

<<卢式心意六合拳开拳>>

图书基本信息

书名：<<卢式心意六合拳开拳>>

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## <<卢式心意六合拳开拳>>

### 内容概要

卢式心意六合拳，简称：卢式心意，上海人又喜欢称之谓“十大形”，以“实用、长寿、易上手”为特色。

这是一门在沪形成、发展、壮大，具有上海文化内涵、精神气质、深受沪上百姓喜爱的功夫。他成于上海、名于上海、荣于上海，是海派文化中唯一一门得到国内武术界认可，又深受国内、外功夫界人士爱戴的拳种，是大上海武文化的优秀代表。

余江的这本《卢式心意六合拳开拳》主要介绍了卢式心意的有关拳法知识。

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### 书籍目录

卢式心意·风采

- 一、军事用武的典范
- 二、海派武文化
- 三、修身·洗性·长命
- 四、卢师基因

卢式心意·入形

- 一、单操多盘
- 二、打拳由衷见心
- 三、比较中进步
- 四、拳架、轨迹、精神
- 五、四梢齐
- 六、野战
- 七、野战从哪里下手
- 八、野战游戏

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- 一、关于心
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- 五、卢式心意双鱼

卢式心意·排打

- 一、磕肘
- 二、斗肩
- 三、排身
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卢式心意·十形

- 一、鸡形·搓把
- 二、鹞形·鹞子入林
- 三、燕形·燕子抄水
- 四、鹰形·大劈挑领
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- 六、马形·夜马奔槽
- 七、熊形·单把
- 八、猴形·小裹
- 九、蛇形·蛇拨草
- 十、龙形·大龙形

卢式心意拳内功：九九之功

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章节摘录

版权页：插图：For the people living in a big city , time means money and benefit , as the old proverb said : “ one inch of time worth one inch of gold , but one inch of gold can not buy one inch of time ” . One method to learn Lu Style Xinyi is to practice a single form many times . Practice makes it perfect and use it against ten . Practicing it at any time , it is not limited by time . It is believed that to learn a thousand skills superficially is not as good as to learn one skill thoroughly . At an appropriate place , even a span of three or five minutes can be used to practice Xinyi , if you feel good . Every day , if you use several 3-minutes or 5 minutes , you ' ll surely make progress . I used to do it myself on the way going to work and the way back home . I shook my middle section or practiced “ Chicken Slip ” , or practiced “ Stances ” (Zan Zhuang) in the buses . The people around might think it was a little odd , but they did not really care . I also did it at the break of meetings , or during a waiting time , depending on the mood . If some knocked the door at the moment , they would find me having a ruddy complexion and praise me of good spirit . If one practices Xinyi for 30 minutes every day , he will be assured of achieving something . His fists must be short and speedy , fierce and powerful , just like the roaring water flowing to the east and the rolling stone falling down from the air .

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编辑推荐

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