

國術對於健康的效能/陳泮嶺本文摘自：

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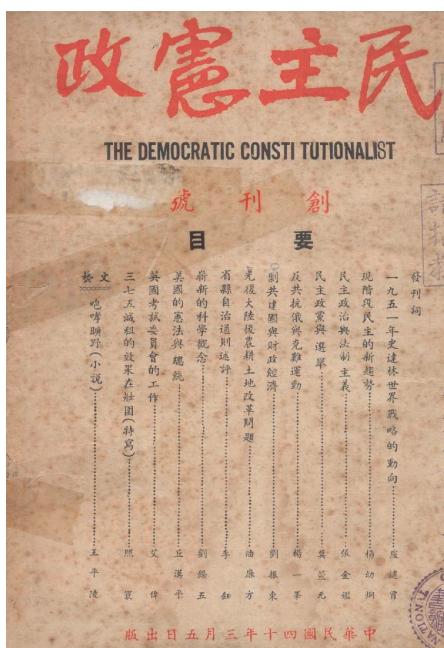
發揚國術與促進國民健康

[Note: This article is similar to Section 1.9 of the Chen Panling's Taijiquan Textbook entitled "The Efficacy of Taijiquan on Health (太極拳於健康之功效)."]

(1) 肌肉靈活：肌肉不靈活，動作不敏捷，且影響氣血之流通，在運動時，要用各種方式，使周身肌肉拉長，增加肌肉之伸縮性，未經鍛練之肌肉，伸縮性小，名之曰死肌肉，曾經鍛練之肌肉，伸縮性大，名之曰活肌肉；鍛練肌肉如煉鐵一樣，由生鐵煉成熟鐵，再由熟鐵煉成鋼，國術之動作，方式甚多，且係曲線與螺旋之配合運動，使肌肉靈活的效能最大，試看練習國術的人，到了老年時，其身體動作的靈活仍如少年。

[Note: "The Democratic Constitutionalists" was a magazine. I was not able to find the exact edition for this article, but the cover looked like these images. The text was found at: [http://www.earlyamerica.com/editions/1850s/1850s.htm](#)

<https://blog.xuite.net/jitaigi/twblog12/brick-view/130822204>



[Image from

http://readopac2.ncl.edu.tw/nclJournal/search/guide/detail.jsp?sysId=0006510668&dtdId=000075&search_type=detail&mark=basic&la=ch

The Efficacy of Martial Arts on Health

By Chen Pan-ling

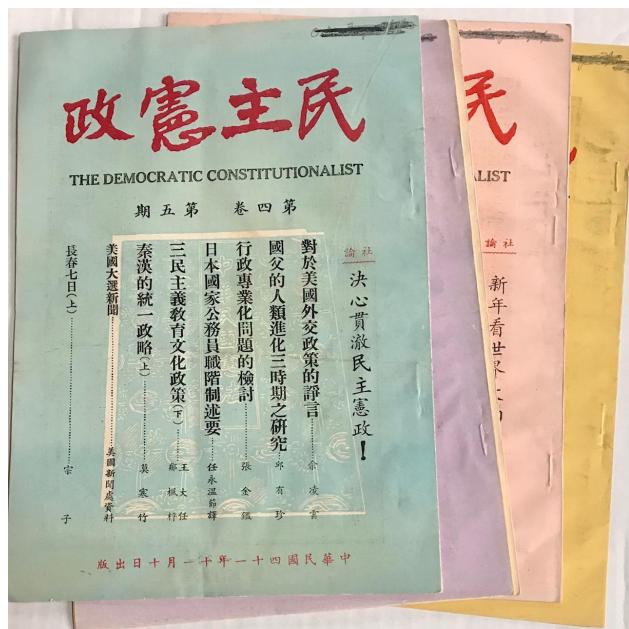
February 20th, 43rd year of the Republic (1954)

Volume 6, Issue 7 of "The Democratic Constitutional" Developing a National Art & Promoting National Health

(1) Flexible Muscles:

Muscles that are not flexible and movements that are not agile will affect the circulation of Blood and Qi. During exercise, a variety of methods must be used to lengthen the muscles all over the body and increase the flexibility of these muscles. Muscles that have not been exercised have a small amount of flexibility and are called "dead muscles". Muscles that are exercised have a large amount of flexibility and are called "living muscles". Developing one's muscles is the same as smelting iron. Wrought iron is made from pig iron, and then steel is made from wrought iron.

There are many movements and postures in martial arts, and the coordinated movement of curves and spirals maximizes the effectiveness of muscle flexibility. Take a look at those who practice martial arts. Even when they are old, their body movements are still as flexible as those in their youth.



[Image from

<https://www.abebooks.com/magazines-periodicals/Min-zhu-xian-zheng-Democratic-constitutionalist/22877331261/bd>

(2) 氣血流暢：氣血流暢，對於身體健康攸關重要，疾病多係氣窒血凝而生，若運動僅注意到外形，而不知運氣和養氣方法，仍不能達到氣血流暢的目的，國術動作處處與運氣相配合，運氣以意為主，意者氣之門，意領氣，氣催血，一舉一動，均以意領先而以氣隨之，無意則無氣，無氣則無力，意志集中，力量集中，這兩句話可謂練習國術的要訣，練習國術，增長氣力，就是這個道理，運氣如流水，無緣之水，其流不長，養氣即所以開源，國術所講氣沉丹田，在由丹田運至周身，此為有源之氣，其氣長而有根，當較常人之氣充實而有力，養氣除依法用功外，還要戒嗜好，去邪念，正心誠意，修身養性，能如此，不但可以健身且可養成至剛的精神，亦即孟子所說：浩然之氣。

(2) Smooth Flowing Blood and Qi:

Smooth flowing Blood and Qi are vital to physical health. Most diseases are caused by blocked Qi and stagnant Blood. If you only pay attention to the external shape (wài xíng) of the body during exercise and are not aware of the directing of Qi [throughout the body] as well as the methods for nourishing Qi, then the goal of attaining smooth flowing Qi and Blood will not be reached.

The movements in martial arts in all respects are coordinated with the directing [of Qi throughout the body]. The directing of Qi [throughout the body] is mainly based on Intent [Yi]. Intent [Yi] is the gateway of Qi. Intent [Yi] leads Qi and Qi stimulates Blood. Each and every movement uses Intent [Yi] to first lead, and then uses Qi subsequently. If there is no Intention [Yi], then there is no Qi. If there is no Qi, then there is no power.

“Concentrate willpower [Yi Zhi]. Concentrate power [Li Liang].” These two sentences can be said to be the key to practicing martial arts. Practice martial arts and increase strength. It is for this reason that directing Qi [throughout the body] is like running water. However, if there is no water available, then the water will not flow for long.

Nourishing the Qi is thus like opening a spring source. Martial arts speak of sinking Qi to the Dantian, and then transporting [the Qi] throughout the whole body. This serves as the source of Qi. This Qi be long [lasting] and have a root.

To have Qi that is more full and powerful than a normal person, one must nourish the Qi and follow the law. It is also necessary to abstain from [bad] habits, eliminate evil thoughts, be sincere and cultivate one's moral character. Not only will you keep fit, but you can also develop a strong vitality [Jing Shen]. That is what Menzi [Mencius] called “awe-inspiring Qi”.



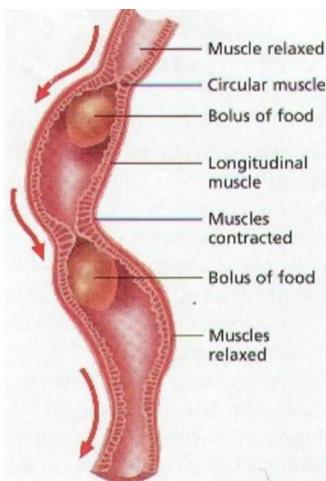
[Image from <https://www.bigtreehealing.com/what-is-blood-in-chinese-medicine/>]

(3) 內臟健壯：人體的內臟，如汽車重要零件，肌肉如汽車的外衣，氣血如汽車所用的汽油，若機器的零件失靈，即使汽油充足，亦不能加大馬力，開足速度，否則，機器必受損害，影響全體的活動，故健旺內臟，對於身體的健康更重要，關於健旺內臟的運動，可分三種：

(1) 是跳躍的昇降運動。(2) 是呼吸的伸縮運動。(3) 是旋轉的波浪運動。過於激烈的跳躍運動，不但與內臟無益，而且有害，因過於劇烈的跳躍運動，氣必發喘，且內臟彼此衝擊摩擦，致受損傷，尤其不利於心臟。心臟擴大病多由此而得，實有違反運動之意義，應特別小心。呼吸的伸縮運動，可協助內臟的自然蠕動。最有益於內臟的運動為波浪式的運動，運動時應避免內臟各部衝擊和磨擦，波浪式的運動，使內臟各部運動順序，無衝擊磨擦之害，其運動方向，四面八方均可兼顧，對於加強消化能力，尤著成效。太極拳和游泳均屬波浪式運動，故對於身體健康，尤其是內臟，均具有特殊效能。民國二十四年，總統在成都對於教育之重要訓示，其中關於體育一節，特別指出游泳和國術以及各種野外運動，都要特別提倡。民國初年，北平各大學師生，患肺病的甚多，當時無肺病特效藥出現，多因練習太極拳而痊癒，一般人均擇太極拳為肺病治療法，此足以證明練習國術能健旺內臟的特效。

Peristalsis

- series of involuntary wave-like muscle contractions which move food along the digestive tract



[Image from <https://healthjade.net/peristalsis/>]

(3) Healthy Internal Organs:

The internal organs of the human body are just like the important components of a car. The muscles are like the shell of a car, and the Qi and Blood is like the gasoline used in a car. If the parts of the machine fail, even if there is an adequate supply of gasoline, then you cannot increase its horsepower and drive at full speed. Otherwise, the machine will be damaged and affect all of its activities. Therefore, it is very important for the health of the body to invigorate the internal organs. The exercises regarding healthy internal organs can be divided into three types:

(1) Jumping up and down movement

Excessive jumping movement is not only ineffective with regards to internal organs, it can also be harmful. When doing excessively violent jumping exercises, the breath will certainly be sent out in gasps. Moreover, the internal organs will collide and rub against each other, causing damage, which is especially detrimental to the heart. Cardiomegaly (enlarged heart) disease is often caused by this, which has the opposite intent of exercise, so you should be especially careful.

(2) Expanding and contracting with the breath movement

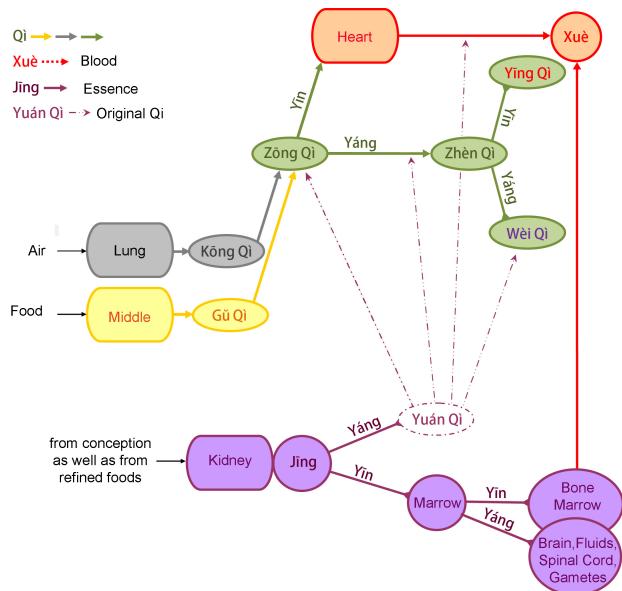
Expanding and contracting with the breath can assist with the natural peristalsis of internal organs.

(3) Rotating wave movement

The movement that is most beneficial for internal organs is the wave-like movement, which avoids impact and friction of the organs during exercise. The wave-like movement makes the internal organs move in sequence without impact or friction. Its movement direction can be taken into account in all directions, and it is particularly effective for increasing digestion capability. Taijiquan and swimming are both wave-like sports, so they have a particular efficacy on physical health, especially with regards to the internal organs.

In the 24th year of the Republic of China (1935), the President's important instruction on education in Chengdu, which included a section on sports, specifically pointed out that swimming, martial arts, and other various sports should be specially promoted. In the early years of the Republic of China, many teachers and students in Beiping (Beijing) suffered from lung diseases. At that time, there was no specific medicine for lung disease, and most of them recovered by practicing Taijiquan. Most people support Taijiquan as the treatment for lung disease. This is enough to prove that practicing martial arts can strengthen the special effects of internal organs.

(4) 骨髓豐滿：身體的衰老，其原因固為肌肉不活，氣血不暢，內臟失調，然骨髓乾枯，尤關重要，骨乾易折，且骨節因乾枯而不光滑，致轉動不靈活，如同沒有上滑油的機器一樣，充實骨髓，為普通運動不易獲得的效果，實為習練國術較深的一層功夫，就是國術上所講的，化精為氣，化氣為髓，其中道理，練到相當程度，自然可以明瞭，並有顯著表現，體重一定超過於大小同等體格之常人。國術對於國民健康效能的宏大，由以上四點可以確信無疑，再拿古今的事實來看，在明代以前，為世界最富強的國家，國民的體格當必健壯，當時並無近代各種新式運動，為有練習國術為國民鍛練身體的最好運動，近來因患肺病、胃病、頭痛、及血壓高等症者，練習國術，均獲痊癒，足證練習國術，不但弱者能強，而且使病者能癒。



[Translated from:

<https://tcmpro.ch/die-quellen-von-qi-biohumaner-qi-stoffwechsel-metabolismus/>

(4) Ample Bone Marrow:

The aging of the body is caused by inactive muscles, Qi and Blood not [flowing] freely, imbalances in the internal organs, and bone marrow that is dry, which is especially important. Dry bones break easily, and the joints are not smooth due to dryness and the lack of lubrication, which results in inflexibility during rotation. This is similar to a machine without lubricating oil.

Enriching the bone marrow is not easy to achieve by ordinary sports. It actually takes the deep layer of gong fu in the practice of martial arts. That is, martial arts speak about turning essence [Jing] into Qi and Qi into marrow. If you practice to a certain extent, you will naturally understand it and it will be manifest [in your body]. Your weight will be greater than that of an ordinary person of the same size and physique [because of the abundance of bone marrow].

From the above four points, we can be sure that the great efficacy of martial arts on the nation's health can not be in doubt. Before the Ming Dynasty, which was the richest and most powerful country in the world, the physique of its people was strong and healthy. Yet, there were no modern sports at that time.

Practicing martial arts is the best exercise for the nation. Recently, those suffering from lung disease, stomach disease, headaches and high blood pressure have been cured by practicing martial arts. There is sufficient evidence that not only can the weak get stronger, but the sick can also recover.