

Unit 15
Reading A

Kung Fu 《功夫》

1 The term Kung Fu refers to the martial arts of China. Kung Fu originated in a place called the Shaolin Temple, where monks practiced Kung Fu for health and self-defense during their quest for enlightenment.

“功夫”一词指的是中国武术。功夫起源于一个叫少林寺的地方，在那里，僧人们在追求开悟的过程中练习功夫以强身健体和自卫。

2 The first Shaolin temple was a Buddhist monastery built in 377 AD in Henan province of China. In 527 AD, a Buddhist prince, Bodhidharma, or Da Mo in Chinese, traveled to the temple for religious teaching, but found the monks weak and in poor health. To find a way to give the monks strength and vitality, Da Mo locked himself in a room for nine years of meditation. His resulting work, Yi Jin Jing, a series of exercises which developed strength, vitality, and internal energy, is considered the original Shaolin martial art.

第一座少林寺是公元 377 年在中国河南省建造的一座佛教寺院。公元 527 年，一位佛教王子菩提达摩（中文称达摩）来到少林寺进行宗教讲学，但他发现僧人们身体虚弱、健康状况不佳。为了找到一种方法赋予僧人们力量和活力，达摩把自己关在一个房间里进行了九年的冥想。他由此创作的《易筋经》，一系列锻炼力量、活力和内力的功法，被认为是最初的少林武术。

3 Kung Fu is a general term which includes hundreds of styles of Chinese martial arts.

“功夫”是一个统称，它包括数百种中国武术风格。

4 One distinction is made between external and internal Kung Fu. In external Kung Fu, one exercises his tendons, bones, and skin while in internal Kung Fu one trains his spirit, his “Chi” (flow of life energy), and his mind. The older one gets, the more adept one becomes at Kung Fu because one progresses from movement to stillness and from firmness to softness.

外家功夫和内家功夫有一个区别。在外家功夫中，人锻炼自己的筋、骨和皮肤；而在内家功夫中，人训练自己的精神、“气”（生命能量的流动）和心智。人越年长，在功夫上就越娴熟，因为人会从运动走向静止，从刚硬走向柔软。

5 Some of the more famous styles include Shaolin, tai-chi-chuan, Hsing-i, Eight Trigrams, and Yung-chun. Within the Shaolin style of Kung Fu, there are dragon, tiger, panther, snake, and crane styles of fighting. These substyles are so named because they imitate the special attack and defense techniques of different animals and incorporate them into boxing movements.

一些比较著名的流派包括少林、太极拳、形意拳、八卦掌和咏春拳。在少林功夫风格中，有龙、虎、豹、蛇和鹤等打斗风格。这些子风格之所以如此命名，是因为它们模仿不同动物的特殊攻击和防御技巧，并将其融入到拳法动作中。

6 Basics are a vital part of the training, as one cannot progress to the more advanced stages without them; without strong and flexible muscles to manage “Chi” and proper body mechanics,

many movements of Chinese martial arts are simply impossible to perform correctly.

基础是训练中至关重要的一部分，因为没有基础就无法进入更高级的阶段；没有强壮而灵活的肌肉来控制“气”以及正确的身体力学，许多中国武术动作根本无法正确地完成。

7 Basics training may involve a series of simple movements that are performed repeatedly over a short interval; examples of these basics training include stretching, stance work, rudimentary conditioning, meditation and basic kicking and punching techniques.

基础训练可能包括一系列在短时间内反复进行的简单动作；这些基础训练的例子包括拉伸、站桩、基本体能训练、冥想以及基本的踢打技术。

Difference Between Kung Fu and Other Martial Arts

8 The philosophy of Chinese martial arts originated not with warlords whose aim was to kill, but with Buddhist masters whose aim was to prolong life. This philosophy and history has led to a difference in the practice and the attitude of Chinese martial arts practitioners.

中国武术的哲学并非起源于以杀戮为目的的军阀，而是起源于以延年益寿为目的的佛教大师。这种哲学和历史导致了中国武术习练者在实践和态度上的差异。

9 Unbelievable violence and hostility are found in some martial arts systems. Such behavior is not found in Kung Fu training, because the nature of the training is such that a calm disposition and a feeling for one's training partners are developed intrinsically, and harboring selfish, aggressive attitudes would work against the practitioners themselves.

在一些武术体系中存在着令人难以置信的暴力和敌意。但在功夫训练中不会出现这样的行为，因为功夫训练的本质会自然而然地培养出沉稳的性情以及对训练伙伴的关怀，怀有自私、好斗的态度对习练者自身是不利的。

Kung Fu is a Comprehensive System 功夫是一个综合系统

10 Martial arts techniques are divided into four areas: striking, kicking, grappling and throwing, and seizing and locking the joints. Every type of Chinese Kung Fu contains techniques from each of these four areas. This is important because each category of techniques is effective against one or more of the other categories. A Chinese martial artist, therefore, can deal with every type of attack and defend himself effectively.

武术技巧分为四个领域：打击、踢击、摔拿以及擒拿锁关节。每一种中国功夫都包含这四个领域的技巧。这一点很重要，因为每一类技巧都对一个或多个其他类别有效。因此，一位中国武术家能够应对各种类型的攻击并有效地进行自我防御。

11 Other martial arts, like Karate, Judo, Jujitsu, and Taekwondo, specialize in only one or two of the four categories of techniques. Because of the nature of these martial arts, their practitioners often have difficulty if opponents use attacks that fall outside the categories in which their respective arts specialize.

其他武术，如空手道、柔道、柔术和跆拳道，只擅长四个技巧类别中的一两个类别。由于这些武术的性质，当对手使用其各自武术所擅长类别之外的攻击时，习练者往往会陷入困境。

12 One way to prepare you yourself to handle any fighting situation is to learn all these different martial arts. A better alternative is to learn a Chinese martial art like Long Fist. It not only saves

time and effort but also gives advantages not found in other martial arts.

一种让你自己为应对任何格斗情况做好准备的方法是学习所有这些不同的武术。一个更好的选择是学习像长拳这样的中国武术。它不仅节省时间和精力，还具有其他武术所没有的优势。

Popularization of Kung Fu

13 In the western world, Kung Fu was popularized by the legendary Bruce Lee. His 1973 film “Enter the Dragon” was an international box office hit.

在西方世界，功夫因传奇人物李小龙而广为人知。他 1973 年的电影《龙争虎斗》在国际上票房大卖。

14 After the Bruce Lee film, there came floods of martial arts films popularized in the west by Hollywood. Earlier the North American TV series “Kung Fu” in the early 70s popularized the art on television. The practice and philosophy of Chinese martial arts portrayed in this series brought before the world the popular culture of China.

在李小龙的电影之后，好莱坞在西方推广了大量的武术电影。更早的时候，20 世纪 70 年代初的北美电视剧《功夫》在电视上普及了这一艺术。这部电视剧中所描绘的中国武术的实践和哲学将中国的流行文化呈现在了世界面前。

15 In 1976, another great movie “Shaolin Temple” came out by the Chinese director Chang Cheh. This is a classic movie in the sense that it focused on the temporal dimension of discipline and trial in contrast to the skills that were in focus in the Bruce Lee film. In the story, the temple disciples with years of repetitive labor like cooking and carrying water gradually acquire Kung Fu skills without their knowing it. Now Kung Fu has been further popularized by the Kung Fu movies by the actors and martial artists like Jackie Chan and Jet Li.

在 1976 年，中国导演张彻又推出了一部伟大的电影《少林寺》。从某种意义上说，这是一部经典电影，因为它聚焦于纪律和磨炼的时间维度，与李小龙电影中聚焦的技能形成对比。在故事中，少林寺的弟子们通过多年像做饭和挑水这样的重复性劳动，在不知不觉中逐渐获得了功夫技能。现在，功夫又因成龙和李连杰等演员及武术家的功夫电影而得到了进一步的普及。

16 In fact, Kung Fu has found place in popular culture since historic times. It had influenced the ancient Chinese Opera, a form of drama, even in the Tang Dynasty.

事实上，功夫自古以来就在流行文化中占有一席之地。甚至在唐朝，它就影响了中国古代戏曲这一戏剧形式。

17 Fictional accounts of martial arts in literature also date back to the 2nd and 3rd century BC and were later popularized in the Tang and Ming Dynasties. The genre of literature depicting martial arts is known as “wuxia”. The popular perceptions about Kung Fu are influenced by these literary works. Since the 1970s, Kung Fu has been globalized via books, TV shows and movies, transcending its ethnic roots.

文学作品中对武术的虚构描述可以追溯到公元前 2 世纪和 3 世纪，后来在唐朝和明朝得到普及。描绘武术的文学体裁被称为“武侠”。人们对功夫的普遍认知受到这些文学作品的影响。自 20 世纪 70 年代以来，功夫通过书籍、电视节目和电影走向全球，超越了其民族根源。