

THE XINGYI MANUAL OF LI JIANQIU

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形意拳術 THE ART OF XINGYI BOXING

李劍秋
by Li Jianqiu
[1920]

[translation by Paul Brennan, Feb, 2013]

發刊形意拳初步宣言

INTRODUCTORY DECLARATION TO THIS PUBLICATION

人生最可惜最痛苦的莫過于身體柔弱精神萎靡，而最幸福的莫過于身體健全，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，而各種器械體操及中國之棍劍石鎖雙石杠子等運動則均屬動的，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。近時代東西各文明國，均注重體育，已視為一種科學，體育家研究結果，均為精神與肉體應同時鍛煉，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，即藉此理，但其體育之理論固是，而其術尚未盡善，頭腦薄弱多病，友人勸習拳，不久而漸覺轉健，如是恍然以中國之拳術，精神體魄，同時鍛煉，實合于體育原理，聚以好勇武者，多推魯不文，不能研究奧理，以道后學，而文人又不肯學習，愁焉憂之，乃于民國五年，與體育同學吳志青，創立武術會，號召四方同志，晨夕研究，聲譽日隆，又經全國教育會議決，請教部將吾國固有武術，實行加入學校正科，并立國技專修學校，廣造武士，初則在北四川路，宜樂里，租屋數幢，來學者亦甚寥落，今則購地自建新屋，會員數千人，日習不懈，平日又派教師至男女各中小學校實施傳授，即孺足年老女耆，習之稍久亦無困難，由此可知武術施于學校之有利無弊，而身體之健康，尤有特殊之效益也。設會之始，同人早知形意拳優點，南方無人提倡，深為惜之，特因托奉天拳家陳子正先生，物色教師二位慨然允許介紹劉岐祥陳金閣，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，五年以來拳無流弊，而綿渾之力，終不能使之發展，甚自愧也，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，古入彀：穹則獨善其身，達則兼善天下，予謂人生如欲保守率真天性，淡泊態度，當不取功名利祿，孳生

Hsing I Manual Rose Li

L Cohen



Hsing I Manual Rose Li:

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 become 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's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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