



DAKAR
2026



YOUTH
OLYMPIC
GAMES

第三套国际武术竞赛套路

3rd International Wushu Competition Routine

国际武术联合会审定

棍

GUN SHU



术

棍术

Gun Shu



国际武术联合会

International Wushu Federation

前言 Preamble

2020 年 1 月 8 日，国际奥委会在瑞士洛桑宣布将武术列入 2026 年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, and to accelerate the construction of an international standardized system for the sport of wushu, the International Wushu Federation (IWUF) has aligned with the Youth Olympic Games' wushu competition requirements and compiled the *Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials* for the four competition routines of changquan, gunshu, taijiquan and taijishan from an international perspective. This series will serve as an authoritative guide and essential reference for wushu coaches to deliver precise training, for referees to ensure accurate officiating, and for practitioners to refine their skills in different countries and regions.

让我们共同期待 2026 年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

Let us all eagerly anticipate the 2026 Dakar Youth Olympic Games, and look forward to witnessing the brilliance of wushu on the Olympic stage.

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一、棍术套路简介

Introduction of Gunshu Routine

棍术是武术套路竞赛中长拳类项目之一。第三套国际武术竞赛套路——棍术，是在吸取了传统优秀棍术套路典型动作的基础上，严格遵循武术套路运动技术发展的规律和竞赛要求创编而成的。

该套路编排设计合理，内容丰富，棍法纵横，变化多端，难度适中。全套动作布局巧妙、连接顺畅、起伏转折、流畅有序，充分体现了棍术项目棍法密集、梢把兼用、势合力顺、棍打一片、勇猛快速的运动特点。

Gunshu is one of the Changquan events in wushu routines competitions. The 3rd International Wushu Competition Routine - Gunshu, was created and designed based on the incorporation of classical cudgel techniques from excellent traditional cudgel routines. It strictly adheres to the principles and trends of technical development of wushu routines and the requirements of competition.

This gunshu routine has a logical choreography, rich in content with good variety of cudgel techniques, dynamic skills variations and is of moderate level of difficulty. The entire routine is cleverly designed, smoothly connected, fluent and orderly with rises and falls, twists and turns. It fully embodies the characteristics of the cudgel techniques: full of technique varieties, usage of both ends of cudgel and the principle of covering a wide range, compact moves, smooth strength exertion, fierce and speedy execution.



二、棍术套路动作名称

Movement Names of Gunshu Routine

预备势

Crouching Stance Cudgel Slam

Yù Bèi Shì

8. 转身摔棍

Ready Position

Zhuǎn Shēn Shuāi Gùn

第一段

Body Turn Cudgel Slam

Section One

9. 左右点棍

1. 并步推棍

Zuǒ Yòu Diǎn Gùn

Bìng Bù Tuī Gùn

Left and Right Dotting Cudgel

Closed Step Vertical Cudgel Push

10. 单手平抡棍

2. 转身抡棍

Dān Shǒu Píng Lūn Gùn

Zhuǎn Shēn Lūn Gùn

Single Hand Horizontal Cudgel

Body Turn Horizontal Cudgel

Windmill Wave

Windmill Wave

11. 腾空背棍提膝冲拳

3. 弓步背棍盘肘

Téng Kōng Bèi Gùn Tí Xī Chōng

Gōng Bù Bèi Gùn Pán Zhǒu

Quán

Bow Stance Back-carry Cudgel and

Jumping Knee Raise, Back-carry

Horizontal Elbow Strike

Cudgel Forward Punch

4. 云棍

12. 腾空飞脚

Yún Gùn

Téng Kōng Fēi Jiǎo

Cudgel Cloud Waving

Jumping Front Slap Kick

5. 撤步绞棍

13. 侧空翻

Chè Bù Jiǎo Gùn

Cè Kōng Fān

Retreat Step Cudgel Enveloping

Aerial Cartwheel

6. 转身抡棍

14. 旋风脚360°

Zhuǎn Shēn Lūn Gùn

Xuán Fēng Jiǎo 360°

Body Turn Horizontal Cudgel

Jumping Tornado Kick 360°

Windmill Wave

15. 跌竖叉

7. 仆步摔棍

Diē Shù Chā

Pū Bù Shuāi Gùn

Falling Front Split



第二段

Section Two

16. 转身抡棍

Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel

Windmill Wave

17. 弓步拨棍

Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

18. 涮腰抡棍

Shuàn Yāo Lūn Gùn

Horizontal Waist Rotation Cudgel

Windmill Wave

19. 背棍斜拍脚

Bèi Gùn Xié Pāi Jiǎo

Back-carry Cudgel Diagonal Slap

Kick

20. 腾空外摆莲360°

Téng Kōng Wài Bǎi Lián 360°

Jumping Lotus Kick 360°

21. 弓步拨把

Gōng Bù Bō Bǎ

Bow Stance Handle Parry

22. 仆步摔棍

Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

23. 点棍

Diǎn Gùn

Dotting Cudgel

24. 转身提撩棍

Zhuǎn Shēn Tí Liāo Gùn

Body Turn Two-handed Vertical

Cudgel Uppercut

25. 仆步摔棍

Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

26. 左右点棍

Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

27. 扫棍

Sǎo Gùn

Cudgel Sweep

28. 抡棍

Lūn Gùn

Horizontal Cudgel Windmill Wave

29. 点棍盖把

Diǎn Gùn Gài Bǎ

Dotting Cudgel Downward Handle

Press

30. 抡棍

Lūn Gùn

Horizontal Cudgel Windmill Wave

31. 翻身仆步摔棍

Fān Shēn Pū Bù Shuāi Gùn

Turn Over Crouching Stance Cudgel

Slam

32. 抡棍弓步推掌

Lūn Gùn Gōng Bù Tuī Zhǎng

Horizontal Cudgel Windmill Wave

Bow Stance Palm Push

第三段

Section Three



33. 上步转身抡棍
Shàng Bù Zhuǎn Shēn Lūn Gùn
Advance Step Body Turn Horizontal
Cudgel Windmill Wave

34. 抡棍平扫
Lūn Gùn Píng Sǎo
Horizontal Cudgel Windmill Wave
and Horizontal Cudgel Sweep

35. 旋子扫棍
Xuán Zǐ Sǎo Gùn
Butterfly Kick Cudgel Sweep

36. 坐盘抡棍
Zuò Pán Lūn Gùn
Cross-legged Sitting Horizontal
Cudgel Windmill Wave

37. 转身抡棍
Zhuǎn Shēn Lūn Gùn
Body Turn Horizontal Cudgel
Windmill Wave

38. 舞花背棍
Wǔ Huā Bèi Gùn
Vertical Figure 8 with Cudgel and
Back-carry Cudgel

39. 盖步戳把
Gài Bù Chuō Bǎ
Front Cover Step Handle Jab

40. 抡棍仆步抱棍
Lūn Gùn Pū Bù Bào Gùn
Horizontal Cudgel Windmill Wave
and Carry Cudgel in Crouching Stance

第四段

Section Four

41. 舞花提撩棍
Wǔ Huā Tí Liāo Gùn
Vertical Figure 8 with Cudgel and
Two-handed Vertical Cudgel Uppercut

42. 撤步劈棍
Chè Bù Pī Gùn
Retreat Step Cudgel Chop

43. 转身抡棍
Zhuǎn Shēn Lūn Gùn
Body Turn Horizontal Cudgel
Windmill Wave

44. 提膝跳背棍
Tí Xī Tiào Bèi Gùn
Knee Raise Jump and Back-carry
Cudgel

45. 舞花仆步摔棍
Wǔ Huā Pū Bù Shuāi Gùn
Vertical Figure 8 with Cudgel,
Crouching Stance Cudgel Slam

46. 并步崩棍
Bìng Bù Bēng Gùn
Closed Step Cudgel Tilt

47. 单手抡棍
Dān Shǒu Lūn Gùn
Single Hand Horizontal Cudgel
Windmill Wave

48. 背棍虚步推掌
Bèi Gùn Xū Bù Tuī Zhǎng
Back-carry Cudgel and Empty Stance
Palm Push



49. 弓步拨棍

Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

50. 并步持棍

Bìng Bù Chí Gùn

Closed Step Holding Cudgel

51. 收势

Shōu Shì

Ending Position



三、棍术套路动作图解

Movements Illustrations of Gunshu Routine

注：动作图解中，实线（——→）表示下一动作右手、右脚、棍梢的运动路线，虚线（-----→）表示下一动作左手、左脚、棍把的运动路线。

Note: In the movement's illustrations, the solid line (——→) represents the next movement is for the movement of the right arm, right leg or the cudgel tip, the dotted line (-----→) represents the next movement is for the movement of the left arm, left leg or the cudgel handle end.

预备势

Yù Bèi Shì

Ready Position

两脚并步直立；右臂屈肘，右手握棍身把段至身体右侧，棍身垂直；左手五指并拢贴靠于左腿外侧；目视前方。（图1）

Stand upright with feet together; the right hand, with the elbow bent, holding the rear section of the cudgel at the right of the body, with the cudgel upright; the left hand, with the five fingers closed together, place against the outer side of the left thigh; look to the front. (Figure 1)

要点：头正颈直，下颌微收，挺胸、收腹、塌腰、夹腿。

Key Points: Head upright and neck straighten, chin slightly tuck in, brace the chest, sink the lower back, hold the legs together.



图1
Fig. 1



第一段

Section One

1. 并步推棍 Bìng Bù Tuī Gùn

Closed Step Vertical Cudgel Push

(1) 接上势，左掌经由体侧向上平托呈水平，与肩同高；目视左掌。

(图 2)

(1) Following the previous move, lift the left palm from the side of the body, with the palm facing up, to the shoulder height; look at the left palm. (Figure 2)



图2
Fig. 2

(2) 右手持棍向右前方平推，同时左掌变拳抱至左腰侧；目视右前方。

(图 3)

(2) Holding the cudgel vertically upright and pushing it towards the front right, at the same time, the left palm changes to fist and retracts to the left side of the waist. Look to the front right. (Figure 3)

要点：两腿直立并拢，推棍力达棍身，棍身垂直。

Key Points: Keep both legs straight and together. When pushing the cudgel, exert the strength to the body of the cudgel while ensuring it remains upright.



图3
Fig. 3

2. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，左掌摆至左肩外侧，与肩同高，右手握棍，棍把上提，棍梢经脑后绕至左肩后；右手持握棍随右臂屈肘收于左肩前，左掌摆至右手旁；目视左方。（图4、图5）

(1) Following the previous move, move the left palm to the side of the left shoulder and positions at shoulder height; the right hand lifts the cudgel handle upwards, moving its tip behind the head to the back of the left shoulder; the right arm, bending the elbow, moves the cudgel to the front of the left shoulder; the left palm positions beside the right hand; look to the left. (Figures 4, Figure 5)



图4
Fig. 4



图5
Fig. 5

(2) 右脚向右前方上步，随即左脚扣步，身体右后转，右脚后撤于左腿后；同时，右手握棍随转体向右单手平抡，左手向左后方伸出；目视左前方。（图6—图8）



(2) The right foot steps to the front right, and the left foot makes an inwards step immediately, then turns the body to the rear right, the right foot retreats behind the left foot. At the same time, swing the cudgel horizontally to the right with the right hand as the body turns, the left hand extends to the left rear; look to the left front. (Figure 6 – Figure 8)

要点：上下配合协调用力，抡棍平圆，力达棍梢段。

Key Points: Coordinate the upper and lower body movements to exert the required strength. When executing the horizontal cudgel windmill wave, keep the movement circular and smooth, with the strength focused at the tip of the cudgel.



图6
Fig. 6



图7
Fig. 7



图8
Fig. 8

3. 弓步背棍盘肘 Gōng Bù Bèi Gùn Pán Zhǒu

Bow Stance Back-carry Cudgel and Horizontal Elbow Strike

接上势，右脚先收后落步，右腿屈膝，成右弓步；同时，继续转体；右手握棍向右平抡一周至右后背棍，左臂随转体向左胸前盘肘；目视前方。

(图 9、图 10)

Following the previous move, the right foot first retracts and then steps down again, bending the right knee to form a right bow stance; at the same time, the body continues to turn; the right hand swings the cudgel horizontally to a full complete circle and positions the cudgel behind the right back as the back-carry



cudgel pose, the left arm, following the body turn, bend the elbow to perform a horizontal elbow strike; look to the front. (Figure 9, Figure 10)

要点：盘肘力达肘尖，棍身紧贴背部。

Key Points: In the horizontal elbow strike, the force is exerted at the tip of the elbow. In the back-carry cudgel, the body of the cudgel must touch tightly against the back of the body.



图9
Fig. 9



图10
Fig. 10

4. 云棍 Yún Gùn

Cudgel Cloud Waving

接上势，双手握棍，在头前上方平圆绕环；目随视棍梢前段。（图 11、图 12）

Following the previous move, hold the cudgel with both hands, swing the cudgel at the front above the head in a complete horizontal circle; the vision follows the movements of the cudgel's tip. (Figure 11, Figure 12)

要点：云棍快速有力，力达棍梢段。

Key Points: The clouding cudgel should be swift and forceful; the force should be exerted at the front section of the cudgel.



图11
Fig. 11



图12
Fig. 12



5. 撤步绞棍 Chè Bù Jiǎo Gùn

Retreat Step Cudgel Enveloping

(1) 接上势，左脚抬起；同时，左手滑把，右手握把内收。（图 13）

(1) Following the previous move, raise the left foot; at the same time, slide the left hand along the cudgel body, the right hand holding the handle retracts to the end of the handle. (Figure 13)



图13
Fig. 13

(2) 左脚撤步后落呈半蹲状；同时，右手向左、向下绞把 3 次，左手托棍，使棍梢向右、向上、向左绞棍，立圆绕动；目视棍梢。（图 14）

(2) The left foot retreats to the rear and bending to a half squat; at the same time, the right hand wrings the handle three rounds, with the left hand supporting the cudgel, then turn the tip of the cudgel rotating from the right upwards and then to the left in a vertical circle; look to the tip of the cudgel. (Figure 14)

要点：撤步与绞棍协调完成。棍梢立圆绕动，力达棍梢段。

Key Points: The retreat step and the cudgel enveloping should be well-coordinated and complete in unison. The tip of the cudgel moves in a vertical circular motion, the force exerted should be at the front section of the cudgel's tip.



图14
Fig. 14



6. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，身体右转 90°；右脚向右前方上步，脚尖外展；同时，双手握棍随转体使棍身置于左肩上方，棍把向右；目视斜前方。（图 15）

(1) Following the previous move, the body turns 90 degrees to the right; the right foot steps to the front right with the toes pointing outwards; at the same time, both hands holding the cudgel, following the body turn, positioned it above the left shoulder with the tip of the cudgel pointing to the right; look diagonally towards the front. (Figure 15)



图15
Fig. 15

(2) 身体继续右转 360°；左脚向前扣步，右脚撤步，两腿微屈；同时，左手离棍随转体向左上伸出；右手握棍，使棍梢随转体经左向右在头部斜上方平抡一周；目视斜后方。（图 16—图 18）

(2) The body continues to turn 360 degrees to the right; the left foot makes an inward steps and the right foot retreats backwards, both knees bend slightly; at the same time, released the left hand from the cudgel following the body turn, and extends to the upper left; the right hand holding the cudgel, following the body turn, swings the cudgel from the left to the right diagonally above the head in a horizontal circle; look slanting to the rear. (Figure 16 – Figure 18)

要点：上下肢协调用力，配合完成，力达棍梢段。

Key Points: The movements of the upper and lower limbs should be well-coordinated to exert the required strength, and complete in unison, the force should be exerted on the tip section of the cudgel.



图16
Fig. 16



图17
Fig. 17



图18
Fig. 18

7. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

(1) 接上势，身体稍左转，左脚向右腿右前方上步；同时，右手握把拉至右胸前，左手向前滑握，使棍梢下移；目视棍梢。（图 19）

(1) Following the previous move, the body turns slightly to the left, left foot steps to the front right of the right foot; at the same time, the right hand holding the handle, pulls the cudgel towards the front of the right chest, the left hand slides forwards as the cudgel moves, the tip of the cudgel shifts down; look at the cudgel's tip. (Figure 19)



图19
Fig. 19

(2) 身体右转；右脚向右上步，与左脚并步，两腿下蹲；同时，双手握棍，左手向右手方向滑握，使棍梢随转体向右平扫。（图 20、图 21）



(2) The body turns to the right; the right foot steps to the right, and closes in with the left foot, both legs bend and squat; at the same time, both hands holding the cudgel, the left hand slides towards the right hand and sweeps the tip of the cudgel horizontally to the right. (Figure 20, Figure 21)



图20
Fig. 20



图21
Fig. 21

(3) 双脚蹬地腾空，舒胸展腹，两腿屈膝后抬；同时，双手握棍，使棍梢向后上方摆举。（图 22、图 23）

(3) Both feet push off the ground and jump up, expand the chest and extend the abdomen, both knees bend and raise the legs backwards; at the same time, lift the cudgel to the upper rear with both hands holding the handle of the cudgel (Figure 22, Figure 23)



图22
Fig. 22



图23
Fig. 23

(4) 双脚落地，右腿屈膝，左腿平铺伸直，成左仆步；同时，双手握棍，经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 24）

(4) Land with both feet, with the right knee bend to a full squat, the left leg straightens and stretched outwards to form a left crouching stance; at the same time, both hands holding the cudgel, moving it from the top and slam downwards beside the inner side of the left leg, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 24)



要点：腾空落地时气沉下压，力达棍身。

Key Points: When landing from the jump, lowers the centre of the gravity and sinks the breath. The force should be exerted on the body of the cudgel.



图24
Fig. 24

8. 转身摔棍 Zhuǎn Shēn Shuāi Gùn

Body Turn Cudgel Slam

接上势，重心上升，身体右转 180°；右腿屈膝，左脚向前上步，左腿平铺伸直，成左仆步；同时，展臂托棍上举，双手握棍，经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 25、图 26）

Following the previous move, raise the body and turn 180 degrees to the right; the right knee bends, the left foot steps forward and straightens to form a left crouching stance; at the same time, both arms extend upwards and raise the cudgel; holding the cudgel with both hands from the top slams downwards to the inner side of the left leg, the left hand press on the body of the cudgel; look at the body of the cudgel. (Figure 25, Figure 26)

要点：扬臂展体，力达棍身。

Key Points: Extend the arms and the body; exert force on the body of the cudgel.



图25
Fig. 25



图26
Fig. 26



9. 左右点棍 Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

(1) 接上势，重心上升，身体右转；同时，双手握棍，右手稍向前滑握上提使棍梢向下；目视棍梢。（图 27）

(1) Following the previous move, raise the body and turn to the right; at the same time, hold the cudgel with both hands, the right hand slightly shifts forward to move the tip of the cudgel downwards; look at the tip of the cudgel. (Figure 27)



图27
Fig. 27

(2) 重心下降，两腿屈膝；同时，双手握棍，经上向身体右、左侧立圆点地，棍梢触地；目视棍梢。（图 28、图 29）

(2) Lower the body weight and bend both knees; at the same time, with both hands holding the cudgel, swing the cudgel to dot on the ground on the right side, then to the left side of the body in a vertical circular motion, the tip of the cudgel must touch the ground; look at the tip of the cudgel. (Figure 28, Figure 29)

要点：提髋转胯，力达棍梢。

Key Points: Brace the hip section and turn hip joints; the force should be exerted on the tip of the cudgel.



图28
Fig. 28



图29
Fig. 29



10. 单手平抡棍 Dān Shǒu Píng Lūn Gùn

Single Hand Horizontal Cudgel Windmill Wave

(1) 接上势，右脚向左后方撤步，身体微向左转；同时，双手握棍至左肩上；目视前方。（图 30）

(1) Following the previous move, the right foot retreats to the back of the left foot, the body turns slightly to the left; at the same time, both hands holding the cudgel and position it on the left shoulder; look to the front. (Figure 30)

(2) 左脚内扣，身体右转，右脚随转体向右滑动落步，左腿微屈；同时，右手握棍随体右转，左手离棍；目视左前方。（图 31）

(2) The left foot turns inwards and bend the knee slightly, the body turns right, the right foot, following the body turn, shifts to the right and steps on the ground, at the same time, the right hand continues holding to the cudgel as the body turns, the left hand released from the grip; look to the left front. (Figure 31)



图30
Fig. 30



图31
Fig. 31

(3) 右脚后撤至左腿右后方，身体稍右转；同时，右手握棍，使棍梢随转体向右平摆，继续经右向左、向前在头部斜上方平抡一周；目视右后方。（图 32）

(3) The right foot retreats to the rear right of the left foot, the body turns slightly to the right; at the same time, the right hand holding the cudgel, swings horizontally to the right as the body turns, then continue the swing from the right to the left and to the front, and complete a horizontal circle diagonally above the head; look to the right rear. (Figure 32)

要点：右手平抡，力达棍梢段。

Key Points: The right hand swing of the cudgel must be horizontal, the force



should be exerted on the tip section of the cudgel.



图32
Fig. 32

11. 腾空背棍提膝冲拳 Téng Kōng Bèi Gùn Tí Xī Chōng Quán Jumping Knee Raise, Back-carry Cudgel Forward Punch

(1) 接上势，右腿微屈，左脚上步于右腿前；同时，右手握棍，使棍梢经右下向左后方摆动，棍身贴于背部右后侧，随即右手自然下落至体前；左掌摆至右肩前；目视前方。（图 33、图 34）

(1) Following the previous movement, the right knee bend slightly, the left foot take a step in front the right foot; at the same time, the right hand holding the cudgel, swings the tip of the cudgel from the right downwards and then to the left rear, the body of the cudgel touches the side at the rear right of the back; following that the right hand lowers to the front of the body naturally; the left palm moves to the front of the right shoulder; look to the front. (Figure 33, Figure 34)



图33
Fig. 33



图34
Fig. 34

(2) 左脚蹬地腾空，右腿屈膝提起；同时，右手握棍向右后背棍；左掌变拳向前冲出，与肩同高；目视前方。（图 35）

(2) The left foot pushes the ground and jump, the right knee bends and raises; at the same time, the right hand, holding the cudgel, at the right rear, back-carry



the cudgel; the left palm changes to fist and punches to the front at the shoulder level; look to the front. (Figure 35)

要点：腾空背棍、冲拳协调一致，空中身体正直，提膝过腰，力达拳面。

Key Points: The jumping back-carry cudgel and the forward punch should be well-coordinated and in unison. In mid-air, the body should be upright, the right knee should be higher than the waist level, the forward punch should have the force exerted on the face of the fist.



图35
Fig. 35

12. 腾空飞脚 Téng Kōng Fēi Jiǎo Jumping Front Slap Kick

接上势，左脚落地，右脚随即上步蹬地腾空，左腿向前上方摆起，屈膝收于腹前，小腿内收，脚面绷平；同时，右腿伸直向前上方摆起，棍身贴于背部右侧；左掌心拍击右脚面；目视前方。（图 36、图 37）

Following the previous move, the left foot lands, the right foot steps forward and immediately pushes off the ground and jump, the left leg swings to the front, bends the knee and retracts to hold at the front of the abdomen, with the face of the foot flattened and pointed down; at the same time, the right leg straightens and kicks upwards to the front, the body of the cudgel touches against the side of the right back; the left palm slaps onto the face of the right foot; look to the front. (Figure 36, Figure 37)

要点：左腿提膝收于腹前，击掌迅速、准确，击响时脚过肩，空中立身。

Key Points: The left knee raise should be held at the front of the abdomen; the slap should be swift and accurate; the slap must be higher than shoulder level; keep the body upright when in mid-air.



图36
Fig. 36



图37
Fig. 37

13. 侧空翻 Cè Kōng Fān

Aerial Cartwheel

接上势，右脚落地，左脚向前上步蹬地，上体向左下侧倾；随即右腿向右上摆起，左脚离地向上立圆摆起，两腿在空中依次分开，身体成倒立状；两臂自然摆动；目视前下方。（图 38、图 39）

Following the previous move, the right foot lands, the left foot steps forward and launch a jump, the upper body leans downwards to the left side; the right leg immediately swings upwards, then the left foot immediately leaves the ground and swings upwards in a vertical circular motion, both legs sequentially split in the mid-air, the body being in an upside down posture; the two arms swings naturally; look to the front lower right. (Figure 38 – Figure 39)

要点：腾空高，翻转快，两腿伸直。

Key Points: The jump should be high, and the rotation must be fast. Both legs should be straightened.



图38
Fig. 38

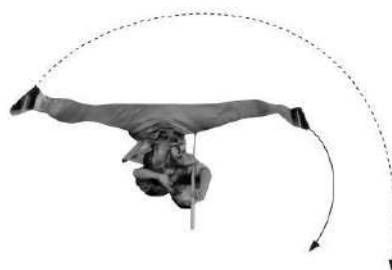


图39
Fig. 39

14. 旋风脚 360° Xuàn Fēng Jiǎo 360°

Jumping Tornado Kick 360°

(1) 接上势，右脚先落地，左转身，随即左脚向左前上步；同时，右手背



棍贴扣于右肩后侧；目视前方。（图 40）

(1) Following the previous move, the right foot lands first, turn the body to the left, the left foot immediately steps to the left front; at the same time, the right arm back-carry the cudgel locks against the side of the rear right shoulder; look to the front. (Figure 40)



图40
Fig. 40

(2) 右脚上步至左腿前，随即左脚上步；同时，右臂背棍向后上摆起，左掌至右肩前侧；目视斜下方。（图 41、图 42）

(2) The right foot steps in front of the left foot, then the left foot immediately takes a step forward; at the same time, the right arm back-carry the cudgel rises backwards, the left palm moves to the side of the right shoulder front; look downward diagonally. (Figure 41, Figure 42)



图41
Fig. 41



图42
Fig. 42

(3) 右脚向前上步，脚尖微内扣，两腿微屈下蹲，身体微左转；随即右脚蹬地腾空，身体向左后旋转，右腿向左上抡摆；至面前时左掌心迎击右脚前脚掌，右手背棍贴扣于右肩后侧；目视右脚。（图 43、图 44）

(3) The right foot steps forward with the toes turning inwards, bending both knees slightly, the body turns slightly to the left; immediately the right foot pushes



off the ground and jump, the body rotates to the rear left, the right leg swings to the upper left, when the foot passes the front of the face, the left palm slaps on the right front sole, the right arm back-carry the cudgel locks against the side of the rear right shoulder; look at the right foot. (Figure 43, Figure 44)

要点：空中身体中正，击响时脚过肩，击拍准确。

Key Points: Keep the body centered and upright in mid-air. The slap should be executed with the foot above the shoulder level, and the slap should be accurate.



图43
Fig. 43



图44
Fig. 44

15. 跌竖叉 Diē Shù Chā

Falling Front Split

接上势，两腿同时前后分开落地成劈叉，左脚尖勾起在前，右腿伸直、脚面绷平在后；同时，右手背棍贴扣于肩后，塌腰前倾；目视前方。（图 45）

Following the previous move, the two legs split apart at the same time and land into front split, the left leg in front with toes tilt upwards, the right leg straightens with the face of the foot flatten at the back; at the same time, the right arm back-carry the cudgel locks against the rear of the right shoulder, sink the waist and lean the body forward; look to the front. (Figure 45)

要点：两腿同时落地时上体塌腰前倾，前脚掌向内勾收，后腿伸直。

Key Points: When both legs land simultaneously, the waist of the upper body must sink and lean forward, the sole of the front foot tilt back, the back leg straightens.

棍术套路动作图解
Movements Illustrations of Gunshu Routine



图45
Fig. 45



第二段 Section Two

16. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，两腿跳起立身，左脚向左后撤步；身体微向右转；同时，左掌划弧经左肋向前穿出，右手握棍随身体右转摆至右后方背棍；目视前方。

(图 46、图 47)

(1) Following the previous move, jump up with both legs to raise the body up, the left foot retreats to the rear left; the body turns slightly to the right; at the same time, the left palm moves in an arc motion passes through the left rib and thread forward, the right hand holding the arm back-carry cudgel turns to rear right following the body turn; look to the front. (Figure 46, Figure 47)



图46
Fig. 46



图47
Fig. 47

(2) 身体左转 180°，右脚向右前方上步；随即左脚向右后方撤步，身体继续左后转 90°；同时，左手接握棍身，两手握棍至头上方经右向左平抡一周；目视右侧。（图 48—图 50）

(2) The body turns 180 degrees to the left, the right foot steps to the right front; the left foot retreats to the right rear immediately, the body continues to turn 90 degrees to the left rear; at the same time, the left hand gripped the body of the cudgel, both hands holding the cudgel and lift it above the head, then swings horizontally from the right to the left in one complete circle; look to the right side. (Figure 48 – Figure 50)

要点：两手抡棍平圆，力达棍梢段。



Key Points: The cudgel swing with both hands should be horizontal and circular, the force exerted should be at the tip section of the cudgel.



图48
Fig. 48



图49
Fig. 49

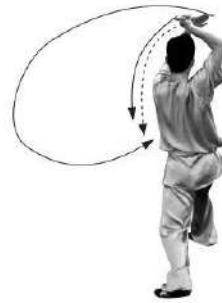


图50
Fig. 50

17. 弓步拨棍 Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

接上势，身体继续左转 90°；左腿屈膝，右腿伸直，成左弓步；同时，两手握棍经右向左拨棍，左臂伸直，右手收至左腋下；目视前方。（图 51）

Following the previous move, the body continues to turn 90 degrees to the left; the left knee bends, the right leg straightens to form a left bow stance; at the same time, with both hands holding the cudgel, parry the cudgel from the right to the left, with the left arm straightens and the right hand retracts below the left armpit; look to the front. (Figure 51)

要点：转髋时前臂发力，力达棍梢段。弓出腿大腿成水平，后腿蹬直。

Key Points: When turning the hip, the forearm initiates the force, the force should be exerted on the tip section of the cudgel. In the bow stance, the thigh of the bending leg must be horizontal and the hind leg should be straightened.



图51
Fig. 51

18. 涮腰抡棍 Shuàn Yāo Lūn Gùn

Horizontal Waist Rotation Cudgel Windmill Wave



接上势，两腿屈蹲后仰，由左向右弧线涮腰；同时，右手握棍随转体经左向右平圆抡棍，力达棍梢段；目视上方。（图 52—图 54）

Following the previous move, bend both knees and arch the torso backwards, rotate the torso from the left to the right in an arc motion; at the same time, the right hand holding the cudgel, following the body's rotation, swings the cudgel horizontally from the left to right in a horizontal circle, the force exerts on the tip section of the cudgel; look upwards. (Figure 52 – Figure 54)

要点：挺髋后仰，抡棍平圆。

Key Points: Brace the hip section and arch the torso backwards. Cudgel swing should be horizontal and circular.



图52
Fig. 52



图53
Fig. 53



图54
Fig. 54

19. 背棍斜拍脚 Bèi Gùn Xié Pāi Jiǎo

Back-carry Cudgel Diagonal Slap Kick

接上势，上体左移；左腿伸直支撑，全脚着地，随即右腿向前、向上踢摆；同时，左掌先收于左腰间后迎击右脚面；右手背棍贴扣于右肩后侧，棍把稍下落；目视右脚。（图 55、图 56）

Following the previous move, shifts the upper body to the left; the left leg straightens and steps down with full sole for support, immediately, the right leg swings up to the front; at the same time, the left palm first retracts to the left waist,



then moves to slap on the face of the right foot; the right arm back-carry the cudgel locks against the rear side of the right shoulder, with the handle of the cudgel slightly lowering downwards; look at the right foot. (Figure 55, Figure 56)

要点：击拍脚过肩，背棍拍脚立身，击拍力点准确。

Key Points: The slap should be above the shoulder level. Keep the body upright. The contact point of the slap should be precise.



图55
Fig. 55



图56
Fig. 56

20. 腾空外摆莲 360° Téng Kōng Wài Bǎi Lián 360°

Jumping Lotus Kick 360°

接上势，右脚落步至右侧方，随即两膝屈蹲，两脚蹬地腾空向右后转体 360°；同时，右手背棍向右转动，棍随转体；右腿向右后上方摆起，左掌击拍右脚面；目视右脚。（图 57、图 58）

Following the previous move, the right foot lands to the right side, bending both knees immediately and squatting slightly. Both feet push off the ground and jump up, turn the body 360 degrees to the rear right; at the same time, the right arm back-carry the cudgel turns to the right, the cudgel follows through as the body rotates; the right leg swing to the upper rear right, the left palm slaps on the face of the right foot; look at the right foot. (Figure 57, Figure 58)

要点：蹬地有力，腾空高，空中击响时脚尖过肩，击拍准确。

Key Points: Both feet should push the ground forcefully. The jump should be high. The tip of the right foot should be above the shoulder level in mid-air; the slapping must be accurate.



图57
Fig. 57



图58
Fig. 58

21. 弓步拨把 Gōng Bù Bō Bǎ

Bow Stance Handle Parry

接上势，两脚同时落地，右腿屈蹲，成右弓步；同时，右手握棍拨把至右腋下，与肩同高；左臂撑圆上举；目视前方。（图 59）

Following the previous move, both feet land simultaneously, the right knee bends to form a right bow stance; at the same time, the right hand holding the cudgel, parry the handle end at the shoulder level, placing the cudgel body under the right armpit; the left arm rounded, form a palm and rises upwards; look to the front. (Figure 59)

要点：右弓腿大腿成水平，后腿挺膝蹬直，全脚着地。右手拨把，力达棍把段。

Key Points: In the right bow stance, the right thigh level should be horizontal, the hind leg should be straightened with the knee extended and sole fully on the ground. The handle parry with the right hand should have the force exerted on the handle end of the cudgel.



图59
Fig. 59



22. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

(1) 接上势，左脚上步与右脚并步；同时，右手握棍由前向下至体前，随即左手接握棍，右手滑至棍把；身体左转，两手举至头上方；目视棍梢。（图60）

(1) Following the previous move, the left foot steps forward and closes in together with the right foot; at the same time, the right hand holding the cudgel moves it downwards to the front of the body, the left hand immediately catch hold of the cudgel, the right hand slides to the handle; the body turns left, both hands rise above the head; look to the tip of the cudgel. (Figure 60)



图60
Fig. 60

(2) 身体右转；两脚向左右两侧分开，右腿屈膝全蹲，左腿平铺伸直，成左仆步，左脚尖内扣；同时，两手握棍经上向下摔棍至左腿内侧，左手按压棍身；上体微前倾；目视前下方。（图61）

(2) Turn the body to the right; both legs open sideways to the left and right respectively, the right knee bend down to a full squat, the left leg straightens with the toes turning inwards to form a left crouching stance; at the same time, both hands holding the cudgel, swings down from the top and slams down to the ground and positioned it beside the inner left thigh, the left hand presses on the body of the cudgel; the upper body leans slightly forward; look at the lower front. (Figure 61)

要点：仆步时左腿挺膝伸直，收腹沉气，上体微前俯。

Key Points: In the crouching stance, the left leg should be straightened,



tucked in the abdomen and sink the breath, the upper body lean slightly forward.



图61
Fig. 61

23. 点棍 Diǎn Gùn

Dotting Cudgel

接上势，左脚向右脚前上步；同时，两手握棍由左经上向右下摆落，棍触地；目视棍梢。（图 62）

Following the previous move, left foot steps to the front of the right foot; at the same time, both hands holding the cudgel, swing the cudgel from the left upwards and then downwards to the right, with the tip of the cudgel touching the ground; look towards the tip of the cudgel. (Figure 62)

要点：提腕点棍，力达棍梢。

Key Points: For dotting cudgel, the wrists should be raised. The force exerted should be on the tip of the cudgel.



图62
Fig. 62

24. 转身提撩棍 Zhuǎn Shēn Tí Liāo Gùn

Body Turn Two-handed Vertical Cudgel Uppercut

接上势，重心上升，身体向右后转；同时，两手握棍由右向上经左下向上立圆提撩；目视前方。（图 63、图 64）

Following the previous move, rise the body and center of gravity, then turn



the body to the rear right; at the same time, both hands holding the cudgel, swing the cudgel in a vertical circular motion from the right upwards to the left, and then down and upwards again; look to the front. (Figure 63, Figure 64)

要点：立圆摆动，转身提髋。

Key Points: The uplifting cudgel should be swinging in a vertical circular motion. The body turn should brace the hip section.

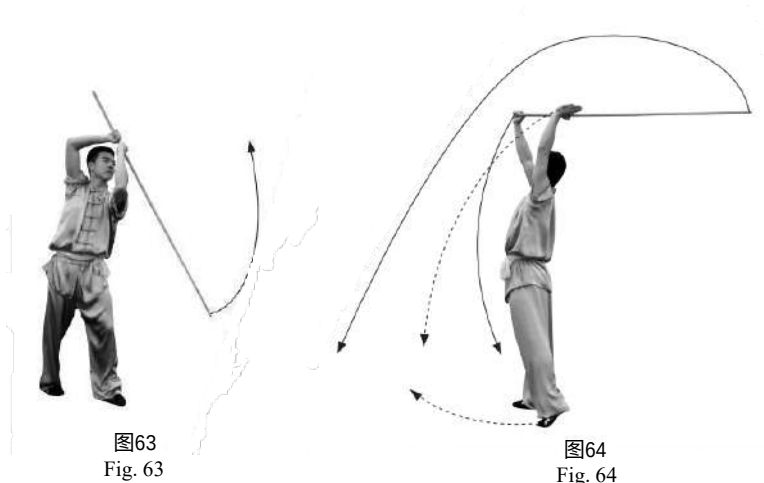


图63
Fig. 63

图64
Fig. 64

25. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

接上势，重心下落；右腿屈膝全蹲，左脚上步，脚尖内扣，左腿平铺伸直，成左仆步；同时，两手握棍由上向下摔棍至左腿内侧，左手按压棍身，上体微前倾；目视前下方。（图 65）

Following the previous move, lowers the body weight; the right knee bends to a full squat, the left leg steps forward with the toes turning inwards, the left leg extends and straightens to form a left crouching stance; at the same time, both hands holding the cudgel, slams down from the top to the ground and positioned it beside the left inner thigh, the left palm presses on the body of the cudgel, the upper body leans forward slightly; look to the lower front. (Figure 65)

要点：仆步时左腿挺膝伸直，脚尖内扣。

Key Points: In the crouching stance, the left leg should be straightened and the toes turned inwards.



图65
Fig. 65

26. 左右点棍 Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

接上势，重心微左移；同时，两手握棍经上向右下、左下立圆摆落，棍梢触地；目视棍梢。（图 66、图 67）

Following the previous move, shift the body weight slightly to the left; at the same time, both hands holding the cudgel, swing the cudgel downwards to dot on the ground on the right, then the left, in a vertical circular motion, the tip of the cudgel must touch the ground; look at the tip of the cudgel. (Figure 66, Figure 67)

要点：提髋转胯，力达棍梢。

Key Points: Brace the hip section and turn hip joints; the force should be exerted on the tip of the cudgel.



图66
Fig. 66



图67
Fig. 67

27. 扫棍 Sǎo Gùn

Cudgel Sweep

接上势，身体右转，左脚蹬碾；同时，右手握棍随转体经左向右平扫，左手向左侧平摆；目视前方。（图 68）

Following the previous move, turn the body to the right, the left foot twist and shuffle slightly; at the same time, the right hand holding the cudgel, following the body turn, sweeps horizontally from the left to the right, the left hand swings horizontally and positions at the left side; look to the front. (Figure 68)



要点：扫棍要平，力达棍梢段。

Key Points: In the cudgel sweep, the sweeping motion should be horizontal, the force exerted should be at the front section of the cudgel's tip.



图68
Fig. 68

28. 抡棍 Lūn Gùn

Horizontal Cudgel Windmill Wave

接上势，身体左转；左脚垫步蹬地，左腿屈膝，右脚扣于左膝腘窝处；同时，右手握棍经右向上、向下抡出，随即左手接握棍；目视棍梢处。

（图 69、图 70）

Following the previous move, the body turns left; the left foot skips a step, bend the left knee, the right ankle lock against the socket at the back of the right knee; at the same time, the right hand holding the cudgel swings from the right upwards and then downwards, the left hand immediately catch holds of the cudgel; look to the cudgel's tip. (Figure 69, Figure 70)

要点：抡棍力达棍梢段。

Key Points: The force exerted in the cudgel swing should be at the front section of the cudgel's tip.



图69
Fig. 69



图70
Fig. 70



29. 点棍盖把 Diǎn Gùn Gài Bǎ

Dotting Cudgel Downward Handle Press

(1) 接上势，右脚上步于左脚前方，身体左转，随即左脚向右腿后方插步；同时，两手握棍经上向右下摆落，随即经上向左下摆落，棍梢触地；目视棍梢。（图 71、图 72）

(1) Following the previous move, the right foot steps forwards in front of the left foot, the body turns left, the left foot immediately steps to the back of the right foot; at the same time, both hands holding the cudgel swings upwards and then to the lower right, and immediately swings upwards and then to the lower left, the tip of the cudgel touches the ground; look to the cudgel's tip. (Figure 71, Figure 72)



图71
Fig. 71



图72
Fig. 72

(2) 上体左转；同时，左手向前滑握，棍把下沉，两手握棍随身体左后转 360° 经上向左前下方立圆盖把；目视棍把。（图 73、图 74）

(2) The upper body turns to the left; at the same time, the left hand slides forward and lowers the handle end, both hands holding the cudgel, following the body turning to the rear left, swings the handle end upwards and then to the left lower front in a vertical circular motion; look to the cudgel's handle. (Figure 73, Figure 74)

要点：点棍提髋转胯，力达棍梢；翻身盖把，力达棍把段。

Key Points: Brace the hip section and turn hip joints, the force should be exerted on the tip of the cudgel. In the body turn downward handle press movements, the force should be exerted on the handle end of the cudgel.



图73
Fig. 73



图74
Fig. 74

30. 抡棍 Lūn Gùn

Horizontal Cudgel Windmill Wave

(1) 接上势，右脚向前上步，随即左脚向前扣步；身体右转 180°；同时，右手向前滑握，右手握棍使棍梢随转体向右平摆；左手摆至左侧；目视棍梢。
(图 75、图 76)

(1) Following the previous move, the right steps forward, the left foot immediately tilt in and makes an inward step to the front; the body turns 180 degrees to the right; at the same time, the right hand slides forward, the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right; the left hand swings to the left side; look at the cudgel's tip. (Figure 75, Figure 76)



图75
Fig. 75



图76
Fig. 76

(2) 右脚向左后方撤步，身体右后转 180°；同时，右手握棍使棍梢随转



体向右平摆，在头部斜上方平抡一周；左手摆至左斜上方；目视右后方。

(图 77)

(2) The right foot retreats to the back of the left foot, the body turns 180 degrees to the rear right; at the same time, the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right, and complete a horizontal circle diagonally above the head; the left hand swings diagonally to the upper left side; look to the right rear. (Figure 77)

要点：以腰带臂，右手平抡，力达棍梢段。

Key Points: Using the waist to initiate the strength of the arm. When swinging the cudgel with the right arm, the force should be exerted on the tip section of the cudgel.



图77
Fig. 77

31. 翻身仆步摔棍 Fān Shēn Pū Bù Shuāi Gùn

Turn Over Crouching Stance Cudgel Slam

(1) 接上势，左脚向前上步，随即蹬地翻身跳起腾空；同时，左手接握棍随转身由上向左下摆棍，随即棍经下向上随蹬地腾空立圆举起；目视棍梢。

(图 78—图 80)

(1) Following the previous move, the left foot steps forward, and immediately pushes off the ground, turn the body over and jump up; at the same time, the left hand catch holds of the cudgel, following the body turn, swings the cudgel upwards and then to the lower left, during the jump, the cudgel immediately moves downwards and then rises upwards in a vertical circular motion; look to the cudgel's tip. (Figure 78 – Figure 80)



图78
Fig. 78



图79
Fig. 79

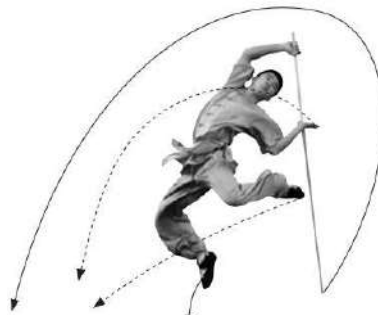


图80
Fig. 80

(2) 右左脚依次落地，右腿屈膝全蹲，左腿向前迈步，左腿平铺伸直，成左仆步；同时，两手握棍经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 81）

(2) The right foots lands first, then follow by the left foot, the right knee bend to a full squat, the left leg steps forward with the leg straightened to form a left crouching stance; at the same time, both hands holding the cudgel swings upwards to the front and slams down to the ground and positioned it beside the left inner thigh, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 81)

要点：左脚蹬地用力，腾空翻身轻灵，落地平稳，仆步时左腿挺膝伸直，脚尖内扣。

Key Points: The left foot should push the ground forcefully; the jump and the body turn should be agile and light. The landing from the jump should be steady and stable. In the left crouching stance, the left leg should be straightened and the toes turned inwards.



图81
Fig. 81

32. 抡棍弓步推掌 Lūn Gùn Gōng Bù Tuī Zhǎng

Horizontal Cudgel Windmill Wave Bow Stance Palm Push

(1) 接上势，重心上升，右脚向后活步；随即左脚向右前方扣步，身体右后转 180°；同时，右手向前滑握，两手握棍持于左肩上；目视左方。

(图 82)

(1) Following the previous move, raise the body, the right foot shifts backwards; the left foot immediately makes an inward step to the front of the right foot, the body turns 180 degrees to the rear right; at the same time, right hand slides forward, both hands holding the cudgel positions it above the left shoulder; look to the left side. (Figure 82)



图82
Fig. 82

(2) 身体继续右后转 180°；右脚随转体扣于左膝后，随即右脚下落，右腿屈膝，成右弓步；同时，右手握棍随转体向右平抡摆一周，棍摆至身后，棍梢触地；随即左掌收经腰间推出，力达小指一侧；目视前方。

(图 83—图 85)

(2) The body continues to turn another 180 degrees to the rear right; the right foot, following the body turn, locks at the socket behind the left knee, the right foot lowers down immediately and bending the knee to form a right bow stance; at the same time, the right hand holding the cudgel, following the body turn, swings



the cudgel horizontally to the right in one complete horizontal circle, then the cudgel ends at the back of the body with the tip touching the ground; the left palm immediately retracts to the waist and then pushes forward, the force exerts on the side of the little finger; look to the front. (Figure 83 – Figure 85)

要点：转体、扣步既快又连贯，右手平圆抡棍。

Key Points: The movements of the body turn, and the inward step should be swift and continuous. The cudgel swing by the right arm should be horizontal and circular in motion.



图83
Fig. 83



图84
Fig. 84



图85
Fig. 85



第三段 Section Three

33. 上步转身抡棍 Shàng Bù Zhuǎn Shēn Lūn Gùn Advance Step Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，右脚上步至左腿左侧，身体左转 180°；同时，左掌划弧经左肋向前穿出，随即右手握棍经左向右平摆至右肩前，左掌摆至左后方，与肩同高；目视棍梢。（图 86、图 87）

(1) Following the previous move, the right foot steps to the left side of the left foot, the body turns 360 degrees to the left; at the same time, the left palm moves in an arc motion from the left rib and thread to the front, the right hand, holding the cudgel, immediately swings horizontally from the left to the right and to the front of the right shoulder, the left palm swings to the rear left at the shoulder level; look to the cudgel's tip. (Figure 86, Figure 87)



图86
Fig. 86



图87
Fig. 87

(2) 左脚撤步至右腿后侧，身体左转；随即右脚向左后退步，前脚掌着地；同时，左手接握棍，两手握棍至头上方，随即两手握棍向左平抡一周至左肩上方；目视左前方。（图 88、图 89）

(2) The left foot retreats to the rear side of the right foot, the body turns left; following that, the right foot retreats to the rear left with the front sole touching on the ground; at the same time, the left hand hold on to the cudgel, both hands holding the cudgel, rises it above the head, immediately swing the cudgel horizontally to the left in one complete circle with both hands and ends above the left shoulder; look to the left front. (Figure 88, Figure 89)



要点：抡棍时两手接握转身要快，以腰带臂抡棍平圆。

Key Points: When performing the cudgel swing, both hands have to catch hold of the cudgel fast and the body turn should be swift. Using the waist to initiate the strength for the arm. Cudgel swing should be horizontal and circular.

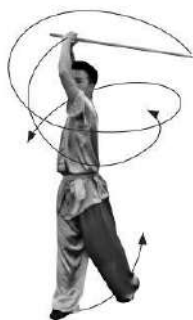


图88
Fig. 88



图89
Fig. 89

34. 抡棍平扫 Lūn Gùn Píng Sǎo

Horizontal Cudgel Windmill Wave and Horizontal Cudgel Sweep

(1) 接上势，身体右转；右脚向右后方上步，脚尖外展；同时，两手握棍随转体棍身至左肩上方；目视右前方。（图 90）

(1) Following the previous move, the body turns to the right; right foot steps to the rear right with the toes turning outwards; at the same time, both hands holding the cudgel, following the body turn, positions it above the left shoulder; look to the right front. (Figure 90)



图90
Fig. 90

(2) 左脚向右脚前方绕上步，随即右脚随转体向右退步；身体右后转 360°；同时，左手离棍至身体左侧，与肩同高；右手握棍使棍梢随转体向右平抡一周；目视棍身。（图 91）



(2) The left foot bypass the front of the right foot in a curve motion towards, following that, the right foot, together with the body turn, retreats to the right; the body turns 360 degrees to the rear right; at the same time, the left hand let go the grip of the cudgel and moves to the left side of the body at the shoulder level; the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right in one complete circle; look to the body of the cudgel. (Figure 91)



图91
Fig. 91

(3) 上体右转，重心右移；右腿屈膝，左前脚掌着地；同时，右手握棍使棍梢经前向右、向后平扫，左手经左向前摆至右肩前；目视前方。（图 92）

(3) The upper body turns to the right and shift the body weight to the right; the right knee bends, the left front sole steps on the ground; at the same time, the right hand holding the cudgel sweeps horizontally from the front to the right, then to the back, the left hand swings from the left to the front and positions at the front of the right shoulder; look to the front. (Figure 92)

要点：转身抡棍上步要快，上下肢协调用力。

Key Points: The movements of the body turn, cudgel swing and forward step must be swift. The movements of the upper limbs and lower limbs should be well-coordinated to effectively initiate strength.



图92
Fig. 92

35. 旋子扫棍 Xuán Zǐ Sǎo Gùn

Butterfly Kick Cudgel Sweep

(1) 接上势，身体向左后转，右脚上步于左腿外侧；同时，右手握棍随转体向左平摆至头上方，棍梢向左；目视左前方。（图 93）

(1) Following the previous move, the body turns to the rear left, right foot steps forward to the outer side of the left foot; at the same time, holding the cudgel with the right hand, following the body turn, swings the cudgel horizontally to the left and above the head with the tip pointing to the left; look to the left front. (Figure 93)



图93
Fig. 93

(2) 左脚向右腿后撤步，身体左转，随即左脚蹬地腾空；同时，右手握棍向前平抡一周，左掌摆至左肩前，棍梢向左；在空中，左右腿依次向后上方摆起，上体平俯向左后方拧转；右手握棍，屈肘转腕，使棍在身体下方平扫一周；目视左下方。（图 94—图 96）

(2) The left foot steps to the back of the right foot, the body turns right, following that, the left foot pushes the ground and jump up; at the same time, with



the right hand holding the cudgel, swings horizontally to the front in one complete circle, the left palm swings to the front of the left shoulder, the tip of the cudgel points to the left; in mid-air, the left and right leg swings up to the back sequentially, the upper body holds horizontally, twist and turn slightly to the rear left; the right hand holding the cudgel, with the elbow bent and circling the wrist, sweeps the cudgel horizontally in one complete circle below the body level; look to the lower left. (Figure 94 – Figure 96)

要点：做旋子时塌腰展胸摆腿，空中腿伸直；平扫棍时腕关节灵活，平圆扫棍用力，力达棍梢段。

Key Points: When performing the butterfly kick, sink the waist, extend the chest and swing the legs, the legs should be straightened in mid-air. During the horizontal cudgel sweep, the wrist should be agile, the sweep should be horizontal, circular and forceful, the force should be exerted on the tip section of the cudgel.



图94
Fig. 94

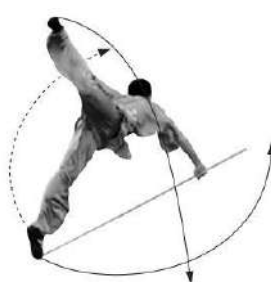


图95
Fig. 95



图96
Fig. 96

36. 坐盘抡棍 Zuò Pán Lūn Gùn

Cross-legged Sitting Horizontal Cudgel Windmill Wave

(1) 接上势，右、左脚依次落地；同时，右手握棍使棍梢继续向左摆动，左掌至右肩前；目视左侧。（图 97）

(1) Following the previous move, the right and left foot land in sequence; at the same time, the right hand, holding the cudgel continues to swing the tip section of the cudgel to the left, the left palm swings to the front of the right shoulder; look to the left side. (Figure 97)



图97
Fig. 97

(2) 身体左后转；两腿交叉屈膝下坐，右腿至左腿下方，成坐盘；同时，右手握棍随转体经前向左下抡摆；左手至右手上方握棍，棍身至左肩上方；目视左前方。（图 98）

(2) Turn the body to the rear left; both legs crossed and lower down to sit, the right leg under the left leg, to form a crossed-legged sit stance; at the same time, the right hand, holding the cudgel, follow the turning of the body, swings to the lower left; the left hand moves to the top of the right hand and grip the cudgel, rests the body of the cudgel on the left shoulder; look to the left front. (Figure 98)

要点：落地转身坐盘快速、连贯、平稳，腰向左拧紧，两腿盘紧，臀部坐地；右手借转腰之力使棍身向左平抡。

Key Points: The landing, body turn and crossed-legged sit should be swift, continuous and steady, the waist should twist to the left, the two legs crossed tightly, the buttock sits on the ground; the right arm should use the momentum from the twisting of the waist to sweep the cudgel horizontally to the left.



图98
Fig. 98

37. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，重心上升，身体右转；右脚向右前方上步，脚尖外展；同时，两手握棍，棍身至左肩上方；目视右前方。（图 99）

(1) Following the previous move, raise the body, turn the body to the right;



the right foot steps to the right front with the toes pointing outwards; at the same time, both hands holding the cudgel with the body of the cudgel on the left shoulder; look to the right front. (Figure 99)



图99
Fig. 99

(2) 左脚向右腿外侧上步，身体右转 180° ，随即右脚向右后撤步；同时，右手握棍使棍梢随转体向前平抡一周至右腋下，左掌至身体左后侧；目视右下方。（图 100、图 101）

(2) The left foot steps over to the outer side of the right foot, the body turns 180 degrees to the right, following that, the right foot steps to the rear right; at the same time, the right hand, holding the cudgel, follow the turning of the body, swings the cudgel horizontal to the front in one complete circle, and ends below the right armpit, the left palm moves to the rear left; look to the lower right. (Figure 100, Figure 101)

要点：左脚上步扣步、右脚撤步连贯紧凑，转身灵活；抡棍平圆，力达棍梢段。

Key Points: The movements of the left forward step, inwards step and the right retreating step should be continuous and seamlessly linked. The body turn should be agile. The cudgel swing should be horizontal and circular, the force exerted should be at the tip section of the cudgel.



图100
Fig. 100



图101
Fig. 101

38. 舞花背棍 Wǔ Huā Bèi Gùn

Vertical Figure 8 with Cudgel and Back-carry Cudgel

(1) 接上势，身体左转；同时，左臂由后向下、向上抡至左前上方，右手背棍至右肩后侧；目视左掌。（图 102）

(1) Following the previous move, the body turns left; at the same time, the left arm swings from the rear downwards, then upwards and to the upper front left, the right hand, holding the cudgel, swings the cudgel to the back of the right shoulder and back-carrying it; look to the left palm. (Figure 102)



图102
Fig. 102

(2) 右脚上步至左腿前，身体左转；同时，右手握棍使棍把由后向上至前上方，左手在右腋下接握棍身；目视前方。（图 103）

(2) The right foot steps in front of the left foot, the body turns to the left; at the same time, holding the cudgel with the right hand, turn the handle end of the cudgel from the rear upwards, and to the upper front, the left hand moves under the right armpit to catch hold the body of the cudgel; look to the front. (Figure 103)



图103
Fig. 103

(3) 两手握棍使棍把向下经腿前向左、向上成立圆舞花，随即两手握棍使棍梢由上向下经右小腿外侧向后上舞花至右肩侧，棍梢向上；目视前方。
(图104—图 107)

(3) Both hands holding the cudgel, turn the handle end downwards, past the front of the leg to the left, and then upwards in a vertical circular motion, both hands holding the cudgel, immediately turns the tip end from the top downwards, past the outer side of the right calf, to the rear and upwards to the side of the right shoulder, the tip of the cudgel pointing up; look to the front. (Figure 104 – Figure 107)



图104
Fig. 104



图105
Fig. 105

棍术套路动作图解
Movements Illustrations of Gunshu Routine



图106
Fig. 106



图107
Fig. 107

(4) 左脚上步至右腿前，身体右转；同时，两手握棍在身体左侧成立圆舞花，随即棍梢由前向下经右腿外侧上摆至腹前，左手滑握棍梢段，棍梢向前；目视棍身。（图 108、图 109）

(4) The left foot steps forward to the front of the right foot, the body turns to the right; at the same time, both hands holding the cudgel, rotate it in a vertical circular motion at the left side of the body, following that, the tip of the cudgel continues to turn from the front downwards, past the outer side of the right leg, and up to the front of the abdomen, the left hand slides towards the tip section of the cudgel with the tip pointing to the front; look at the body of the cudgel. (Figure 108, Figure 109)



图108
Fig. 108



图109
Fig. 109

(5) 右脚向左腿后方撤步，身体右后转 180°；同时，两手握棍随转体使棍梢向下经两腿前向右上绕转，棍身横于两肩后侧；目视棍梢。（图 110）

(5) The right foot steps backwards to the rear of the left foot, the body turns 180 degrees to the rear right; at the same time, both hands holding the cudgel, following the body turn, rotate the tip of the cudgel downwards, past the front of both legs and up to the upper right, positioned the body of the cudgel horizontally behind the two shoulders; look at the cudgel's tip. (Figure 110)



要点：舞花时棍身贴近身体立圆绕行，身械配合协调，腕关节内收外展灵活。

Key Points: During the figure 8 circling, the body of the cudgel should be close to the body and rotate in a vertical circular motion. The movements of the cudgel and the body should be well-coordinated and harmonized. The wrist should be flexible in flexion and extension.



图110
Fig. 110

39. 盖步戳把 Gài Bù Chuō Bǎ

Front Cover Step Handle Jab

(1) 接上势，身体右转；同时，两手握棍使棍梢由左向上摆至身体右侧，棍梢斜向上；目视棍梢。（图 111）

(1) Following the previous move, turns the body to the right; at the same time, both hands holding the cudgel, swings the tip of the cudgel from the left upwards to the right side of the body, with the tip pointing diagonally upwards; look at the cudgel's tip. (Figure 111)



图111
Fig. 111

(2) 身体左转；同时，两手握棍使棍梢由上向下，经两腿前摆至身体左侧，



棍梢斜向下；目视棍梢。（图 112）

(2) The body turns to the left; at the same time, both hands holding the cudgel, turns the tip of the cudgel from the top downwards, past the front of both legs to the left side of the body, the tip of the cudgel pointing down diagonally; look at the cudgel's tip. (Figure 112)



图112
Fig. 112

(3) 右脚向左前抬起，随身体左后转至左腿左侧盖步；同时，两手握棍使棍梢由左向上随转体摆至左上方，随即两手握棍向右侧戳把，高与肩平，棍把向右；目视棍把。（图 113、图 114）

(3) The right foot raises to the front of the left side, following the body turning to the rear left, steps to the left of the left foot in cover step; at the same time, both hands holding the cudgel, swings the tip of the cudgel upwards from the left, with the turning of the body, positions it at the upper left, following that, both hands holding the cudgel, pushes the handle end and jabbed to the right side at shoulder level, the handle of the cudgel pointing to the right; look to the handle end of the cudgel. (Figure 113, Figure 114)

要点：抬脚、转体、盖步连贯、顺畅、紧凑；棍把直线向右击出，力达把端。

Key Points: The movements of raising the right foot, body turn, and the cover step should be continuous, smooth and seamlessly linked. The handle end of the cudgel should jab in a straight line to the right, the force should be exerted at the handle end.

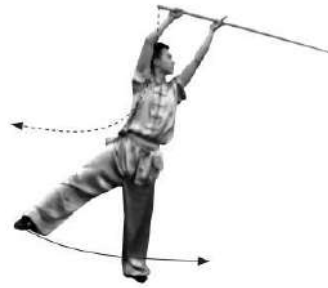


图113
Fig. 113



图114
Fig. 114

40. 抡棍仆步抱棍 Lūn Gùn Pū Bù Bào Gùn

Horizontal Cudgel Windmill Wave and Carry Cudgel in Crouching Stance

(1) 接上势，左脚向左上步；同时，两手握棍摆至头上方，棍梢向左；目视左前方。（图 115）

(1) Following the previous move, left foot steps to the left front; at the same time, both hands holding the cudgel, lift it above the head with the tip pointing to the left; look to the left front. (Figure 115)



图115
Fig. 115

(2) 右脚向左前方上步，身体左转 180°；同时，两手握棍随转体摆至身体左侧，与肩同高，棍梢向前；目视前方。（图 116）

(2) The right foot steps forward to the front of the left foot, turn the body 180 degrees to the left; at the same time, both hands holding the cudgel, following the body turn, swings the cudgel to the left side of the body at the shoulder level, the tip of the cudgel pointing forward; look to the front. (Figure 116)



图116
Fig. 116

(3) 左脚向右腿后方撤步；同时，两手握棍使棍梢向左后方平抡半周。
(图 117)

(3) The left foot retreat to the back of the right foot; at the same time, both hands holding the cudgel, swings the tip of the cudgel in a semi-circle horizontally to the rear left. (Figure 117)



图117
Fig. 117

(4) 左腿直立，右脚上提至左膝腘窝处，身体左后转；随即右脚向右侧落步，右腿屈膝，左腿平铺伸直，成左仆步；同时，两手握棍继续向左平抡半周，左手向前滑握，两手握棍抱于胸前；上体左转；目视左侧。（图 118、图 119）

(4) The left leg stands upright, the right foot raises to the back of left knee, the body turns to the rear left; following that, the right foot steps to the right side and bend the knee to a full squat, the left leg straightens to form a left crouching stance; at the same time, both hands holding the cudgel, continues to swing the cudgel horizontally in a semi-circle to the left, the left hand slides forward, and both hands holding the cudgel in front of the chest; the body twist slightly left; look to the left side. (Figure 118, Figure 119)

要点：转身两手平抡，力达棍梢段，上下动作配合协调一致，抱棍、仆



步同时完成。

Key Points: During the movements of the body turn and cudgel swing, the force exerted should be at the tip section of the cudgel. The movements of the upper and lower movements should be well-coordinated and in unison. The movements of carrying cudgel and the crouching stance should be completed at the same time.



图118
Fig. 118



图119
Fig. 119



第四段 Section Four

41. 舞花提撩棍 Wǔ Huā Tí Liāo Gùn

Vertical Figure 8 with Cudgel and Two-handed Vertical Cudgel Uppercut

(1) 接上势，重心前移，左腿微屈；同时，左手向右手前滑握，两手握棍使棍梢向前方伸出；目视棍梢。（图 120）

(1) Following the previous move, shift the body weight forward, the left knee bends slightly; at the same time, left hand slides towards the right hand, both hands holding the cudgel, pushes the tip section of the cudgel towards the front; look to the cudgel's tip. (Figure 120)



图120
Fig. 120

(2) 左脚撤步至右腿后侧；同时，两手握棍滑握使棍梢由下向后摆至身体右后侧；目视前方。（图 121）

(2) The left foot retreats backwards to the rear side of the right foot; at the same time, both hands holding the cudgel, sliding in loose grip and moves the tip section of the cudgel to swing from the bottom to the back of the right side of the body; look to the front. (Figure 121)



图121
Fig. 121

(3) 上体先左转再右转；同时，两手握棍使棍把向下经腿前向左、向上成立圆舞花，随即棍梢向右由上向下经右小腿外侧至右后侧，棍梢向后下；目视棍梢。（图 122、图 123）

(3) The upper body first turns to the left, then to the right; at the same time, both hands holding the cudgel, turns the handle end downwards, passing the front of both legs, to the left and then upwards, performing a vertical circling cudgel, following that, the tip of the cudgel turns from the right upwards and then down, passing the outer side of the right calf to the rear right, with the tip of the cudgel pointing rear down; look at the cudgel's tip. (Figure 122, Figure 123)



图122
Fig. 122



图123
Fig. 123

(4) 双手握棍使棍梢经后向上、向前在体右侧立圆转动下劈，棍把收至右腋下；目视前下方。（图 124）

(4) Both hands holding the cudgel, turns the tip of the cudgel in a vertical circular motion from the rear upwards, and then to the front, and smacks downwards to the right side of the body, with the handle under the right armpit; look to the lower front. (Figure 124)



图124
Fig. 124

(5) 两手握棍使棍梢经前向上至右后摆起，随即经后向前在体右侧立圆，经前向左上至体左侧立圆转动；目视棍梢。（图 125、图 126）

(5) Both hands holding the cudgel, rotate the tip section of the cudgel in a vertical circular motion, from the front upwards to the upper rear right, following that, from the rear right, rotate forward at the right side of the body, continuing the vertical circular motion, rotate from the front towards the upper left and turns a vertical circular motion at the left side of the body; look at the cudgel's tip. (Figure 125, Figure 126)

注：提撩花左右各做 3 次。

Note: The left and right uplifting circling cudgel should be executed three times each side.

要点：身械配合协调，提撩花时腕关节内收外展放松灵活。

Key Points: The movements of the cudgel and the body should be well-coordinated. In the uplifting circling cudgel, the wrist should be relaxed and flexible to flex and extend.



图125
Fig. 125



图126
Fig. 126



42. 撤步劈棍 Chè Bù Pī Gùn

Retreat Step Cudgel Chop

(1) 接上势，左脚向前上步至右腿前；同时，两手握棍使棍梢经上向左后立圆转动；目视前方。（图 127）

(1) Following the previous move, the left foot steps to the front of the right foot; at the same time, both hands holding the cudgel, turns the tip section in a vertical circular motion from the top to the rear left; look to the front. (Figure 127)



图127
Fig. 127

(2) 右脚向左后方撤步，身体右后转 180°；同时，两手握棍使棍梢经上向后在体右侧立圆下劈，棍把收至右腰侧，棍身与腰平；目视左前方。（图 128、图 129）

(2) The right foot retreats to the rear left, the body turns 180 degrees to the rear right; at the same time, both hands holding the cudgel, rotates the tip section from the top towards the back, and chop down at right side of the body, the handle end retracts to the side of the right waist, position the body of the cudgel horizontally at the waist level; look to the left front. (Figure 128, Figure 129)

要点：左脚上步转身与提撩花协调配合，两手握棍由上向下劈出，力达棍梢段。

Key Points: The movements of the left forward step, body turn, and the uplifting circling cudgel should be well-coordinated. When performing the chop, the force should be exerted on the tip section of the cudgel.



图128
Fig. 128



图129
Fig. 129

43. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，左脚向右腿外侧扣步，身体右转；同时，左手滑握至右手上方，两手握棍至左肩上，棍梢向后；目视左前方。（图 130）

(1) Following the previous move, the left foot makes an inward step to the outer side of the right foot, the body turns right; at the same time, the left hand slides to the front of the right hand, both hands holding the cudgel on the left shoulder, with the tip of the cudgel pointing back; look to the left front. (Figure 130)



图130
Fig. 130

(2) 右脚向右前方上步；同时，右手握棍向右平抡一周；左掌伸至左肩外侧，与肩同高；目视右侧。（图 131）

(2) The right foot steps to the front right; at the same time, the right hand holding the cudgel, swings horizontally to the right in a complete circle; the left arm extends to the left at shoulder level; look to the right side. (Figure 131)

要点：步活身灵，抡棍平圆，力达棍梢段。

Key Points: The footwork should be agile. The cudgel swing should be



horizontal and circular, the force exerted should be on the tip section of the cudgel.



图131
Fig. 131

44. 提膝跳背棍 Tí Xī Tiào Bèi Gùn

Knee Raise Jump and Back-carry Cudgel

接上势，左脚向右脚前上步，随即蹬地腾空，右腿屈膝提起，左腿伸直；上体右转；同时，左臂内旋下落，随即外旋向上，左掌经下向上摆至头左上方，掌指向上；右手背棍至右肩后侧，棍把斜向后下；目视右后方。（图 132、图 133）

Following the previous move, the left foot steps in front of the right foot, then immediately pushes off the ground and jump up, the right knee bend and raises, and the left leg straightened; the upper body turns right; at the same time, the left forearm rotates inwards and lowers, immediately rotates outwards and swings upwards, the left palm swings from the bottom upwards to the upper left above the head, with the fingers pointing up; the right hand back-carry the cudgel at the back of the right shoulder, with the handle end pointing diagonally downwards; look to the right rear. (Figure 132, Figure 133)

要点：空中身体中正，展体摆臂，提膝过腰。

Key Points: In mid-air, keep the body upright, extend the body and swing the arm. The knee raised should be higher than the waist level.



图132
Fig. 132



图133
Fig. 133

45. 舞花仆步摔棍 Wǔ Huā Pū Bù Shuāi Gùn

Vertical Figure 8 with Cudgel, Crouching Stance Cudgel Slam

(1) 接上势，左脚先落地，右脚向前落步，随即左脚上步；同时，右手握棍由后向下至前挑把；左掌摆至身体左后侧，掌指向后；目视前方。（图 134、图 135）

(1) Following the previous move, the left foot lands first, then the right foot, the left foot immediately steps forward; at the same time, the right hand holding the cudgel, flicks the handle end from the bottom to the front; the left palm swings to the rear of the left side, with the fingers pointing back; look to the front. (Figure 134, Figure 135)



图134
Fig. 134



图135
Fig. 135

(2) 右脚向前上步，随即蹬地腾空右后转身，两腿屈膝后背；同时，左掌向前摆至前方，右手背棍至身体右后侧；随即右手握棍使棍把向左、向上摆，左手接握棍身使棍梢向下经后向上立圆一周；目视左后方。（图 136、图 137）

(2) The right foot steps forward, immediately push the ground and jumps up, the body turns to the rear right, both knees bend backwards; at the same time, the



left palm swings to the front, the right hand back carry the cudgel at the right rear of the body; following that, the right hand holds the cudgel swings the handle end upwards to the left, the left hand catch hold of the cudgel, then swing the tip in a complete vertical circular motion, from the rear, downwards and then upwards again; look to the left rear. (Figure 136, Figure 137)



图136
Fig. 136



图137
Fig. 137

(3) 两脚落地，右腿屈膝下蹲，左腿平铺伸直，成左仆步；同时，两手握棍向下劈摔于左腿内侧，左手下按棍身；目视棍身。（图 138）

(3) Both feet lands, the right knee bends to a full squat, the left leg straightens to form a left crouching stance; at the same time, both hands holding the cudgel smacks down to the ground and positioned it beside the inner left leg, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 138)

要点：空中舞花时棍身贴近身体立圆绕行，舒胸展腹。

Key Points: When circling the cudgel in mid-air, the body of the cudgel should be close to the body and turning in vertical circular motion. Expand the chest and extend the abdomen.



图138
Fig. 138



46. 并步崩棍 Bìng Bù Bēng Gùn

Closed Step Cudgel Tilt

接上势，右脚向左脚并步震踏；同时，右手握棍上提，随即翘腕下沉；左手先后滑再向前滑握，使棍梢向上崩起；目视棍梢。（图 139、图 140）

Following the previous move, the right foot closes in with the left foot, and both feet stamp on the ground; at the same time, the right hand holding the cudgel, lifts the cudgel up, following that, raises the wrist and presses downwards; the left hand first slides backwards, then slides forwards again to the front and grip, the tip of the cudgel should tilt upwards; look to the cudgel's tip. (Figure 139, Figure 140)

要点：两腿并拢屈蹲，快速；两手握棍于体前崩棍，力达棍梢段。

Key Points: The two feet closing together and knees bending should be swift. The cudgel tilt should be at the front of the body and the force exerted should be at the tip section of the cudgel.



图139
Fig. 139



图140
Fig. 140

47. 单手抡棍 Dān Shǒu Lūn Gùn

Single Hand Horizontal Cudgel Windmill Wave

接上势，右脚向右后方上步，左脚向右脚外侧扣步；身体右后转 360°，随即右脚向右后撤步；同时，两手滑握棍把段于左肩侧，随即左手离棍摆于左前上方，略高于肩；右手握棍随转体向右平抡一周；目视棍身。（图 141—图 143）

Following the previous move, the right foot steps to the rear right the left foot makes an inward step at the outer side of the right foot; the body turns 360 degrees to the rear right, following that, the right foot retreats to the rear right; at the same time, both hands slide to the handle end and hold the cudgel at the side of the left shoulder, following that, the left hand release the grip from the cudgel



and swings to the upper left, slightly higher than the shoulder level; the right hand holding the cudgel, following the body turn, swings the cudgel horizontally to the right in one complete circle; look at the body of the cudgel.

(Figure 141 – Figure 143)

要点：右手握棍由身体左侧随转身向右水平抡棍，转身顺畅，力达棍梢段。

Key Points: The right hand holding the cudgel, following the body turn, should swing horizontally from the left to the right. The body turn should be smooth. The force exerted on the cudgel swing should be at the tip section of the cudgel.



图141
Fig. 141



图142
Fig. 142



图143
Fig. 143

48. 背棍虚步推掌 Bèi Gùn Xū Bù Tuī Zhǎng

Back-carry Cudgel and Empty Stance Palm Push

(1) 接上势，左脚向右脚并拢；同时，左手摆至右肩前；右手握棍使棍梢向右下经后向上绕至右肩后，棍梢斜向前；目视后方。（图 144）

(1) Following the previous move, closes the left foot together with the right foot; at the same time, the left hand swings to the front of the right shoulder; the right hand holding the cudgel, swings the tip to the lower right, passes the back and then upwards to the rear of the right shoulder, the tip of the cudgel pointing diagonally to the front; look to the rear. (Figure 144)



图144
Fig. 144

(2) 身体左转；右腿屈膝下蹲，左脚前伸于右脚前，脚尖点地，成左虚步；同时，左掌向左前方推出，掌指向上；目视左掌。（图 145）

(2) Turn the body to the left; the right knee bends and squat, the left foot extends forward to the front of the right foot with the toes tipping on the ground, forming a left empty stance; at the same time, the left palm pushes to the left front with the fingers pointing up; look to the left palm. (Figure 145)

要点：右脚全脚掌着地，大腿呈水平，上体正直；右手背棍于体后，左掌力达小指一侧。

Key Points: In the empty stance, the whole right sole should be fully grounded, the thigh should be at horizontal level, and the body should be upright. The right hand back-carry the cudgel should be at the back of the body. The left palm push should have the force exerted at the sides of the little finger.



图145
Fig. 145

49. 弓步拨棍 Gōng Bù Bō Gùn Bow Stance Cudgel Parry

(1) 接上势，左脚跟落地，右脚向左前方上步；身体左转 180°；同时，右手握棍使棍把向左上方提起，左手至右臂下方接握棍身，两手握棍绞拨，使棍梢随转体向左平云；目视棍梢。（图 146）



(1) Following the previous move, the left heel steps down, the right foot steps forward to the front of the left foot; turn the body 180 degrees to the left; at the same time, the right hand holding the cudgel, lifting the handle end to the upper left, the left hand retracts and positioned under the right arm, catch hold of the cudgel body, both hands holding the cudgel, following the body turn, wrings and swing the tip section horizontally to the left; look to the cudgel's tip.

(Figure 146)



图146
Fig. 146

(2) 左脚向后撤步，身体左后转 180°，左腿屈膝前弓，成左弓步；同时，两手握棍随转体平云一周后向左拨出，与肩同高；目视棍梢。（图 147）

(2) The left foot retreats backward, the body turns 180 degrees to the rear left, the left knee bends and pushes forward, forming a left bow stance; at the same time, both hands holding the cudgel, following the body turn and after horizontal cloud cudgel, continues to parry to the left at shoulder level; look to the cudgel's tip. (Figure 147)

要点：前弓腿大腿呈水平，后腿挺膝蹬直，全脚掌着地；两手握棍由右向左拨出，置于左腋下，力达棍梢段。

Key Points: In the left bow stance, the left thigh should be at horizontal level, the hind leg should be straightened with the knee extended and sole fully on the ground. Both hands holding the cudgel should parry from the right to the left, and the right hand should positioned under the left armpit. In the parry cudgel, the force exerted should be on the tip section of the cudgel.



图147
Fig. 147

50. 并步持棍 Bìng Bù Chí Gùn

Closed Step Holding Cudgel

(1) 接上势，身体右转，重心移至两脚之间；同时，右掌摆至身体右侧，与肩同高，掌心向上；左手握棍至左腰侧；目视右掌。（图 148）

(1) Following the previous move, the body turns right, shift the body weight to the centre of the two legs; at the same time, the right palm swings to the right side of the body at shoulder level, with the palm facing up; the left hand holding the cudgel and positioned it at the left side of the waist; look to the right palm. (Figure 148)



图148
Fig. 148

(2) 左脚向右脚并步，两腿直立；身体左转；同时，右掌变拳向里摆至身体右侧上方；目视左前方。（图 149）

(2) The left foot closes in together with the right foot, both feet stand upright; the body turns to the left; at the same time, the right palm changes to fist, swings the forearm inwards to the upper right side of the body; look to the left front. (Figure 149)

要点：右臂撑圆上举，力达前臂外侧。

Key Points: The right arm should be rounded and lifted upwards; the force exerted should be on the outer side of the forearm.



图149
Fig. 149

51. 收势 Shōu Shì

Ending Position

接上势，左脚向前上步，随即右脚跟步与左脚并拢；身体转正；同时，右手向下接握棍，随即右臂屈肘，右手向上持棍至胸前，棍身垂直；左手离棍垂于身体左侧；目视前方。（图 150）

Following the previous move, the left foot steps forward, following that, the right foot closes in together with the left foot; the body turns to the front; at the same time, the right hand lowers to grip the cudgel, the right elbow immediately bends and raise the cudgel to the front of the chest, with the cudgel tip pointing upright; the left hand loosens the grip and moves to the left side of the body; look to the front. (Figure 150)

要点：右手握棍，棍身直立；两腿并步直立，挺胸收腹，自然调息。

Key Points: When holding the cudgel with the right hand, the cudgel should be upright. Both feet close together and stand upright, brace the chest and tuck the abdomen, regulate the breath naturally.

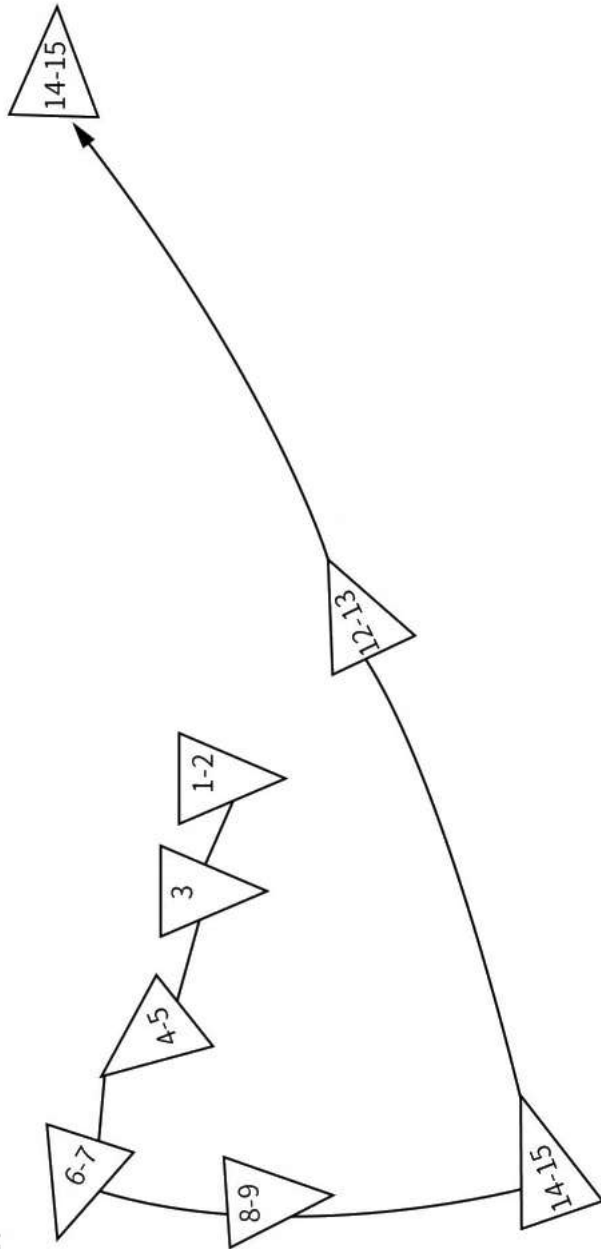


图150
Fig. 150

四、棍术套路动作运行路线示意图

Schematic of Movement Routes of Gunshu Routine

第一段 Section One



1 C u d g
el Ps h2
u ǎn Shan Lín
nta l C
u d g
e 3
ce Ba c k
c a r r y C u d g e l
a l E l b o w S t r i k e
C l o d W a i n g
Bù J
i ǎo Gùn
R e l t r e a t S e p C u d g e l
B v e l
o b j e c t
n s l e n G u n G u d y T r n H r i z o

nta l C
u d g e l W i n d m i l l W i v
e 7
Z h u ǎ n
P u B u S h u a i G u n
S l e n S h a i Q u B o d y T r n C u d g e l
e l S l a
n g Z u o Y o u D i n
G u n l o 平 拳 S o u P
i n g L u
n G u n l i l 腾 拳
L e f t a n d R i g h t D o t t i n g C u d g e l
T e g K o n
g B i G u n T X C h n g
S i n g l e H a n d H o r i z o n t a l C u d g e l W i n d m i l l W a v e

Q á n l 2 . 腾 空 飞
脚 踢 K o n g F e i J i ǎo J u n p i n g F r o n t S
J u m p i n g K n e e R a i s e , B a c k - c a r r y C u d g e l
F o r w a r d P u n c h
l a p K i c
k l 3 . 侧 踢 K o n g B e n
A e r j i a G a i t w h e 4 旋 踢
6 0 ° X u á
n F e n g J i ǎo
3 6 0 J u m p i n g T o
a d o K i c k 3
6 0 ° 1 5 跌 叉 立 踢 F r
o n t P l i t
D i e Shù Chā

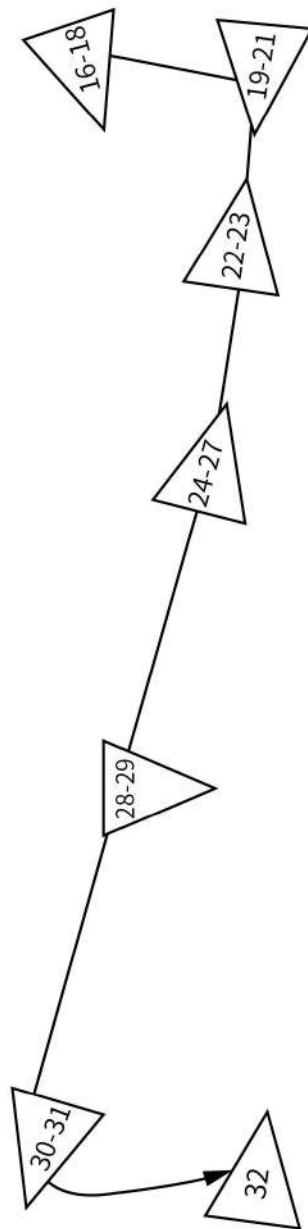


棍术套路动作运行路线示意图 Schematic of Movement Routes of Gunshu Routine



第二段

Section Two



16. 转身抡棍
Zhuǎn Shēn Lūn Gùn
Body Turn Horizontal Cudgel Windmill Wave
17. 弓步拨棍
Gōng Bù Bō Gùn
Bow Stance Horizontal Cudgel Parry
18. 涮腰抡棍
Shuàn Yāo Lūn Gùn
Horizontal Waist Rotation Cudgel Windmill Wave
19. 背棍斜拍脚
Bèi Gùn Xié Pāi Jiǎo
Back-carry Cudgel Diagonal Slap Kick
20. 腾空外摆莲 360°
Téng Kōng Wài Bǎi Lián 360°
Jumping Lotus Kick 360°

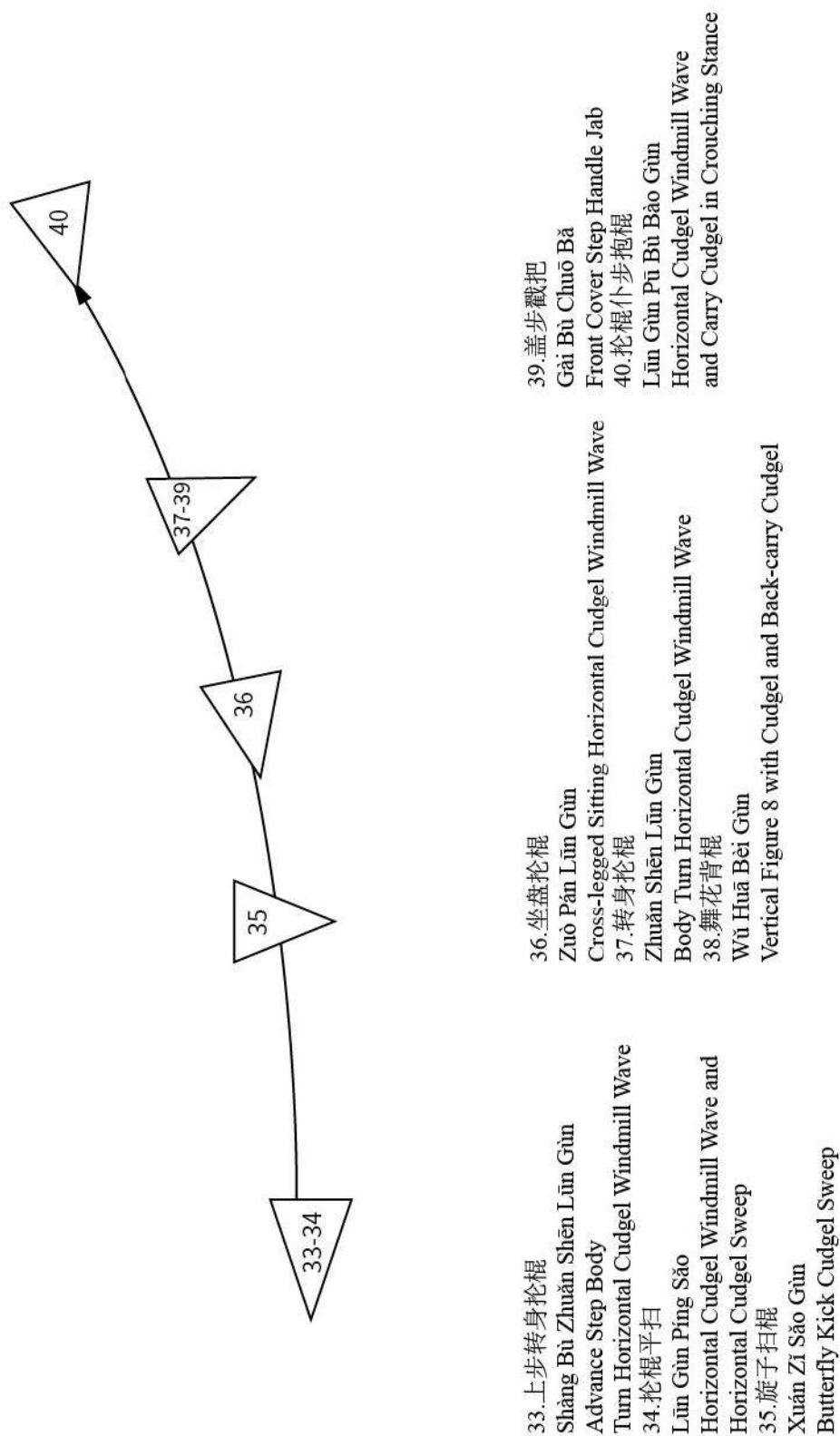
21. 弓步拨把
Gōng Bù Bō Bǎ
Bow Stance Handle Parry
22. 仆步摔棍
Pǔ Bù Shuāi Gùn
Crouching Stance Cudgel Slam
23. 点棍
Diǎn Gùn
Dotting Cudgel
24. 转身提撩棍
Zhuǎn Shēn Tí Liāo Gùn
Body Turn Two-handed Vertical Cudgel Uppercut
25. 仆步摔棍
Pǔ Bù Shuāi Gùn
Crouching Stance Cudgel Slam
26. 左右点棍
Zuǒ Yòu Diǎn Gùn
Left and Right Dotting Cudgel

27. 扫棍
Sǎo Gùn
Cudgel Sweep
28. 抡棍
Lūn Gùn
Horizontal Cudgel Windmill Wave
29. 点棍盖把
Diǎn Gùn Gài Bǎ
Dotting Cudgel Downward Handle Press
30. 抡棍
Lūn Gùn
Horizontal Cudgel Windmill Wave
31. 翻身仆步摔棍
Fān Shēn Pǔ Bù Shuāi Gùn
Turn Over Crouching Stance Cudgel Slam
32. 抡棍弓步推掌
Lūn Gùn Gōng Bù Tuī Zhǎng
Horizontal Cudgel Windmill Wave Bow Stance Palm Push



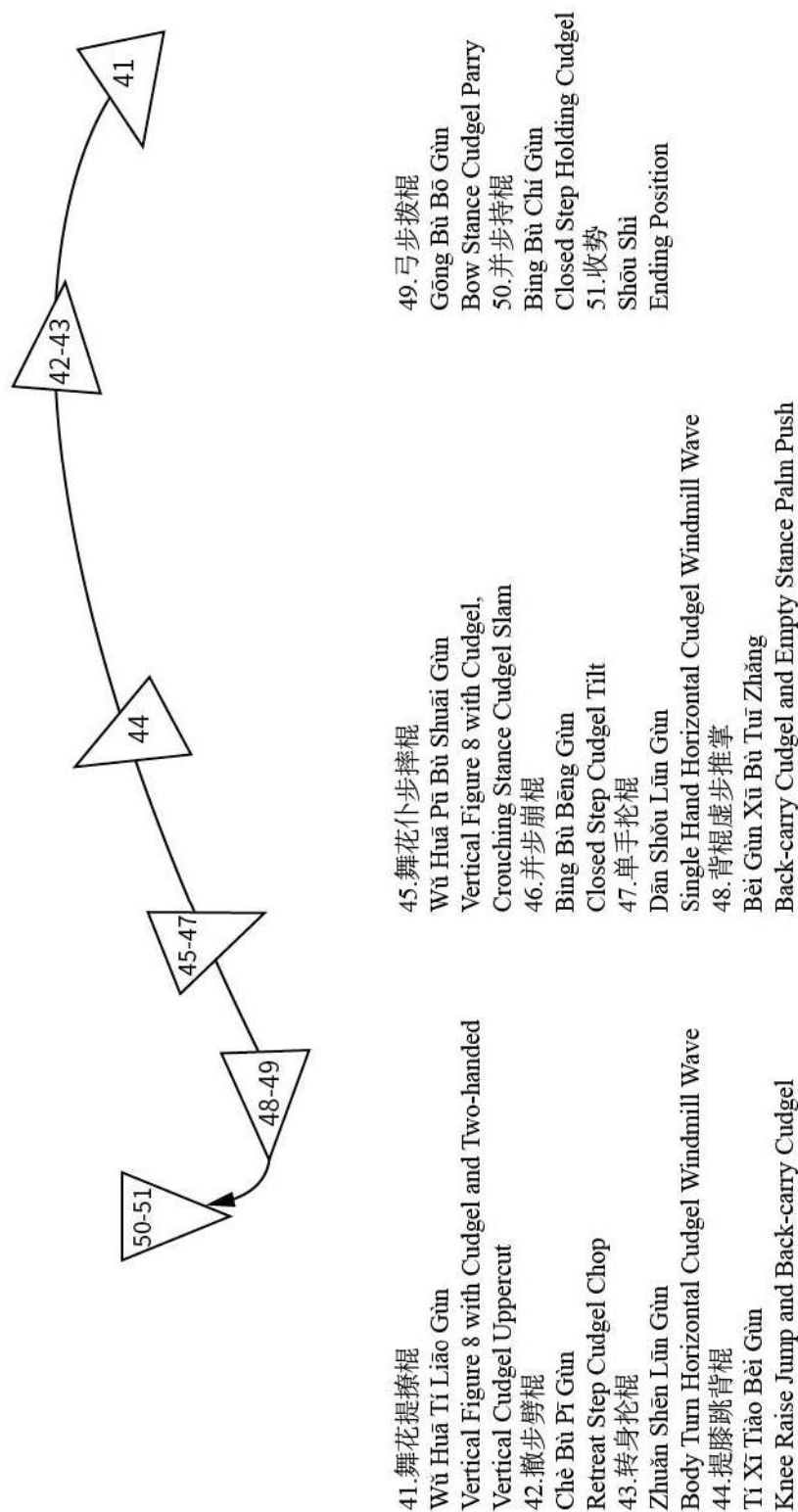
第三段

Section Three





第四段 Section Four



五、棍术套路动作连续演示图

Continuous Demonstration Diagrams of Movements for Gunshu

棍术套路动作连续演示图
Continuous Demonstration Diagrams of Movements for Gunshu Routine



图1
Fig.1



图2
Fig.2

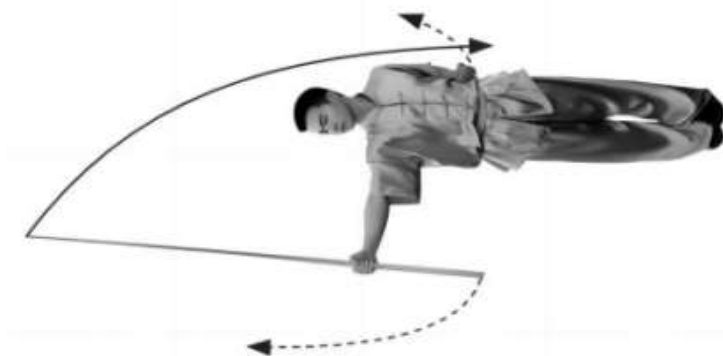


图3
Fig.3

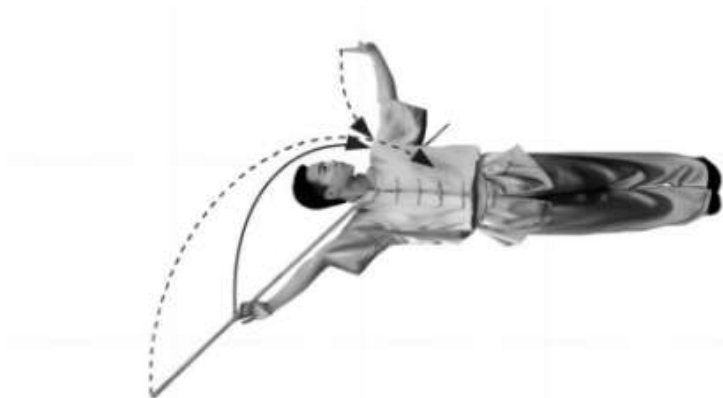


图4
Fig.4



图5
Fig. 5



图6
Fig. 6



图7
Fig. 7



图8
Fig. 8



图9
Fig. 9



图10
Fig. 10

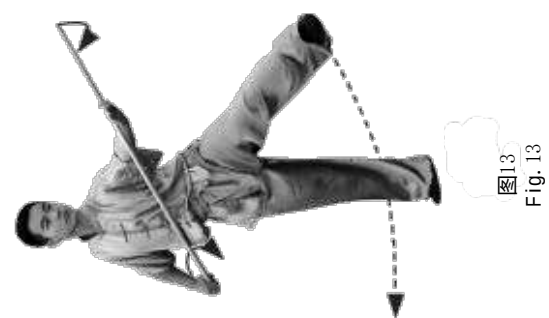


图13
Fig. 13

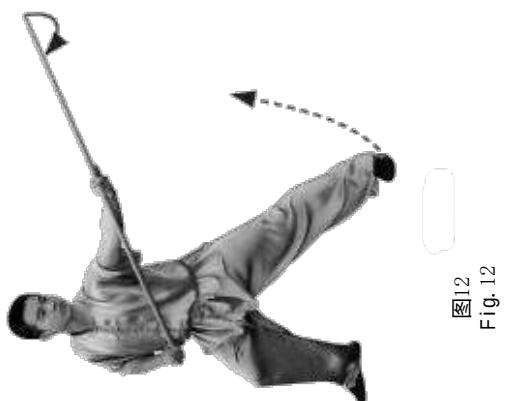


图12
Fig. 12



图11
Fig. 11

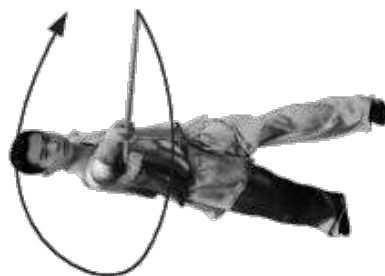


图17
Fig.17

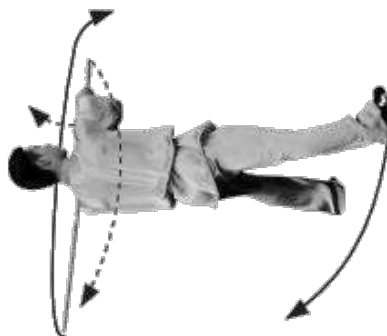


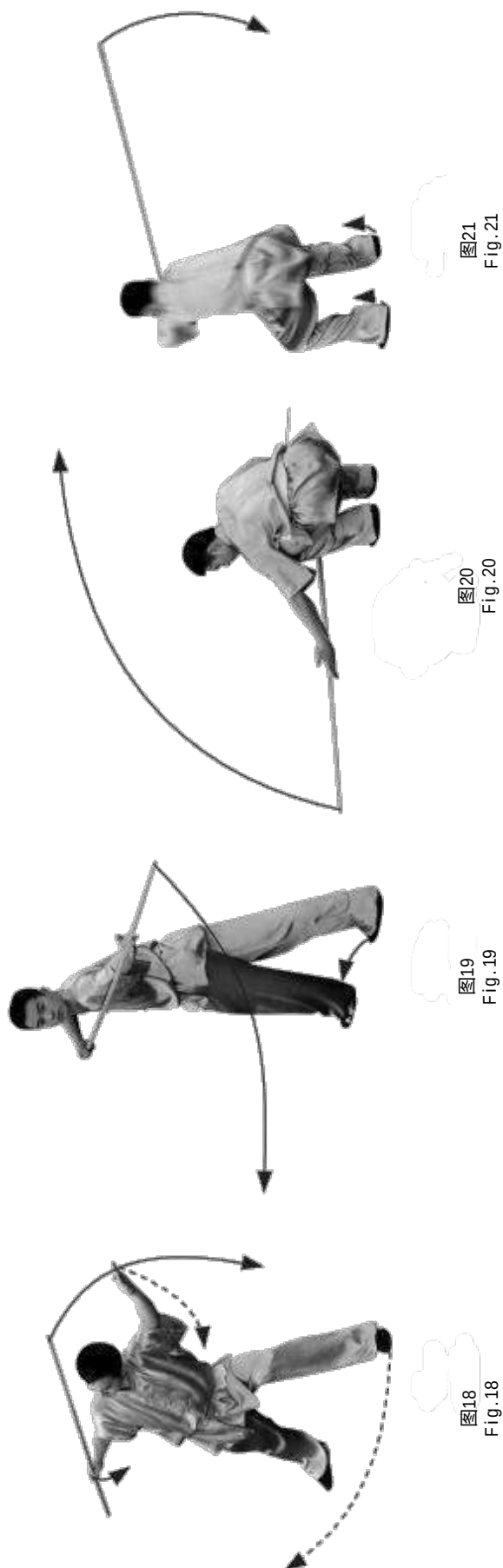
图16
Fig.16



图15
Fig.15



图14
Fig.14



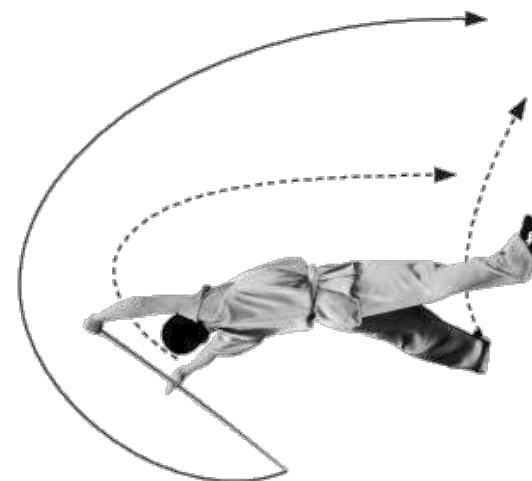


图22
Fig. 22



图23
Fig. 23



图24
Fig. 24

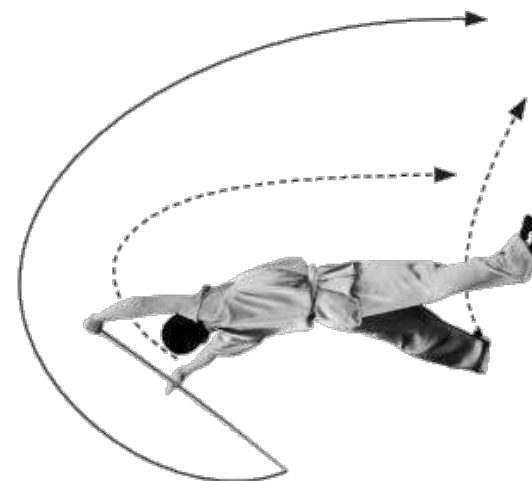


图25
Fig. 25



图29
Fig. 29



图28
Fig. 28

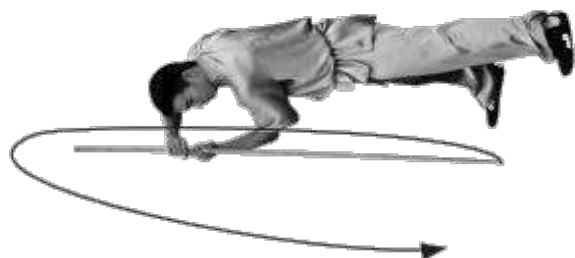


图27
Fig. 27



图26
Fig. 26

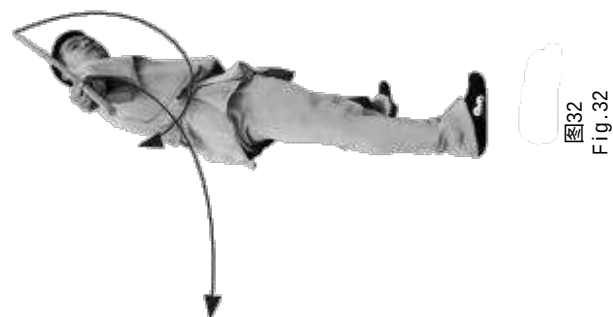
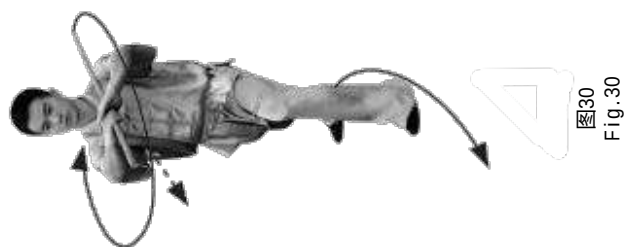




图36
Fig. 36

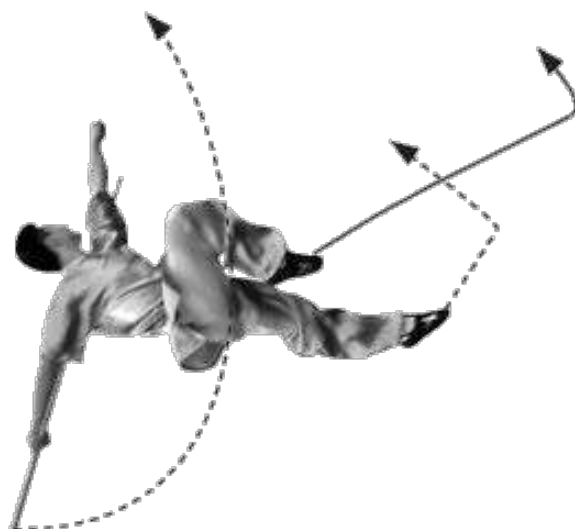


图35
Fig. 35

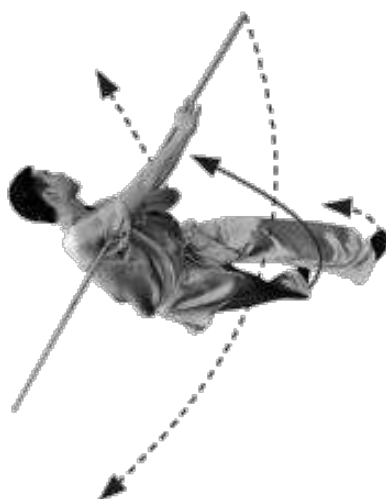


图34
Fig. 34

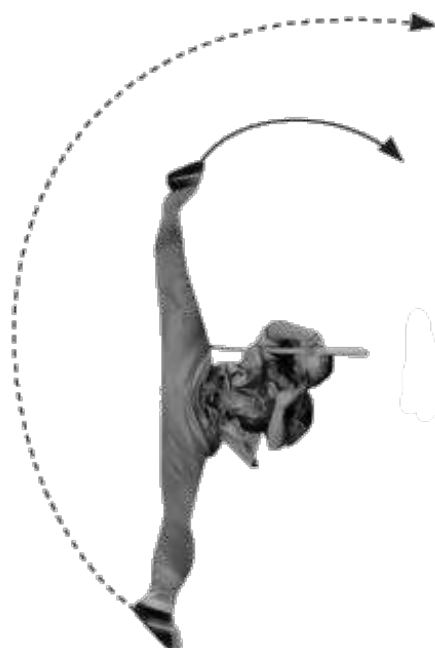


图39
Fig. 39

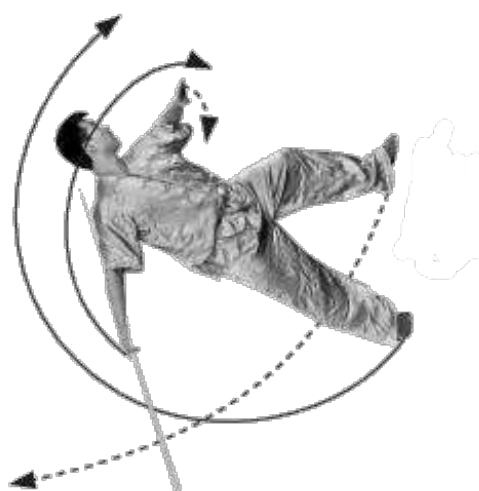


图38
Fig. 38



图37
Fig. 37



图42
Fig. 42



图41
Fig. 41



图40
Fig. 40



图45
Fig. 45

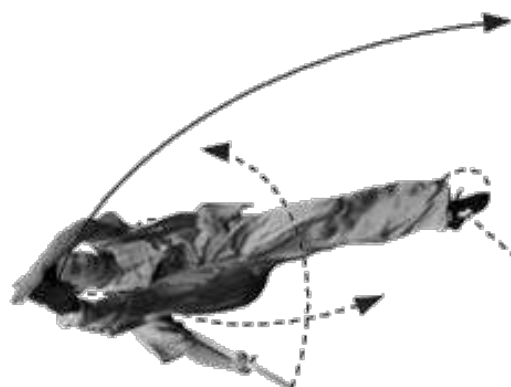


图44
Fig. 44

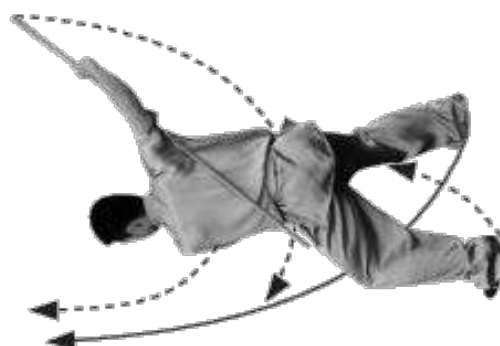


图43
Fig. 43



图49
Fig. 49



图48
Fig. 48



图47
Fig. 47



图46
Fig. 46



图53
Fig. 53



图52
Fig. 52



图51
Fig. 51

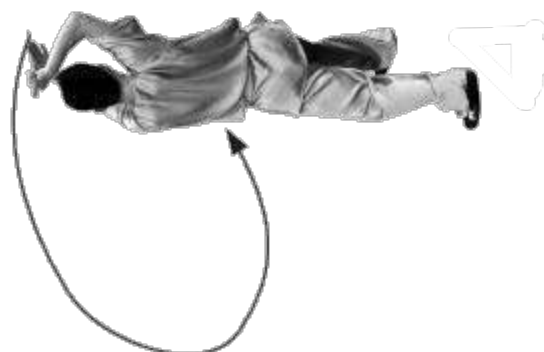


图50
Fig. 50

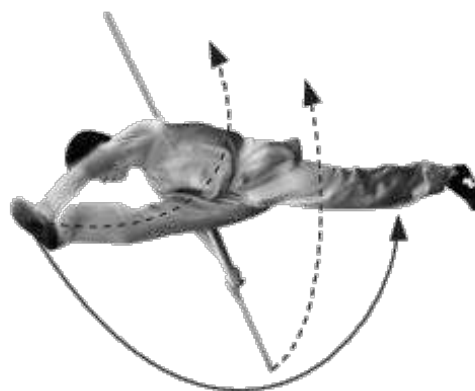


图56
Fig. 56

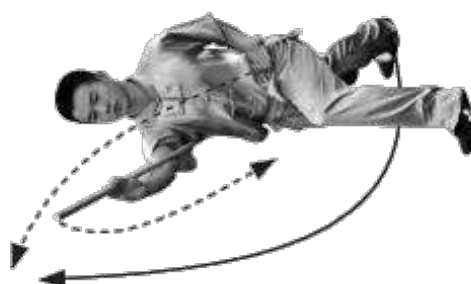


图55
Fig. 55



图54
Fig. 54

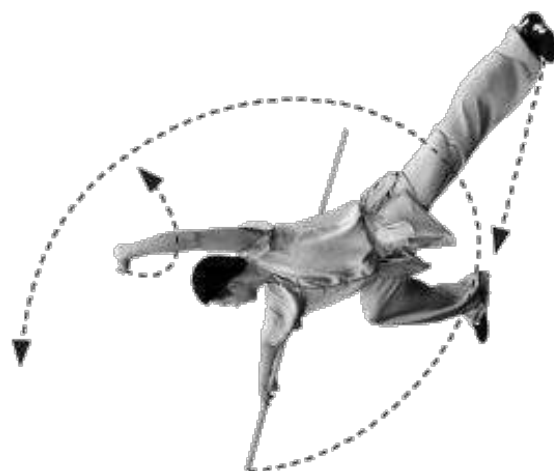


图59
Fig. 59

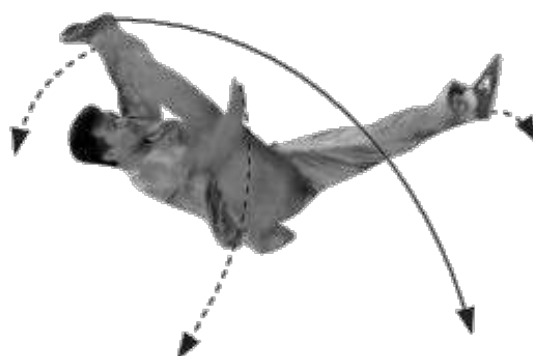


图58
Fig. 58

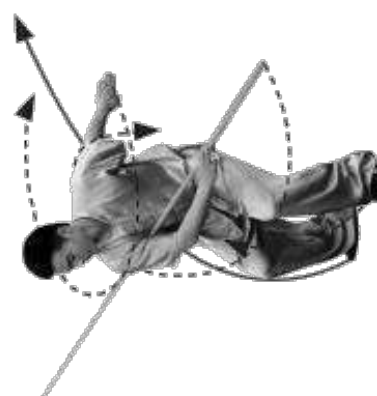


图57
Fig. 57



图60
Fig. 60



图61
Fig. 61



图62
Fig. 62

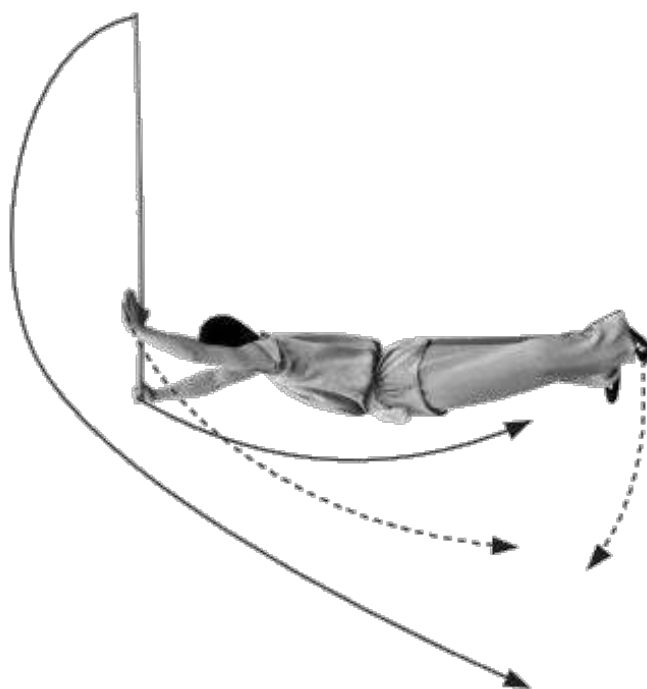


图64
Fig. 64

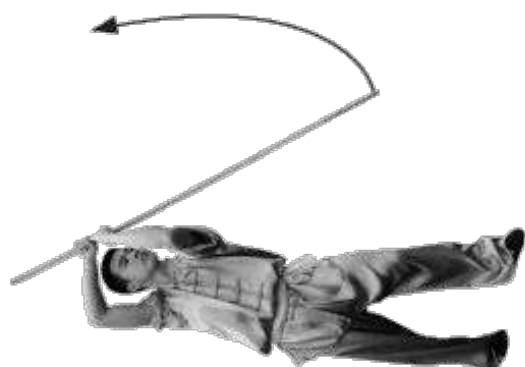


图63
Fig. 63



图65
Fig. 65



图66
Fig. 66



图67
Fig. 67



图68
Fig. 68



图71
Fig. 71

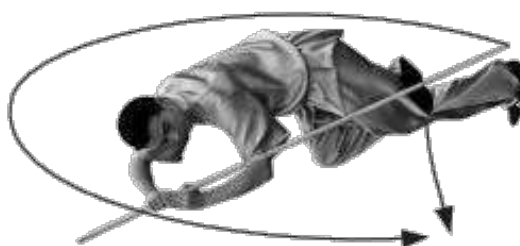


图70
Fig. 70



图69
Fig. 69



图75
Fig. 75



图74
Fig. 74

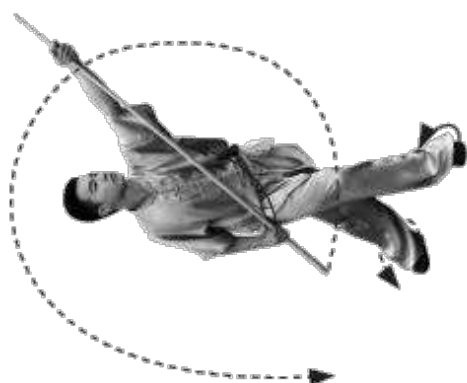


图73
Fig. 73



图72
Fig. 72



图76
Fig. 76



图77
Fig. 77



图78
Fig. 78



图81
Fig. 81

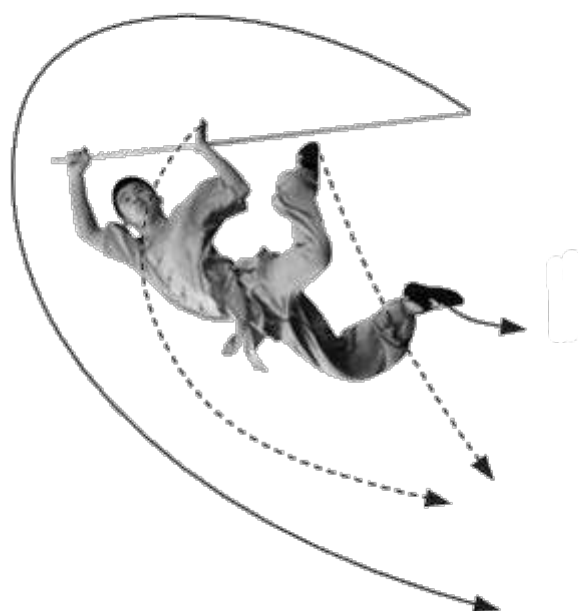


图80
Fig. 80



图79
Fig. 79



图82
Fig. 82



图83
Fig. 83



图84
Fig. 84

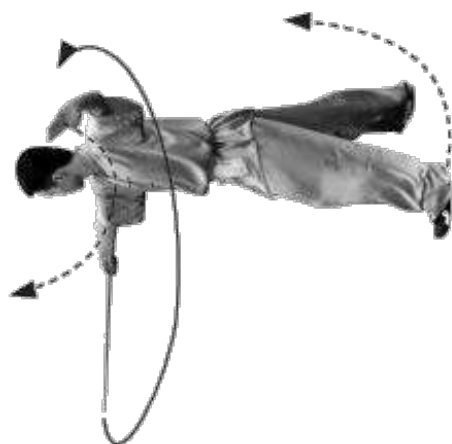


图87
Fig. 87



图86
Fig. 86



图85
Fig. 85

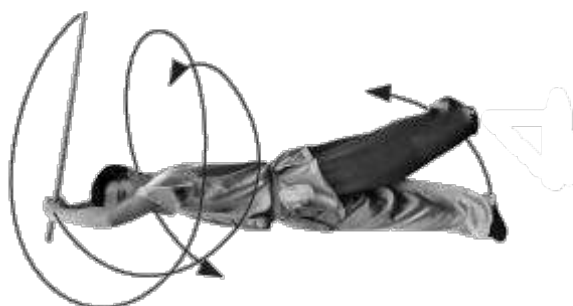


图88
Fig. 88

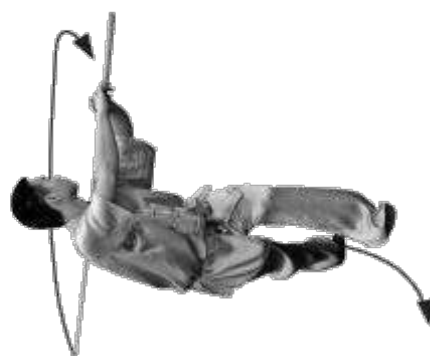


图89
Fig. 89

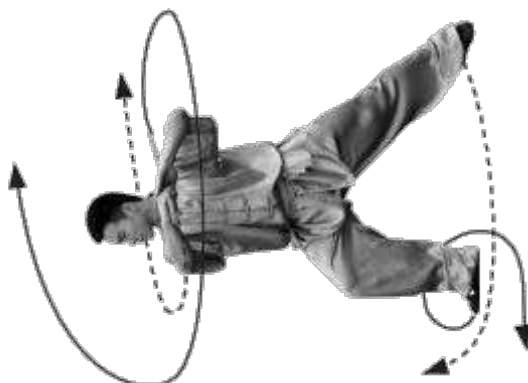


图90
Fig. 90



图91
Fig. 91

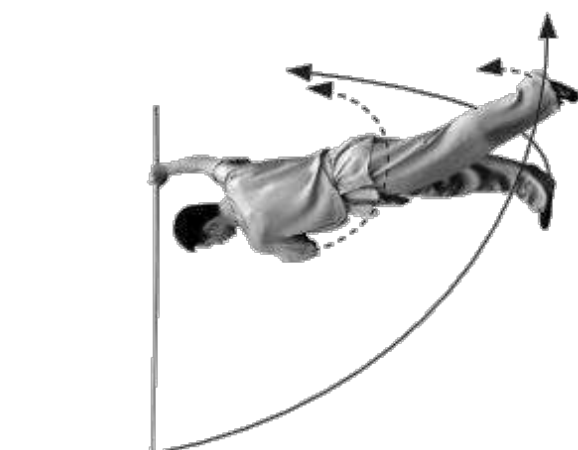


图92
Fig. 92

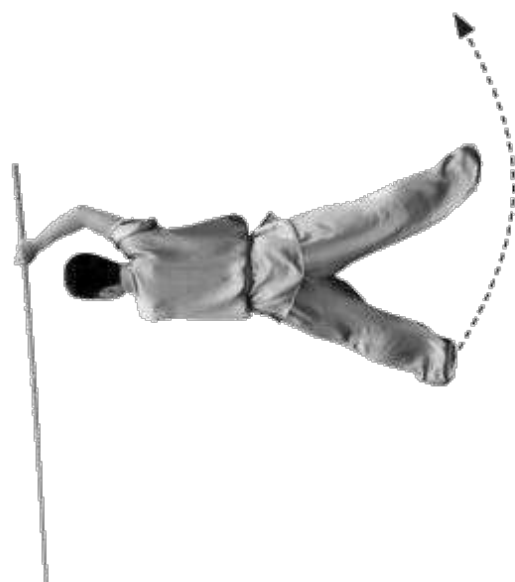


图93
Fig. 93

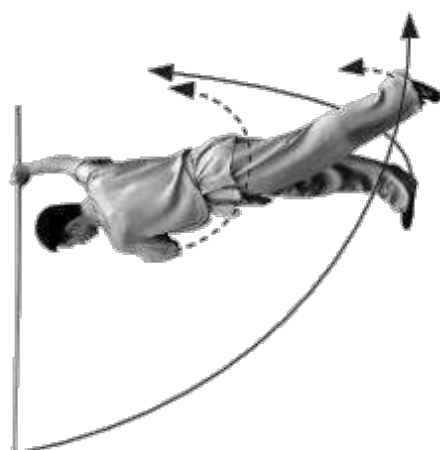


图94
Fig. 94



图97
Fig. 97

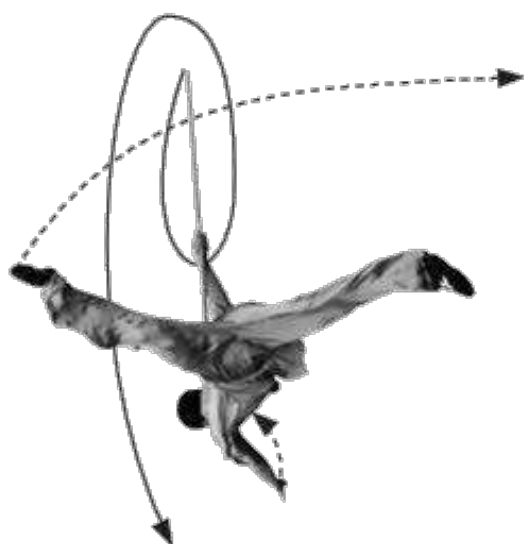


图96
Fig. 96



图95
Fig. 95



图100
Fig. 100



图99
Fig. 99



图98
Fig. 98



图101
Fig. 101

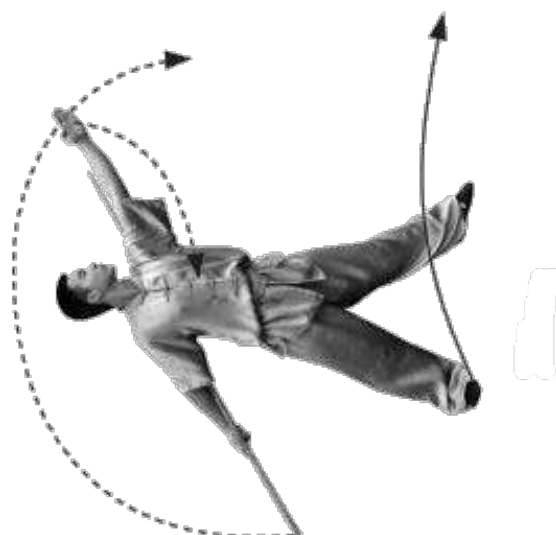


图102
Fig. 102



图103
Fig. 103



图106
Fig. 106

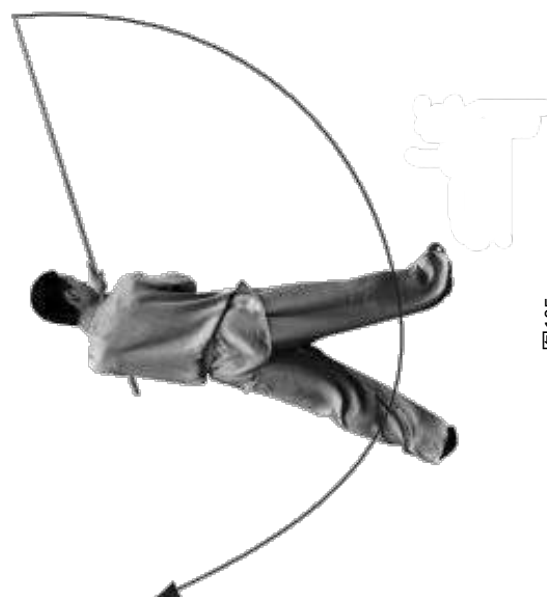


图105
Fig. 105

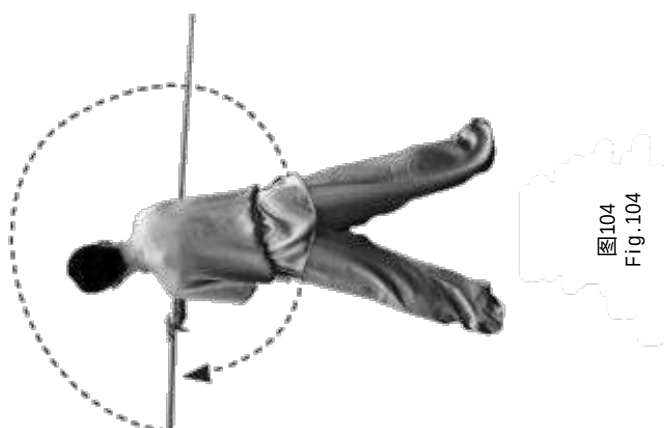


图104
Fig. 104

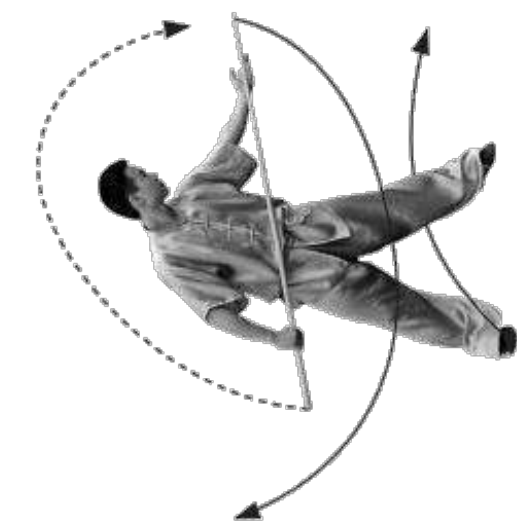


图107
Fig. 107

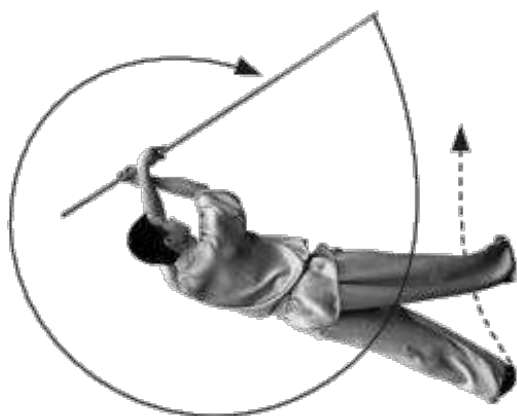


图108
Fig. 108

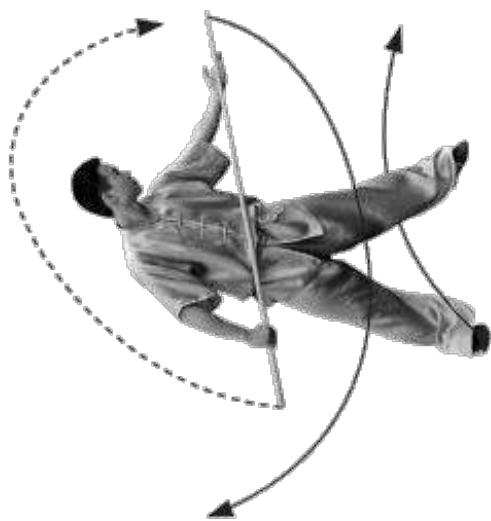


图109
Fig. 109



图112
Fig. 112

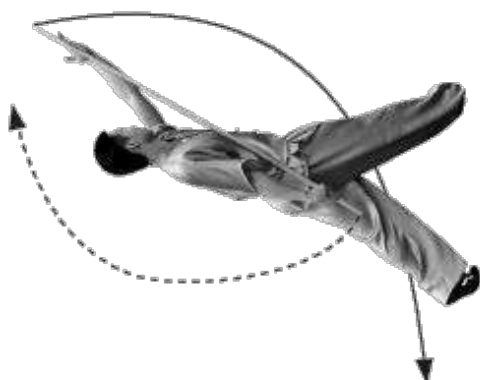


图111
Fig. 111

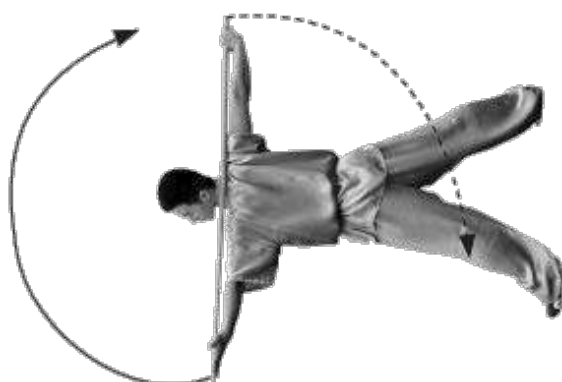


图110
Fig. 110

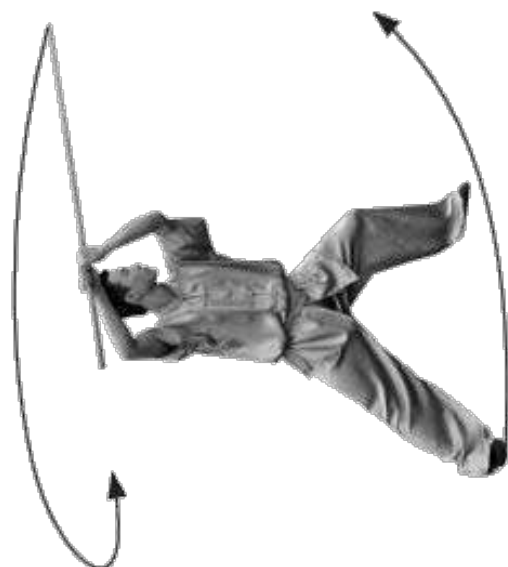


图115
Fig. 115



图114
Fig. 114

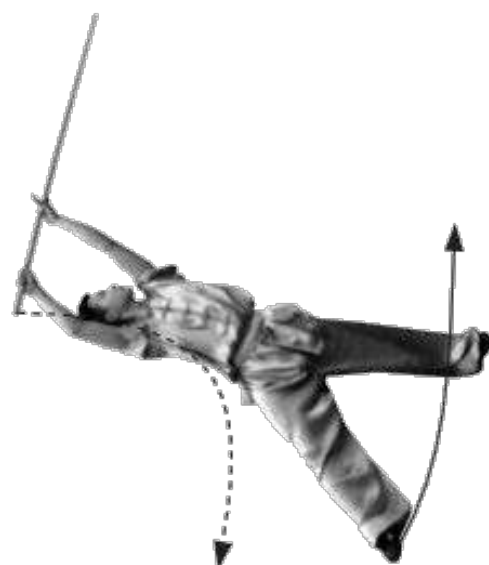


图113
Fig. 113



图118
Fig. 118



图117
Fig. 117



图116
Fig. 116

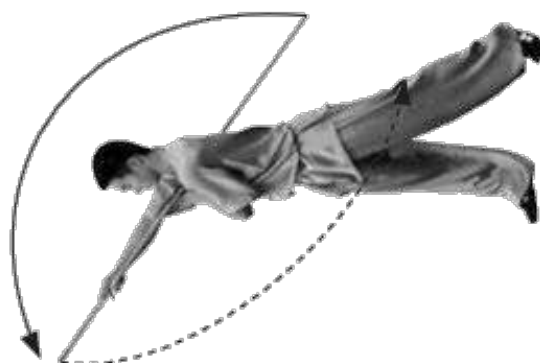


图121
Fig. 121



图120
Fig. 120



图119
Fig. 119

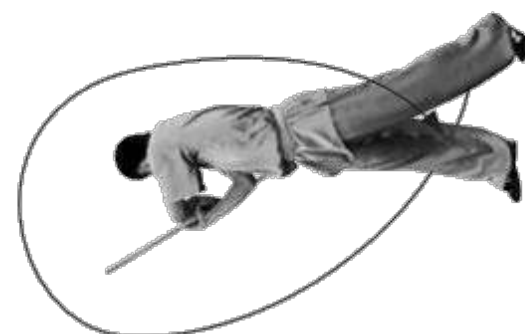


图122
Fig. 122

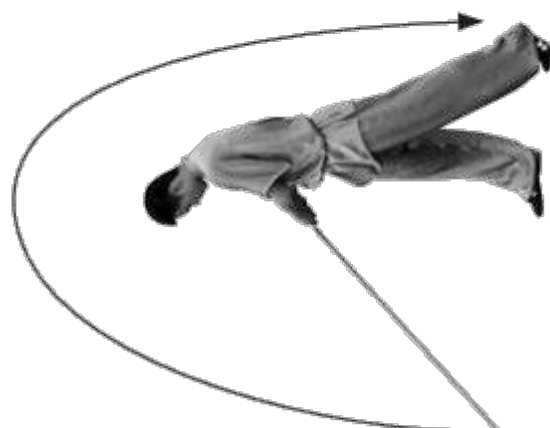


图123
Fig. 123

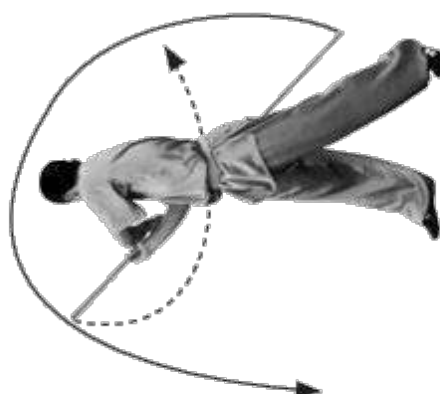


图124
Fig. 124

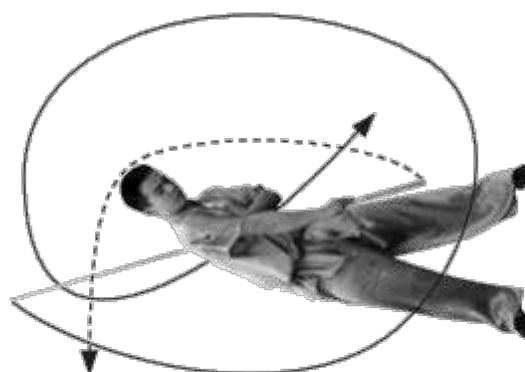


图125
Fig. 125

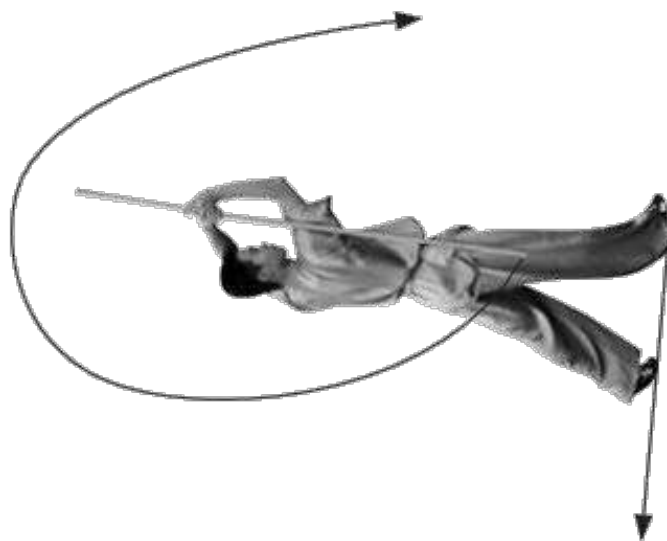


图128
Fig. 128

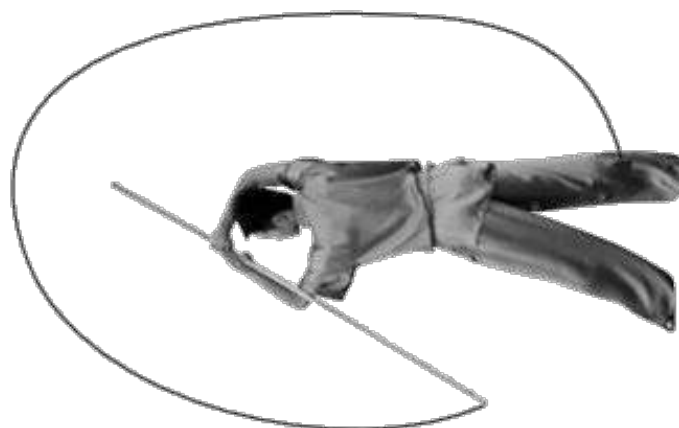


图127
Fig. 127

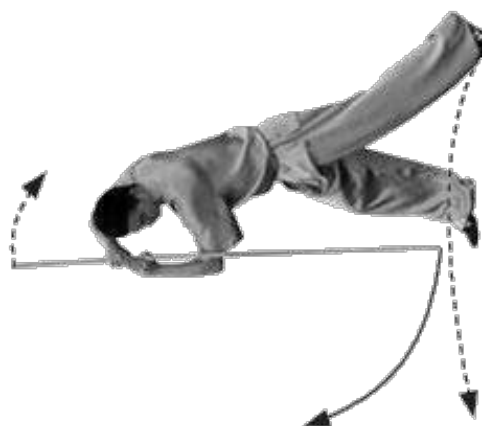


图126
Fig. 126



图131
Fig.131



图130
Fig.130



图129
Fig.129

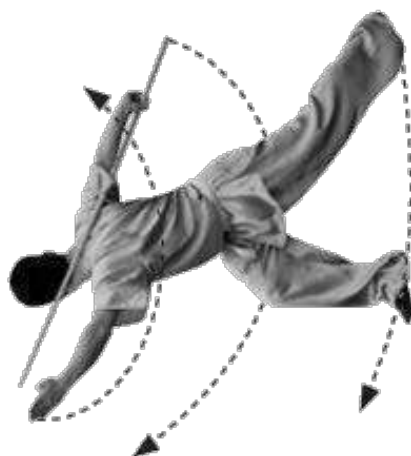


图134
Fig. 134



图133
Fig. 133



图132
Fig. 132

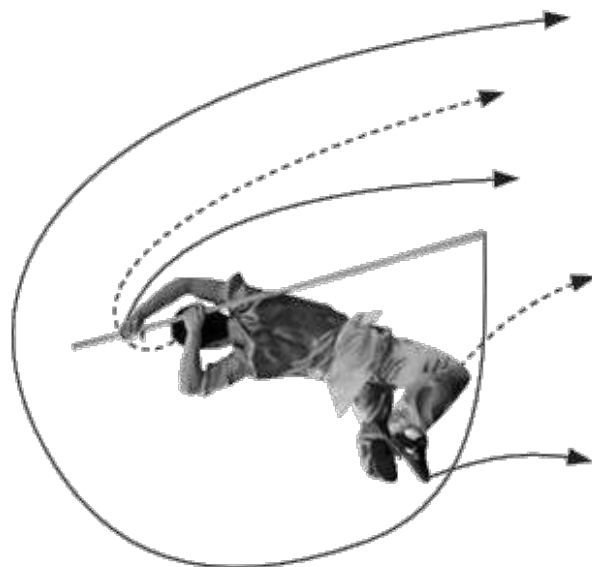


图137
Fig. 137

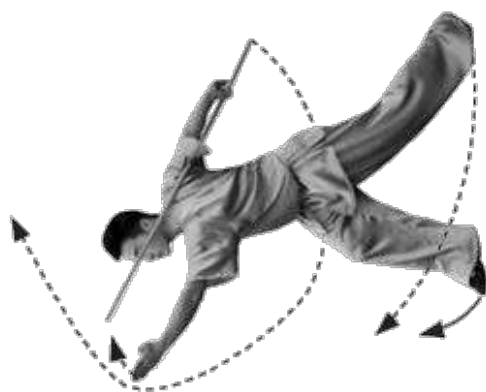


图136
Fig. 136



图135
Fig. 135



图140
Fig. 140



图139
Fig. 139



图138
Fig. 138

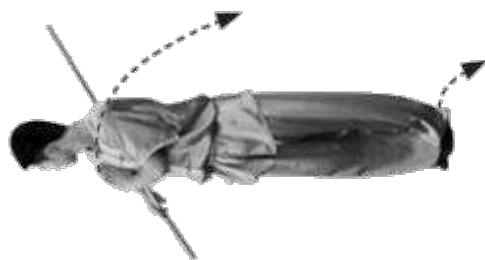


图144
Fig. 144

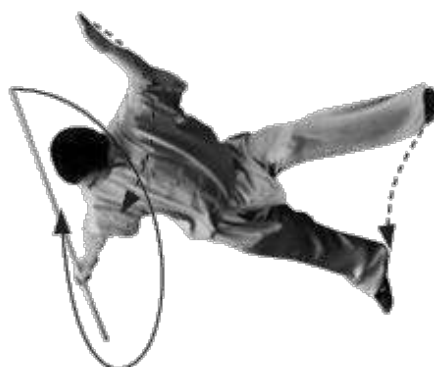


图143
Fig. 143



图142
Fig. 142



图141
Fig. 141

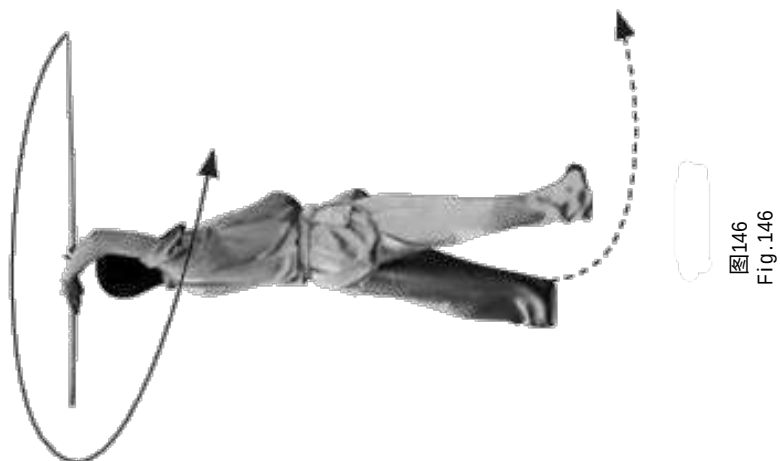




图150
Fig. 150

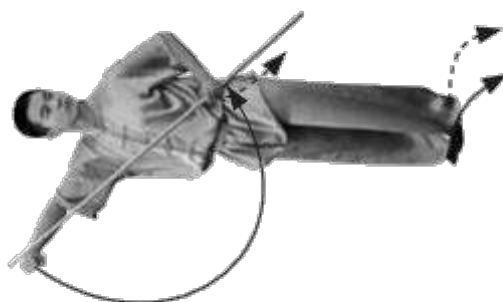


图149
Fig. 149



图148
Fig. 148



DAKAR
2026



第三套国际武术竞赛套路

3rd International Wushu Competition Routine

棍术

Gun Shu



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棍术

Gun Shu



国际武术联合会

International Wushu Federation

前言 Preamble

2020 年 1 月 8 日，国际奥委会在瑞士洛桑宣布将武术列入 2026 年达喀尔青奥会的正式比赛项目，这是武术首次成为奥林匹克系列运动会的正式比赛项目，是武术国际化发展的一个重要里程碑，标志着武术国际化发展推广迈入新的历史阶段。

On January 8, 2020, the International Olympic Committee (IOC) announced in Lausanne, Switzerland that wushu would be included as an official sport in the Dakar 2026 Youth Olympic Games. This marks the first time that wushu has been recognized as an official event in the Olympic series, signifying a major milestone in its global development and propelling its international expansion and promotion into a new historical stage.

为助力全球武术健儿备战青奥武术盛会，加速构建武术运动的国际标准化体系，国际武术联合会对标青奥会武术竞赛项目，对长拳、棍术、太极拳和太极扇四个比赛套路，采用国际化视角组织编译了“青奥武术系列中英双语教材”，力求成为全球各国和地区武术教练员精准施训、裁判员准确执裁和习练者精进技艺的权威指南与重要参考。

To support athletes worldwide in preparing for this historic wushu competition at the Youth Olympics, and to accelerate the construction of an international standardized system for the sport of wushu, the International Wushu Federation (IWUF) has aligned with the Youth Olympic Games' wushu competition requirements and compiled the *Youth Olympic Wushu Series: Bilingual Chinese-English Teaching Materials* for the four competition routines of changquan, gunshu, taijiquan and taijishan from an international perspective. This series will serve as an authoritative guide and essential reference for wushu coaches to deliver precise training, for referees to ensure accurate officiating, and for practitioners to refine their skills in different countries and regions.

让我们共同期待 2026 年达喀尔青奥会，期待武术在奥林匹克舞台上绽放异彩！

Let us all eagerly anticipate the 2026 Dakar Youth Olympic Games, and look forward to witnessing the brilliance of wushu on the Olympic stage.

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一、棍术套路简介

Introduction of Gunshu Routine

棍术是武术套路竞赛中长拳类项目之一。第三套国际武术竞赛套路——棍术，是在吸取了传统优秀棍术套路典型动作的基础上，严格遵循武术套路运动技术发展的规律和竞赛要求创编而成的。

该套路编排设计合理，内容丰富，棍法纵横，变化多端，难度适中。全套动作布局巧妙、连接顺畅、起伏转折、流畅有序，充分体现了棍术项目棍法密集、梢把兼用、势合力顺、棍打一片、勇猛快速的运动特点。

Gunshu is one of the Changquan events in wushu routines competitions. The 3rd International Wushu Competition Routine - Gunshu, was created and designed based on the incorporation of classical cudgel techniques from excellent traditional cudgel routines. It strictly adheres to the principles and trends of technical development of wushu routines and the requirements of competition.

This gunshu routine has a logical choreography, rich in content with good variety of cudgel techniques, dynamic skills variations and is of moderate level of difficulty. The entire routine is cleverly designed, smoothly connected, fluent and orderly with rises and falls, twists and turns. It fully embodies the characteristics of the cudgel techniques: full of technique varieties, usage of both ends of cudgel and the principle of covering a wide range, compact moves, smooth strength exertion, fierce and speedy execution.



二、棍术套路动作名称

Movement Names of Gunshu Routine

预备势

Yù Bèi Shì

Ready Position

第一段

Section One

1. 并步推棍

Bìng Bù Tuī Gùn

Closed Step Vertical Cudgel Push

2. 转身抡棍

Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel

Windmill Wave

3. 弓步背棍盘肘

Gōng Bù Bèi Gùn Pán Zhǒu

Bow Stance Back-carry Cudgel and

Horizontal Elbow Strike

4. 云棍

Yún Gùn

Cudgel Cloud Waving

5. 撤步绞棍

Chè Bù Jiǎo Gùn

Retreat Step Cudgel Enveloping

6. 转身抡棍

Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel

Windmill Wave

7. 仆步摔棍

Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

8. 转身摔棍

Zhuǎn Shēn Shuāi Gùn

Body Turn Cudgel Slam

9. 左右点棍

Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

10. 单手平抡棍

Dān Shǒu Píng Lūn Gùn

Single Hand Horizontal Cudgel

Windmill Wave

11. 腾空背棍提膝冲拳

Téng Kōng Bèi Gùn Tí Xī Chōng

Quán

Jumping Knee Raise, Back-carry

Cudgel Forward Punch

12. 腾空飞脚

Téng Kōng Fēi Jiǎo

Jumping Front Slap Kick

13. 侧空翻

Cè Kōng Fān

Aerial Cartwheel

14. 旋风脚360°

Xuán Fēng Jiǎo 360°

Jumping Tornado Kick 360°

15. 跌竖叉

Diē Shù Chā

Falling Front Split



第二段

Section Two

16. 转身抡棍

Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel

Windmill Wave

17. 弓步拨棍

Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

18. 涮腰抡棍

Shuàn Yāo Lūn Gùn

Horizontal Waist Rotation Cudgel

Windmill Wave

19. 背棍斜拍脚

Bèi Gùn Xié Pāi Jiǎo

Back-carry Cudgel Diagonal Slap

Kick

20. 腾空外摆莲360°

Téng Kōng Wài Bǎi Lián 360°

Jumping Lotus Kick 360°

21. 弓步拨把

Gōng Bù Bō Bǎ

Bow Stance Handle Parry

22. 仆步摔棍

Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

23. 点棍

Diǎn Gùn

Dotting Cudgel

24. 转身提撩棍

Zhuǎn Shēn Tí Liāo Gùn

Body Turn Two-handed Vertical

Cudgel Uppercut

25. 仆步摔棍

Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

26. 左右点棍

Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

27. 扫棍

Sǎo Gùn

Cudgel Sweep

28. 抡棍

Lūn Gùn

Horizontal Cudgel Windmill Wave

29. 点棍盖把

Diǎn Gùn Gài Bǎ

Dotting Cudgel Downward Handle

Press

30. 抡棍

Lūn Gùn

Horizontal Cudgel Windmill Wave

31. 翻身仆步摔棍

Fān Shēn Pū Bù Shuāi Gùn

Turn Over Crouching Stance Cudgel

Slam

32. 抡棍弓步推掌

Lūn Gùn Gōng Bù Tuī Zhǎng

Horizontal Cudgel Windmill Wave

Bow Stance Palm Push

第三段

Section Three



33. 上步转身抡棍
Shàng Bù Zhuǎn Shēn Lūn Gùn
Advance Step Body Turn Horizontal
Cudgel Windmill Wave

34. 抡棍平扫
Lūn Gùn Píng Sǎo
Horizontal Cudgel Windmill Wave
and Horizontal Cudgel Sweep

35. 旋子扫棍
Xuán Zǐ Sǎo Gùn
Butterfly Kick Cudgel Sweep

36. 坐盘抡棍
Zuò Pán Lūn Gùn
Cross-legged Sitting Horizontal
Cudgel Windmill Wave

37. 转身抡棍
Zhuǎn Shēn Lūn Gùn
Body Turn Horizontal Cudgel
Windmill Wave

38. 舞花背棍
Wǔ Huā Bèi Gùn
Vertical Figure 8 with Cudgel and
Back-carry Cudgel

39. 盖步戳把
Gài Bù Chuō Bǎ
Front Cover Step Handle Jab

40. 抡棍仆步抱棍
Lūn Gùn Pū Bù Bào Gùn
Horizontal Cudgel Windmill Wave
and Carry Cudgel in Crouching Stance

第四段

Section Four

41. 舞花提撩棍
Wǔ Huā Tí Liāo Gùn
Vertical Figure 8 with Cudgel and
Two-handed Vertical Cudgel Uppercut

42. 撤步劈棍
Chè Bù Pī Gùn
Retreat Step Cudgel Chop

43. 转身抡棍
Zhuǎn Shēn Lūn Gùn
Body Turn Horizontal Cudgel
Windmill Wave

44. 提膝跳背棍
Tí Xī Tiào Bèi Gùn
Knee Raise Jump and Back-carry
Cudgel

45. 舞花仆步摔棍
Wǔ Huā Pū Bù Shuāi Gùn
Vertical Figure 8 with Cudgel,
Crouching Stance Cudgel Slam

46. 并步崩棍
Bìng Bù Bēng Gùn
Closed Step Cudgel Tilt

47. 单手抡棍
Dān Shǒu Lūn Gùn
Single Hand Horizontal Cudgel
Windmill Wave

48. 背棍虚步推掌
Bèi Gùn Xū Bù Tuī Zhǎng
Back-carry Cudgel and Empty Stance
Palm Push



49. 弓步拨棍

Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

50. 并步持棍

Bìng Bù Chí Gùn

Closed Step Holding Cudgel

51. 收势

Shōu Shì

Ending Position



三、棍术套路动作图解

Movements Illustrations of Gunshu Routine

注：动作图解中，实线（——→）表示下一动作右手、右脚、棍梢的运动路线，虚线（-----→）表示下一动作左手、左脚、棍把的运动路线。

Note: In the movement's illustrations, the solid line (——→) represents the next movement is for the movement of the right arm, right leg or the cudgel tip, the dotted line (-----→) represents the next movement is for the movement of the left arm, left leg or the cudgel handle end.

预备势

Yù Bèi Shì

Ready Position

两脚并步直立；右臂屈肘，右手握棍身把段至身体右侧，棍身垂直；左手五指并拢贴靠于左腿外侧；目视前方。（图1）

Stand upright with feet together; the right hand, with the elbow bent, holding the rear section of the cudgel at the right of the body, with the cudgel upright; the left hand, with the five fingers closed together, place against the outer side of the left thigh; look to the front. (Figure 1)

要点：头正颈直，下颌微收，挺胸、收腹、塌腰、夹腿。

Key Points: Head upright and neck straighten, chin slightly tuck in, brace the chest, sink the lower back, hold the legs together.



图1
Fig. 1



第一段

Section One

1. 并步推棍 Bìng Bù Tuī Gùn

Closed Step Vertical Cudgel Push

(1) 接上势，左掌经由体侧向上平托呈水平，与肩同高；目视左掌。

(图 2)

(1) Following the previous move, lift the left palm from the side of the body, with the palm facing up, to the shoulder height; look at the left palm. (Figure 2)



图2
Fig. 2

(2) 右手持棍向右前方平推，同时左掌变拳抱至左腰侧；目视右前方。

(图 3)

(2) Holding the cudgel vertically upright and pushing it towards the front right, at the same time, the left palm changes to fist and retracts to the left side of the waist. Look to the front right. (Figure 3)

要点：两腿直立并拢，推棍力达棍身，棍身垂直。

Key Points: Keep both legs straight and together. When pushing the cudgel, exert the strength to the body of the cudgel while ensuring it remains upright.



图3
Fig. 3

2. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，左掌摆至左肩外侧，与肩同高，右手握棍，棍把上提，棍梢经脑后绕至左肩后；右手持握棍随右臂屈肘收于左肩前，左掌摆至右手旁；目视左方。（图 4、图 5）

(1) Following the previous move, move the left palm to the side of the left shoulder and positions at shoulder height; the right hand lifts the cudgel handle upwards, moving its tip behind the head to the back of the left shoulder; the right arm, bending the elbow, moves the cudgel to the front of the left shoulder; the left palm positions beside the right hand; look to the left. (Figures 4, Figure 5)



图4
Fig. 4



图5
Fig. 5

(2) 右脚向右前方上步，随即左脚扣步，身体右后转，右脚后撤于左腿后；同时，右手握棍随转体向右单手平抡，左手向左后方伸出；目视左前方。（图 6—图 8）



(2) The right foot steps to the front right, and the left foot makes an inwards step immediately, then turns the body to the rear right, the right foot retreats behind the left foot. At the same time, swing the cudgel horizontally to the right with the right hand as the body turns, the left hand extends to the left rear; look to the left front. (Figure 6 – Figure 8)

要点：上下配合协调用力，抡棍平圆，力达棍梢段。

Key Points: Coordinate the upper and lower body movements to exert the required strength. When executing the horizontal cudgel windmill wave, keep the movement circular and smooth, with the strength focused at the tip of the cudgel.



图6
Fig. 6



图7
Fig. 7



图8
Fig. 8

3. 弓步背棍盘肘 Gōng Bù Bèi Gùn Pán Zhǒu

Bow Stance Back-carry Cudgel and Horizontal Elbow Strike

接上势，右脚先收后落步，右腿屈膝，成右弓步；同时，继续转体；右手握棍向右平抡一周至右后背棍，左臂随转体向左胸前盘肘；目视前方。

(图 9、图 10)

Following the previous move, the right foot first retracts and then steps down again, bending the right knee to form a right bow stance; at the same time, the body continues to turn; the right hand swings the cudgel horizontally to a full complete circle and positions the cudgel behind the right back as the back-carry



cudgel pose, the left arm, following the body turn, bend the elbow to perform a horizontal elbow strike; look to the front. (Figure 9, Figure 10)

要点：盘肘力达肘尖，棍身紧贴背部。

Key Points: In the horizontal elbow strike, the force is exerted at the tip of the elbow. In the back-carry cudgel, the body of the cudgel must touch tightly against the back of the body.



图9
Fig. 9



图10
Fig. 10

4. 云棍 Yún Gùn

Cudgel Cloud Waving

接上势，双手握棍，在头前上方平圆绕环；目随视棍梢前段。（图 11、图 12）

Following the previous move, hold the cudgel with both hands, swing the cudgel at the front above the head in a complete horizontal circle; the vision follows the movements of the cudgel's tip. (Figure 11, Figure 12)

要点：云棍快速有力，力达棍梢段。

Key Points: The clouding cudgel should be swift and forceful; the force should be exerted at the front section of the cudgel.



图11
Fig. 11



图12
Fig. 12



5. 撤步绞棍 Chè Bù Jiǎo Gùn

Retreat Step Cudgel Enveloping

(1) 接上势，左脚抬起；同时，左手滑把，右手握把内收。（图 13）

(1) Following the previous move, raise the left foot; at the same time, slide the left hand along the cudgel body, the right hand holding the handle retracts to the end of the handle. (Figure 13)



图13
Fig. 13

(2) 左脚撤步后落呈半蹲状；同时，右手向左、向下绞把 3 次，左手托棍，使棍梢向右、向上、向左绞棍，立圆绕动；目视棍梢。（图 14）

(2) The left foot retreats to the rear and bending to a half squat; at the same time, the right hand wrings the handle three rounds, with the left hand supporting the cudgel, then turn the tip of the cudgel rotating from the right upwards and then to the left in a vertical circle; look to the tip of the cudgel. (Figure 14)

要点：撤步与绞棍协调完成。棍梢立圆绕动，力达棍梢段。

Key Points: The retreat step and the cudgel enveloping should be well-coordinated and complete in unison. The tip of the cudgel moves in a vertical circular motion, the force exerted should be at the front section of the cudgel's tip.



图14
Fig. 14



6. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，身体右转 90°；右脚向右前方上步，脚尖外展；同时，双手握棍随转体使棍身置于左肩上方，棍把向右；目视斜前方。（图 15）

(1) Following the previous move, the body turns 90 degrees to the right; the right foot steps to the front right with the toes pointing outwards; at the same time, both hands holding the cudgel, following the body turn, positioned it above the left shoulder with the tip of the cudgel pointing to the right; look diagonally towards the front. (Figure 15)



图15
Fig. 15

(2) 身体继续右转 360°；左脚向前扣步，右脚撤步，两腿微屈；同时，左手离棍随转体向左上伸出；右手握棍，使棍梢随转体经左向右在头部斜上方平抡一周；目视斜后方。（图 16—图 18）

(2) The body continues to turn 360 degrees to the right; the left foot makes an inward steps and the right foot retreats backwards, both knees bend slightly; at the same time, released the left hand from the cudgel following the body turn, and extends to the upper left; the right hand holding the cudgel, following the body turn, swings the cudgel from the left to the right diagonally above the head in a horizontal circle; look slanting to the rear. (Figure 16 – Figure 18)

要点：上下肢协调用力，配合完成，力达棍梢段。

Key Points: The movements of the upper and lower limbs should be well-coordinated to exert the required strength, and complete in unison, the force should be exerted on the tip section of the cudgel.



图16
Fig. 16



图17
Fig. 17



图18
Fig. 18

7. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

(1) 接上势，身体稍左转，左脚向右腿右前方上步；同时，右手握把拉至右胸前，左手向前滑握，使棍梢下移；目视棍梢。（图 19）

(1) Following the previous move, the body turns slightly to the left, left foot steps to the front right of the right foot; at the same time, the right hand holding the handle, pulls the cudgel towards the front of the right chest, the left hand slides forwards as the cudgel moves, the tip of the cudgel shifts down; look at the cudgel's tip. (Figure 19)



图19
Fig. 19

(2) 身体右转；右脚向右上步，与左脚并步，两腿下蹲；同时，双手握棍，左手向右手方向滑握，使棍梢随转体向右平扫。（图 20、图 21）



(2) The body turns to the right; the right foot steps to the right, and closes in with the left foot, both legs bend and squat; at the same time, both hands holding the cudgel, the left hand slides towards the right hand and sweeps the tip of the cudgel horizontally to the right. (Figure 20, Figure 21)



图20
Fig. 20



图21
Fig. 21

(3) 双脚蹬地腾空，舒胸展腹，两腿屈膝后抬；同时，双手握棍，使棍梢向后上方摆举。（图 22、图 23）

(3) Both feet push off the ground and jump up, expand the chest and extend the abdomen, both knees bend and raise the legs backwards; at the same time, lift the cudgel to the upper rear with both hands holding the handle of the cudgel (Figure 22, Figure 23)



图22
Fig. 22



图23
Fig. 23

(4) 双脚落地，右腿屈膝，左腿平铺伸直，成左仆步；同时，双手握棍，经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 24）

(4) Land with both feet, with the right knee bend to a full squat, the left leg straightens and stretched outwards to form a left crouching stance; at the same time, both hands holding the cudgel, moving it from the top and slam downwards beside the inner side of the left leg, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 24)



要点：腾空落地时气沉下压，力达棍身。

Key Points: When landing from the jump, lowers the centre of the gravity and sinks the breath. The force should be exerted on the body of the cudgel.



图24
Fig. 24

8. 转身摔棍 Zhuǎn Shēn Shuāi Gùn

Body Turn Cudgel Slam

接上势，重心上升，身体右转 180°；右腿屈膝，左脚向前上步，左腿平铺伸直，成左仆步；同时，展臂托棍上举，双手握棍，经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 25、图 26）

Following the previous move, raise the body and turn 180 degrees to the right; the right knee bends, the left foot steps forward and straightens to form a left crouching stance; at the same time, both arms extend upwards and raise the cudgel; holding the cudgel with both hands from the top slams downwards to the inner side of the left leg, the left hand press on the body of the cudgel; look at the body of the cudgel. (Figure 25, Figure 26)

要点：扬臂展体，力达棍身。

Key Points: Extend the arms and the body; exert force on the body of the cudgel.



图25
Fig. 25



图26
Fig. 26



9. 左右点棍 Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

(1) 接上势，重心上升，身体右转；同时，双手握棍，右手稍向前滑握上提使棍梢向下；目视棍梢。（图 27）

(1) Following the previous move, raise the body and turn to the right; at the same time, hold the cudgel with both hands, the right hand slightly shifts forward to move the tip of the cudgel downwards; look at the tip of the cudgel. (Figure 27)



图27
Fig. 27

(2) 重心下降，两腿屈膝；同时，双手握棍，经上向身体右、左侧立圆点地，棍梢触地；目视棍梢。（图 28、图 29）

(2) Lower the body weight and bend both knees; at the same time, with both hands holding the cudgel, swing the cudgel to dot on the ground on the right side, then to the left side of the body in a vertical circular motion, the tip of the cudgel must touch the ground; look at the tip of the cudgel. (Figure 28, Figure 29)

要点：提髋转胯，力达棍梢。

Key Points: Brace the hip section and turn hip joints; the force should be exerted on the tip of the cudgel.



图28
Fig. 28



图29
Fig. 29



10. 单手平抡棍 Dān Shǒu Píng Lūn Gùn

Single Hand Horizontal Cudgel Windmill Wave

(1) 接上势，右脚向左后方撤步，身体微向左转；同时，双手握棍至左肩上；目视前方。（图 30）

(1) Following the previous move, the right foot retreats to the back of the left foot, the body turns slightly to the left; at the same time, both hands holding the cudgel and position it on the left shoulder; look to the front. (Figure 30)

(2) 左脚内扣，身体右转，右脚随转体向右滑动落步，左腿微屈；同时，右手握棍随体右转，左手离棍；目视左前方。（图 31）

(2) The left foot turns inwards and bend the knee slightly, the body turns right, the right foot, following the body turn, shifts to the right and steps on the ground, at the same time, the right hand continues holding to the cudgel as the body turns, the left hand released from the grip; look to the left front. (Figure 31)



图30
Fig. 30



图31
Fig. 31

(3) 右脚后撤至左腿右后方，身体稍右转；同时，右手握棍，使棍梢随转体向右平摆，继续经右向左、向前在头部斜上方平抡一周；目视右后方。（图 32）

(3) The right foot retreats to the rear right of the left foot, the body turns slightly to the right; at the same time, the right hand holding the cudgel, swings horizontally to the right as the body turns, then continue the swing from the right to the left and to the front, and complete a horizontal circle diagonally above the head; look to the right rear. (Figure 32)

要点：右手平抡，力达棍梢段。

Key Points: The right hand swing of the cudgel must be horizontal, the force



should be exerted on the tip section of the cudgel.



图32
Fig. 32

11. 腾空背棍提膝冲拳 Téng Kōng Bèi Gùn Tí Xī Chōng Quán Jumping Knee Raise, Back-carry Cudgel Forward Punch

(1) 接上势，右腿微屈，左脚上步于右腿前；同时，右手握棍，使棍梢经右下向左后方摆动，棍身贴于背部右后侧，随即右手自然下落至体前；左掌摆至右肩前；目视前方。（图 33、图 34）

(1) Following the previous movement, the right knee bend slightly, the left foot take a step in front the right foot; at the same time, the right hand holding the cudgel, swings the tip of the cudgel from the right downwards and then to the left rear, the body of the cudgel touches the side at the rear right of the back; following that the right hand lowers to the front of the body naturally; the left palm moves to the front of the right shoulder; look to the front. (Figure 33, Figure 34)



图33
Fig. 33



图34
Fig. 34

(2) 左脚蹬地腾空，右腿屈膝提起；同时，右手握棍向右后背棍；左掌变拳向前冲出，与肩同高；目视前方。（图 35）

(2) The left foot pushes the ground and jump, the right knee bends and raises; at the same time, the right hand, holding the cudgel, at the right rear, back-carry



the cudgel; the left palm changes to fist and punches to the front at the shoulder level; look to the front. (Figure 35)

要点：腾空背棍、冲拳协调一致，空中身体正直，提膝过腰，力达拳面。

Key Points: The jumping back-carry cudgel and the forward punch should be well-coordinated and in unison. In mid-air, the body should be upright, the right knee should be higher than the waist level, the forward punch should have the force exerted on the face of the fist.



图35
Fig. 35

12. 腾空飞脚 Téng Kōng Fēi Jiǎo Jumping Front Slap Kick

接上势，左脚落地，右脚随即上步蹬地腾空，左腿向前上方摆起，屈膝收于腹前，小腿内收，脚面绷平；同时，右腿伸直向前上方摆起，棍身贴于背部右侧；左掌心拍击右脚面；目视前方。（图 36、图 37）

Following the previous move, the left foot lands, the right foot steps forward and immediately pushes off the ground and jump, the left leg swings to the front, bends the knee and retracts to hold at the front of the abdomen, with the face of the foot flattened and pointed down; at the same time, the right leg straightens and kicks upwards to the front, the body of the cudgel touches against the side of the right back; the left palm slaps onto the face of the right foot; look to the front. (Figure 36, Figure 37)

要点：左腿提膝收于腹前，击掌迅速、准确，击响时脚过肩，空中立身。

Key Points: The left knee raise should be held at the front of the abdomen; the slap should be swift and accurate; the slap must be higher than shoulder level; keep the body upright when in mid-air.



图36
Fig. 36



图37
Fig. 37

13. 侧空翻 Cè Kōng Fān

Aerial Cartwheel

接上势，右脚落地，左脚向前上步蹬地，上体向左下侧倾；随即右腿向右上摆起，左脚离地向上立圆摆起，两腿在空中依次分开，身体成倒立状；两臂自然摆动；目视前下方。（图 38、图 39）

Following the previous move, the right foot lands, the left foot steps forward and launch a jump, the upper body leans downwards to the left side; the right leg immediately swings upwards, then the left foot immediately leaves the ground and swings upwards in a vertical circular motion, both legs sequentially split in the mid-air, the body being in an upside down posture; the two arms swings naturally; look to the front lower right. (Figure 38 – Figure 39)

要点：腾空高，翻转快，两腿伸直。

Key Points: The jump should be high, and the rotation must be fast. Both legs should be straightened.



图38
Fig. 38



图39
Fig. 39

14. 旋风脚 360° Xuàn Fēng Jiǎo 360°

Jumping Tornado Kick 360°

(1) 接上势，右脚先落地，左转身，随即左脚向左前上步；同时，右手背



棍贴扣于右肩后侧；目视前方。（图 40）

(1) Following the previous move, the right foot lands first, turn the body to the left, the left foot immediately steps to the left front; at the same time, the right arm back-carry the cudgel locks against the side of the rear right shoulder; look to the front. (Figure 40)



图40
Fig. 40

(2) 右脚上步至左腿前，随即左脚上步；同时，右臂背棍向后上摆起，左掌至右肩前侧；目视斜下方。（图 41、图 42）

(2) The right foot steps in front of the left foot, then the left foot immediately takes a step forward; at the same time, the right arm back-carry the cudgel rises backwards, the left palm moves to the side of the right shoulder front; look downward diagonally. (Figure 41, Figure 42)



图41
Fig. 41



图42
Fig. 42

(3) 右脚向前上步，脚尖微内扣，两腿微屈下蹲，身体微左转；随即右脚蹬地腾空，身体向左后旋转，右腿向左上抡摆；至面前时左掌心迎击右脚前脚掌，右手背棍贴扣于右肩后侧；目视右脚。（图 43、图 44）

(3) The right foot steps forward with the toes turning inwards, bending both knees slightly, the body turns slightly to the left; immediately the right foot pushes



off the ground and jump, the body rotates to the rear left, the right leg swings to the upper left, when the foot passes the front of the face, the left palm slaps on the right front sole, the right arm back-carry the cudgel locks against the side of the rear right shoulder; look at the right foot. (Figure 43, Figure 44)

要点：空中身体中正，击响时脚过肩，击拍准确。

Key Points: Keep the body centered and upright in mid-air. The slap should be executed with the foot above the shoulder level, and the slap should be accurate.



图43
Fig. 43



图44
Fig. 44

15. 跌竖叉 Diē Shù Chā

Falling Front Split

接上势，两腿同时前后分开落地成劈叉，左脚尖勾起在前，右腿伸直、脚面绷平在后；同时，右手背棍贴扣于肩后，塌腰前倾；目视前方。（图 45）

Following the previous move, the two legs split apart at the same time and land into front split, the left leg in front with toes tilt upwards, the right leg straightens with the face of the foot flatten at the back; at the same time, the right arm back-carry the cudgel locks against the rear of the right shoulder, sink the waist and lean the body forward; look to the front. (Figure 45)

要点：两腿同时落地时上体塌腰前倾，前脚掌向内勾收，后腿伸直。

Key Points: When both legs land simultaneously, the waist of the upper body must sink and lean forward, the sole of the front foot tilt back, the back leg straightens.

棍术套路动作图解
Movements Illustrations of Gunshu Routine



图45
Fig. 45



第二段 Section Two

16. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，两腿跳起立身，左脚向左后撤步；身体微向右转；同时，左掌划弧经左肋向前穿出，右手握棍随身体右转摆至右后方背棍；目视前方。

(图 46、图 47)

(1) Following the previous move, jump up with both legs to raise the body up, the left foot retreats to the rear left; the body turns slightly to the right; at the same time, the left palm moves in an arc motion passes through the left rib and thread forward, the right hand holding the arm back-carry cudgel turns to rear right following the body turn; look to the front. (Figure 46, Figure 47)



图46
Fig. 46



图47
Fig. 47

(2) 身体左转 180°，右脚向右前方上步；随即左脚向右后方撤步，身体继续左后转 90°；同时，左手接握棍身，两手握棍至头上方经右向左平抡一周；目视右侧。（图 48—图 50）

(2) The body turns 180 degrees to the left, the right foot steps to the right front; the left foot retreats to the right rear immediately, the body continues to turn 90 degrees to the left rear; at the same time, the left hand gripped the body of the cudgel, both hands holding the cudgel and lift it above the head, then swings horizontally from the right to the left in one complete circle; look to the right side. (Figure 48 – Figure 50)

要点：两手抡棍平圆，力达棍梢段。



Key Points: The cudgel swing with both hands should be horizontal and circular, the force exerted should be at the tip section of the cudgel.



图48
Fig. 48



图49
Fig. 49

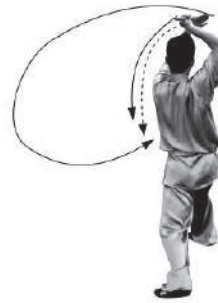


图50
Fig. 50

17. 弓步拨棍 Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

接上势，身体继续左转 90°；左腿屈膝，右腿伸直，成左弓步；同时，两手握棍经右向左拨棍，左臂伸直，右手收至左腋下；目视前方。（图 51）

Following the previous move, the body continues to turn 90 degrees to the left; the left knee bends, the right leg straightens to form a left bow stance; at the same time, with both hands holding the cudgel, parry the cudgel from the right to the left, with the left arm straightens and the right hand retracts below the left armpit; look to the front. (Figure 51)

要点：转髋时前臂发力，力达棍梢段。弓出腿大腿成水平，后腿蹬直。

Key Points: When turning the hip, the forearm initiates the force, the force should be exerted on the tip section of the cudgel. In the bow stance, the thigh of the bending leg must be horizontal and the hind leg should be straightened.



图51
Fig. 51

18. 涮腰抡棍 Shuàn Yāo Lūn Gùn

Horizontal Waist Rotation Cudgel Windmill Wave



接上势，两腿屈蹲后仰，由左向右弧线涮腰；同时，右手握棍随转体经左向右平圆抡棍，力达棍梢段；目视上方。（图 52—图 54）

Following the previous move, bend both knees and arch the torso backwards, rotate the torso from the left to the right in an arc motion; at the same time, the right hand holding the cudgel, following the body's rotation, swings the cudgel horizontally from the left to right in a horizontal circle, the force exerts on the tip section of the cudgel; look upwards. (Figure 52 – Figure 54)

要点：挺髋后仰，抡棍平圆。

Key Points: Brace the hip section and arch the torso backwards. Cudgel swing should be horizontal and circular.



图52
Fig. 52



图53
Fig. 53



图54
Fig. 54

19. 背棍斜拍脚 Bèi Gùn Xié Pāi Jiǎo

Back-carry Cudgel Diagonal Slap Kick

接上势，上体左移；左腿伸直支撑，全脚着地，随即右腿向前、向上踢摆；同时，左掌先收于左腰间后迎击右脚面；右手背棍贴扣于右肩后侧，棍把稍下落；目视右脚。（图 55、图 56）

Following the previous move, shifts the upper body to the left; the left leg straightens and steps down with full sole for support, immediately, the right leg swings up to the front; at the same time, the left palm first retracts to the left waist,



then moves to slap on the face of the right foot; the right arm back-carry the cudgel locks against the rear side of the right shoulder, with the handle of the cudgel slightly lowering downwards; look at the right foot. (Figure 55, Figure 56)

要点：击拍脚过肩，背棍拍脚立身，击拍力点准确。

Key Points: The slap should be above the shoulder level. Keep the body upright. The contact point of the slap should be precise.



图55
Fig. 55



图56
Fig. 56

20. 腾空外摆莲 360° Téng Kōng Wài Bǎi Lián 360°

Jumping Lotus Kick 360°

接上势，右脚落步至右侧方，随即两膝屈蹲，两脚蹬地腾空向右后转体 360°；同时，右手背棍向右转动，棍随转体；右腿向右后上方摆起，左掌击拍右脚面；目视右脚。（图 57、图 58）

Following the previous move, the right foot lands to the right side, bending both knees immediately and squatting slightly. Both feet push off the ground and jump up, turn the body 360 degrees to the rear right; at the same time, the right arm back-carry the cudgel turns to the right, the cudgel follows through as the body rotates; the right leg swing to the upper rear right, the left palm slaps on the face of the right foot; look at the right foot. (Figure 57, Figure 58)

要点：蹬地有力，腾空高，空中击响时脚尖过肩，击拍准确。

Key Points: Both feet should push the ground forcefully. The jump should be high. The tip of the right foot should be above the shoulder level in mid-air; the slapping must be accurate.



图57
Fig. 57



图58
Fig. 58

21. 弓步拨把 Gōng Bù Bō Bǎ

Bow Stance Handle Parry

接上势，两脚同时落地，右腿屈蹲，成右弓步；同时，右手握棍拨把至右腋下，与肩同高；左臂撑圆上举；目视前方。（图 59）

Following the previous move, both feet land simultaneously, the right knee bends to form a right bow stance; at the same time, the right hand holding the cudgel, parry the handle end at the shoulder level, placing the cudgel body under the right armpit; the left arm rounded, form a palm and rises upwards; look to the front. (Figure 59)

要点：右弓腿大腿成水平，后腿挺膝蹬直，全脚着地。右手拨把，力达棍把段。

Key Points: In the right bow stance, the right thigh level should be horizontal, the hind leg should be straightened with the knee extended and sole fully on the ground. The handle parry with the right hand should have the force exerted on the handle end of the cudgel.



图59
Fig. 59



22. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

(1) 接上势，左脚上步与右脚并步；同时，右手握棍由前向下至体前，随即左手接握棍，右手滑至棍把；身体左转，两手举至头上方；目视棍梢。（图60）

(1) Following the previous move, the left foot steps forward and closes in together with the right foot; at the same time, the right hand holding the cudgel moves it downwards to the front of the body, the left hand immediately catch hold of the cudgel, the right hand slides to the handle; the body turns left, both hands rise above the head; look to the tip of the cudgel. (Figure 60)



图60
Fig. 60

(2) 身体右转；两脚向左右两侧分开，右腿屈膝全蹲，左腿平铺伸直，成左仆步，左脚尖内扣；同时，两手握棍经上向下摔棍至左腿内侧，左手按压棍身；上体微前倾；目视前下方。（图61）

(2) Turn the body to the right; both legs open sideways to the left and right respectively, the right knee bend down to a full squat, the left leg straightens with the toes turning inwards to form a left crouching stance; at the same time, both hands holding the cudgel, swings down from the top and slams down to the ground and positioned it beside the inner left thigh, the left hand presses on the body of the cudgel; the upper body leans slightly forward; look at the lower front. (Figure 61)

要点：仆步时左腿挺膝伸直，收腹沉气，上体微前俯。

Key Points: In the crouching stance, the left leg should be straightened,



tucked in the abdomen and sink the breath, the upper body lean slightly forward.



图61
Fig. 61

23. 点棍 Diǎn Gùn

Dotting Cudgel

接上势，左脚向右脚前上步；同时，两手握棍由左经上向右下摆落，棍触地；目视棍梢。（图 62）

Following the previous move, left foot steps to the front of the right foot; at the same time, both hands holding the cudgel, swing the cudgel from the left upwards and then downwards to the right, with the tip of the cudgel touching the ground; look towards the tip of the cudgel. (Figure 62)

要点：提腕点棍，力达棍梢。

Key Points: For dotting cudgel, the wrists should be raised. The force exerted should be on the tip of the cudgel.



图62
Fig. 62

24. 转身提撩棍 Zhuǎn Shēn Tí Liāo Gùn

Body Turn Two-handed Vertical Cudgel Uppercut

接上势，重心上升，身体向右后转；同时，两手握棍由右向上经左下向上立圆提撩；目视前方。（图 63、图 64）

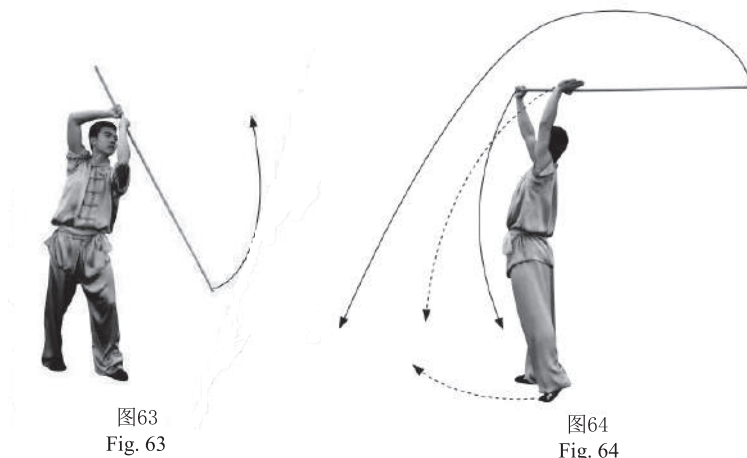
Following the previous move, rise the body and center of gravity, then turn



the body to the rear right; at the same time, both hands holding the cudgel, swing the cudgel in a vertical circular motion from the right upwards to the left, and then down and upwards again; look to the front. (Figure 63, Figure 64)

要点：立圆摆动，转身提髋。

Key Points: The uplifting cudgel should be swinging in a vertical circular motion. The body turn should brace the hip section.



25. 仆步摔棍 Pū Bù Shuāi Gùn

Crouching Stance Cudgel Slam

接上势，重心下落；右腿屈膝全蹲，左脚上步，脚尖内扣，左腿平铺伸直，成左仆步；同时，两手握棍由上向下摔棍至左腿内侧，左手按压棍身，上体微前倾；目视前下方。（图 65）

Following the previous move, lowers the body weight; the right knee bends to a full squat, the left leg steps forward with the toes turning inwards, the left leg extends and straightens to form a left crouching stance; at the same time, both hands holding the cudgel, slams down from the top to the ground and positioned it beside the left inner thigh, the left palm presses on the body of the cudgel, the upper body leans forward slightly; look to the lower front. (Figure 65)

要点：仆步时左腿挺膝伸直，脚尖内扣。

Key Points: In the crouching stance, the left leg should be straightened and the toes turned inwards.



图65
Fig. 65

26. 左右点棍 Zuǒ Yòu Diǎn Gùn

Left and Right Dotting Cudgel

接上势，重心微左移；同时，两手握棍经上向右下、左下立圆摆落，棍梢触地；目视棍梢。（图 66、图 67）

Following the previous move, shift the body weight slightly to the left; at the same time, both hands holding the cudgel, swing the cudgel downwards to dot on the ground on the right, then the left, in a vertical circular motion, the tip of the cudgel must touch the ground; look at the tip of the cudgel. (Figure 66, Figure 67)

要点：提髋转胯，力达棍梢。

Key Points: Brace the hip section and turn hip joints; the force should be exerted on the tip of the cudgel.



图66
Fig. 66



图67
Fig. 67

27. 扫棍 Sǎo Gùn

Cudgel Sweep

接上势，身体右转，左脚蹬碾；同时，右手握棍随转体经左向右平扫，左手向左侧平摆；目视前方。（图 68）

Following the previous move, turn the body to the right, the left foot twist and shuffle slightly; at the same time, the right hand holding the cudgel, following the body turn, sweeps horizontally from the left to the right, the left hand swings horizontally and positions at the left side; look to the front. (Figure 68)



要点：扫棍要平，力达棍梢段。

Key Points: In the cudgel sweep, the sweeping motion should be horizontal, the force exerted should be at the front section of the cudgel's tip.



图68
Fig. 68

28. 抡棍 Lūn Gùn

Horizontal Cudgel Windmill Wave

接上势，身体左转；左脚垫步蹬地，左腿屈膝，右脚扣于左膝腘窝处；同时，右手握棍经右向上、向下抡出，随即左手接握棍；目视棍梢处。

（图 69、图 70）

Following the previous move, the body turns left; the left foot skips a step, bend the left knee, the right ankle lock against the socket at the back of the right knee; at the same time, the right hand holding the cudgel swings from the right upwards and then downwards, the left hand immediately catch holds of the cudgel; look to the cudgel's tip. (Figure 69, Figure 70)

要点：抡棍力达棍梢段。

Key Points: The force exerted in the cudgel swing should be at the front section of the cudgel's tip.



图69
Fig. 69



图70
Fig. 70



29. 点棍盖把 Diǎn Gùn Gài Bǎ

Dotting Cudgel Downward Handle Press

(1) 接上势，右脚上步于左脚前方，身体左转，随即左脚向右腿后方插步；同时，两手握棍经上向右下摆落，随即经上向左下摆落，棍梢触地；目视棍梢。（图 71、图 72）

(1) Following the previous move, the right foot steps forwards in front of the left foot, the body turns left, the left foot immediately steps to the back of the right foot; at the same time, both hands holding the cudgel swings upwards and then to the lower right, and immediately swings upwards and then to the lower left, the tip of the cudgel touches the ground; look to the cudgel's tip. (Figure 71, Figure 72)



图71
Fig. 71



图72
Fig. 72

(2) 上体左转；同时，左手向前滑握，棍把下沉，两手握棍随身体左后转 360° 经上向左前下方立圆盖把；目视棍把。（图 73、图 74）

(2) The upper body turns to the left; at the same time, the left hand slides forward and lowers the handle end, both hands holding the cudgel, following the body turning to the rear left, swings the handle end upwards and then to the left lower front in a vertical circular motion; look to the cudgel's handle. (Figure 73, Figure 74)

要点：点棍提髋转胯，力达棍梢；翻身盖把，力达棍把段。

Key Points: Brace the hip section and turn hip joints, the force should be exerted on the tip of the cudgel. In the body turn downward handle press movements, the force should be exerted on the handle end of the cudgel.



图73
Fig. 73



图74
Fig. 74

30. 抡棍 Lūn Gùn

Horizontal Cudgel Windmill Wave

(1) 接上势，右脚向前上步，随即左脚向前扣步；身体右转 180°；同时，右手向前滑握，右手握棍使棍梢随转体向右平摆；左手摆至左侧；目视棍梢。
(图 75、图 76)

(1) Following the previous move, the right steps forward, the left foot immediately tilt in and makes an inward step to the front; the body turns 180 degrees to the right; at the same time, the right hand slides forward, the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right; the left hand swings to the left side; look at the cudgel's tip. (Figure 75, Figure 76)



图75
Fig. 75



图76
Fig. 76

(2) 右脚向左后方撤步，身体右后转 180°；同时，右手握棍使棍梢随转



体向右平摆，在头部斜上方平抡一周；左手摆至左斜上方；目视右后方。

(图 77)

(2) The right foot retreats to the back of the left foot, the body turns 180 degrees to the rear right; at the same time, the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right, and complete a horizontal circle diagonally above the head; the left hand swings diagonally to the upper left side; look to the right rear. (Figure 77)

要点：以腰带臂，右手平抡，力达棍梢段。

Key Points: Using the waist to initiate the strength of the arm. When swinging the cudgel with the right arm, the force should be exerted on the tip section of the cudgel.



图77
Fig. 77

31. 翻身仆步摔棍 Fān Shēn Pū Bù Shuāi Gùn

Turn Over Crouching Stance Cudgel Slam

(1) 接上势，左脚向前上步，随即蹬地翻身跳起腾空；同时，左手接握棍随转身由上向左下摆棍，随即棍经下向上随蹬地腾空立圆举起；目视棍梢。

(图 78—图 80)

(1) Following the previous move, the left foot steps forward, and immediately pushes off the ground, turn the body over and jump up; at the same time, the left hand catch holds of the cudgel, following the body turn, swings the cudgel upwards and then to the lower left, during the jump, the cudgel immediately moves downwards and then rises upwards in a vertical circular motion; look to the cudgel's tip. (Figure 78 – Figure 80)



图78
Fig. 78



图79
Fig. 79



图80
Fig. 80

(2) 右左脚依次落地，右腿屈膝全蹲，左腿向前迈步，左腿平铺伸直，成左仆步；同时，两手握棍经上向前下摔棍至左腿内侧，左手按压棍身；目视棍身。（图 81）

(2) The right foots lands first, then follow by the left foot, the right knee bend to a full squat, the left leg steps forward with the leg straightened to form a left crouching stance; at the same time, both hands holding the cudgel swings upwards to the front and slams down to the ground and positioned it beside the left inner thigh, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 81)

要点：左脚蹬地用力，腾空翻身轻灵，落地平稳，仆步时左腿挺膝伸直，脚尖内扣。

Key Points: The left foot should push the ground forcefully; the jump and the body turn should be agile and light. The landing from the jump should be steady and stable. In the left crouching stance, the left leg should be straightened and the toes turned inwards.



图81
Fig. 81

32. 抡棍弓步推掌 Lūn Gùn Gōng Bù Tuī Zhǎng

Horizontal Cudgel Windmill Wave Bow Stance Palm Push

(1) 接上势，重心上升，右脚向后活步；随即左脚向右前方扣步，身体右后转 180°；同时，右手向前滑握，两手握棍持于左肩上；目视左方。

(图 82)

(1) Following the previous move, raise the body, the right foot shifts backwards; the left foot immediately makes an inward step to the front of the right foot, the body turns 180 degrees to the rear right; at the same time, right hand slides forward, both hands holding the cudgel positions it above the left shoulder; look to the left side. (Figure 82)



图82
Fig. 82

(2) 身体继续右后转 180°；右脚随转体扣于左膝后，随即右脚下落，右腿屈膝，成右弓步；同时，右手握棍随转体向右平抡摆一周，棍摆至身后，棍梢触地；随即左掌收经腰间推出，力达小指一侧；目视前方。

(图 83—图 85)

(2) The body continues to turn another 180 degrees to the rear right; the right foot, following the body turn, locks at the socket behind the left knee, the right foot lowers down immediately and bending the knee to form a right bow stance; at the same time, the right hand holding the cudgel, following the body turn, swings



the cudgel horizontally to the right in one complete horizontal circle, then the cudgel ends at the back of the body with the tip touching the ground; the left palm immediately retracts to the waist and then pushes forward, the force exerts on the side of the little finger; look to the front. (Figure 83 – Figure 85)

要点：转体、扣步既快又连贯，右手平圆抡棍。

Key Points: The movements of the body turn, and the inward step should be swift and continuous. The cudgel swing by the right arm should be horizontal and circular in motion.



图83
Fig. 83



图84
Fig. 84



图85
Fig. 85



第三段 Section Three

33. 上步转身抡棍 Shàng Bù Zhuǎn Shēn Lūn Gùn Advance Step Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，右脚上步至左腿左侧，身体左转 180°；同时，左掌划弧经左肋向前穿出，随即右手握棍经左向右平摆至右肩前，左掌摆至左后方，与肩同高；目视棍梢。（图 86、图 87）

(1) Following the previous move, the right foot steps to the left side of the left foot, the body turns 360 degrees to the left; at the same time, the left palm moves in an arc motion from the left rib and thread to the front, the right hand, holding the cudgel, immediately swings horizontally from the left to the right and to the front of the right shoulder, the left palm swings to the rear left at the shoulder level; look to the cudgel's tip. (Figure 86, Figure 87)



图86
Fig. 86



图87
Fig. 87

(2) 左脚撤步至右腿后侧，身体左转；随即右脚向左后退步，前脚掌着地；同时，左手接握棍，两手握棍至头上方，随即两手握棍向左平抡一周至左肩上方；目视左前方。（图 88、图 89）

(2) The left foot retreats to the rear side of the right foot, the body turns left; following that, the right foot retreats to the rear left with the front sole touching on the ground; at the same time, the left hand hold on to the cudgel, both hands holding the cudgel, rises it above the head, immediately swing the cudgel horizontally to the left in one complete circle with both hands and ends above the left shoulder; look to the left front. (Figure 88, Figure 89)



要点：抡棍时两手接握转身要快，以腰带臂抡棍平圆。

Key Points: When performing the cudgel swing, both hands have to catch hold of the cudgel fast and the body turn should be swift. Using the waist to initiate the strength for the arm. Cudgel swing should be horizontal and circular.



图88
Fig. 88



图89
Fig. 89

34. 抡棍平扫 Lūn Gùn Píng Sǎo

Horizontal Cudgel Windmill Wave and Horizontal Cudgel Sweep

(1) 接上势，身体右转；右脚向右后方上步，脚尖外展；同时，两手握棍随转体棍身至左肩上方；目视右前方。（图 90）

(1) Following the previous move, the body turns to the right; right foot steps to the rear right with the toes turning outwards; at the same time, both hands holding the cudgel, following the body turn, positions it above the left shoulder; look to the right front. (Figure 90)



图90
Fig. 90

(2) 左脚向右脚前方绕上步，随即右脚随转体向右退步；身体右后转 360°；同时，左手离棍至身体左侧，与肩同高；右手握棍使棍梢随转体向右平抡一周；目视棍身。（图 91）



(2) The left foot bypass the front of the right foot in a curve motion towards, following that, the right foot, together with the body turn, retreats to the right; the body turns 360 degrees to the rear right; at the same time, the left hand let go the grip of the cudgel and moves to the left side of the body at the shoulder level; the right hand holding the cudgel, following the body turn, swings the tip section horizontally to the right in one complete circle; look to the body of the cudgel. (Figure 91)



图91
Fig. 91

(3) 上体右转，重心右移；右腿屈膝，左前脚掌着地；同时，右手握棍使棍梢经前向右、向后平扫，左手经左向前摆至右肩前；目视前方。（图 92）

(3) The upper body turns to the right and shift the body weight to the right; the right knee bends, the left front sole steps on the ground; at the same time, the right hand holding the cudgel sweeps horizontally from the front to the right, then to the back, the left hand swings from the left to the front and positions at the front of the right shoulder; look to the front. (Figure 92)

要点：转身抡棍上步要快，上下肢协调用力。

Key Points: The movements of the body turn, cudgel swing and forward step must be swift. The movements of the upper limbs and lower limbs should be well-coordinated to effectively initiate strength.



图92
Fig. 92

35. 旋子扫棍 Xuán Zǐ Sǎo Gùn

Butterfly Kick Cudgel Sweep

(1) 接上势，身体向左后转，右脚上步于左腿外侧；同时，右手握棍随转体向左平摆至头上方，棍梢向左；目视左前方。（图 93）

(1) Following the previous move, the body turns to the rear left, right foot steps forward to the outer side of the left foot; at the same time, holding the cudgel with the right hand, following the body turn, swings the cudgel horizontally to the left and above the head with the tip pointing to the left; look to the left front. (Figure 93)



图93
Fig. 93

(2) 左脚向右腿后撤步，身体左转，随即左脚蹬地腾空；同时，右手握棍向前平抡一周，左掌摆至左肩前，棍梢向左；在空中，左右腿依次向后上方摆起，上体平俯向左后方拧转；右手握棍，屈肘转腕，使棍在身体下方平扫一周；目视左下方。（图 94—图 96）

(2) The left foot steps to the back of the right foot, the body turns right, following that, the left foot pushes the ground and jump up; at the same time, with



the right hand holding the cudgel, swings horizontally to the front in one complete circle, the left palm swings to the front of the left shoulder, the tip of the cudgel points to the left; in mid-air, the left and right leg swings up to the back sequentially, the upper body holds horizontally, twist and turn slightly to the rear left; the right hand holding the cudgel, with the elbow bent and circling the wrist, sweeps the cudgel horizontally in one complete circle below the body level; look to the lower left. (Figure 94 – Figure 96)

要点：做旋子时塌腰展胸摆腿，空中腿伸直；平扫棍时腕关节灵活，平圆扫棍用力，力达棍梢段。

Key Points: When performing the butterfly kick, sink the waist, extend the chest and swing the legs, the legs should be straightened in mid-air. During the horizontal cudgel sweep, the wrist should be agile, the sweep should be horizontal, circular and forceful, the force should be exerted on the tip section of the cudgel.



图94
Fig. 94



图95
Fig. 95



图96
Fig. 96

36. 坐盘抡棍 Zuò Pán Lūn Gùn

Cross-legged Sitting Horizontal Cudgel Windmill Wave

(1) 接上势，右、左脚依次落地；同时，右手握棍使棍梢继续向左摆动，左掌至右肩前；目视左侧。（图 97）

(1) Following the previous move, the right and left foot land in sequence; at the same time, the right hand, holding the cudgel continues to swing the tip section of the cudgel to the left, the left palm swings to the front of the right shoulder; look to the left side. (Figure 97)



图97
Fig. 97

(2) 身体左后转；两腿交叉屈膝下坐，右腿至左腿下方，成坐盘；同时，右手握棍随转体经前向左下抡摆；左手至右手上方握棍，棍身至左肩上方；目视左前方。（图 98）

(2) Turn the body to the rear left; both legs crossed and lower down to sit, the right leg under the left leg, to form a crossed-legged sit stance; at the same time, the right hand, holding the cudgel, follow the turning of the body, swings to the lower left; the left hand moves to the top of the right hand and grip the cudgel, rests the body of the cudgel on the left shoulder; look to the left front. (Figure 98)

要点：落地转身坐盘快速、连贯、平稳，腰向左拧紧，两腿盘紧，臀部坐地；右手借转腰之力使棍身向左平抡。

Key Points: The landing, body turn and crossed-legged sit should be swift, continuous and steady, the waist should twist to the left, the two legs crossed tightly, the buttock sits on the ground; the right arm should use the momentum from the twisting of the waist to sweep the cudgel horizontally to the left.



图98
Fig. 98

37. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，重心上升，身体右转；右脚向右前方上步，脚尖外展；同时，两手握棍，棍身至左肩上方；目视右前方。（图 99）

(1) Following the previous move, raise the body, turn the body to the right;



the right foot steps to the right front with the toes pointing outwards; at the same time, both hands holding the cudgel with the body of the cudgel on the left shoulder; look to the right front. (Figure 99)



图99
Fig. 99

(2) 左脚向右腿外侧上步，身体右转 180° ，随即右脚向右后撤步；同时，右手握棍使棍梢随转体向前平抡一周至右腋下，左掌至身体左后侧；目视右下方。（图 100、图 101）

(2) The left foot steps over to the outer side of the right foot, the body turns 180 degrees to the right, following that, the right foot steps to the rear right; at the same time, the right hand, holding the cudgel, follow the turning of the body, swings the cudgel horizontal to the front in one complete circle, and ends below the right armpit, the left palm moves to the rear left; look to the lower right. (Figure 100, Figure 101)

要点：左脚上步扣步、右脚撤步连贯紧凑，转身灵活；抡棍平圆，力达棍梢段。

Key Points: The movements of the left forward step, inwards step and the right retreating step should be continuous and seamlessly linked. The body turn should be agile. The cudgel swing should be horizontal and circular, the force exerted should be at the tip section of the cudgel.



图100
Fig. 100



图101
Fig. 101

38. 舞花背棍 Wǔ Huā Bèi Gùn

Vertical Figure 8 with Cudgel and Back-carry Cudgel

(1) 接上势，身体左转；同时，左臂由后向下、向上抡至左前上方，右手背棍至右肩后侧；目视左掌。（图 102）

(1) Following the previous move, the body turns left; at the same time, the left arm swings from the rear downwards, then upwards and to the upper front left, the right hand, holding the cudgel, swings the cudgel to the back of the right shoulder and back-carrying it; look to the left palm. (Figure 102)



图102
Fig. 102

(2) 右脚上步至左腿前，身体左转；同时，右手握棍使棍把由后向上至前上方，左手在右腋下接握棍身；目视前方。（图 103）

(2) The right foot steps in front of the left foot, the body turns to the left; at the same time, holding the cudgel with the right hand, turn the handle end of the cudgel from the rear upwards, and to the upper front, the left hand moves under the right armpit to catch hold the body of the cudgel; look to the front. (Figure 103)



图103
Fig. 103

(3) 两手握棍使棍把向下经腿前向左、向上成立圆舞花，随即两手握棍使棍梢由上向下经右小腿外侧向后上舞花至右肩侧，棍梢向上；目视前方。
(图104—图 107)

(3) Both hands holding the cudgel, turn the handle end downwards, past the front of the leg to the left, and then upwards in a vertical circular motion, both hands holding the cudgel, immediately turns the tip end from the top downwards, past the outer side of the right calf, to the rear and upwards to the side of the right shoulder, the tip of the cudgel pointing up; look to the front. (Figure 104 – Figure 107)



图104
Fig. 104



图105
Fig. 105

棍术套路动作图解
Movements Illustrations of Gunshu Routine



图106
Fig. 106



图107
Fig. 107

(4) 左脚上步至右腿前，身体右转；同时，两手握棍在身体左侧成立圆舞花，随即棍梢由前向下经右腿外侧上摆至腹前，左手滑握棍梢段，棍梢向前；目视棍身。（图 108、图 109）

(4) The left foot steps forward to the front of the right foot, the body turns to the right; at the same time, both hands holding the cudgel, rotate it in a vertical circular motion at the left side of the body, following that, the tip of the cudgel continues to turn from the front downwards, past the outer side of the right leg, and up to the front of the abdomen, the left hand slides towards the tip section of the cudgel with the tip pointing to the front; look at the body of the cudgel. (Figure 108, Figure 109)



图108
Fig. 108



图109
Fig. 109

(5) 右脚向左腿后方撤步，身体右后转 180°；同时，两手握棍随转体使棍梢向下经两腿前向右上绕转，棍身横于两肩后侧；目视棍梢。（图 110）

(5) The right foot steps backwards to the rear of the left foot, the body turns 180 degrees to the rear right; at the same time, both hands holding the cudgel, following the body turn, rotate the tip of the cudgel downwards, past the front of both legs and up to the upper right, positioned the body of the cudgel horizontally behind the two shoulders; look at the cudgel's tip. (Figure 110)



要点：舞花时棍身贴近身体立圆绕行，身械配合协调，腕关节内收外展灵活。

Key Points: During the figure 8 circling, the body of the cudgel should be close to the body and rotate in a vertical circular motion. The movements of the cudgel and the body should be well-coordinated and harmonized. The wrist should be flexible in flexion and extension.



图110
Fig. 110

39. 盖步戳把 Gài Bù Chuō Bǎ

Front Cover Step Handle Jab

(1) 接上势，身体右转；同时，两手握棍使棍梢由左向上摆至身体右侧，棍梢斜向上；目视棍梢。（图 111）

(1) Following the previous move, turns the body to the right; at the same time, both hands holding the cudgel, swings the tip of the cudgel from the left upwards to the right side of the body, with the tip pointing diagonally upwards; look at the cudgel's tip. (Figure 111)



图111
Fig. 111

(2) 身体左转；同时，两手握棍使棍梢由上向下，经两腿前摆至身体左侧，



棍梢斜向下；目视棍梢。（图 112）

(2) The body turns to the left; at the same time, both hands holding the cudgel, turns the tip of the cudgel from the top downwards, past the front of both legs to the left side of the body, the tip of the cudgel pointing down diagonally; look at the cudgel's tip. (Figure 112)



图112
Fig. 112

(3) 右脚向左前抬起，随身体左后转至左腿左侧盖步；同时，两手握棍使棍梢由左向上随转体摆至左上方，随即两手握棍向右侧戳把，高与肩平，棍把向右；目视棍把。（图 113、图 114）

(3) The right foot raises to the front of the left side, following the body turning to the rear left, steps to the left of the left foot in cover step; at the same time, both hands holding the cudgel, swings the tip of the cudgel upwards from the left, with the turning of the body, positions it at the upper left, following that, both hands holding the cudgel, pushes the handle end and jabbed to the right side at shoulder level, the handle of the cudgel pointing to the right; look to the handle end of the cudgel. (Figure 113, Figure 114)

要点：抬脚、转体、盖步连贯、顺畅、紧凑；棍把直线向右击出，力达把端。

Key Points: The movements of raising the right foot, body turn, and the cover step should be continuous, smooth and seamlessly linked. The handle end of the cudgel should jab in a straight line to the right, the force should be exerted at the handle end.



图113
Fig. 113



图114
Fig. 114

40. 抡棍仆步抱棍 Lūn Gùn Pū Bù Bào Gùn

Horizontal Cudgel Windmill Wave and Carry Cudgel in Crouching Stance

(1) 接上势，左脚向左上步；同时，两手握棍摆至头上方，棍梢向左；目视左前方。（图 115）

(1) Following the previous move, left foot steps to the left front; at the same time, both hands holding the cudgel, lift it above the head with the tip pointing to the left; look to the left front. (Figure 115)



图115
Fig. 115

(2) 右脚向左前方上步，身体左转 180°；同时，两手握棍随转体摆至身体左侧，与肩同高，棍梢向前；目视前方。（图 116）

(2) The right foot steps forward to the front of the left foot, turn the body 180 degrees to the left; at the same time, both hands holding the cudgel, following the body turn, swings the cudgel to the left side of the body at the shoulder level, the tip of the cudgel pointing forward; look to the front. (Figure 116)

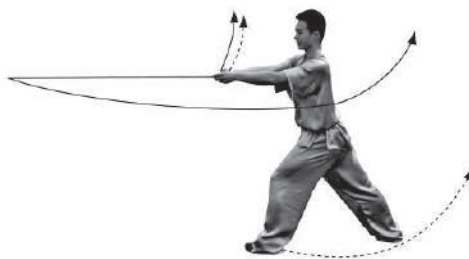


图116
Fig. 116

(3) 左脚向右腿后方撤步；同时，两手握棍使棍梢向左后方平抡半周。
(图 117)

(3) The left foot retreat to the back of the right foot; at the same time, both hands holding the cudgel, swings the tip of the cudgel in a semi-circle horizontally to the rear left. (Figure 117)



图117
Fig. 117

(4) 左腿直立，右脚上提至左膝腘窝处，身体左后转；随即右脚向右侧落步，右腿屈膝，左腿平铺伸直，成左仆步；同时，两手握棍继续向左平抡半周，左手向前滑握，两手握棍抱于胸前；上体左转；目视左侧。（图 118、图 119）

(4) The left leg stands upright, the right foot raises to the back of left knee, the body turns to the rear left; following that, the right foot steps to the right side and bend the knee to a full squat, the left leg straightens to form a left crouching stance; at the same time, both hands holding the cudgel, continues to swing the cudgel horizontally in a semi-circle to the left, the left hand slides forward, and both hands holding the cudgel in front of the chest; the body twist slightly left; look to the left side. (Figure 118, Figure 119)

要点：转身两手平抡，力达棍梢段，上下动作配合协调一致，抱棍、仆



步同时完成。

Key Points: During the movements of the body turn and cudgel swing, the force exerted should be at the tip section of the cudgel. The movements of the upper and lower movements should be well-coordinated and in unison. The movements of carrying cudgel and the crouching stance should be completed at the same time.



图118
Fig. 118



图119
Fig. 119



第四段 Section Four

41. 舞花提撩棍 Wǔ Huā Tí Liāo Gùn

Vertical Figure 8 with Cudgel and Two-handed Vertical Cudgel Uppercut

(1) 接上势，重心前移，左腿微屈；同时，左手向右手前滑握，两手握棍使棍梢向前方伸出；目视棍梢。（图 120）

(1) Following the previous move, shift the body weight forward, the left knee bends slightly; at the same time, left hand slides towards the right hand, both hands holding the cudgel, pushes the tip section of the cudgel towards the front; look to the cudgel's tip. (Figure 120)



图120
Fig. 120

(2) 左脚撤步至右腿后侧；同时，两手握棍滑握使棍梢由下向后摆至身体右后侧；目视前方。（图 121）

(2) The left foot retreats backwards to the rear side of the right foot; at the same time, both hands holding the cudgel, sliding in loose grip and moves the tip section of the cudgel to swing from the bottom to the back of the right side of the body; look to the front. (Figure 121)



图121
Fig. 121

(3) 上体先左转再右转；同时，两手握棍使棍把向下经腿前向左、向上成立圆舞花，随即棍梢向右由上向下经右小腿外侧至右后侧，棍梢向后下；目视棍梢。（图 122、图 123）

(3) The upper body first turns to the left, then to the right; at the same time, both hands holding the cudgel, turns the handle end downwards, passing the front of both legs, to the left and then upwards, performing a vertical circling cudgel, following that, the tip of the cudgel turns from the right upwards and then down, passing the outer side of the right calf to the rear right, with the tip of the cudgel pointing rear down; look at the cudgel's tip. (Figure 122, Figure 123)



图122
Fig. 122



图123
Fig. 123

(4) 双手握棍使棍梢经后向上、向前在体右侧立圆转动下劈，棍把收至右腋下；目视前下方。（图 124）

(4) Both hands holding the cudgel, turns the tip of the cudgel in a vertical circular motion from the rear upwards, and then to the front, and smacks downwards to the right side of the body, with the handle under the right armpit; look to the lower front. (Figure 124)



图124
Fig. 124

(5) 两手握棍使棍梢经前向上至右后摆起，随即经后向前在体右侧立圆，经前向左上至体左侧立圆转动；目视棍梢。（图 125、图 126）

(5) Both hands holding the cudgel, rotate the tip section of the cudgel in a vertical circular motion, from the front upwards to the upper rear right, following that, from the rear right, rotate forward at the right side of the body, continuing the vertical circular motion, rotate from the front towards the upper left and turns a vertical circular motion at the left side of the body; look at the cudgel's tip. (Figure 125, Figure 126)

注：提撩花左右各做 3 次。

Note: The left and right uplifting circling cudgel should be executed three times each side.

要点：身械配合协调，提撩花时腕关节内收外展放松灵活。

Key Points: The movements of the cudgel and the body should be well-coordinated. In the uplifting circling cudgel, the wrist should be relaxed and flexible to flex and extend.



图125
Fig. 125



图126
Fig. 126



42. 撤步劈棍 Chè Bù Pī Gùn

Retreat Step Cudgel Chop

(1) 接上势，左脚向前上步至右腿前；同时，两手握棍使棍梢经上向左后立圆转动；目视前方。（图 127）

(1) Following the previous move, the left foot steps to the front of the right foot; at the same time, both hands holding the cudgel, turns the tip section in a vertical circular motion from the top to the rear left; look to the front. (Figure 127)



图127
Fig. 127

(2) 右脚向左后方撤步，身体右后转 180°；同时，两手握棍使棍梢经上向后在体右侧立圆下劈，棍把收至右腰侧，棍身与腰平；目视左前方。（图 128、图 129）

(2) The right foot retreats to the rear left, the body turns 180 degrees to the rear right; at the same time, both hands holding the cudgel, rotates the tip section from the top towards the back, and chop down at right side of the body, the handle end retracts to the side of the right waist, position the body of the cudgel horizontally at the waist level; look to the left front. (Figure 128, Figure 129)

要点：左脚上步转身与提撩花协调配合，两手握棍由上向下劈出，力达棍梢段。

Key Points: The movements of the left forward step, body turn, and the uplifting circling cudgel should be well-coordinated. When performing the chop, the force should be exerted on the tip section of the cudgel.



图128
Fig. 128



图129
Fig. 129

43. 转身抡棍 Zhuǎn Shēn Lūn Gùn

Body Turn Horizontal Cudgel Windmill Wave

(1) 接上势，左脚向右腿外侧扣步，身体右转；同时，左手滑握至右手上方，两手握棍至左肩上，棍梢向后；目视左前方。（图 130）

(1) Following the previous move, the left foot makes an inward step to the outer side of the right foot, the body turns right; at the same time, the left hand slides to the front of the right hand, both hands holding the cudgel on the left shoulder, with the tip of the cudgel pointing back; look to the left front. (Figure 130)



图130
Fig. 130

(2) 右脚向右前方上步；同时，右手握棍向右平抡一周；左掌伸至左肩外侧，与肩同高；目视右侧。（图 131）

(2) The right foot steps to the front right; at the same time, the right hand holding the cudgel, swings horizontally to the right in a complete circle; the left arm extends to the left at shoulder level; look to the right side. (Figure 131)

要点：步活身灵，抡棍平圆，力达棍梢段。

Key Points: The footwork should be agile. The cudgel swing should be



horizontal and circular, the force exerted should be on the tip section of the cudgel.



图131
Fig. 131

44. 提膝跳背棍 Tí Xī Tiào Bèi Gùn

Knee Raise Jump and Back-carry Cudgel

接上势，左脚向右脚前上步，随即蹬地腾空，右腿屈膝提起，左腿伸直；上体右转；同时，左臂内旋下落，随即外旋向上，左掌经下向上摆至头左上方，掌指向上；右手背棍至右肩后侧，棍把斜向后下；目视右后方。（图 132、图 133）

Following the previous move, the left foot steps in front of the right foot, then immediately pushes off the ground and jump up, the right knee bend and raises, and the left leg straightened; the upper body turns right; at the same time, the left forearm rotates inwards and lowers, immediately rotates outwards and swings upwards, the left palm swings from the bottom upwards to the upper left above the head, with the fingers pointing up; the right hand back-carry the cudgel at the back of the right shoulder, with the handle end pointing diagonally downwards; look to the right rear. (Figure 132, Figure 133)

要点：空中身体中正，展体摆臂，提膝过腰。

Key Points: In mid-air, keep the body upright, extend the body and swing the arm. The knee raised should be higher than the waist level.



图132
Fig. 132



图133
Fig. 133

45. 舞花仆步摔棍 Wǔ Huā Pū Bù Shuāi Gùn

Vertical Figure 8 with Cudgel, Crouching Stance Cudgel Slam

(1) 接上势，左脚先落地，右脚向前落步，随即左脚上步；同时，右手握棍由后向下至前挑把；左掌摆至身体左后侧，掌指向后；目视前方。（图 134、图 135）

(1) Following the previous move, the left foot lands first, then the right foot, the left foot immediately steps forward; at the same time, the right hand holding the cudgel, flicks the handle end from the bottom to the front; the left palm swings to the rear of the left side, with the fingers pointing back; look to the front. (Figure 134, Figure 135)



图134
Fig. 134



图135
Fig. 135

(2) 右脚向前上步，随即蹬地腾空右后转身，两腿屈膝后背；同时，左掌向前摆至前方，右手背棍至身体右后侧；随即右手握棍使棍把向左、向上摆，左手接握棍身使棍梢向下经后向上立圆一周；目视左后方。（图 136、图 137）

(2) The right foot steps forward, immediately push the ground and jumps up, the body turns to the rear right, both knees bend backwards; at the same time, the



left palm swings to the front, the right hand back carry the cudgel at the right rear of the body; following that, the right hand holds the cudgel swings the handle end upwards to the left, the left hand catch hold of the cudgel, then swing the tip in a complete vertical circular motion, from the rear, downwards and then upwards again; look to the left rear. (Figure 136, Figure 137)



图136
Fig. 136



图137
Fig. 137

(3) 两脚落地，右腿屈膝下蹲，左腿平铺伸直，成左仆步；同时，两手握棍向下劈摔于左腿内侧，左手下按棍身；目视棍身。（图 138）

(3) Both feet lands, the right knee bends to a full squat, the left leg straightens to form a left crouching stance; at the same time, both hands holding the cudgel smacks down to the ground and positioned it beside the inner left leg, the left hand presses on the body of the cudgel; look at the body of the cudgel. (Figure 138)

要点：空中舞花时棍身贴近身体立圆绕行，舒胸展腹。

Key Points: When circling the cudgel in mid-air, the body of the cudgel should be close to the body and turning in vertical circular motion. Expand the chest and extend the abdomen.



图138
Fig. 138



46. 并步崩棍 Bìng Bù Bēng Gùn

Closed Step Cudgel Tilt

接上势，右脚向左脚并步震踏；同时，右手握棍上提，随即翘腕下沉；左手先后滑再向前滑握，使棍梢向上崩起；目视棍梢。（图 139、图 140）

Following the previous move, the right foot closes in with the left foot, and both feet stamp on the ground; at the same time, the right hand holding the cudgel, lifts the cudgel up, following that, raises the wrist and presses downwards; the left hand first slides backwards, then slides forwards again to the front and grip, the tip of the cudgel should tilt upwards; look to the cudgel's tip. (Figure 139, Figure 140)

要点：两腿并拢屈蹲，快速；两手握棍于体前崩棍，力达棍梢段。

Key Points: The two feet closing together and knees bending should be swift. The cudgel tilt should be at the front of the body and the force exerted should be at the tip section of the cudgel.



图139
Fig. 139



图140
Fig. 140

47. 单手抡棍 Dān Shǒu Lūn Gùn

Single Hand Horizontal Cudgel Windmill Wave

接上势，右脚向右后方上步，左脚向右脚外侧扣步；身体右后转 360°，随即右脚向右后撤步；同时，两手滑握棍把段于左肩侧，随即左手离棍摆于左前上方，略高于肩；右手握棍随转体向右平抡一周；目视棍身。（图 141—图 143）

Following the previous move, the right foot steps to the rear right the left foot makes an inward step at the outer side of the right foot; the body turns 360 degrees to the rear right, following that, the right foot retreats to the rear right; at the same time, both hands slide to the handle end and hold the cudgel at the side of the left shoulder, following that, the left hand release the grip from the cudgel



and swings to the upper left, slightly higher than the shoulder level; the right hand holding the cudgel, following the body turn, swings the cudgel horizontally to the right in one complete circle; look at the body of the cudgel.

(Figure 141 – Figure 143)

要点：右手握棍由身体左侧随转身向右水平抡棍，转身顺畅，力达棍梢段。

Key Points: The right hand holding the cudgel, following the body turn, should swing horizontally from the left to the right. The body turn should be smooth. The force exerted on the cudgel swing should be at the tip section of the cudgel.



图141
Fig. 141



图142
Fig. 142



图143
Fig. 143

48. 背棍虚步推掌 Bèi Gùn Xū Bù Tuī Zhǎng

Back-carry Cudgel and Empty Stance Palm Push

(1) 接上势，左脚向右脚并拢；同时，左手摆至右肩前；右手握棍使棍梢向右下经后向上绕至右肩后，棍梢斜向前；目视后方。（图 144）

(1) Following the previous move, closes the left foot together with the right foot; at the same time, the left hand swings to the front of the right shoulder; the right hand holding the cudgel, swings the tip to the lower right, passes the back and then upwards to the rear of the right shoulder, the tip of the cudgel pointing diagonally to the front; look to the rear. (Figure 144)



图144
Fig. 144

(2) 身体左转；右腿屈膝下蹲，左脚前伸于右脚前，脚尖点地，成左虚步；同时，左掌向左前方推出，掌指向上；目视左掌。（图 145）

(2) Turn the body to the left; the right knee bends and squat, the left foot extends forward to the front of the right foot with the toes tipping on the ground, forming a left empty stance; at the same time, the left palm pushes to the left front with the fingers pointing up; look to the left palm. (Figure 145)

要点：右脚全脚掌着地，大腿呈水平，上体正直；右手背棍于体后，左掌力达小指一侧。

Key Points: In the empty stance, the whole right sole should be fully grounded, the thigh should be at horizontal level, and the body should be upright. The right hand back-carry the cudgel should be at the back of the body. The left palm push should have the force exerted at the sides of the little finger.



图145
Fig. 145

49. 弓步拨棍 Gōng Bù Bō Gùn

Bow Stance Cudgel Parry

(1) 接上势，左脚跟落地，右脚向左前方上步；身体左转 180°；同时，右手握棍使棍把向左上方提起，左手至右臂下方接握棍身，两手握棍绞拨，使棍梢随转体向左平云；目视棍梢。（图 146）



(1) Following the previous move, the left heel steps down, the right foot steps forward to the front of the left foot; turn the body 180 degrees to the left; at the same time, the right hand holding the cudgel, lifting the handle end to the upper left, the left hand retracts and positioned under the right arm, catch hold of the cudgel body, both hands holding the cudgel, following the body turn, wrings and swing the tip section horizontally to the left; look to the cudgel's tip.

(Figure 146)



图146
Fig. 146

(2) 左脚向后撤步，身体左后转 180°，左腿屈膝前弓，成左弓步；同时，两手握棍随转体平云一周后向左拨出，与肩同高；目视棍梢。（图 147）

(2) The left foot retreats backward, the body turns 180 degrees to the rear left, the left knee bends and pushes forward, forming a left bow stance; at the same time, both hands holding the cudgel, following the body turn and after horizontal cloud cudgel, continues to parry to the left at shoulder level; look to the cudgel's tip. (Figure 147)

要点：前弓腿大腿呈水平，后腿挺膝蹬直，全脚掌着地；两手握棍由右向左拨出，置于左腋下，力达棍梢段。

Key Points: In the left bow stance, the left thigh should be at horizontal level, the hind leg should be straightened with the knee extended and sole fully on the ground. Both hands holding the cudgel should parry from the right to the left, and the right hand should positioned under the left armpit. In the parry cudgel, the force exerted should be on the tip section of the cudgel.



图147
Fig. 147

50. 并步持棍 Bìng Bù Chí Gùn

Closed Step Holding Cudgel

(1) 接上势，身体右转，重心移至两脚之间；同时，右掌摆至身体右侧，与肩同高，掌心向上；左手握棍至左腰侧；目视右掌。（图 148）

(1) Following the previous move, the body turns right, shift the body weight to the centre of the two legs; at the same time, the right palm swings to the right side of the body at shoulder level, with the palm facing up; the left hand holding the cudgel and positioned it at the left side of the waist; look to the right palm. (Figure 148)



图148
Fig. 148

(2) 左脚向右脚并步，两腿直立；身体左转；同时，右掌变拳向里摆至身体右侧上方；目视左前方。（图 149）

(2) The left foot closes in together with the right foot, both feet stand upright; the body turns to the left; at the same time, the right palm changes to fist, swings the forearm inwards to the upper right side of the body; look to the left front. (Figure 149)

要点：右臂撑圆上举，力达前臂外侧。

Key Points: The right arm should be rounded and lifted upwards; the force exerted should be on the outer side of the forearm.



图149
Fig. 149

51. 收势 Shōu Shì

Ending Position

接上势，左脚向前上步，随即右脚跟步与左脚并拢；身体转正；同时，右手向下接握棍，随即右臂屈肘，右手向上持棍至胸前，棍身垂直；左手离棍垂于身体左侧；目视前方。（图 150）

Following the previous move, the left foot steps forward, following that, the right foot closes in together with the left foot; the body turns to the front; at the same time, the right hand lowers to grip the cudgel, the right elbow immediately bends and raise the cudgel to the front of the chest, with the cudgel tip pointing upright; the left hand loosens the grip and moves to the left side of the body; look to the front. (Figure 150)

要点：右手握棍，棍身直立；两腿并步直立，挺胸收腹，自然调息。

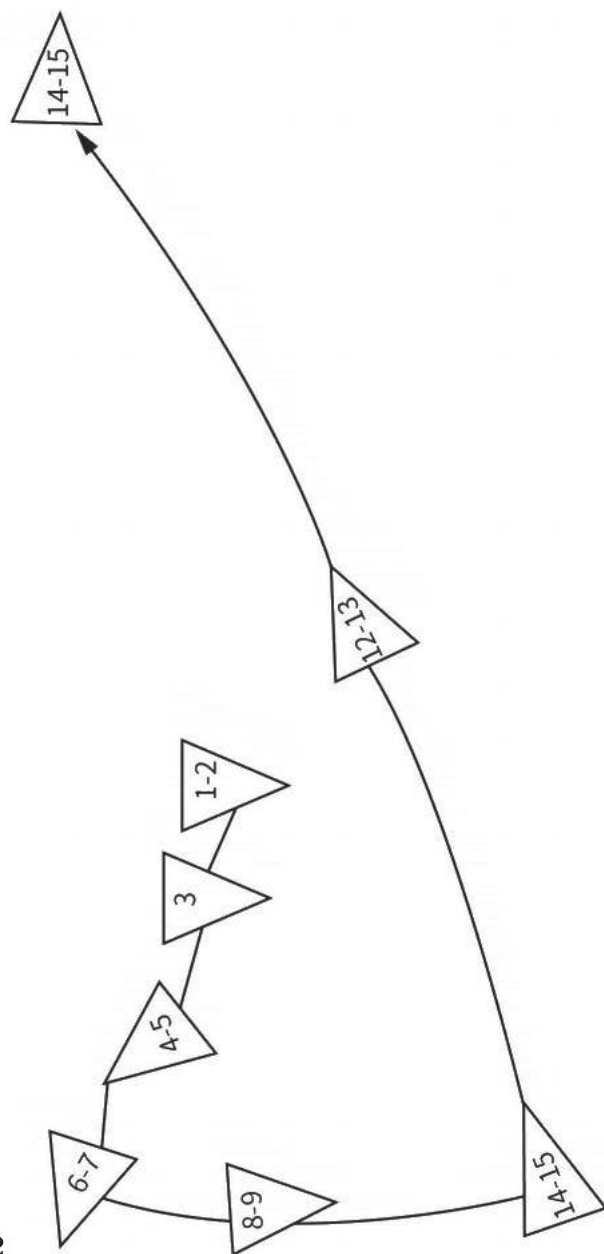
Key Points: When holding the cudgel with the right hand, the cudgel should be upright. Both feet close together and stand upright, brace the chest and tuck the abdomen, regulate the breath naturally.



图150
Fig. 150

Schematic of Movement Routes of Gunshu Routine

第一段
Section One



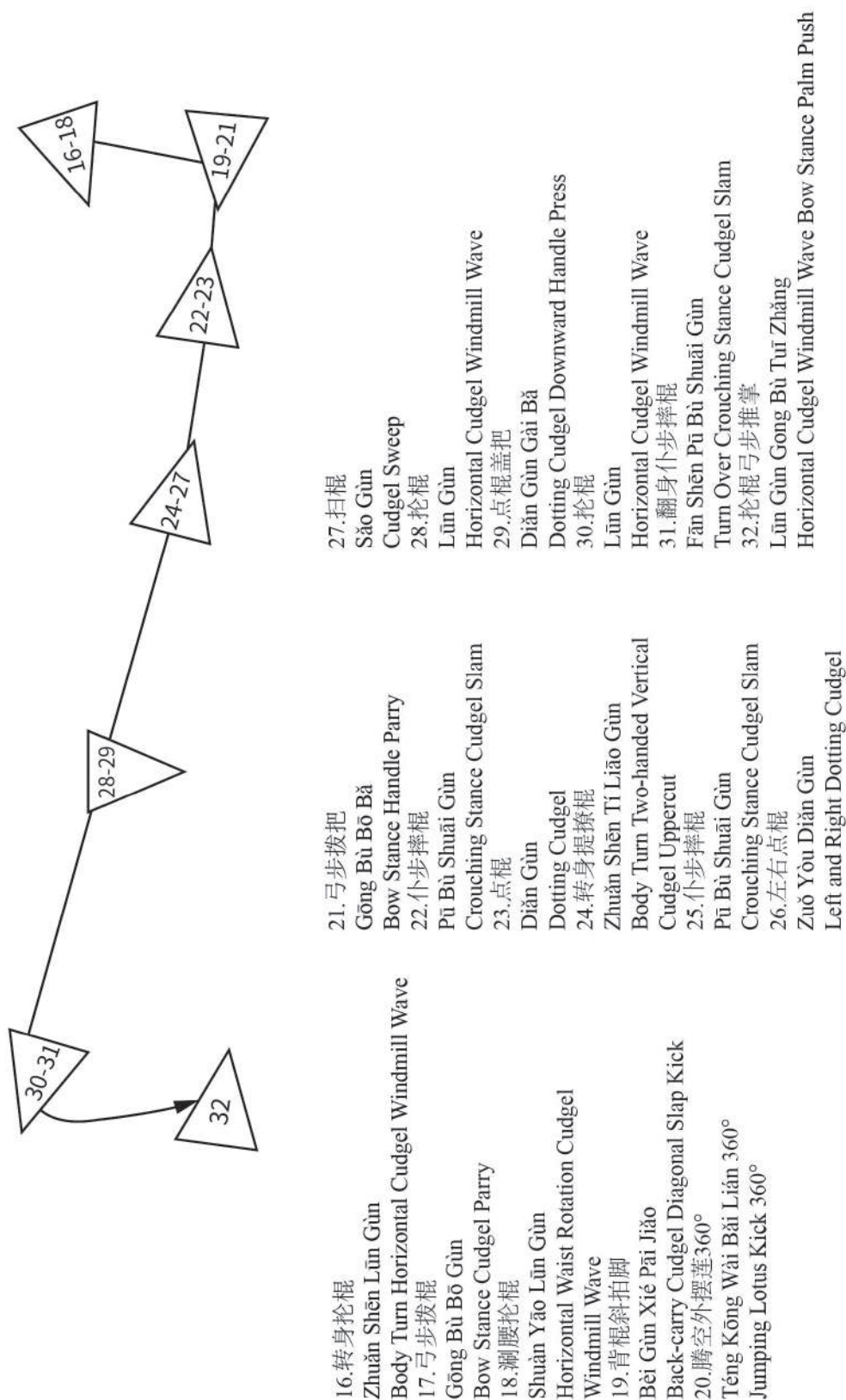
- | | | | |
|---|---|---|---|
| 6.转身抡棍 | 6.转身抡棍 | 6.转身抡棍 | 6.转身抡棍 |
| Bīng Bù Tuī Gùn | Zhuǎn Shēn Lūn Gùn | Body Turn Horizontal Cudgel Windmill Wave | Téng Kōng Bèi Gùn Tí Xī Chōng Quán |
| 7.闭步推棍 | 7.闭步推棍 | 7.闭步推棍 | 7.闭步推棍 |
| Bì Bù Tuī Gùn | Bì Bù Tuī Gùn | Bì Bù Tuī Gùn | Bì Bù Tuī Gùn |
| 8.转身抡棍 | 8.转身抡棍 | 8.转身抡棍 | 8.转身抡棍 |
| Zhuǎn Shēn Lūn Gùn | Zhuǎn Shēn Lūn Gùn | Zhuǎn Shēn Lūn Gùn | Zhuǎn Shēn Lūn Gùn |
| 9.左右点棍 | 9.左右点棍 | 9.左右点棍 | 9.左右点棍 |
| Zuǒ Yòu Diǎn Gùn | Zuǒ Yòu Diǎn Gùn | Zuǒ Yòu Diǎn Gùn | Zuǒ Yòu Diǎn Gùn |
| Left and Right Dotting Cudgel | Left and Right Dotting Cudgel | Left and Right Dotting Cudgel | Left and Right Dotting Cudgel |
| 10.单手平抡棍 | 10.单手平抡棍 | 10.单手平抡棍 | 10.单手平抡棍 |
| Dān Shǒu Píng Lūn Gùn | Dān Shǒu Píng Lūn Gùn | Dān Shǒu Píng Lūn Gùn | Dān Shǒu Píng Lūn Gùn |
| Single Hand Horizontal Cudgel | Single Hand Horizontal Cudgel | Single Hand Horizontal Cudgel | Single Hand Horizontal Cudgel |
| Windmill Wave | Windmill Wave | Windmill Wave | Windmill Wave |
| 11.腾空背棍提膝冲拳 | 11.腾空背棍提膝冲拳 | 11.腾空背棍提膝冲拳 | 11.腾空背棍提膝冲拳 |
| Téng Kōng Bèi Gùn Tí Xī Chōng Quán | Téng Kōng Bèi Gùn Tí Xī Chōng Quán | Téng Kōng Bèi Gùn Tí Xī Chōng Quán | Téng Kōng Bèi Gùn Tí Xī Chōng Quán |
| Jumping Knee Raise, Back-carry Cudgel Forward Punch | Jumping Knee Raise, Back-carry Cudgel Forward Punch | Jumping Knee Raise, Back-carry Cudgel Forward Punch | Jumping Knee Raise, Back-carry Cudgel Forward Punch |
| 12.腾空飞脚 | 12.腾空飞脚 | 12.腾空飞脚 | 12.腾空飞脚 |
| Téng Kōng Fēi Jiǎo | Téng Kōng Fēi Jiǎo | Téng Kōng Fēi Jiǎo | Téng Kōng Fēi Jiǎo |
| Jumping Front Slap Kick | Jumping Front Slap Kick | Jumping Front Slap Kick | Jumping Front Slap Kick |
| 13.侧空翻 | 13.侧空翻 | 13.侧空翻 | 13.侧空翻 |
| Cè Kōng Fān | Cè Kōng Fān | Cè Kōng Fān | Cè Kōng Fān |
| Aerial Cartwheel | Aerial Cartwheel | Aerial Cartwheel | Aerial Cartwheel |
| 14.旋风脚360° | 14.旋风脚360° | 14.旋风脚360° | 14.旋风脚360° |
| Xuán Fēng Jiǎo 360° | Xuán Fēng Jiǎo 360° | Xuán Fēng Jiǎo 360° | Xuán Fēng Jiǎo 360° |
| Jumping Tornado Kick 360° | Jumping Tornado Kick 360° | Jumping Tornado Kick 360° | Jumping Tornado Kick 360° |
| 15.跌竖叉 | 15.跌竖叉 | 15.跌竖叉 | 15.跌竖叉 |
| Diē Shù Chā | Diē Shù Chā | Diē Shù Chā | Diē Shù Chā |
| Falling Front Split | Falling Front Split | Falling Front Split | Falling Front Split |





第二段

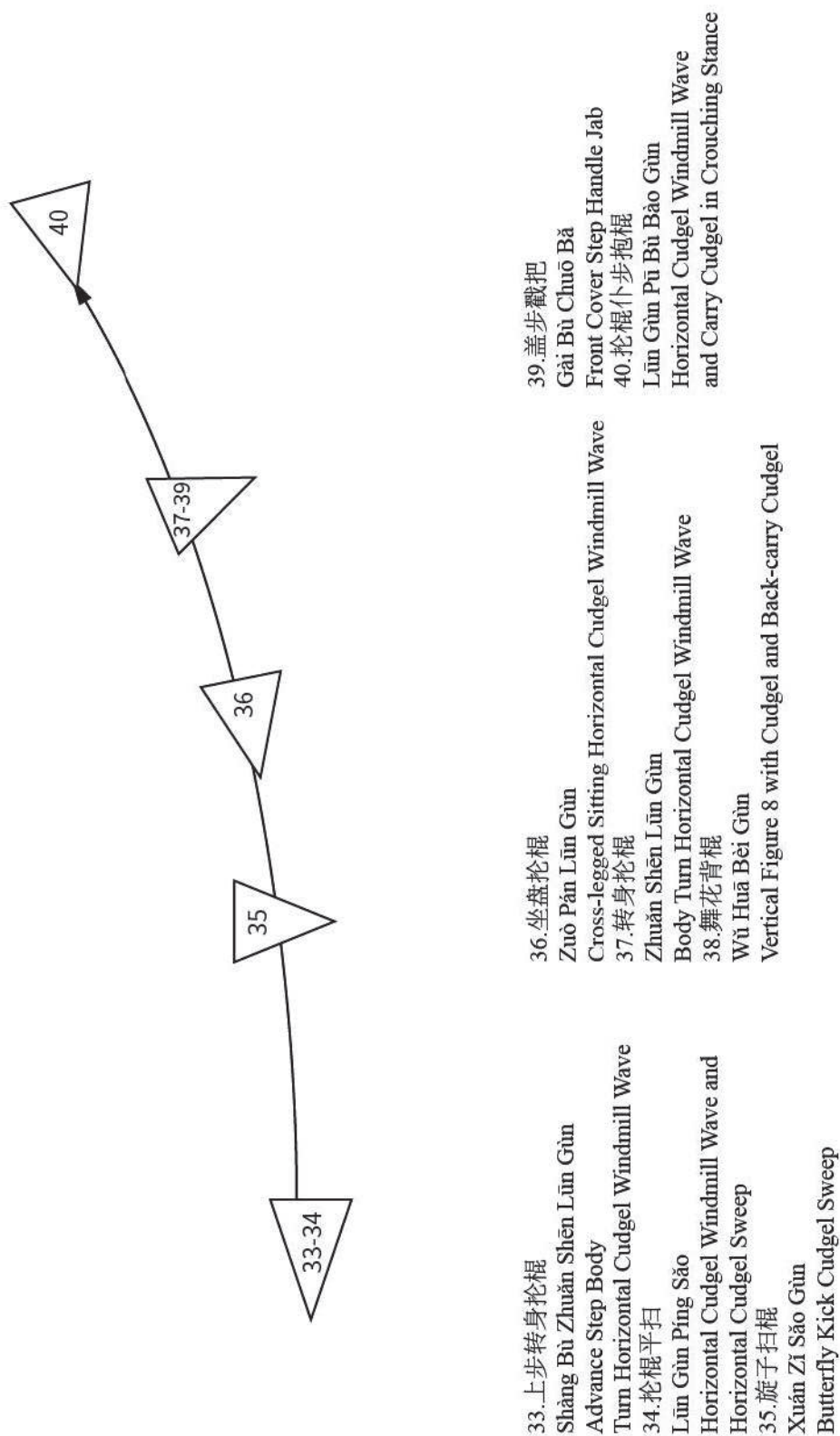
Section Two





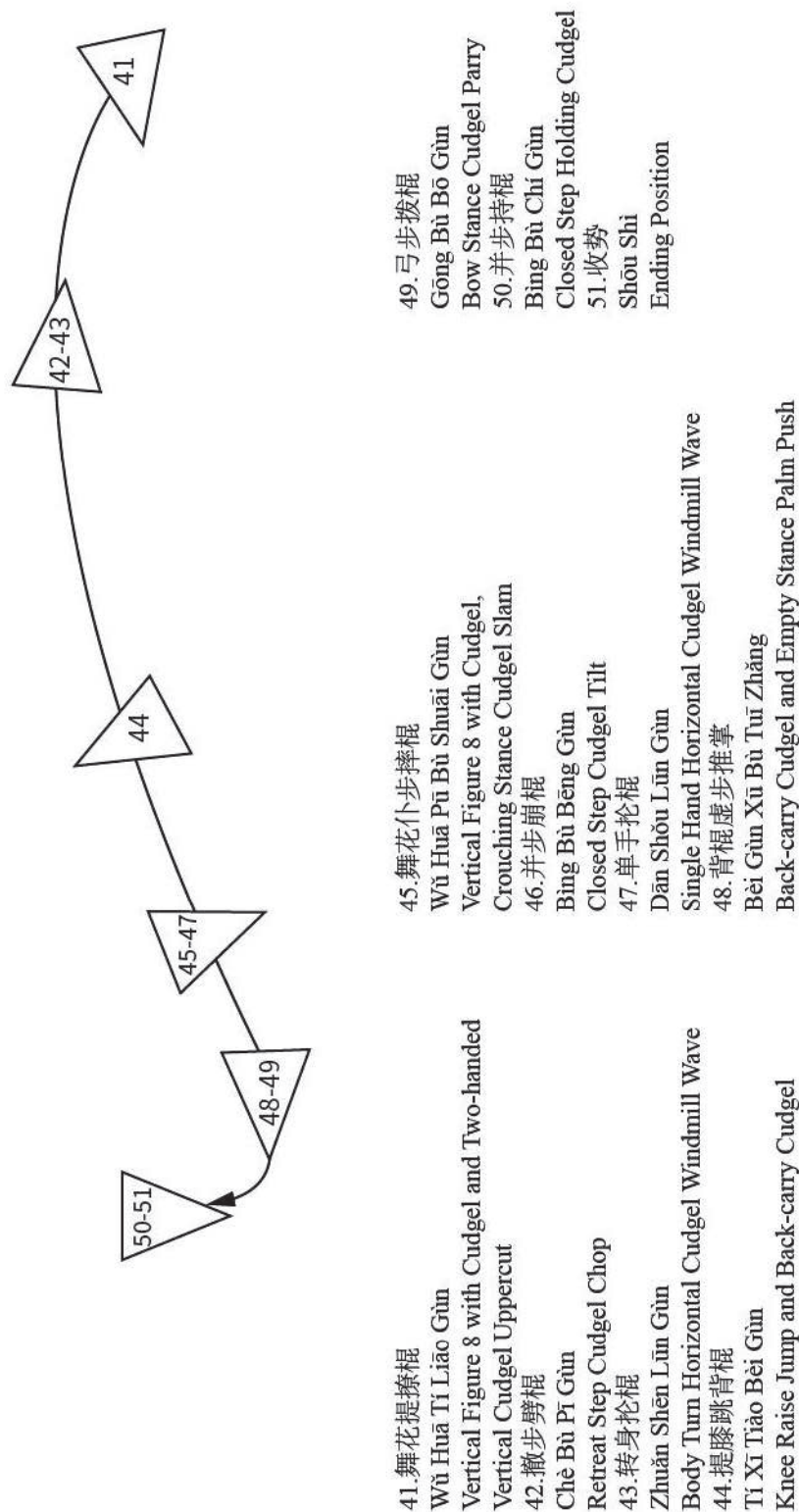
第三段

Section Three





第四段 Section Four



五、棍术套路动作连续演示图

Continuous Demonstration Diagrams of Movements for Gunshu



图1
Fig.1



图2
Fig.2

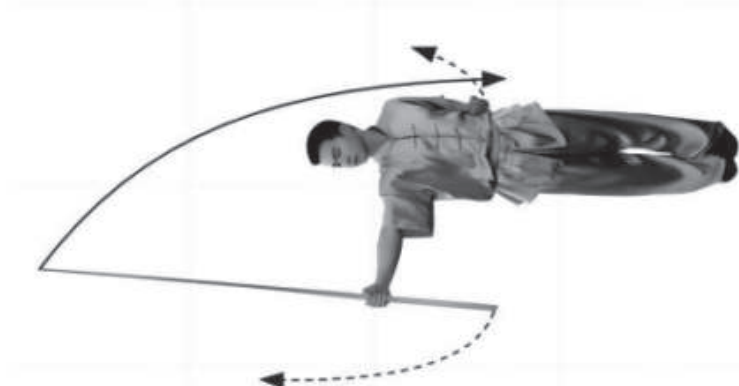


图3
Fig.3

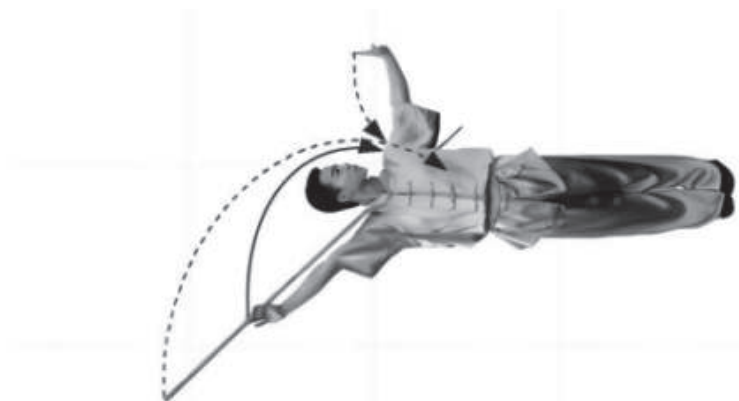


图4
Fig.4







图8
Fig. 8



图9
Fig. 9



图10
Fig. 10



图13
Fig. 13



图12
Fig. 12



图11
Fig. 11



图17
Fig. 17



图16
Fig. 16



图15
Fig. 15



图14
Fig. 14



图18
Fig. 18



图19
Fig. 19



图20
Fig. 20



图21
Fig. 21

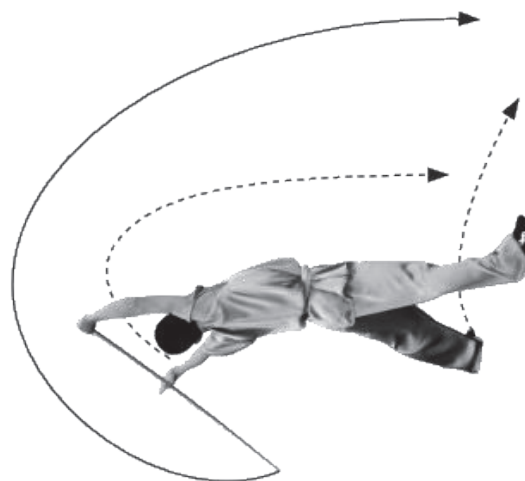


图25
Fig. 25



图24
Fig. 24

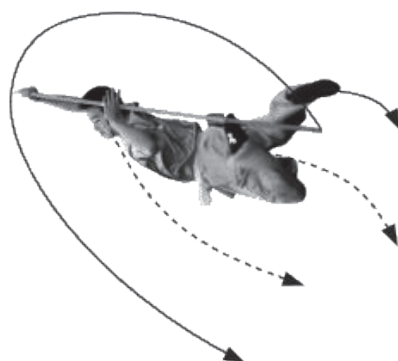


图23
Fig. 23



图22
Fig. 22



图29
Fig. 29



图28
Fig. 28



图27
Fig. 27



图26
Fig. 26



图30
Fig. 30



图31
Fig. 31



图32
Fig. 32



图33
Fig. 33



图36
Fig. 36

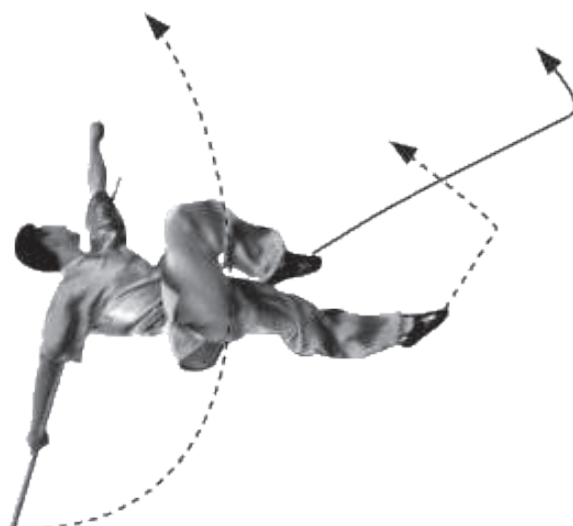


图35
Fig. 35

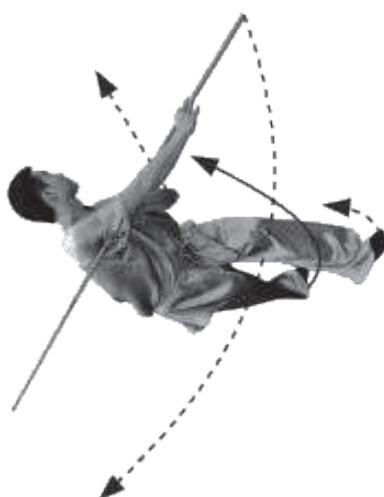


图34
Fig. 34



图39
Fig. 39



图38
Fig. 38



图37
Fig. 37



图42
Fig. 42



图41
Fig. 41



图40
Fig. 40



图45
Fig. 45

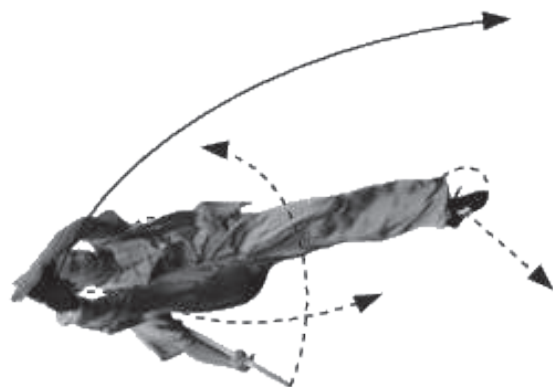


图44
Fig. 44

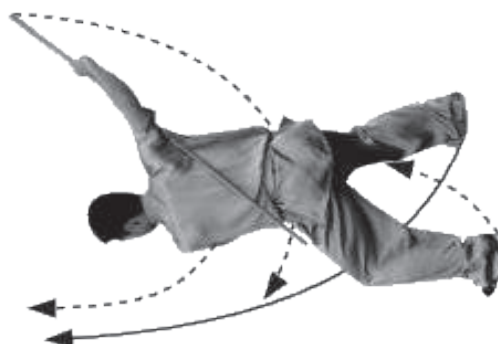


图43
Fig. 43



图49
Fig. 49



图48
Fig. 48



图47
Fig. 47

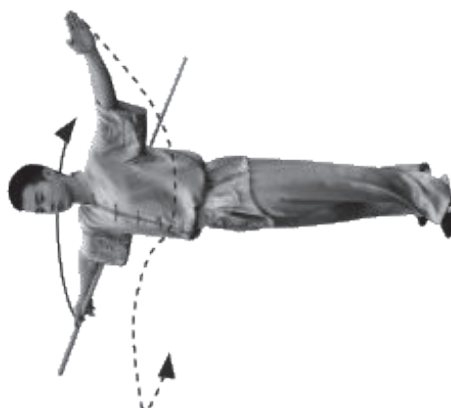


图46
Fig. 46



图50
Fig. 50



图51
Fig. 51



图52
Fig. 52



图53
Fig. 53

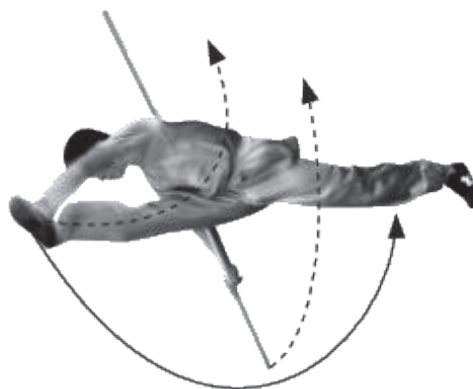


图56
Fig. 56



图55
Fig. 55



图54
Fig. 54



图59
Fig. 59

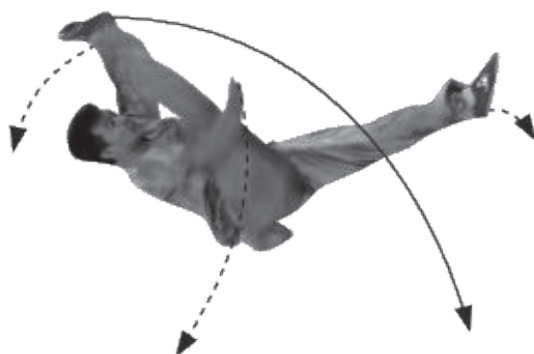


图58
Fig. 58



图57
Fig. 57

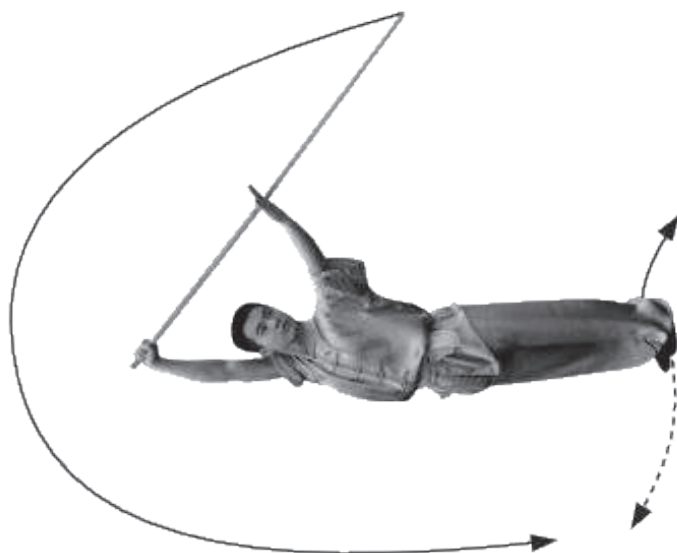


图60
Fig. 60



图61
Fig. 61



图62
Fig. 62

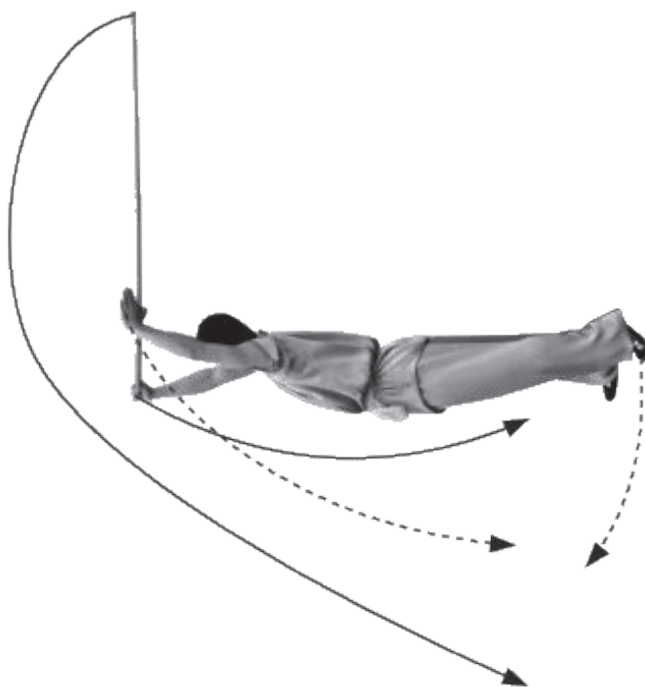


图64
Fig. 64



图63
Fig. 63



图65
Fig. 65



图66
Fig. 66



图67
Fig. 67



图68
Fig. 68



图71
Fig. 71



图70
Fig. 70



图69
Fig. 69

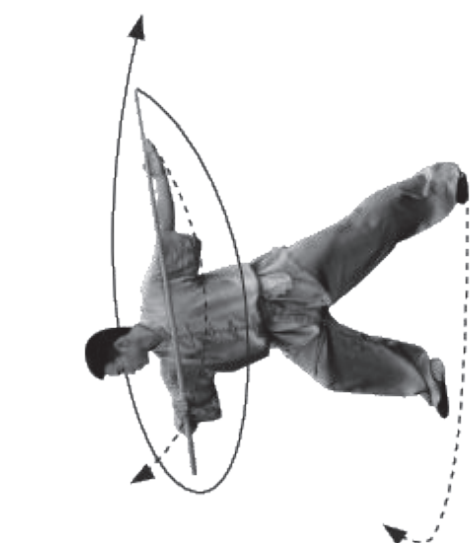


图72
Fig. 72



图73
Fig. 73



图74
Fig. 74



图75
Fig. 75



图78
Fig. 78



图77
Fig. 77



图76
Fig. 76



图81
Fig. 81

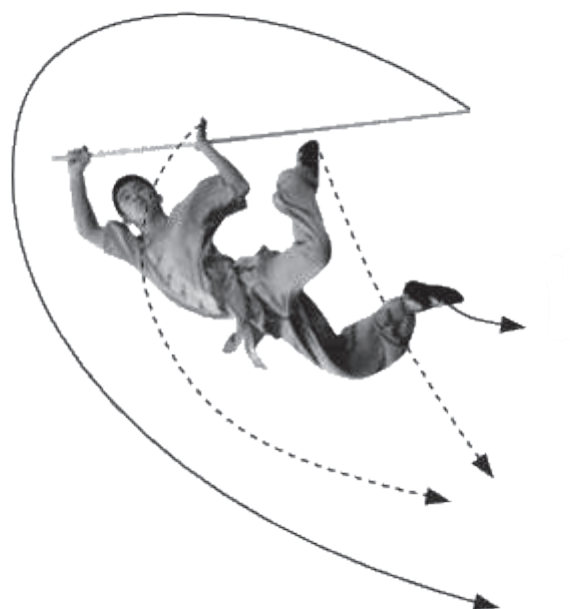


图80
Fig. 80



图79
Fig. 79



图82
Fig. 82



图83
Fig. 83



图84
Fig. 84

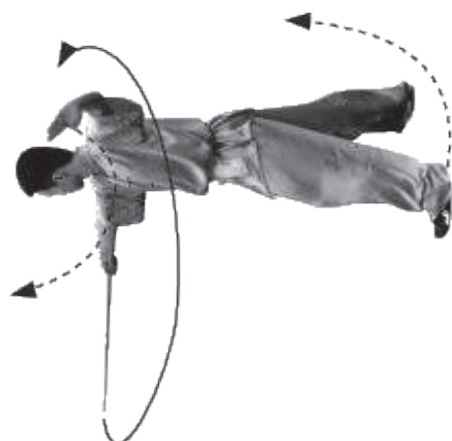


图87
Fig. 87



图86
Fig. 86



图85
Fig. 85

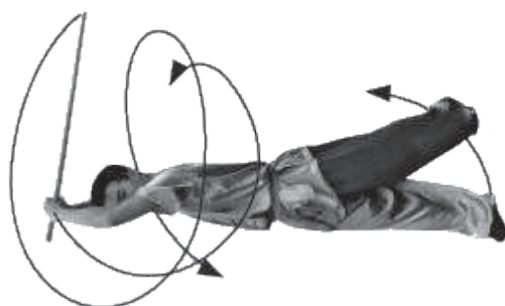


图88
Fig. 88



图89
Fig. 89

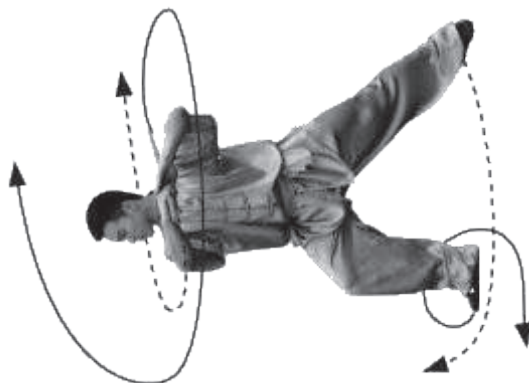


图90
Fig. 90



图91
Fig. 91



图92
Fig. 92

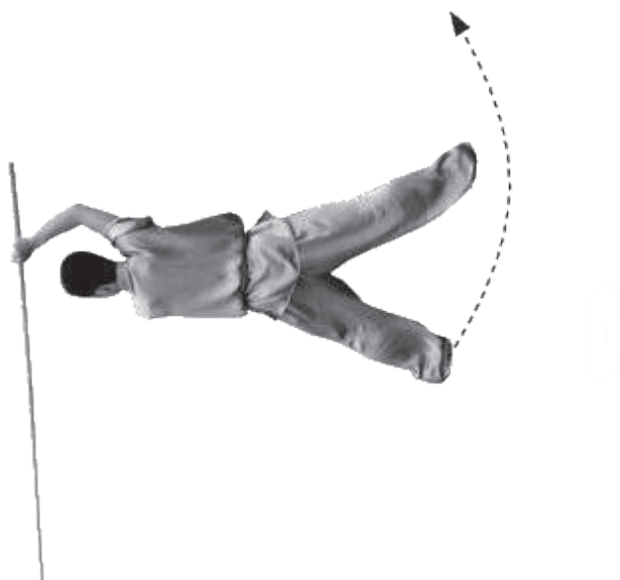


图93
Fig. 93



图94
Fig. 94



图97
Fig. 97

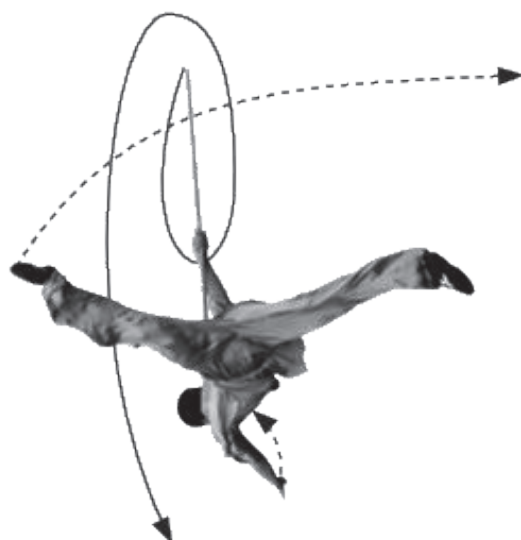


图96
Fig. 96



图95
Fig. 95



图100
Fig. 100



图99
Fig. 99



图98
Fig. 98



图103
Fig. 103



图102
Fig. 102



图101
Fig. 101



图106
Fig. 106



图105
Fig. 105

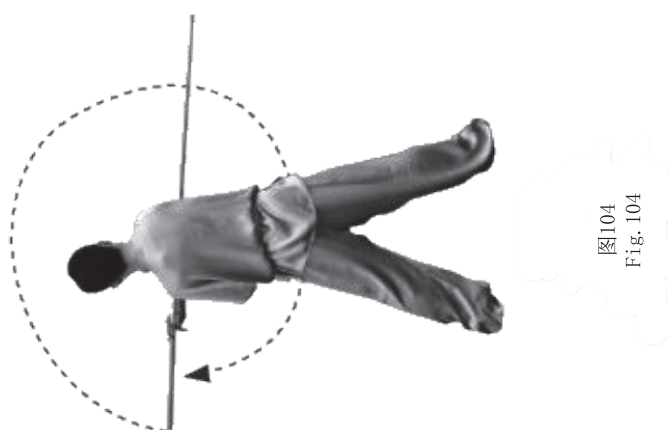


图104
Fig. 104

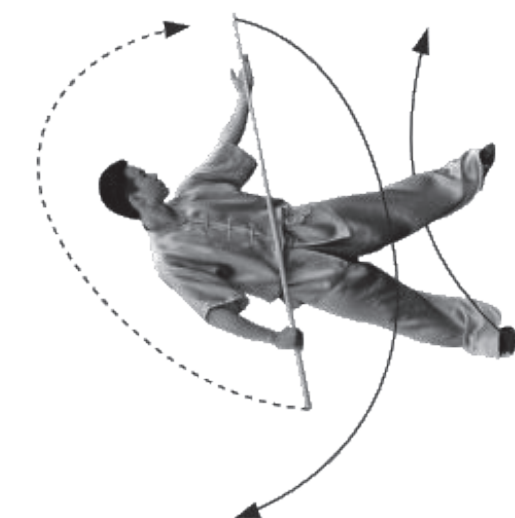


图107
Fig. 107

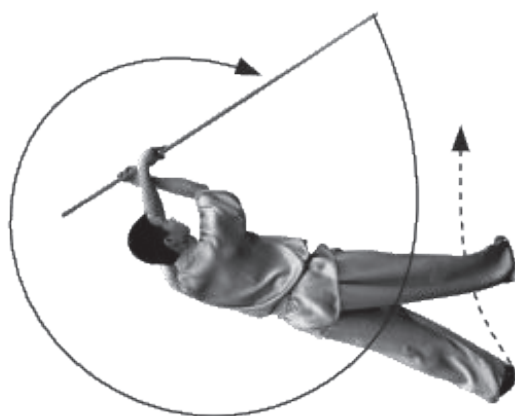


图108
Fig. 108

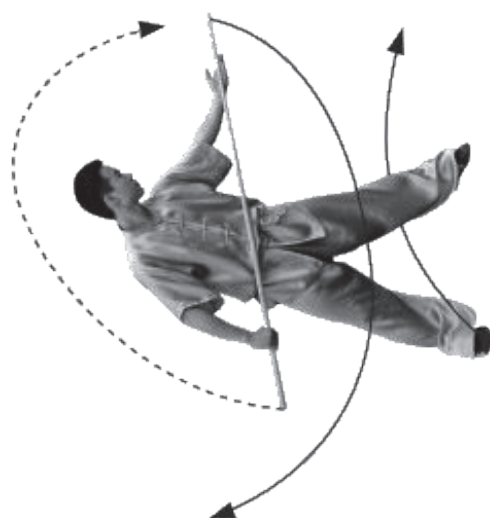


图109
Fig. 109



图112
Fig. 112



图111
Fig. 111

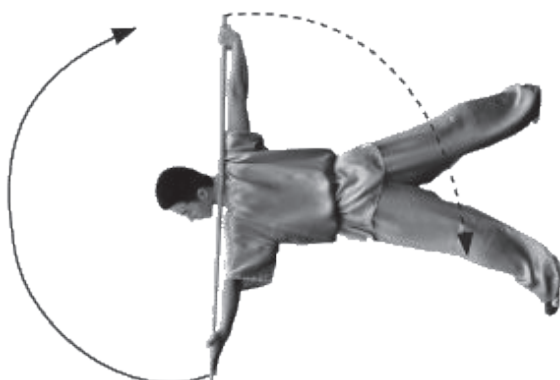


图110
Fig. 110

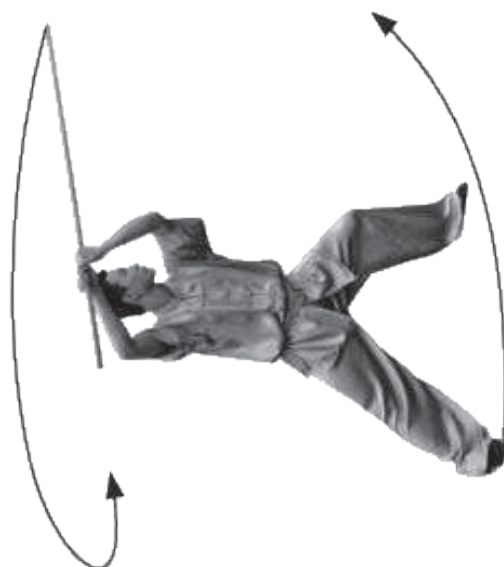


图115
Fig. 115



图114
Fig. 114

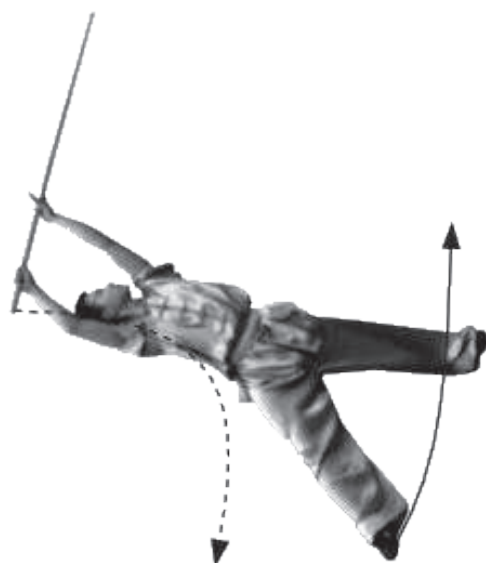


图113
Fig. 113



图118
Fig. 118



图117
Fig. 117



图116
Fig. 116

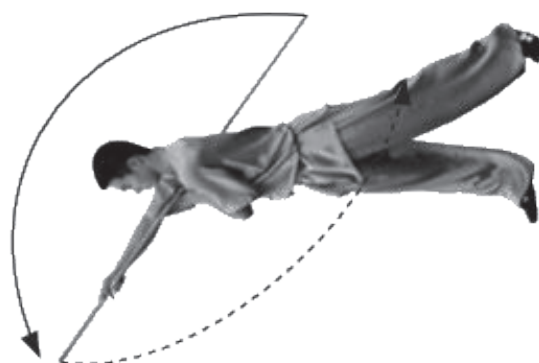


图121
Fig. 121



图120
Fig. 120



图119
Fig. 119



图125
Fig. 125

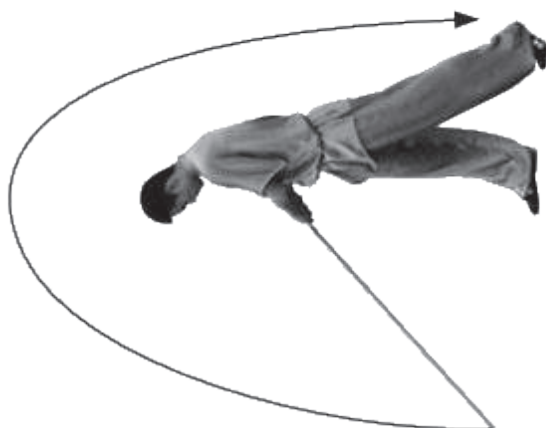


图124
Fig. 124

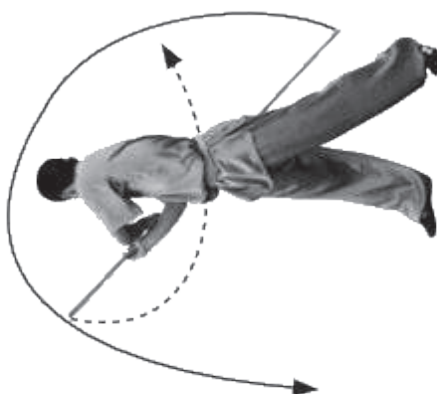


图123
Fig. 123

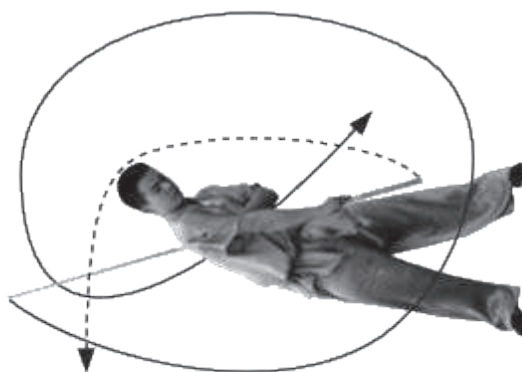


图122
Fig. 122

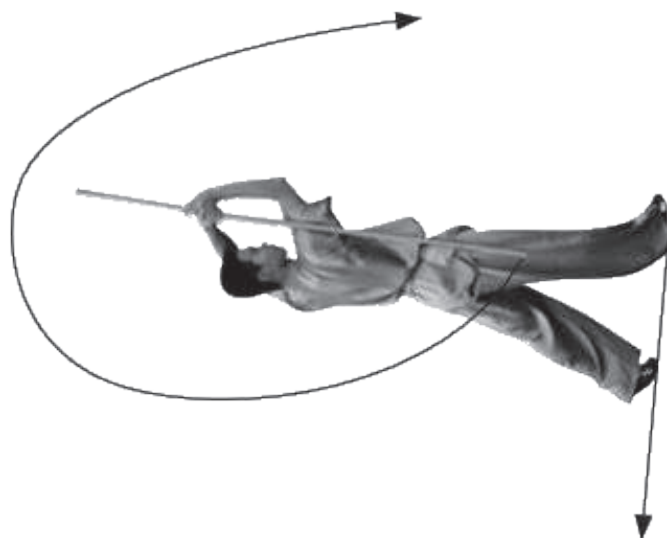


图128
Fig. 128

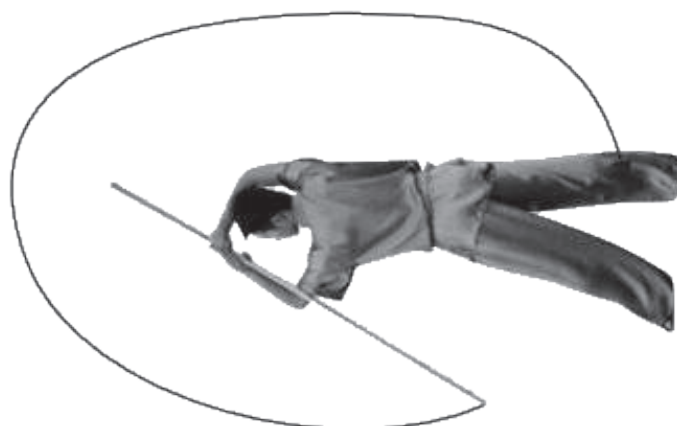


图127
Fig. 127



图126
Fig. 126



图131
Fig. 131



图130
Fig. 130



图129
Fig. 129



图134
Fig. 134



图133
Fig. 133



图132
Fig. 132

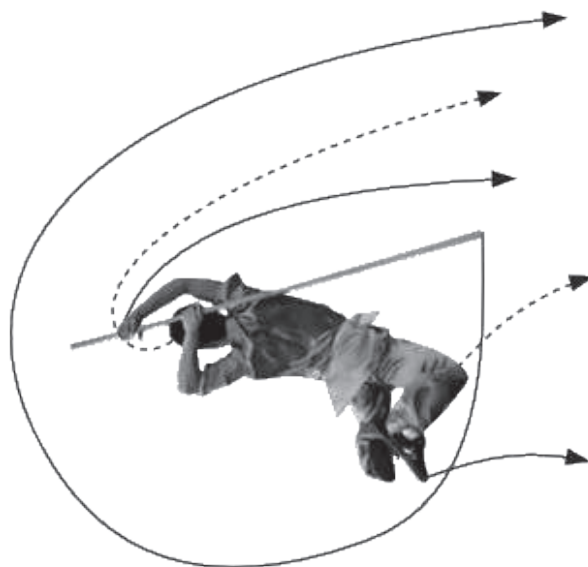


图137
Fig. 137



图136
Fig. 136



图135
Fig. 135



图140
Fig. 140



图139
Fig. 139



图138
Fig. 138

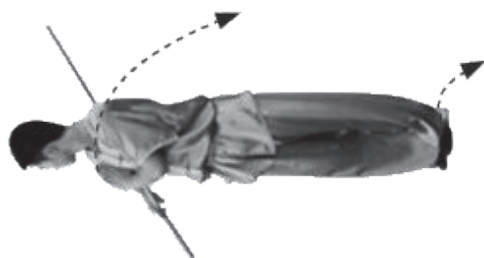


图144
Fig. 144



图143
Fig. 143



图142
Fig. 142



图141
Fig. 141



图145
Fig. 145

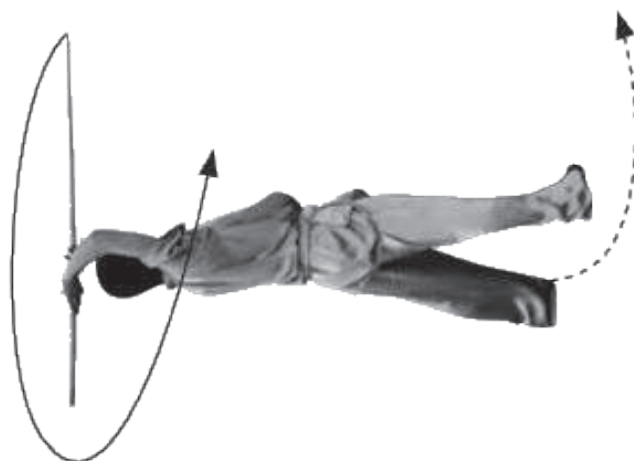


图146
Fig. 146



图147
Fig. 147



图150
Fig. 150

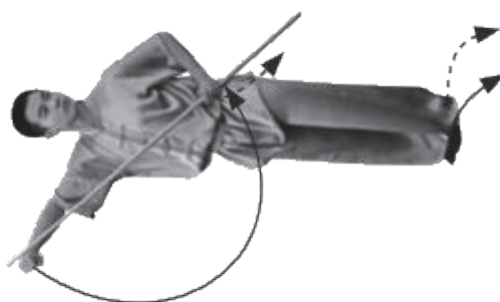


图149
Fig. 149



图148
Fig. 148

