

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，頭腦孱弱多病，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歧祥陳金閣，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

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