

传统养生功法行步功的基础技术及编创思路

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摘要：目的：本文的研究目的主要是了解现有行步功的现状，分析行步功的基础技术，以及提出行步功的编创思路。纵观整个古代养生功法的发展，是以卧、坐、立为主要功法形式；至现代，由大众广泛知晓且的几种养生功法，如八段锦、五禽戏、易筋经等，则主要是以立式功法为主。行式功法虽有，但普及范围较小，且内容较少。但步行作为人类的基本需求之一，同时也是我国传统养生功法组成的重要一部分，是需要进一步深入的了解和研究的。因此，本文以传统养生功法行步功为切入点，分析行步功的技术组成内容，以此提出行步功的编创思路，为行步功的发展提供一点参考。**方法：**本文主要使用的研究方法有文献资料法、归纳与演绎法。文献资料法主要是通过 CNKI 中国知网、上海体育学院图书馆，搜集现有行步功的相关论文、著作和学术报告，并对行步功相关的文献资料进行梳理分析；归纳与演绎法主要是通过对行步功的资料进行进一步的整理和分析，比较现存的、不同的行步功的异同点，从中抽取出行步功的基本技术组成部分，分析所具备的基本技术成分。了解行步功基本组成部分后，由此出发，结合现有的传统养生功法的编创思路，再结合行步功自身的特点，设计属于行步功的编创思路。**结果：**本文的研究结果主要分为以下三个部分：第一部分内容为现有行步功的主要内容。目前行步功大多存在于综合性的养生功法书籍内。如《静动气功——实用气功丛书》中除了传统的走功外，还与跑步和游泳功相结。其余养生功法书籍涉及的行步功还有：《实用气功手册》自然呼吸法慢步行功、风呼吸法快步行功；《气功精选续篇》反射运动踏步练法、行走一式、行走二式、行走三式、苏东坡健身功法练习-行法；《中华四字养身功》散步深呼吸法、行走吐声法、步行默念法、骑车松静法；《康复气功精选》倒步返回功；《气功自控快速疗法》快速对症功；《养气功健身法》则罗列了八个不同的行步功步法；《中华气功精选》跑步功；《百症练功指南——养身功练习法》则罗列了五个不同的行步功步法；《中华医疗气功》逍遥步行功等。而在气功书籍中涉及的整套行步功法，其出现的频率较高的有两套为调息补气功以及跷步运化功。调息补气功主要由三节内容构成——起势、行功、收势。起势方法有二，为丹田三嘘息或定步吹息法；行功为正功部分，由身体对应部分又将功法分为调身、调肾、调肺、调肝、调脾、调心等六个正功部分，每个正功部门由一个动作组成；收

势部分则与正功部分相对应，不同的正功有不同的收势方式。蹠步运化功同样由三节内容构成——起势、行功、收势。起势方式主要为一种，为三丹开合式，也有称为三田开合势、三田开合法；行功部分称为蹠步缓行法，由一个动作组成，重复进行；收势部分共有四种，为二田开合、揉腹、三嘘吸、松静站立等。第二部分为行步功的基础技术。主要分为手势、着地方法、步法、行步路线以及呼吸方法。手势包括掌、握固、勾手；着地方法分为前脚着地、脚跟着地、足外侧着地、足内侧着地、全脚掌着地、脚步摆扣；步法分为迈步、交叉步、高弓步、丁字步、高抬腿、屈腿步；行步路线包括前进路线、后退路线、折返路线、8 字路线、口字路线、圆形路线、折线路线；呼吸方法包括踵息、自然呼吸、顺腹式呼吸。第三部分为行步功的编创思路。行步功继续秉承健身气功的编创原则，提出以下几个编创视角。第一，以多种运动形式和养生功法结合为编创视角。现如今运动形式多样，因此行步功也与当下的运动形式相结合。除了传统慢走、快走的行步功法，同时其运动形式还可以与慢跑、骑车等结合，形成新的行步功。第二，以处方为编创视角。行步功处方可以分为防治某种疾病的处方以及康复某种疾病的处方。整体内容的编创和构成是围绕某种疾病构成的。第三，以运动距离的远近为编创视角。运动距离可以分为原地、短距离、长距离，可以根据运动距离分为原地行步功、短距离行步功、长距离行步功。第四，以运动时间的长短为编创视角。运动时间可以分为单次运动时长以及运动季节。目前行步功的单次时间长度大多以 20-30 分钟为主，同时也有将行步功分为夏季练习和冬季练习。但考虑时间长短、季节变化等因素，因此，可以从运动时间为切入视角，将行功功法从时间上分为 20-30 分钟短时间功法练习，1 小时左右的中等时间功法练习，1.5 小时及以上的长时间功法练习；同时也可以从季节上分为四季的行步功功法练习。**结论：**本文的研究结论为现有行步功的数量占养生功法的整体数量的比重是偏少的，且大多数行步功都以单动作为主，在此基础上结合导引和调息；基于大量行步功的资料，分析出行步功的基础技术构成主要是手势、着地方法、步法、行步路线、呼吸方法等五个方面；以行步功的基础技术动作以及现有的行步功资料，提出多种运动形式结合、处方结合、运动距离的远近、运动时间的长短等四个方面作为主要的编创视角。

关键词：传统养生功法；行步功；功法基础；功法编创

Basic techniques and creative ideas of traditional health preserving method of walking

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Abstract: Objective: The main purpose of this paper is to understand the current situation of walking power, analyze the basic technology of walking power, and put forward the idea of creating walking power. Throughout the development of ancient health preserving methods, lying, sitting and standing are the main forms; In modern times, several health preserving methods widely known by the public, such as Baduanjin, Wuqinxi, Yijinjing, etc., are mainly vertical methods. Although there are Xingshi Gongfa, it is less popular and less content. But as one of the basic needs of human beings, walking is also an important part of Chinese traditional health preserving methods, which needs further understanding and research. Therefore, this paper takes Xingbu Gong as the breakthrough point, analyzes the technical composition of Xingbu Gong, and puts forward the creative ideas of Xingbu Gong, so as to provide a reference for the development of Xingbu Gong. **Methods:** The main research methods used in this paper are literature review, induction and deduction. The literature method is mainly through CNKI and the library of Shanghai Institute of physical education to collect the existing papers, works and academic reports related to xingbugong, and to sort out and analyze the literature related to xingbugong. Induction and deduction method is mainly through the further collation and analysis of the data of walking power, comparing the similarities and differences of existing and different walking power, extracting the basic technical components of walking power, and analyzing the basic technical components. After understanding the basic components of Xingbu Gong, this paper designs a creative idea of Xingbu Gong combined with the existing traditional health preserving methods and its own characteristics. **Results:** The results of this paper are divided into the following three parts. The first part is the main content of the existing walk-through work. At present, most of the walking work exists in the comprehensive health work books. Such as "static Qigong - practical Qigong series" in addition to the traditional walking, but also with running and swimming skills. The rest of the health work books cover the walking work is also: "practical Qigong manual" natural breathing slow-step action, wind breathing method fast-step action; "Qigong Selected Sequel" reflective movement step-by-step practice, walking one, walking two, walking three, Su Dongpo fitness practice-practice; "Chinese four-word body-supporting work" walking deep

breathing method, walking spitting method, walking meditation method, cycling quiet method; "Rehabilitation Qigong Selection" step back to work; Qigong self-control rapid therapy for rapid treatment of the disease; Qigong Fitness Law lists eight different walking steps; "Chinese Qigong Selection" running work; The Guide to The Practice of 100 Diseases - The Practice of Body Work lists five different walking steps; "Chinese Medical Qigong" and so on. In Qigong books, there are two sets of Xingbu Gongfa, which appear more frequently: Qigong for regulating breath and Qigong for supplementing qi, and Qigong for moving and transforming Qi. Qigong is mainly composed of three parts: rising, moving and closing. There are two ways to raise the momentum, namely, three Shuxi in Dantian or blowing breath in fixed steps; Xinggong is a positive part, which consists of six parts: regulating body, regulating kidney, regulating lung, regulating liver, regulating spleen and regulating heart; The closing part corresponds to the positive work part, and different positive work has different closing ways. Qiaobu movement and transformation work is also composed of three sections: rising power, moving power and closing power. There is one main way of rising power, which is three Dan opening and closing style, also known as three Tian opening and closing style and three Tian opening and closing method; The walking part is called "walking slowly" method, which consists of one action and is repeated; There are four kinds of closing part, such as opening and closing of Ertian, kneading abdomen, three shying and breathing, and standing in a relaxed and quiet state. The second part is the basic technology of walking power. It is mainly divided into gesture, landing method, footwork, walking route and breathing method. Gestures include palm, grip and hook; Landing methods are divided into forefoot landing, heel landing, lateral foot landing, medial foot landing, full foot landing, and foot swing button landing; The footwork is divided into stride, cross step, high bow step, t-step, high leg raising step and leg bending step; Walking routes include forward route, backward route, turn back route, 8-line, mouth line, circular route and broken line route; Breathing methods include heel breathing, natural breathing and abdominal breathing. The third part is the creative ideas of xingbugong. Xingbugong continues to adhere to the principle of fitness Qigong, and puts forward the following creative perspectives. First, from the perspective of the combination of various sports forms and health preserving methods. Nowadays, there are various forms of movement, so Xingbu Gong is also combined with the current form of movement. In addition to the traditional walking method

of jogging and fast walking, its form of exercise can also be combined with jogging and cycling to form a new walking method. Second, from the perspective of prescription creation. Xingbugong prescription can be divided into prevention and treatment of certain diseases and rehabilitation of certain diseases. The creation and composition of the whole content is based on a certain disease. Third, from the perspective of distance of movement. The movement distance can be divided into original position, short distance and long distance. According to the movement distance, it can be divided into original position walking work, short distance walking work and long distance walking work. Fourth, from the perspective of the length of exercise time. Exercise time can be divided into single exercise duration and exercise season. At present, the single time length of walking is mainly 20-30 minutes. At the same time, walking is divided into summer practice and winter practice. However, considering the factors such as the length of time, seasonal changes and so on, from the perspective of exercise time, Xingong can be divided into 20-30 minutes of short-term exercise, about 1 hour of medium-term exercise and 1.5 hours or more of long-term exercise; At the same time, it can be divided into four seasons. **Conclusion:** Therefore, the research conclusion of this paper is that the proportion of the existing walking exercises in the total number of health preserving exercises is relatively small, and most of the walking exercises are mainly single action, on this basis, combined with guidance and breathing regulation; Based on a large number of data, this paper analyzes the basic technical components of walking skill, including gesture, landing method, footwork, walking route and breathing method; Based on the basic technical movements of walking and the existing data of walking, this paper puts forward four main creative perspectives: the combination of various forms of movement, the combination of prescriptions, the distance of movement and the length of movement time.

Key words: Traditional health preserving methods, Walking skill, The foundation of Gongfa, Compilation and creation of Gongfa