



of Wushu  
歡喜武術

Author and Photographer Lily Liu Chung  
Co-Author Melody Chung  
Visual Designer Jessica Liu Brookshire



Think Big Publishing

# *Inspired by*

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the beauty and sophistication of Wushu,  
Lily Liu Chung and Jessica Liu Brookshire  
collaborate to form this unique project.



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I would like to dedicate this book to my loving parents, my brothers Bill and Bruce, my husband Alan and my three precious children: Eric, Melody and Katie. You all are the sunshine of my life.

謹將此書獻給我最親愛的爸媽、哥哥曉驊、弟弟哮虎、先生嘉光，與三個心愛的孩子：偉盛、珮璇、媛媛。你們是我生活的動力與快樂的泉源。

Lily Liu Chung  
劉曉莉

I would like to dedicate this book to my loving parents, who never stop encouraging and supporting me.

Also to my beloved husband Scott, who brightens and colors my canvas of life with his enduring love.

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# Author's Note

In December 2002, I introduced my daughter Melody to Chinese martial arts. Thoroughly convinced that the aesthetic yet challenging art would benefit her physically, I had also hoped that she would acquire a deeper understanding of her Chinese roots.

Her first practice, however, ended in a miserable feeling: while the other students pressed their temples against their knees, leapt across the mats, and practiced full sets, Melody struggled with basic kicks and stances. Not only was she deeply intimidated, but she also refused to go back. I told her, however, that I had already paid the month's tuition, and so I encouraged her to try a few more times before giving up.

Thank goodness she did, because her first-glance failure blossomed into a blessing. Three months after her first encounter with Wushu, she told me, "Mom, thank you for giving me the best gift in my whole life." Aside from developing a passion for Wushu, Melody has more endurance, better time management skills, and a pride in her life. Wushu has truly become the love and source of happiness for both of us.

Like other parents, I am a "voluntary chauffeur." Even after two years, I still enjoy watching my daughter train. I am always touched by the interaction between the coach and students, the training that the students endure, and of course the power of Wushu. The martial art truly challenges a person's potential, patience, and endurance. Whenever I have the chance, I always recommend other children to begin learning Wushu. As time wore on, I started to practice Taiji myself. I came to a startling realization: I wanted to write a book about Wushu. Driven by motivation and gut, I collected and organized information, snapped photographs, and conducted interviews. The goal of the project was to use a modern way to portray the beauty and spirit of Wushu, so as to attract and educate the community.

In July 2003, I visited Boston with Melody's teacher, Grandmaster Dao Yun Chen. There, I met and interviewed Wah Lum Kungfu Sifu

Pui Chan, the founder of over 30 branches of the Wah Lum Kungfu system! What's more, approximately 90% of the students weren't of Asian descent. I was amazingly touched by the fact that they were so sincere and respectful towards Chinese martial arts. The students truly believed in the motto, "Respect ancestors, respect the teacher, respect the teaching, learn the kindness, learn the art, and learn Kungfu." I felt they were more Chinese than Chinese!

Since that time, I have encountered over a hundred of coaches and students, spanning from the east coast to the west coast. Although these coaches and athletes may differ in age, gender, ethnicity, and religion, everyone shares the same passion and is so hopelessly in love with Wushu. This passion reinforces my opinion that Chinese martial arts is a wonderful subject to work on.

Working on the project, however, was not a simple task. The difficulties surpassed my imagination; with such a broad topic, it was arduous to edit and select from thousands of photos, write a bilingual manuscript, and contact dozens of people. Although I often spent my holidays and nights working on the project, I enjoyed the entire process. With the tremendous contributions of my cousin Jessica and daughter Melody, we made the mission possible.

*Joy of Wushu* project took us over three years to accomplish. We hope that readers will cherish the opportunity to learn more about Wushu from our efforts. Wushu is a deep art and has become so popular throughout the world. There's a Chinese saying that goes, "Your sifu introduces you to the art, but it depends on your own effort to make it work." It truly depends on an individual's effort and consistency to succeed in life. Bless everyone: happily practice Kungfu and enjoy Wushu learning.



## 緣起

2002年12月，送女兒珮璇去學武術，一方面是認為習武可以強身健體，一方面可以增強孩子對中國文化的認同感。

不過，第一次珮璇去上武術課，看到班上同學都能做高空跳躍或輕易劈腿，心生畏懼，找足藉口不願再回去，我心生一計，對她說：「媽咪已經付了學費，妳至少還得試幾次看看。」她這才硬著頭皮回去上課。才訓練了二、三個月，孩子的態度卻完全轉變，當時才剛過十三歲生日的她，語重心長地告訴我：「媽媽，這是一生中，您送給我最好的禮物！」她似乎比以前更能吃苦、更有耐性，做事變得很有計畫；我不清楚這樣的影響是如何形成的，但奇妙的是，之後，武術同時成為我們母女倆生活的一部分重心與快樂的泉源！

長期接送孩子上課，我經常靜靜地盤坐在武館角落，觀察課堂中師生的互動，教練努力教學而嘶聲力竭，學生專注學習而汗流浹背，我除了深受感動，也體會武術帶給習武者的影響真是巨大的，武術是一種挑戰人體能量極限的運動，可以訓練一個人堅毅不拔、沉著穩定。我一有機會碰到舊雨新知，都會極力推薦他們的孩子學武術，一陣子後，我自己也開始練起太極拳，並在腦中策畫《歡喜武術》的創作，一邊搜集資料，一邊進行拍照，希望用一種較現代化的手法，呈現武術的力與美和文化內涵，來吸引一般人的興趣，也讓更多的人受益。

2003年7月，在武術名家陳道雲老師的引介下，我在波士頓訪問了開設三十多個武術分館的美國華林功夫陳培師父，發現數千名習武的學生有百分之九十以上都是非華人，而且以美國白人居多。我非常驚訝，有那麼多美國人對功夫與武術充滿興趣。最打動我的是，這些美國人用很虔誠、尊敬的心習武，並對中國功夫老祖宗的教導「尊祖、尊師、尊教導，學仁、學藝、學功夫」身體力行，對中國文化的珍惜，比中國人有過之而無不及！

進行訪問期間，我先後在美國東西兩岸接觸與訪問了上百名習武的師父、教練與學生，發現他們對武術的執著與著迷，已到了「不可自拔」的地

步，因此讓我更加堅信與興奮，武術是魅力無窮的運動與藝術，是一個絕佳的寫作題材。不過，寫《歡喜武術》這本書，難度大大超越我的想像，武術的範疇實在太大了，我既非受過攝影專業訓練，更非武術專家，再加上用中英文寫作，要克服與面對的技術性難題就是一大串，光是在坐在電腦前處理數萬多張的數據照片，就是一項艱巨的工程。雖然經常犧牲睡眠與假日，卻是在歡喜愉悅的心情下，進行這本書的創作。

這本書的完成，除了表妹劉玉寧是一大功臣，女兒珮璇也出了不少的力。玉寧表妹自幼在藝術上有天份，能把原本看起來很普通的一張照片，運用電腦動畫科技與自身特殊的品味，化成賞心悅目、百看不厭的攝影藝術品；而這本書也在她的精心設計下，得以清新脫俗地呈現在讀者面前。女兒珮璇則幫著我一起搜集、消化資料、一同訪問名師，兩人對每一段文字、每一個章節的寫作與整理，都做了詳細的討論。一路走來，母女感情加深，兩人之間突然增加了許多共同的話題，這個額外的收獲，還要拜武術之賜呢！

《歡喜武術》前後歷時三年終於問世，希望透過我們的觀察、訪問、創作、整理與努力，讓大家對中國武術的魅力與陽剛之美，能有另類的認識。武術是一門人人可以窺其堂奧的藝術，在全球已形成了一股盛行的浪潮，武館像雨後春筍，一個接一個在各地萌芽生根，習武的人也越來越多，中國人說：「師父領進門、修行在個人」，要領略其中的精萃，還是要靠個人的努力與堅持，在此謹祝福大家：開開心心練功夫、歡歡喜喜學武術！



Joy  
of Wushu

第一部  
Part I

**Introduction to Wushu**  
武術概略

# 颜喜武术



## What is Wushu? 何謂武術?

In many ways, Wushu represents the soul of China. Deeply rooted in spirituality and philosophy, Wushu is a term used to classify all Chinese martial arts styles under one name. Literally translated, “wu” means military and “shu” means art or skill. Wushu therefore means Chinese martial arts.

The Chinese character that represents wu is composed of two parts. The first part, “止” means “to stop.” The second, “戈” is a pictograph of a spear. When combined, the term symbolizes the idea of using military power to subdue violent disorder. By promoting peace, Chinese martial arts serve and protect while avoiding conflict.

Wushu is a national sport in China, much as Tae Kwon Do is for Korea, football for the United States, or soccer for Brazil. The most popular sport in a country of over 1.3 billion people, Wushu is practiced in nearly every province of China.

從各方面來說，武術是中國的國魂，博大精深。武術一辭，概括所有中國各家門派的武藝。以字面解釋，「武」代表軍事，「術」代表藝術或技能，所以武術意指中國的武學藝術。

中國文字中的「武」字，由兩個部分組成。第一部分一止，意思是阻止，第二部分一戈，是槍的形象文；合而為一，象徵以武力征服暴力動亂。為倡導和平，中國武術在進行保衛的同時，也用來避免衝突。

武術是中國的國家運動，如同韓國的跆拳道、美式足球、巴西的足球。在1.3兆人口的中國，每個省份都有武術運動。



Jeffrey Basilio Pagtalunan  
Opposite: Jeffrey Lee, Jennifer Haight and Cheri Haight

## Contemporary Wushu and Traditional Kungfu

Chinese Wushu can be categorized into two main groups: Contemporary Wushu and Traditional Kungfu. The first, which focuses on training and competing, is a highly gymnastic, technical demonstration sport that emphasizes complexity of movements, higher jumps and visual expression. Key elements include speed, flexibility, balance, coordination and presentation.

In contrast, Traditional Kungfu broadly encompasses the ancient fighting practice. The application-based fighting of Kungfu emphasizes techniques of style, physical conditioning, the relationship between internal and external power, and the healing tradition. Kungfu is characterized by several styles, such as Shaolin, Wudang, Omei and hundreds more.

Although Wushu has been with the Chinese for well over 1,500 years, only recently has it spread to other countries. In the last few decades, the captivating art has increasingly become more popular throughout the world, with over 97 nations participating in the International Wushu Federation (IWUF). Moreover, the sport was inducted as an official medal event in the Asian Games in 1991. As the sport steadily expands its global presence, people across the world are gradually discovering and appreciating the art of Wushu.



Cheri Haight  
薛莉·海德

## 現代武術與傳統功夫

中國武術可以分成兩大類：現代武術與傳統功夫。現代武術著重訓練與比賽，是一種要求高度體能與技術的運動，強調動作難度、彈跳高度、視覺表現；要點包括：速度、柔軟性、平衡、協調與整體表現。

相對比較，傳統功夫比較廣泛，包含了自古以來的打鬥方式。以實用為主的功夫，強調招式技巧、體能狀態、內外調和與傳統的醫療。功夫門派眾多，包括少林、武當、峨嵋等百多家。

盡管武術在中國已有一千五百多年的歷史，但直到最近，才流傳到其他國家。在過去幾十年間，魅力無窮的武術越來越受到歡迎，現在全球已有97個國家是國際武聯的成員；此外，武術運動於1991年也正式成為亞洲運動會的比賽項目。武術運動在全球各地穩定擴展，人們也漸漸體悟與欣賞武術這門藝術。



Jeffrey Lee  
李明道

## Definition of Kungfu 功夫的定義

“Kungfu” does not actually translate into “Chinese martial arts.” Instead, it literally means “skill from highly concentrated effort,” or simply “hard work.” Used as a general term in the Chinese language, Kungfu therefore means the mastery of any art. Consequently, an accomplished writer or a competent chef can have “good Kungfu.”



Left to right: Vara Reese, Melody Chung, Jeffrey Lee, Sifu Shi Quolin and Shi Xiao Long

An alternative definition of Kungfu is “a disciplined person,” with “kung” meaning discipline and “fu” meaning person. By executing martial art techniques, students become disciplined through repetition, practice and concentration. Although Kungfu is multi-faceted, the ultimate goal is to strive for a harmonious blending of the body, mind and spirit.

With the popularity of Hong Kong Films, Bruce Lee and *Kung Fu*—the television series, the unknown term “Wushu” became familiar to the mainstream English community in the 1960s. Before that, the term was primarily referred to as “Chinese boxing.”

—— 般人所稱的「功夫」，直譯並非武術，它可以被解釋為「高度集中努力下獲得的技能」，簡單地說，就是「努力工作」。在中國語言中，功夫是一個廣義的名詞，代表對任何技術的掌握。所以，一位有成就的作家或能幹的廚師，可以稱他們有「好功夫」。

還有一種解釋，功夫代表「有紀律的人」，「功」代表紀律，「夫」指的是人，在練習武術技能時，學生經由反覆練習與集中精神來達到自律。雖然功夫是多面性的，但最終目標則是達到身心靈的和諧。

西方英語系國家對功夫並不熟悉，直到1960年代，經由李小龍主演的香港電影與《功夫》電視影集，功夫才盛行起來。在此之前，功夫被解釋做「中國拳擊」。

## Standardization of Wushu

### 武術規格化

In order to create a universal standard, Wushu was modernized by the People's Republic of China in 1949. Masters and coaches across China gathered to produce compulsory movements for the competition floor.

Today's routines (taolu) are no longer compulsory and instead, are tailored toward individual strengths. Routines include long fist, southern fist, broadsword, straightsword, spear, staff/cudgel, Taiji and southern broadsword.

為了制定一個全面性的標準，中國政府於1949年將武術標準化，來自全國各地的武師與教練相聚在一起，討論出比賽場上各項規定的基本動作與套路。

目前國際間的比賽已不採用標準套路，依個人特色的自選套路。規定的套路包括：長拳、南拳、刀、劍、槍、棍、太極、南刀。

Sifu Tony Chen  
陳朝輝師父





## Differences Between Wushu and Other Martial Arts

武術與其他武藝的差別

NAME 武術	ORIGIN 發源地	TRANSLATION 翻譯	BRIEF DESCRIPTION 簡要說明
Wushu 武術	China 中國	War arts 軍事技術	A general term for Chinese martial arts 中國武藝的通稱
Tae Kwon Do 跆拳道	Korea 韓國	Way of hands and feet 手腳的方法	Primary form of Korean unarmed combat 韓國主要的非武器競技
Karate 空手道	Japan 日本	Empty hand 空手	All parts of the anatomy used to punch, strike, kick or block 利用身體各部位出拳、打、踢或阻擋
Aikido 合氣道	Japan 日本	Way of spiritual harmony 心靈和諧的方法	Based on aikijutsu, non-aggressive self-defense, harmony and grace of movement 源自合氣柔術，非功擊性的自我防衛，動作和諧與優雅
Judo 柔道	Japan 日本	Gentle way 溫和的方法	Art of self-defense similar to wrestling, adapted from jujitsu 與摔角類似的自我防衛法，從柔術演變而來

## Benefits of Wushu 習武的益處

There are numerous benefits to practicing Wushu. Practitioners both young and old can experience the physical, emotional, mental, social and spiritual benefits of this lifelong art. Wushu strengthens the body, improves flexibility, toughens the mind and rejuvenates the spirit.

According to Sifu Thomas Haase of Wah Lum Kung Fu of Tampa in Florida, people benefit from their training in more ways they can imagine. “Many benefits are subtle changes or shifts in your personality and viewpoints,” he says. “These gradual changes slowly begin to alter your outlook and attitude towards life and the people in it. That is why Kungfu is a lifelong art. The longer you practice, the further you grow and the more you realize how little you have learned.”

習武有許多好處，無論是年輕或年長的人，都能透過這個可以終身學習的藝術，在身體、情緒、精神、社交與心靈上獲得益處。武術能增強體能、增加柔韌度、強化心理、活化心靈。

根據佛羅里達州Tampa華林功夫師父唐夏士表示，一般人自武術訓練中所得到的益處，比他們想像中要來得大。「許多益處包括個性上與看法上的微妙轉變。」他說：「這些逐漸的改變，會慢慢地開始轉換你的個性與看法。武術是一種終身學習的藝術，學習的時間愈久，愈能成長，你也能更加體會自己的不足。」

Grandmaster Dao Yun Chen  
陳道雲教練

