#### THE XINGYI MANUAL OF LI JIANQIU

Posted on February 23, 2013by Paul Brennan

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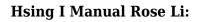
[translation by Paul Brennan, Feb, 2013]

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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、習之稍久亦無困難、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绂 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

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