

# 國立體育學院教練研究所技術報告書

## 傳統太極拳推手

Traditional Tai Chi Chuan and Push-hands



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## 摘要

本文主要根據個人十餘年來，實際參與各項太極拳推手錦標賽及擔任教練與裁判的經驗，參考國內外知名學者的實務經驗與理論，配合相關圖表及照片資料，以科學化、系統化分析驗證太極拳經拳論的哲理，整理出此太極拳推手技術報告書，並獲得下列心得：

- (一) 舉辦各項太極拳推手錦標賽，如地方性、全國性及國際性等比賽是促進太極拳推手運動發展的契機。
- (二) 太極拳推手與套路可說是體用相連不可分離，而其訓練的程序與方法依序為舒筋、步法、軀幹及下肢與上臂之鬆柔強化訓練、自然運動八法等基礎課程，及套路之分解動作與連貫動作等中階課程，與揣摩五法及太極八法之交互應用、定步及活步推手攻守招法的訓練與應用等高階課程，而其訓練的程序與方法皆根源於「太極拳經」、「太極拳論」等五篇經典要義。
- (三) 配合科學化的運動訓練，理解並整合專家學者的研究資料與數據，有效率的應用於太極拳推手訓練及比賽場上，並適度的修正傳統武術訓練的缺失，結合師徒制「口授心傳」的心法秘訣，是突破太極拳推手技能的不二法門。
- (四) 太極拳為中國武術之瑰寶，也是累代高人擇人而傳之絕學，拳法本義涵蓋人生修養哲學「捨己從人」，固有道家「無為」的哲學思想，此一訓練原則經過長時間的累積訓練，無形中深入習者意識中，可收潛移默化之效。

然而訓練的過程漫長，必須配合恆心及毅力，等到能將太極宇宙觀，人生觀融入個人日常生活中，則習者必能神華內斂，深藏不露，具健全的人格氣質，所以恆習鬆柔太極拳者，小則為個人修身養性，培養氣質之途徑，大則促進社會祥和，國家富強康樂，值得全民參與，終生學習。

**關鍵詞：**太極拳、推手

# Traditional Tai Chi Chuan and Push-hands

## ABSTRACT

This thesis, A Report on the Tai Chi Chuan Push -Hands Techniques, is based on several primary sources of information: Close to twenty years of personal experience as a contestant/competitor in the various push hands championships and later as a coach and referee. The theories and practices of some domestically or internationally are renowned Tai Chi Chuan scholars. Photos were taken by digital cameras. The philosophical and technical theories found in the “Tai Chi Chuan Classics.” These sources are taken and put together through scientific, systematic, and computerized analyses to yield this volume and the following concepts:

1. Holding push hands competitions and championships at local, national, and international levels is instrumental to the development and popularization of the sport of Tai Chi push hands.
2. The form and push hands are the two integral and inseparable parts of Tai Chi Chuan, the former being the body and the latter being the application. The training methods should be in the following sequence. Fundamental training: stretching, stepping, the eight methods of natural exercises. Intermediate training: practicing the form in a step-by-step “dissection” manner and then practicing the form in a “continuous” manner. Advanced training: The cross pollination between the ‘Five Methods to Ponder the Insight of the Tai Chi Classics’ and the ‘Eight Methods of Tai Chi,’ the drills and application of the defensive and offensive postures used in the fixed-step push hands and moving-step push hands. All these training methods and sequences are based on the five seminal works on Tai Chi Chuan which are collectively and more commonly referred to as the “Classics.”
3. Consolidate and comprehend the research materials and metrics from experts and scholars into useful data. Armed with such data and learning under the scientific approach to sports training, a competitor can effectively apply them to push hands training and in tournaments. Using the modified traditional martial arts training methods (with their shortcomings removed) and couple them with the secrets transmitted between the teacher and the disciples is the only way to bring breakthroughs to push hands skills.
4. Tai Chi Chuan is the gem of Chinese wushu. In the generations past, Tai Chi was the ultimate consummate martial art transmitted from the masters to the selected and trusted few. Tai Chi Chuan encompasses the philosophy of ‘giving up oneself to adhere to others’ and the Taoist concept of “doing nothing” (wu-wei). These philosophical concepts, over a long period of practicing Tai Chi Chuan, become deep-rooted in the subconscious of the practitioners.

Because of the lengthy training process required, the practitioners must persist until they can apply Tai Chi Chuan’s world view to their daily lives. Then they can distill their spirits inside and will be humble about their talents and skills, approaching a perfect temperament and moral quality. Therefore, those who persistently practice relaxed and soft brand of Tai Chi Chuan can expect to improve their own personality on the individual level and at the same time contribute to the harmony of the society and the wealth and power of their

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