容,根据古为今用,推陈出新的方针,在兼收并蓄,博采众长的基础上,经过多年的推广,试行不断改进,形成了这套比较系统、完整、全面的具有鲜明特点的综合形意拳套路。这套形意拳共用48个动作,内容丰富它涵盖了形意拳五行、十二形的主要动作和由此衍变出的各种技法,全部套路共分5段,风格突出,刚柔相济,劲力充实,形神合一,体用兼备,是一个上佳的表演和竞赛套路。

形意鸡形四把拳

主讲:张希贵
(片长:58分钟 字幕:英语/中文)

CODE NO.DW114-5

鸡形四把拳简称四把拳,是形意拳的传统套路之一,因其动作纯以鸡形组成,主要有四个动作故名鸡形四把拳。套路结构严谨,动作形象,劲力精巧充分表现出鸡的各种特长,如鸡的独立之能,食米之准,抖翅之威,争斗之勇,都能观其形而明其义。在技击上,套路中全跌打等各种手法,是体用兼备,较为实用的短小精悍。

形意连环拳实用技击

主讲:张希贵
(片长:60分钟 字幕:英语/中文)

CODE NO.DW114-6

连环拳是形意拳的主要传统套路之一。它以五行拳为基本内容,结构短小紧凑,劲力浑实深厚。其特点:进步退步如环之无端,又进又退如环之相连,要练出连环一气的风格和勇猛活泼的气概。



Practical Combat skill of Mixture Styles Boxing

Lecturer: **Zhang Xigui**
(Length:58minutes, Subtitles:English,Chinese)

Mixture Styles Boxing is the mixture styles combined rehearsal of traditional Xingyi Quan. It looks gorgeous but simple to use, spectacular, quadrate up and down, including everything, moving a lot but smart, changeable in posture and linked up. It is the routine of traditional Xingyi Quan which contains many techniques and needs many circles.

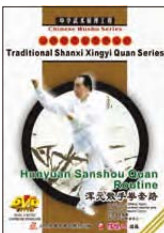
CODE NO.DW114-7
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形意杂式捶实用技击

主讲:张希贵
(片长:58分钟 字幕:英语/中文)

杂式捶是传统形意拳的杂式联合演习。流于内外,洋洋大观,上下四方,无所不有。活动量大而灵敏,姿势变换,圆活连贯。是形意拳传统套路中内容较多,往返趟数较长的一个拳套。共分五段。

CODE NO.DW114-7



Hunyuan Sanshou Quan Routine

Lecturer: **Zhang Xigui**
(Length:57minutes, Subtitles:English,Chinese)

Hunyuan Sanshou quan is composed of single and mixture attack and defense techniques, including Kick, Punch, Throw, Catch and so on to form a routine. It integrates the prime techniques from many genres of Wushu, containing more than 50 moves and 30 combinations.

CODE NO.DW114-3
6937475378621

浑元散手拳套路

主讲:张希贵
(片长:57分钟 字幕:英语/中文)

浑元散手拳是将武术的踢、打、摔、拿等单个的攻防技击动作和组合攻防动作,有机地串连编排在一起,形成一个套路运动形式,它是多种流派的武术技击精华动作整理,精练,创编而成。全套共50多个动作,30余个组合。

CODE NO.DW114-3



Intermediate Xingyi Quan Competition Routine

Lecturer: **Zhang Xigui**
(Length:57minutes, Subtitles:English,Chinese)

The intermediate Xingyi Quan Competition Routine is examined and approved by the Chinese Sports Administration, Chinese Wushu Reach Institute and Chinese Wushu Management Center. It consists of six parts and 48 movements, with rich content and reasonable, various structure changing and great difficulty. Basically, it contains the hand techniques and footwork as well as leg techniques and jumping and etc of traditional Xingyi Quan, which means that it maintains the main skills from Five Elements, Twelve-style Quan and Advancing and Retreating Continuous Quan, Four-technique Quan and Mixture Styles Quan. It has the continuous, compact characteristic in practicing, and it is a quite comprehensive routine.

CODE NO.DW114-9
6937475378683

中级形意拳国家竞赛规定套路

主讲:张希贵
(片长:57分钟 字幕:英语/中文)

中级形意拳竞赛规定套路是国家体育总局,中国武术运动管理中心,中国武术研究院审定的系列规定套路之一。共有六段,四十八个动作组成,内容丰富、结构顺畅、刚柔相济、快慢相间、既有单个动作,又有组合动作,整套动作基本上包涵了传统形意拳中的五行、十二形、进退、四把和杂式捶的大部分动作。练习起来动作连贯、紧凑,风格特点突出是一个理想的形意拳套路。

CODE NO.DW114-9



Advanced Xingyi Quan Competition Routine

Lecturer: **Zhang Xigui**
(Length:54minutes, Subtitles:English,Chinese)

The Advanced Xingyi Quan Competition Routine is examined and approved by the Chinese Sports Administration, Chinese Wushu Reach Institute and Chinese Wushu Management Center. It consists of six parts and 68 movements, with rich content and reasonable, various structure changing and great difficulty. Basically, it contains the hand techniques and footwork as well as leg techniques and jumping and etc of traditional Xingyi Quan, which means that it maintains the characteristics of the main skills from the various styles. It is a quite comprehensive routine.

CODE NO.DW114-10
6937475378690

高级形意拳国家竞赛规定套路

主讲:张希贵
(片长:54分钟 字幕:英语/中文)

高级形意拳竞赛规定套路是由国家体育总局,国家武术研究院和国家武术运动管理中心审定的武术系列规定套路之一。本套路共分六大段,由六十八个动作组成,内容丰富,结构合理动作多变,难度较大。基本包涵了传统形意拳的手法步法、腿法、跳跃、转折等内容,涵盖了形意拳各流派的主要动作特点。要招法和技能,是一个技术内容全面的形意拳套路。

CODE NO.DW114-10



Interlink Fist of Yue-style ---Combat Skills of Ba Fan Shou

Lecturer: **Zhang Xigui**
(Length:53minutes, Subtitles:English,Chinese)

It is said that the famous general of the Song Dynasty, Yue Fei trained his soldiers by Ba Fan shou so as to improve their battle effectiveness. It is compact, practical, easy, and powerful for attack and defense, which including many hand techniques such as kick, punch, tumble, catch, bundle, throw and so on. There are three sections--- upper, middle, lower, eight routines for each. The characteristic is practicing movements in both sides, and practice for eight times on each side, that's why it is called Ba Fan Shou (Eight Turning Hand).

CODE NO.DW114-12
6937475378704

岳氏连拳-八翻手实用技击

主讲:张希贵
(片长:53分钟 字幕:英语/中文)

相传宋朝名将岳飞为提高将士战斗力,以八翻手训练将士,其动作简洁明快实用,好学攻防技击性强,包括了踢、打、摔、拿、捆、缠等手法。八翻手分上、中、下三段,每段8招,共24路,特点是两侧并练,左右开弓八次,故名八翻手。

CODE NO.DW114-12

Eight Types of Huayue Heart-mind Harmony Fist Series 华岳心意六合八法拳 系列



Eight Types of Huayue Heart-mind Harmony Fist

Lecturer: **Wu Yinghua**
(Length:50minutes, Subtitles:English,Chinese)

The nucleus of Eight Types of Huayue Heart-mind Harmony Fist is how to use the strength, and the less important one will be follow the rules. The one good at using the strength and familiar with the rules is the best, who know how to use the strength but don't know the rules is next to it, and the one who neither know the rules and how to use the strength will be the worst.

It is hard to understand the rules or how to use strength. So it is important to practice while learning this fist. Move first, move in static, and rest in heart and mind. You can not use it with high proficiency without practice it for a long time.

CODE NO.DW131-02
6937475385469

六合八法拳

主讲:吴英华
(片长:50分钟 字幕:英语/中文)
华岳心意六合八法拳以功为上,以法为贵,懂劲知法者上乘,懂劲无法者中乘,无法而不懂劲者下乘也。懂劲难知法亦难,故学此拳,不在形式,而在实践,以功为先,以静求动,而静于心意。若非功深日久,刚不能得心应手。其拳势变化有拦有击,有蓄有发,有虚有实,有徐有疾,有循环螺旋,有推接搓揉,达到伸缩有节,开合无迹,松紧有规则,刚柔有律,姿势相关,节节相应。

CODE NO.DW131-02



Eight Types of Huayue Heart-mind Harmony Fist

Lecturer: **Wu Yinghua**
(Length:50minutes, Subtitles:English,Chinese)

The nucleus of Eight Types of Huayue Heart-mind Harmony Fist is how to use the strength, and the less important one will be follow the rules. The one good at using the strength and familiar with the rules is the best, who know how to use the strength but don't know the rules is next to it, and the one who neither know the rules and how to use the strength will be the worst.

It is hard to understand the rules or how to use strength. So it is important to practice while learning this fist. Move first, move in static, and rest in heart and mind. You can not use it with high proficiency without practice it for a long time.

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六合八法拳

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(片长:50分钟 字幕:英语/中文)
华岳心意六合八法拳以功为上,无法而不懂劲者下乘也。懂劲难知法亦难,故学此拳,不在形式,而在实践,以功为先,以静求动,而静于心意。若非功深日久,刚不能得心应手。其拳势变化有拦有击,有蓄有发,有虚有实,有徐有疾,有循环螺旋,有推接搓揉,达到伸缩有节,开合无迹,松紧有规则,刚柔有律,姿势相关,节节相应。

CODE NO.DW131-02



Eight piling method

Lecturer: **Wu Yinghua**
(Length:50minutes, Subtitles:English,Chinese)

Eight piling method of Eight Types of Huayue Heart-mind Harmony Fist is filtrate by the predecessor from the whole fist types through practice again and again to meet the need of practice the fist skill in long run. The purpose of this is to know well and comprehend the main meaning of this fist action through this practice, to achieve the aim of preserve your health, become strong and live longer.

CODE NO.DW131-03
6937475385476

八大桩法

主讲:吴英华
(片长:50分钟 字幕:英语/中文)
华岳心意六合八法“八大桩法”乃本门先师长期为练功之需,从整套拳架中反复论证实践后,筛选出的基本桩法。其目的是经过桩法的习练,领会和熟悉对本门拳法之要义,提高功法功法,达到养生健体、延年益寿之目的。习练以上桩法要求做到气平心定,独立安神,肌肉若一,心定才能静,静则动,动则通,通则久,久则变化无穷。

CODE NO.DW131-03



Usage

Lecturer: **Wu Yinghua**
(Length:50minutes, Subtitles:English,Chinese)

The usage of Eight Types of Huayue Heart-mind Harmony Fist has its own rule, it should coordinate with emergency, study the actual situation of the move and static. There is extant of it but you must not be restricted by it. You should follow the rules but not restricted by it, the rules are falsehood, it is said that do not follow the rule as knowing the formula.

CODE NO.DW131-04
6937475385483

用法

主讲:吴英华
(片长:50分钟 字幕:英语/中文)
六合八法拳的用法是有规律之定法,要配合应变,动静、静之虚实,法量有度,不能为法为限,能用法而不泥于法,心意无法,有法是虚无,即经典之外所传心法,故不言法。

CODE NO.DW131-04

Sha Guozheng's Xingyi and Bagua 沙国政形意八卦 系列



Xingyi Twelve-style Boxing

Lecturer: **Luo Jinhua**
(Length:62minutes, Subtitles:English,Chinese)

Twelve-style boxing is an important part of Xingyi Quan, which makes use of the characters and images of twelve animals and they are melted into martial arts. Like soaring vertically and horizontally of dragon, majestic violent imposing manner of tiger, agility of monkey, facility of swallow, celerity and pugnacity of cock, fierceness and brutality of eagle and sparrow hawk, etc. Imitate its figure and conjecture its meaning to absorb into the techniques of attack and defense and it is also a favorable method to practice the body.

CODE NO.DW094-01
6937475366635

形意拳十二形

主讲:罗金华
(片长:54分钟 字幕:英语/中文)

十二形是形意拳主要组成部分,借寓十二生肖动物的特点及形象,融入武技中,如龙的龙腾纵横,虎的威猛气势,猴之灵巧,鸡敏好斗,鹰凶猛桀等,仿其形摄其意而纳入攻防技巧,又是练身的良好方法。

CODE NO.DW094-01



Theory and Techniques of Xingyi Quan

Lecturer: **Luo Jinhua**
(Length:54minutes, Subtitles:English,Chinese)

Xingyi Quan is good for practising both the inside and outside, practising and using. The forms are grandeur and elegant, with condensed and pure technique, complete force, spirit and shape, fast and agile moving. Move simultaneously with spirit, Qi, mind, force, hands, eyes, body and steps. With emptiness and solidness, you can use it for attack and defense. Practising Xingyi Quan, you stimulate the circulation of blood with Qi to accelerate metabolism, lighten the burden of the heart, and force the function of digestive system. It is a movement good for preventing diseases, exercising and increasing body force. If you keep on practising, you will have clear mind and healthy body.

CODE NO.DW094-02
6937475366642

形意拳拳理拳法

主讲:罗金华
(片长:54分钟 字幕:英语/中文)

形意拳内外双修,体用兼备,拳式庄严儒雅,拳技精简纯正,劲力充实,神形兼备,身手迅捷,神气意气手眼身步合一而发。攻守虚实兼备。

练形意拳,气贯血行,加速人体新陈代谢,又减轻心脏负荷,增强消化系统功能,是祛病、健身、增力的良好运动方法,如能持之以恒,可使你神清体健,练武健身两收效。

CODE NO.DW094-02



Sun Shi Youshen Bagua Lianhuan Zhang (Palm) Actual Combat
Lecturer: Deng Fuming
(Length:53minutes, Subtitles:English,SChinese)
 There are eight skills in the usages of Sun Shi Bagua: 1Move: move the opponent's hand, foot, shoulder, and hip. 2Block: block the opponent's hand and foot. 3Parry: parry the opponent's hand, foot, arm, and leg. 4Lock: lock the opponent's hands, chest, and abdomen. 5Push: push the opponent's hand and body, there are two ways, Single Push Hand, Double Push Hand(Double Push Hand is Double Palms Bump). 6Carry: carry the opponent's hands, there are two ways, parrying horizontally and upward. 7Bring: bring the opponent backward or block his hands when he catch my hands. 8 Lead: lead the opponent's body and hands, leftward or rightward, or upward, so to stop him get the upright force.

CODE NO.DW134-06
6937475386374

孙氏游身八卦连环掌实用技巧

主讲:邓福明
 (片长:53分钟 字幕:英语/中文)
 孙氏八卦用法一有八绝: 擒拦截扣, 推托带缠, 1 搬: 搬敌人之手足肩膝, 2 拦: 拦敌人之手足如研削. 3 截: 控住敌人之手足除精髓. 4 扣: 扣敌人之两手与胸和小腹. 5 推: 推敌人之手与身, 其中有单手推和双手推两种方法 (双手推即双高掌). 6 托: 托敌人之两手, 方法有二: 平托, 往高托. 7 带: 带就是敌人抓住我手时, 极力往回带, 或挂敌人之手. 8 领: 领敌人之身或敌人之两手, 往左右领去, 往上领, 往下领, 使敌人不得中正之劲.



Sun Shi Xingyi Ba Shi Quan Actual Combat
Lecturer: Deng Fuming
(Length:48minutes, Subtitles:English,Chinese)
 Xingyi Ba Shi (Eight Postures) is based on the Five-element Xingyi Quan and Twelve-style Boxing. The theory of Ba Shi Quan is the same as Five-element Boxing and Twelve-style Boxing. That is, taking the meaning from the image, keeping the body stable and upright, with softness in hardness, combining the inside and outside, sinking the strength down and keeping it in a whole, neat and clear, agile and general.
 For practicing, Xingyi Ba Shi, there are some needs from the body: folding the chest, lowering the waist, relaxing the shoulder, dropping the elbows, pressing the wrist, stretching the palm, drawing the hips in, turning the knees in, keeping the feet stable, these ten basic requests. The practitioners must try to avoid such points, being angry, and rough strength, straightening the chest and raising the abdomen. The practitioners should practice Sun Ti Shi before he practice Xingyi Ba Shi. Every boxing starts from San Ti Shi, though there are many changes, it can be apart from San Ti Shi.

CODE NO.DW134-07
6937475386381

孙氏形意八卦拳实用技巧

主讲:邓福明
 (片长:48分钟 字幕:英语/中文)
 形意八卦是根据形意拳的五行拳, 十二形拳中的精华所编. 练习形意八卦时练习五行拳, 十二形拳的要求是一致的. 即: 象形取意, 步稳身正. 刚中有柔, 内外合一, 力沉劲整, 简洁清晰, 灵活大方.
 练习形意八卦对身体各部位的要求如: 含胸、塌腰、松肩、垂肘、坐腕、撑掌、缩肘、扣腕、实足等十项是最基本的, 习练者一定要努力做到; 同时尽力避免怒气, 拙力, 挺胸提腕等弊病. 练习形意八卦时必须把三体式这个基本功练好, 无论哪拳都是以三体式为起点, 中间虽变化万端, 但基本上离不开三体式.

孙氏雪片刀实用技巧

主讲:邓福明
 (片长:53分钟 字幕:英语/中文)
 孙禄堂雪片刀是孙禄堂先生留下的器械套路之一. 这套刀术形式威猛, 沉实迅猛, 劈、砍、撩、刺、蹬、扒、翻、身法多变, 步伐轻灵, 刀踏变换难测.

CODE NO.DW134-08
6937475386398



Sun Shi Xue Pian Dao Actual Combat
Lecturer: Deng Fuming
(Length:53minutes, Subtitles:English,Chinese)
 Sun Lutang Xue Pian Dao (Broadsword) is one of the weapon routines left by Sun Lutang. The forms of this sword routine are very fearful, solid and agile. Chop, Hook, Pierce, Leap, Dig, Turn, with many body techniques, and agile step, unexpected broadsword routine.

孙氏形意奇枪实用技巧

主讲:邓福明
 (片长:53分钟 字幕:英语/中文)
 形意奇枪的特点: 奇枪是河北省保定地区孙式门传入唐山地区的优秀武术器械套路其一. 其理论通与形意拳, 所以又名: 形意转环奇枪. 要求练时枪不离身, 动作整齐, 劲整简清, 变化多端, 套路连贯, 枪法突变, 意到气到力到, 势猛惊炸, 上下翻浪, 直来直去, 缠拿崩挑, 劈挂硬盖, 粘裹摆扎拔滚滚滚. 勤练能增强自身功力.

CODE NO.DW134-09
6937475386404



Sun Shi Xingyi Qi Qiang Actual Combat
Lecturer: Deng Fuming
(Length:51minutes, Subtitles:English,Chinese)
 The characteristics of Xingyi Qi Qiang (Rare Spear): Qi Qiang is one of the excellent Wushu weapon routines, which was introduced to Tangshan from Sun Shi Men (Sun-style Wushu School) in Baoding, Hebei. Its theory is similar with Xingyi Quan, also called Xingyi Zhan Huan Qi Qiang. When practicing, you need to stick the spear to the body, with neat movement, and entire strength, many changes. The routine is continual, the spear technique is changing all the time. Move with the spirit, energy and strength together, very fearfully. Turn over up and down, straightly come and go. Twine, grab, snap, hook, chop, parry, smash, cover, drill, wrap, stir, and prick, fearful techniques. Practice frequently, it can strengthen your Kungfu.

孙氏纯阳剑实用技巧

主讲:邓福明
 (片长:52分钟 字幕:英语/中文)
 纯阳剑又叫做形意剑, 其道理同于形意拳. 虽然剑术之理同于拳术, 但用法不同, 拳以交手为用, 剑则以三寸锋为用, 所以说, 拳有拳法, 剑有剑法. 深明剑法, 才能充分发挥剑的技击作用. 用剑应以神为主, 眼、手、身、步各法同用于拳术.
 纯阳剑外兼各家拳术之长, 内练阴阳中和之气, 以达健身祛病之目的, 它以扶养正气为宗, 可以说是内外兼修的一套剑术.

CODE NO.DW134-10
6937475386411



Sun Shi Chun Yang Jian Actual Combat
Lecturer: Deng Fuming
(Length:52minutes, Subtitles:English,Chinese)
 Chun Yang Jian (sword) is also called Xingyi Jian(Sword), its theory is the same as Xingyi Quan. Though the blade technique is the same as boxing, its usage is different. For boxing, you use the hands, while for blade, you fight with the three inches sharp edge. So we say, boxing has boxing techniques, while blade has blade techniques. Understand the blade techniques deeply, so you can make full use of the blade in actual combat. For blade, you should mainly focus on the spirit, and it is the same as boxing for the eyes, hands, body, and foot techniques.
 Chun Yang Jian has the advantages of every schools, and it practice integrating Yin and Yang Qi, so to strengthen the body and kill the diseases. It aims at cultivating the Qi, a blade routine which practice the inside and outside.

孙氏八卦剑实用技巧

主讲:邓福明
 (片长:51分钟 字幕:英语/中文)
 孙氏八卦剑, 其道实出于八卦拳中, 习者应以八卦拳为主, 以八卦剑为辅. 各派剑术都是以拳术为基础. 拳谚云: 精拳者未必皆通剑法, 善剑法者未必不精拳术.

CODE NO.DW134-11
6937475386428



Sun Shi Bagua Jian Actual Combat
Lecturer: Deng Fuming
(Length:51minutes, Subtitles:English,Chinese)
 The theory of Sun Shi Bagua Jian (sword) actually comes from Bagua Quan. The practitioners should mainly practice Bagua Quan, with Bagua Jian as supplement. The blade techniques of every school are based on the boxing techniques. The boxing proverb: Boxing master no necessarily excels at blade techniques, while none of the blade masters doesn't know boxing techniques.



Sun Shi Open and close Taiji Quan
Lecturer: Luo Jinhua
(Length:(1)52minutes,(2)52minutes, Subtitles:English,Chinese)

CODE NO.DW134-12
6937475387326

Sun Shi Open and close Taiji Quan is also call Free step Taiji. It combines the meaning of <Yi Jing> and <Xi Sui>, uses the shape of Zhou's Taiji map, follow the theory of the He Tu Luo Shu, along with the spirit of nature of Lao zi and the golden mean of Kong zi. It mixes the essence of Xingyi, Bagua Quan, Taiji Quan and has its own special martial art style.

孙氏六合太极拳

主讲:邓福明
 (片长:(1) 52分钟 (2) 52分钟 字幕:英语/中文)
 孙家六合太极拳, 也叫活步太极. 它《易经》(洗髓) 两经之义, 用周子的太极图之形, 取河图洛书之理, 道从老子的顺其自然. 孔子的中庸之道, 融合形意、八卦拳、太极拳三家之精髓创立的, 具有独特的风格魅力.



Sun Shi Taiji Push hand Actual Combat Skill
Lecturer: Deng Fuming
(Length:51minutes, Subtitles:English,Chinese)

CODE NO.DW134-13
6937475387333

As a great master, Sun Lutang's martial art has its own system. It is consider as a martial culture. The Sun Shi Taiji boxing has its special style. It is based on three elements, and special at mid-stable. Push, put, and the step have the characteristic of itself and it is magical.

孙氏太极推手与实战

主讲:邓福明
 (片长: 51分钟 字幕: 英语/中文)
 作为一代宗师, 孙禄堂的武学自成体系, 堪称武学文化. 孙氏太极拳风格独特, 以三体为根基, 中定为特点. 推手、搭手、步法等都各具特点, 深含奥妙.



Sun Shi Taiji sword Actual Combat Skill
Lecturer: Deng Fuming
(Length: 50minutes, Subtitles:English,Chinese)

CODE NO.DW134-14
6937475387340

Sun Shi Taiji sword Actual Combat Skill is form by Sun Lutang according to the Quan theory. It is evolved from the shape of Xingyi Bagua. The sword is mainly on Yi and Qi. The action of eyes, hands, body, and steps is the same with Quan techniques. Make the sword as the extent of arm but not restrained by the sword to be in a condition that the body and sword is a whole.

孙氏太极剑实用技巧

主讲:邓福明
 (片长: 50分钟 字幕: 英语/中文)

孙氏太极剑由孙禄堂根据拳理, 以形意八卦为基础演变而来. 剑法以意、气为主, 眼、手、身、步各法均同于拳术. 剑如臂之加长, 而不为便剑所拘, 达到身剑合一的境界.



Sun Shi Xingyi Twelve Pictographic hands
Lecturer:Deng Fuming
(Length:53minutes, Subtitles:English,Chinese)

CODE NO.DW134-15
6937475387357

Sun Shi Taiji sword can be practice alone or with partners. It is communicate to the boxing art. The sword is mainly on Yi and Qi. T he action of eyes, hands, body, and steps is the same with Quan techniques. Make the sword as the extent of arm but not restrained by the sword to be in a condition that the body and sword is a whole.

孙氏太极剑对练

主讲:邓福明
 (片长: 53分钟 字幕: 英语/中文)

孙氏太极剑既可以单人练, 也可以双人对练. 孙氏太极剑与拳术相通, 剑法以意、气为主, 眼、手、身、步各法均同于拳术, 剑如臂之加长, 而不为便剑所拘,



Sun Shi Xingyi Twelve Pictographic hands
Lecturer:Deng Fuming
(Length:(1)53minutes,Subtitles:English,Chinese)

CODE NO.DW134-16
6937475387364

Xingyi Twelve Pictographic hand is an evaluation of Xingyi boxing, follow its shape and use its spirit. Its theory is associated to Xingyi Bagua, negative Yin and hold Yang, and the vital force is last for ever. It is base on three elements, and the action of stakes and steps has its own characteristic.

孙氏形意十二象形手

主讲:邓福明
 (片长:(1) 53分钟 字幕: 英语/中文)
 形意十二象形手属于象形取意, 是形意拳的一种变化. 其理论都离不开形意八卦, 负阴抱阳, 生机不息, 以三体为根基, 植功、步法均有特色.



Sun Shi Xingyi Five resources and Bagua stick
Lecturer: Deng Fuming
(Length:52 minutes, Subtitles:English,Chinese)

CODE NO.DW134-17
6937475387371

Xingyi Five resources and Bagua stick is base on Xingyi Bagua Taiji theory. It has its own strong three elements style of Xingyi but also the nimble of stick martial art. It is easy to learn.

孙氏形意五行八卦枪

主讲:邓福明
 (片长:52分钟 字幕: 英语/中文)
 形意五行八卦枪基于形意八卦太极原理, 它既有形意的深厚有力三体式风格, 又有枪术轻巧灵活的特点, 简单易学.



Sun Shi Xingyi Bagua the 64-method of hand **CODE NO.DW134-18**
Lecturer: Deng Fuming
(Length:51minutes, Subtitles:English,SChinese)
 6937475387388
 Xingyi Bagua the 64-method of hand is mainly on turning circle, with the walk stakes as its basic. Walk straight hardly first but soften later, combines the hardness and softness. It shows the main point of Xingyi boxing, and it is really worth to learn.



Lecturer: Deng Fuming **CODE NO.DW134-19**
(Length:50minutes, Subtitles:English,Chinese)
 6937475387395
 Xingyi Bagua the 64-method tuning palm is mainly on walk, look, sit and turn. These actions is good for develop the nimble of the body, the strength of lower limbs. Practice it often can preserve health.



Sun Shi Arc Hook Sickle sword **CODE NO.DW134-20**
Lecturer: Deng Fuming
(Length:52minutes, Subtitles:English,Chinese)
 6937475387401
 Sun Shi Bagua arc Hook Sickle sword is a rare weapon in Bagua faction. This weapon is form of two weapons which means male and female. When they merge, it is like a circle of Yin and Yang. Sun Shi Bagua Interlink knife is base on the Xingyi Bagua. Practice this often can improve a lot the nimble of body and the strength of lower limbs.

Chinese Yi Quan Series 中华意拳 系列



Chinese Yi Quan-Stance Training **CODE NO.DW141-01**
Lecturer: Zhang Guangyu
(Length:52minutes, Subtitles:English,Chinese)
 6937475389085
 Yi Quan is one of the excellent boxings of Chinese Wushu and favored by Wushu fans from around the world. Stance Training is a series to train the will. As practicing it, you must be extremely concentrated. In this disk, Zhang Guangyu, a famous Wushu master will introduce in detail the method to practice stance training. Hope this will help you to get a completely new knowledge about stance training.



Chinese Yi Quan---Tentative Force **CODE NO.DW141-02**
Lecturer: Zhang Guangyu
(Length:55minutes, Subtitles:English,Chinese)
 6937475389092
 Yi Quan is one of the excellent boxings of Chinese Wushu and favored by Wushu fans from around the world. After a period of Stance Training, you can start the training of Tentative Force. Tentative Force stresses on slowness and gentleness rather than speed and hardness. To exert tentative force, you'd try to find out the right feeling of expressing force, and to develop the arms as nimble and strong as two boas through the training as if swimming in the air. You'll get a better effect when alternating action with inaction.



Chinese Yi Quan---Fist-Skills and Footwork **CODE NO.DW141-03**
Lecturer: Zhang Guangyu
(Length:54minutes, Subtitles:English,Chinese)
 6937475389108
 Yi Quan is one of the excellent boxings of Chinese Wushu and favored by Wushu fans from around the world. The fist skills and footwork of Yi Quan are designed on the base of philosophy. It claims that, force is spiritual convence rather than mere physical strength. This series aims at the training of both the spirit and the body. It contains majestic and elegant fist postures, simple but effective fist skills and flexible footwork. It requires the mind, eyes, hands, body and feet to move in unity, so as to bring you the initiative both in attack and defense.

孙氏形意八卦64手法
 主讲:邓福明 **CODE NO.DW134-18**
 (片长:51分钟 字幕:英语/中文)
 形意八卦64手法以转圈为主,以行桩为基本功,走直趟,先刚而后柔,打出了刚柔相济。深得形意拳拳理要领,值得一学。

孙氏形意八卦64转掌
 主讲:邓福明 **CODE NO.DW134-19**
 (片长:50分钟 字幕:英语/中文)
 形意八卦转掌的特点是一走、二视、三坐、四翻。这些特点对发展身形的轻捷、灵活和下肢的力量都有好处。常练习具有健身作用。

孙氏弧形钩镰剑
 孙氏八卦连环刀
 主讲:邓福明 **CODE NO.DW134-20**
 (片长:52分钟 字幕:英语/中文)
 八卦弧形钩镰剑,在八卦门很少见,属稀有兵器。弧形钩镰剑是雌雄,属一对,它俩合并的时候就像一个阴阳圈。八卦连环刀以形意八卦为基础,常练此刀法对身形的轻捷、灵活和下肢的力量都能有很大提高。

中华意拳——桩功
 主讲:张广玉 **CODE NO.DW141-01**
 (片长:52分钟 字幕:英语/中文)
 意拳是我国传统武术的优秀拳种之一,深受国内外武术爱好者的肯定与喜爱。意拳里的桩功是一种磨炼意志的功夫。修习桩功必须是心神安详,排除杂念,神不外溢。意不漏形。武术名师张广玉在本碟中详解了桩功的练习方法。观摩其中细节必能让你对桩功有全新的认识。

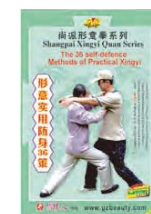
中华意拳——试力
 主讲:张广玉 **CODE NO.DW141-02**
 (片长:55分钟 字幕:英语/中文)
 意拳是我国传统武术的优秀拳种之一,深受国内外武术爱好者的肯定与喜爱。当桩功具备了一定功力后,便可以进行功力训练了。试力要求是慢胜于快,缓胜于急。试力就是摸拳劲儿。通过在空气中游泳般的训练使自己的胳膊腿成两条活的蟒蛇。动静互补,以求提高锻炼之效果。

中华意拳——拳法步法
 主讲:张广玉 **CODE NO.DW141-03**
 (片长:54分钟 字幕:英语/中文)
 意拳是我国传统武术的优秀拳种之一,深受国内外武术爱好者的肯定与喜爱。意拳的拳理拳法很讲究哲理,即主张一切力都是精神的集合而不是单纯的力。此拳法步法内外双修,体用兼备。拳式庄严儒雅,拳技精减纯正。劲力充实,步法身形灵活,迅速敏捷。神气意气,手眼身步合一而发,攻守中虚实兼备。



Chinese Yi Quan-the Rudiment to Exerting Force **CODE NO.DW141-04**
Lecturer: Zhang Guangyu
(Length:(1)52minutes, Subtitles:English,Chinese)
 6937475389115
 Yi Quan is one of the excellent boxings of Chinese Wushu and favored by Wushu fans from around the world. Zhang Guangyu, a famous Wushu master will introduce and demonstrate this series in this disk. This series is an excellent exercise to remove disease, keep health and develop strength, since it will speed up the metastasis of your body, relieve the heart's burden and enhance the digesting function. Through constant practice, you will get benefit both in health-keeping and in strength-enhancing.

Shangpai Xingyi Quan Series 尚派形意拳系列



The 36 self-defence Methods of Practical Xingyi **CODE NO.DW140-01**
Lecturer: Li Hong
(Length:52minutes, Subtitles:English,Chinese)
 6937475388651
 Most of the modern people care about the practice and update of the brain, and ignore the harmony of the physical ability, that's why they sometimes become the target of some law-breakers who aims at money. Now, with the idea of making the past serve the present, applying the techniques of Xingyi Quan, coordinating with the reality in the daily life, we set up this simple practical routine, The 36 Self-defence Methods for modern people, in order to strengthen the Consciousness, practice more to protect themselves.



The Techniques and Combat of Xingyi Twelve-styles Quan **CODE NO.DW140-02**
Lecturer: Li Hong
(Length: 51minutes, Subtitles:English,Chinese)
 6937475388668
 Xingyi Quan is very simple and easy to learn, a step to combat and improve the health. Until now, Xingyi Quan has special characteristics in every field. In this video, Wushu Master Li Hong, according to what he understands for Shangpai Xingyi Quan, he will explain detailedly the techniques and combat of Xingyi Twelve-styles. The Xingyi lovers will learn more about the Twelve-styles, the techniques and characteristics.

中华意拳-力的运用入门
 主讲:张广玉 **CODE NO.DW141-04**
 (片长:(1) 52分钟 字幕:英语/中文)
 意拳是我国传统武术的优秀拳种之一,深受国内外武术爱好者的肯定与喜爱。此碟由武术名师张广玉亲授意拳中“力的运用入门”练习此章可加速人体新陈代谢,减轻心脏负荷,增强消化功能。是祛病健身,增力的良好运动方法。如能持之以恒练习,可便您神清体健。练武健身两收益。

形意实用防身36策
 主讲:李宏 **CODE NO.DW140-01**
 (片长: 52分钟 字幕:英语/中文)
 现代人大多只注重脑力的练习与更新,而忽视了体能和肢体的协调性练习。因此往往成为一些不法分子谋取钱财的攻击目标。我们本着古为今用的理念,运用形意拳的技法劲路,结合现代日常生活中遇到的情况,编排了这套简单实用防身36策。对现代人提高认识,有所锻炼,达到自我防身的目的。

形意十二形的技与击
 主讲:李宏 **CODE NO.DW140-02**
 (片长: 51分钟 字幕:英语/中文)
 形意拳朴实无华,动作好学,是步入技击和健身高层次的阶梯。形意拳发展到现代,可谓物物致知,各有特色。在本片中,武术名师李宏就其对尚派形意拳的认识,详解了形意拳十二形的技与击。形意爱好者通过此片将对十二形的练法,象形取意及技法特点有进一步的认识。