THE XINGYI MANUAL OF LI JIANQIU

Posted on February 23, 2013by Paul Brennan

形意學術 THE ART OF XINGYI BOXING 李劍秋 by Li Jianqiu [1920]

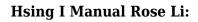
[translation by Paul Brennan, Feb, 2013]

發刊形意学初步宣言 INTRODUCTORY DECLARATION TO THIS PUBLICATION

人生最可惜最富美的草湖干息健柔强精神萎靡。而最幸福的草湖干息健健全。而 健全身體之法。有動靜二種、或專從事于筋肉之發達、或專為精神上之修養。如 靜坐法。可謂靜功之一種,而各種器絨體操及中國之規創石鎖雙石杠干等運動則 均壓動的、然二者均有流弊。常有因靜坐妄思、而得精神病、因運動過度、而至 減少聰明者、皆因不明體育原理之故也。近時代東而各文明團、均注重體育、已 视為一種科學,體育家研究結果,均為精神與肉體應同時級域,所為平均發育。 身心合一修養人格等主張是也,新創制柔軟體操。即請此理。但其體育之理論固 是、而其術而未養善、頭觸孱弱多病、方人勤智幸、不久而漸覺轉酵、如是修然 以中國之举術、精神體ο、同時經練、實合干體育原理、祭以好勇武者、多推響 不文、不能研究集理、以道后學、而文人又不肯學習、愁寒憂之、乃于民國五 年、與體育同學學志青、創立武術會、號召四方同志、晨夕研究。聲聲日隆、又 经全圈教育會議决,請教部將吾園園有武術、實行加入學校正科、并立國技專修 學校、廣遊武士、初則在北四川路、宣樂里、租屋數疊、來學者亦甚寥落、今則 購地自建新屋、會員數千人、日習不懈、平日又派數師至男女各中小學校實施傳 授、即纏足年老女者、習之精久亦無困難、由此可知武術旗子學校之有利無弊、 而身體之健康、尤有特殊之效益也、設會之始、同人早知影意举優點、南方無人 接傷、深為樹之。特丽托拳天拳家陳子正先生、物色教師二位傳統允許介紹劉鉉 禅陳金閣、當時又在商務印書館俱樂部、發起國技研究會、一時加入晨習者數十 人。五年以來幸無濟弊。而總薄之力。終不能使之發展。甚自懷也。今與會內外 同志立願,以強一身者強吾同胞,強同胞者強吾國家,古入雲:穹則獨善其身, 達則甫義天下、予謂人生如欲保守率真天性、淡泊縣市、當不取功名利祿、掌生

Hsing I Manual Rose Li

L Cohen



Hsing I Manual Rose Li Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Hsing I Manual Rose Li**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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