

太極拳  
Martial Arts



Laney Xu



The taijitu, or the black and white, teardrop-shaped diagram of yin-yang, was derived from observing shadows cast on a sundial at midday throughout the year.



In 2020, Tai Chi was successfully added to its Intangible Cultural Heritage List by the UNESCO.







Tai Chi is one of the traditional Chinese boxing. Each movement circulates blood agreeing with Qi within the body “steadily and easily”, which benefits health too much.





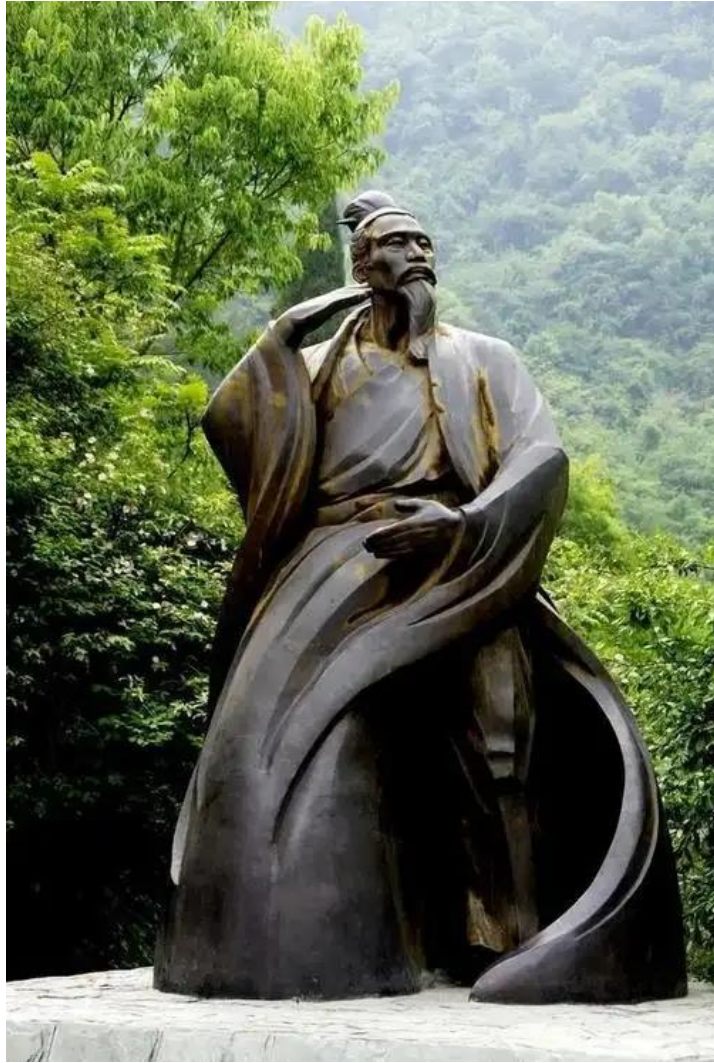
The fluid combination of slow, graceful movements and lightning-quick strikes easily sets taijiquan apart from other martial arts. Unlike combat-oriented martial arts, it focuses on internal development, and is characterized by set exercises, breath regulation and the cultivation of a righteous, neutral mind.





The earliest traceable origin of taijiquan dates back to mid-seventeenth century in Central China's Henan province, home to its first great popularizer, a Ming dynasty general Chen Wangting (1597-1664).

陳王廷



Legend goes that Zhang Sanfeng, a Taoist priest, created Tai Chi after he had watched a fight between a sparrow and a snake.

張三豐





In modern times, taijiquan has become popular among Chinese of all ages, genders and ethnicities. Its mental and physical health benefits have also garnered it enthusiasts across the world.

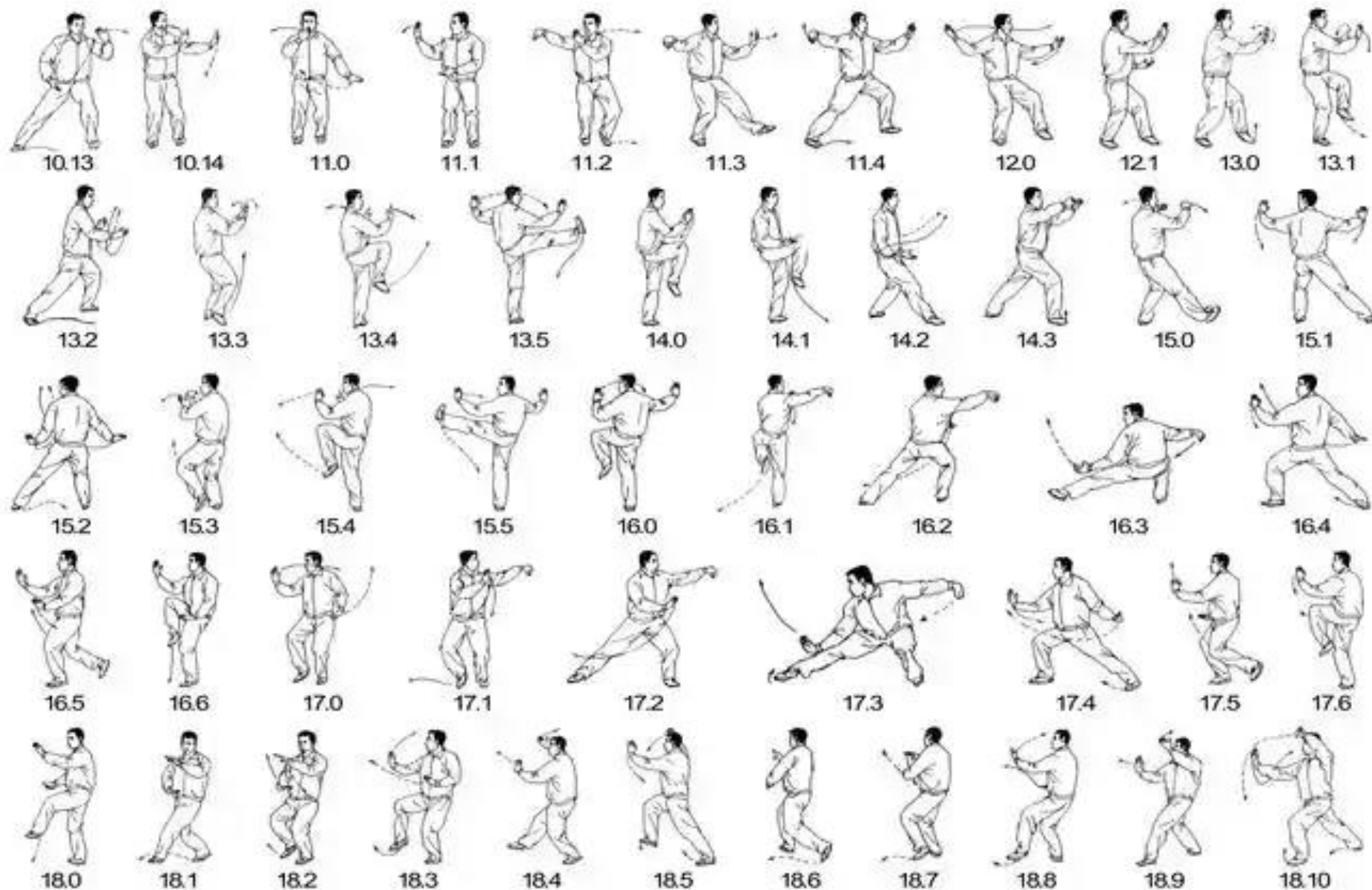




Taijiquan, influenced by Daoist and Confucian thought, as well as traditional Chinese medicine, builds upon theories of bodily energies, the yin-yang cycle and the unity of heaven, earth and man.

# TAI JI QUAN

## 24 mouvements





# 八段錦

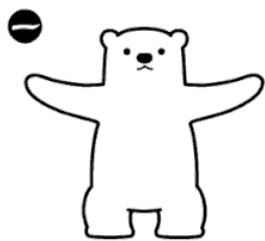
## Baduanjin

八組 安心、健體的動作

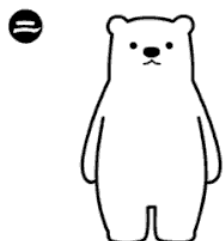
eight groups peaceful and healthy movements

主動用意識，引導身體動作，并注意與呼吸配合

use your mind to guide your action, And remember to work with the breath



一 兩手托天理三焦



二 左右開弓似射雕



三 調理脾胃腎單舉



四 五勞七傷往後瞧



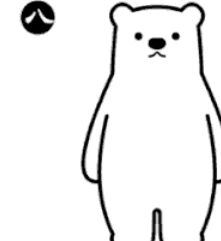
五 搖頭擺尾去心火



六 兩手攀足固腎腰



七 攢拳怒目增氣力



八 背後七顛百病消

## 五星出東方利中國（護膊）

1995年10月中日尼雅遺址學術考察隊成員在新疆和田地區民豐縣尼雅遺址一處古墓中發現該織錦。

是漢代（前202年—8年）文物。  
收藏于新疆博物館。

長18.5厘米，寬12.5厘米。



## 錦

The “Five Stars Out of the East Benefit China” (armguard)

In October, 1995, the members of the Sino-Japanese Academic Inspection Team for the Niya Site found the brocade in a tomb at Niya Site in Minfeng Country, Hotan, Xinjiang Province.

It is a relic from the Han Dynasty. It is now collected in Xinjiang Museum.

It is 18.5 centimeters long and 12.5 cm wide.





# 錦

## 五星出東方利中國（護膊）

★以藍色為底，花紋主體為平行排列的孔雀、仙鶴、辟邪、盤龍和虎等祥瑞禽獸，以卷曲的植物蔓藤及兩蕾一花作間隔。

其間織篆字“五星出東方利中國”。

The “Five Stars Out of the East Benefit China” (armguard)

It is Based on blue. The main body of the pattern is parallel arrangement of peacocks, red-crowned crane, warding off evil spirits, coiled dragons, tigers and other auspicious animals, using curled plant vines and two buds on one flower as intervals.

Between them, there weaves “Five Stars Out of the East Benefit China” in seal character.





# 錦

## 五星出東方利中國

★ “中國”一詞最早見於《尚書》。“五星出東方利中國”出自《史記·天官書》：“五星分天之中。積于東方，中國利；積于西方，外國用者利。”寓意，祝福中國吉祥順利。



The word China was first seen in the book Shang shu. This sentence “Five Stars Out of the East Benefit China” comes from the Heavenly Official Book in Historical Records, by Sima Qian: Five stars divide the sky. Accumulating in the East, China's strength, accumulating in the West, benefiting foreign users. It means wishing China good luck and success.



# 錦

錦，精美、實用（蠶絲做成，天然透氣，冬暖夏涼）、滑潤舒適

Brocade, is exquisite, practical, lubricating and comfortable.(Made by natural silk, it has natural breathability, and is warm in winter and cool in summer.)



漢朝的錦



今天的蜀錦

## 八段錦

中國道教信仰者注重養生而發明的。  
道教，是老子創立的（約公元前571年出生）。

Baduanjin was invented by Chinese Taoist believers who emphasized health preservation.

Taoism was founded by Laozi  
( Born around 571 BC).





## 八段錦

八段錦之名，最早出現于南宋洪邁（1123年—1202年）所著《夷堅志》中：“政和七年（公元1117年），李似矩為起居郎……嘗以夜半時起坐，噓吸按摩，行所謂八段錦者。”說明八段錦在北宋已流傳于世，并有坐勢和立勢之分。

The word “baduanjin” first appeared in the writing Jian Yi Ji written by Hong Mai in the Southern Song Dynasty. It says: In the seventh year of the Zhenghe reign, Li Siju was appointed as the Qijulang(an official position) …… He would get up in the middle of the night and take deep breaths, massaging and doing the so-called baduanjin.

# 八段錦

南宋道教學者，曾慥（？-1155年）著《道樞·衆妙篇》：“仰掌上舉以治三焦者也；左肝右肺如射雕焉；東西獨托，所以安其脾胃矣；返復而顧，所以理其傷勞矣；大小朝天，所以通其五臟矣；咽津補氣，左右挑其手；擺鱗之尾，所以祛心之疾矣；左右手以攀其足，所以治其腰矣。”

但這一時期的八段錦沒有定名，其文字也尚未歌訣化。

A Taoist scholar from the Southern Song Dynasty, Zeng Biao wrote about baduanjin in his work "Dao Shu · Zhong Miao Pian": Raising both hands to cure the gut, liver and heart; the liver on the left and lungs on the right are like arches shooting eagles; raise the left and right hands separately to regulate the spleen and stomach; turn the head back to relieve fatigue and calm the mood, The big and small towards the sky, to benefit the viscera; Flip your palms left and right to increase qi and blood; Swinging your body like a fish to treat emotional disorders in your heart.



清朝，皇室更加重視八段錦的練習。《起居注》記載，清高宗乾隆也練習過八段錦。

他是中國歷史上最長壽的帝王（1711——1799）

本傑明·富蘭克林  
（Benjamin Franklin,  
1706—1790）

注：18世紀，全球人均20多歲。



In the Qing Dynasty, the royal family paid more attention to the practice of Baduanjin. According to the "Living Note", emperor Qianlong of the Qing Dynasty also practiced Baduanjin.

He was the longest-lived emperor in Chinese history .(1711-1799)

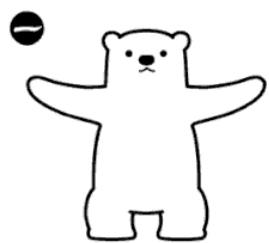
Benjamin Franklin (1706-1790)

Note: In the 18th century, the average global life span was about 20.

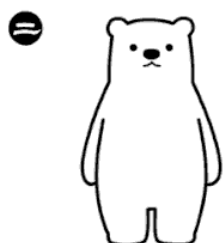
# 八段錦

主動用意識，引導身體動作，并  
與呼吸相配合 —— 和諧統一

立身中正，虛領頂勁，  
松肩沈肘，腳踩浮萍



一 兩手托天理三焦



二 左右開弓似射雕



三 調理脾胃臂單舉



四 五勞七傷往後瞧



五 搖頭擺尾去心火



六 兩手攀足固腎腰



七 攢拳怒目增氣力



八 背后七顛百病消



立身中正，虛領頂勁，松肩沈肘，腳踩浮萍





## 技擊的意義



Floyd Mayweather  
(1977~) 出生於Grand Rapids



2017年8月26日，梅威瑟第10回合，擊敗愛爾蘭綜合格鬥選手康納·麥格雷戈，贏得職業生涯第50場勝利；

創造了美國職業拳擊賽的記錄：生涯戰績50勝0負。

On August 26<sup>th</sup>, 2017, Mayweather defeated Irish combatant Connor McGregor in the 10th round, winning his 50th career victory and setting a record for professional boxing in the United States, with a career record of 50 wins and 0 losses.



# 1. 雙手托天理三焦

三焦：腸、肝、胃，心肺

Hands up holding sky to cure three  
viscera



1. 兩腳平行開立，與肩同寬。
  2. 兩臂徐從身側上舉，舉過頭時，十指漸相對。
  3. 掌心盡量向上托，使兩臂充分伸展，又不可緊張（似伸懶腰）。
  4. 緩緩仰頭，透手而觀。
  5. 掌托、仰頭到位後，略停頓，生成擎天柱地的感受，用腹式呼吸慢呼吸二、三次。
  6. 翻轉掌心朝下，經胸前，徐落。
- ※ 重複動作，3-6次。  
呼吸平穩、緩慢。  
意念經過三焦。

1. Keep your feet parallel to each other, and shoulder width apart.
  2. Raise your arms from your side, When you raise over your head, your fingers are facing each other.
  3. The palm of the hand should be supported upwards as much as possible, so that the arms are fully extended, and not tense (the action should be like stretching ourself).
  4. Slowly look up at your hands.
  5. After holding your palm and raising your head, pause slightly to imagine the feeling of lifting the sky, and breathe slowly two or three times with abdominal breathing.
  6. Flip your palms down, through the front of your chest, and fall slowly.
- ※ Repeat 3-6 times Breathe steadily and slowly. The mind passes through three focal points.

## 2. 左右彎弓似射雕

the left and right act like shooting eagles





## 2. 左右彎弓似射雕

the left and right act like shooting eagles



1. 兩腳平行開立，1½肩寬。
2. 食指與拇指呈L形撐開；余三指，輕輕彎向手心。

兩手似提弓而起，至胸前，左手緩緩向左平推，逐漸展直；同時，右臂屈肘向右平拉；最終，左掌心、右肘尖，成對拉之勢。腹式呼吸二、三次。

頭漸向左轉，眼看遠方。

腿漸下蹲。

腳跟碾地，隨體而調腳尖位置。腳趾如虎爪抓地。

——想象自己盡力開弓，頭、手、肘、腿、腳，盡心同時運行、到位。

3. 動作漸漸、反向還原。

※ 呼吸平穩、緩慢。

頭，上領；背，松、直

重複動作2，方向、肢體動作左右相反，左右各開弓4—6次。

1. Keep your feet parallel to each other, 1.5 times shoulder width.

2. Extend the index finger and thumb in an L-shape; Gently bend the other three fingers towards the palm of your hand.

Slowly push the left hand towards the left and gradually straighten your arm; at the same time, bend the elbow of the right arm and pull it to the right; In the end, the left palm and right elbow will form a pulling momentum. Take two or three abdominal breaths. Turn your head gradually to the left, looking into the distance.

The legs gradually squat down.

Roll your heels on the ground and adjust the position of your toes according to your body. Toes scratch the ground like tiger claws.

——Imagine yourself doing your best to draw a bow, with your head, hands, elbows, legs, and feet fully engaged and in place simultaneously.

3. Gradually reverse restoration.

※ Breath steadily and slowly. Head, leads upward; Repeat action 2 for back, loosen, and straight, with opposite directions and body movements on the left and right sides, with 4-6 arches on each side.

### 3. 調理脾胃須單舉

Regulating the spleen and stomach must be done by each side alone



1. 兩腳平行開立，與肩同寬。
  2. 左手徐從身側上舉，邊舉邊翻掌；  
舉過頭時，掌心向上，盡量上撐，五指盡量向正右方；同時右掌心向下按，指尖朝前。  
到位後，使兩臂充分伸展，又不可緊張。
  3. 略停頓，生成撐天、拄地的感受，用腹式呼吸慢呼吸2、3次。
  4. 動作漸漸、還原。
- ※ 重複4-8次

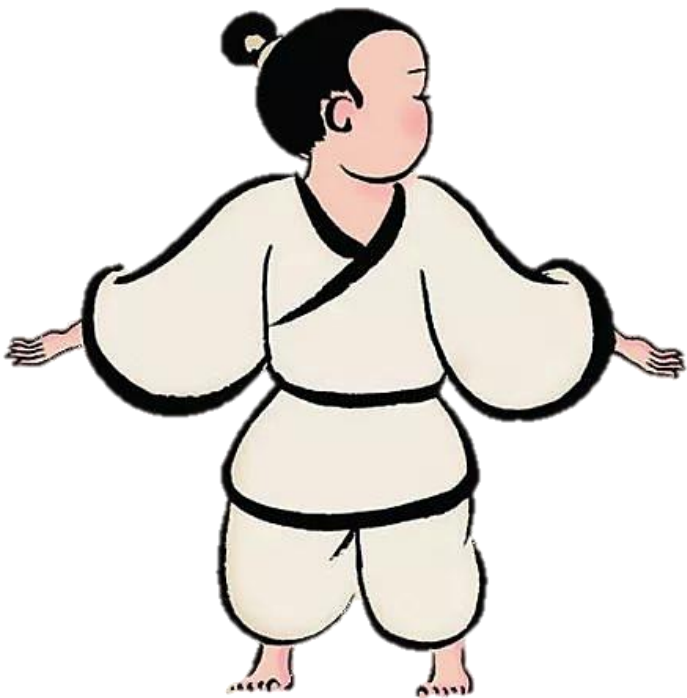
1. Open your feet parallel and shoulder width apart.
  2. Slowly lift the left hand from the side of the body, flipping the palm while lifting;  
when lift over your head, hold your palms upwards and try to support them high as much as possible, with trying your best to let the fingers pointing straight to the right; At the same time, press down with the right palm and fingertips facing forward. After reaching the position, fully extend both arms without tension.
  3. Pause slightly, generate a feeling of supporting oneself and leaning on the ground, and take slow breaths with abdominal breathing 2-3 times.
  4. Gradually reverse restoration.
- ※ Repeat 4-8 times



#### 4. 五勞七傷往後瞧

Look back to mitigate five labors  
and seven injuries

五臟辛勞，七情傷神



1. 兩腳平行開立，與肩同寬。

2. 頭頂上領，頭頸帶動脊柱緩緩向左擰轉，眼看後方。

兩臂自然下垂，或叉腰，或自然在兩側略上擡。

用腹式呼吸，平穩呼吸，與動作相配合。

3. 動作漸漸還原。

※ 重複動作2、3，方向、肢體動作左右相反，如此左右各開弓4—8次。

1. Open your feet parallel and shoulder width apart.

2. the head Leads upwards .The head and neck drive the spine to slowly twist to the left, eyes looking behind.

Both arms drop naturally , or cross the waist, or naturally lift slightly on both sides.

Perform abdominal breathing steadily, coordinate with movements.

3. Gradually reverse restoration.

※ Repeat actions 2 and3, with opposite directions and body movements on the left and right sides, so make 4-8 arches on each side.

## 5. 搖頭擺尾去心火

Shake your head and body to put  
off fire on your heart

心火，不靜、煩躁、憤怒、  
抑郁、恐懼



1. 兩腳平行開立，1½肩寬。

腿半蹲，腳跟碾地，隨體  
而調腳尖位置。腳趾如虎爪抓  
地。

雙手扶大腿上，虎口朝內。  
2. 頭領脊柱，向左傾、左轉，  
到重心能保持穩定的前提下，  
頭、左肩到盡量處。

然後，向右傾、右轉，到  
盡量處。

※ 頭，領；背，松、直  
上身是邊轉、邊移重心。  
臀、腿放鬆，  
身體如被吊物搬動。  
重複2動作，6—8次。

1. Keep your feet parallel to each other,  
1.5 times shoulder width.

Half squat your legs, press and turn  
your heels on the ground, and adjust  
the position of your toes according to  
your body movements. Toes scratch  
the ground like tiger claws.

Put both hands on your thighs, with  
your thumbs facing inward.

2. Head leads the spine, tilt and turn  
left. Make sure the center of gravity is  
stable, and reach the head and left  
shoulder as far as possible.

Then, lean to the right and turn right  
as much as possible.

※ Head, and back, relaxed but straight.

The upper body rotates and moves  
its center of gravity while moving.

Relax your hips and legs, and the  
body moves like a suspended object.

Repeat actions 2, 6-8 times.



## 6. 兩手攀足固腎腰

Climb from the feet with both hands to strengthen the kidneys and waist



1. 兩腳平行開立，與肩同寬，兩掌分按肚臍旁。
  2. 兩掌沿腰帶（脈）處，捋向後腰。
  3. 上體緩緩前傾，兩膝保持挺直，同時兩掌沿尾骨、大腿向下按著摩擦至腳跟。腰部漸向上頂。再沿腳外側按摩至腳內側。
  4. 上體展直，同時兩手沿兩大腿內側按摩至臍兩旁。
- ※ 反復俯仰動作4—8次。  
背，松。  
手向下捋與腰上頂，成對拉態勢。  
自然呼吸。

1. Open your feet parallel and shoulder width apart and press your palms apart next to your navel.
2. Push your palms along the waistband (pulse) towards your lower back.
3. Slowly lean your upper body forward, keep your knees straight, and at the same time, press your palms down along the coccyx and thighs to rub against your heels.

Gradually lift the waist upwards. Massage along the outer side of the foot until medial foot.

4. Straighten the upper body and massage both hands along the inner thighs to the sides of the navel.
- ※ Repeat the pitch motion 4-8 times.  
Back ,relaxed.  
Hold your hands down and push your waist up, forming a pulling momentum.  
Natural breathing.

## 7. 攥拳怒目增氣力

Clenched fists and looked angry to increase qi and blood



1. 兩腳平行開立，1½肩寬。  
腿半蹲，腳跟碾地，隨體而調腳尖位置。

腳趾如虎爪抓地。

兩手握拳分置腰間，拳心朝上。兩眼大睜。

2. 左拳向前方緩緩擊出，成立拳或俯拳。

擊拳時，微微擰腰向右，左肩隨之前順。

3. 拳前撐到盡量後，變掌、小臂外旋。

然後，握拳、逐漸抽肘，最終：拳心向上，置於腰間；身體回復中正。

4. 左右交替擊拳6—8次，動作2、3，只是左右相反。

※ 頭，領；背，松、直  
臀腿放鬆，自然呼吸。

1. Keep your feet parallel to each other, 1.5 times shoulder width.

Squat your legs, press your heels on the ground, and adjust the position of your toes according to your body. Toes scratch the ground like tiger claws. Clench your fists and place them at your waist, with your fists facing upwards. Eyes wide open.

2. Slowly strike the left fist forward, forming a punch or a downward punch.

When punching, twist your waist slightly to the right and move your left shoulder forward.

3. Push the fist forward as far back as possible, then turn the palm and forearm outward.

Then, clench your fist, gradually pull your elbow, and finally: lift your fist upwards and place it at your waist; The body has returned to normal.

4. Punch 6-8 times alternately from left to right, with movements 2 and 3, but in opposite directions.

※ Head leads upward; Back, relaxed and straighten your legs, relax and breathe naturally.



## 8. 背後七顛百病消

Move 7 times to clear all kinds of diseases



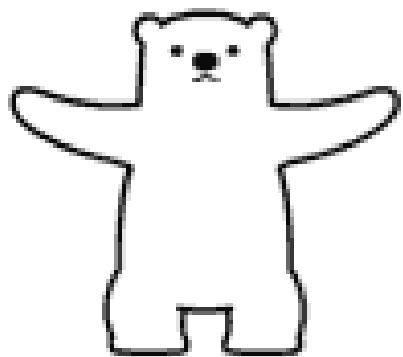
1. 兩腳平行開立，略窄於肩。
  2. 雙肩放鬆，上聳  
腿肌肉放鬆為前提，提腳跟
  3. 肩、腳跟同時下落6—8次。
- ※ 頭，領；背，松  
臀腿放鬆，  
自然呼吸，  
勿震傷腳跟。

1. Open your feet parallel and a bit closer than shoulder width apart.
  2. Relax shoulders, ensuring your muscles of the upper leg muscles is relaxed, lift your heels.
  3. Fall your heels and shoulders at the same time 6-8 times.
- ※ Head leads upward; Back, relaxed and straighten your legs, relax and breathe naturally. Please don't hurt your heels.

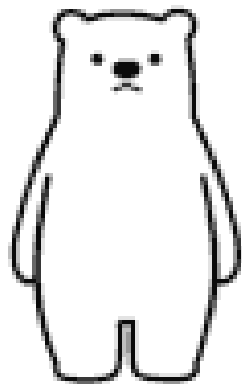
預備姿勢：兩腳平行開立，與肩同寬，或兩腳相並。

兩臂自身側上舉過頭，腳跟提起，同時配合吸氣。兩臂自身前下落，腳跟亦隨之下落，並配合呼氣。全身放鬆。如此起落4—8次。

1. 雙手托天理三焦



2. 左右彎弓似射雕



3. 調理脾胃須單舉



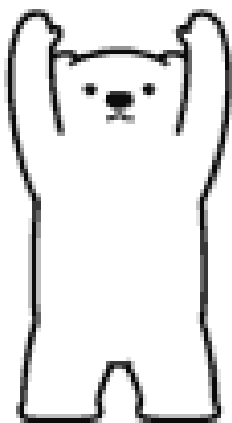
4. 五勞七傷往後瞧



5. 搖頭擺尾去心火



6. 兩手攀足固腎腰



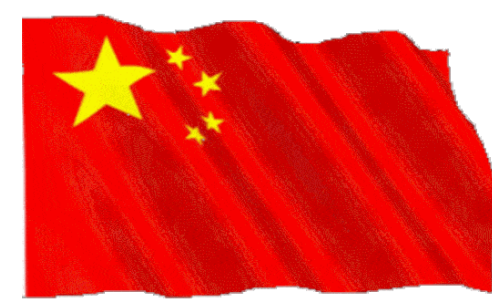
7. 攥拳怒目增氣力



8. 背後七顛百病消







# 八段錦

主動用意識，引導身體動作，並與呼吸相配合 —— 和諧統一

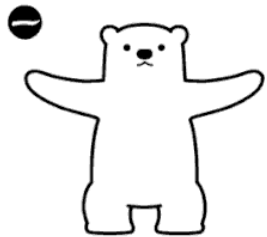
Actively use consciousness to guide body movements and work with the  
breath - harmony

立身中正，虛領頂勁，松肩沉肘，腳踩浮萍

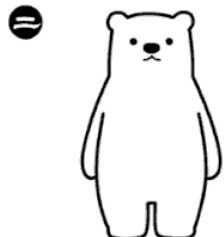
Standing upright, with a leading and strength, relax shoulders and  
lower elbows, and feet on duckweed

祝願妳和家庭，心靈平和、身體健康！

Wish you and your family have a peaceful mood and be healthy!



一 兩手托天理三焦



二 左右開弓似射雕



三 調理脾胃腎單舉



四 五勞七傷往後瞧



五 搖頭擺尾去心火



六 兩手攀足固腎腰



七 攢拳怒目增氣力



八 背后七顛百病消