

中央研究院 長洪武術社 招生

Academia Sinica Changhong Martial Arts Club Admissions



社團教授傳統北方長拳和南方洪拳系統，指導教練為莊淑斐教練，為中華民國長拳洪拳推廣學會二段教練。

The club mainly teaches the traditional northern Changquan and southern Hongquan systems. The instructor is coach Zhuang Shufei, a 2nd-level coach of the Changquan and Hongquan Promotion Association of the Republic of China.

本社所教套路有北派長拳,如連步拳、功力拳、一路埋伏、二路埋伏、十字趟、昆吾棍、七星刀、三才劍等；以及南派象形拳術及兵器、如虎、鶴、蛇拳、洪門劍、柳葉刀、蟠龍棍、洪門槍以及奇兵扇、鐵尺、雨傘、拐等。

The routines taught in this club include Northern Changquan, such as Linking Steps Fist, Power Fist, 1st & 2nd Road Ambush, Shizitang, Kunwu Stick, Qixing Knife, Sancai Sword, etc.; as well as Southern Xiangxing Style and use of weapons, such as tiger, Crane, Snake Fist, Hongmen Sword, Liuyue Saber, Panlong Stick, Hongmen Spear, as well as Qibing Fan, Iron Ruler, Umbrella, Crutches, etc. Our teaching emphasizes basic skills training, and pays equal attention to routine learning and practical applications. We proceed step by step according to personal progress.



本社教學強調基本功訓練，套路學習與解招應用並重，依個人進度循序漸進，無須擔心基礎，6歲以上皆能參加，歡迎大家一起加入我們!!

There is no need to worry about the basic requirements. Anyone over 6 years old can participate. Everyone is welcome to join us!



練武術的好處：

筋骨伸展 身體大小關節活動與肌肉伸展、學習放鬆 不易肩頸痠痛過於緊繃、
增強呼吸系統機能 丹田呼吸減低心肺壓力、意念集中 將心神回歸自己身體
健身 讓身體年齡不會高於實際年齡、防身 勿恃敵之來，
恃無有以待之 養身 身心意與氣血全面性練習。

Benefits of practicing martial arts: Stretching of muscles and bones. Movement of all joints of the body and stretching of muscles. Learn to relax and avoid shoulder and neck pains and excessive tension. Enhance the function of the respiratory system and reduce the lung artery pressure via Dantian breathing technique. Focus your mind and enhance body self-awareness Fitness building: Keep up your body's fitness and agility against aging Self-defense: Be always well-prepared for any coming adversary Health: comprehensive exercises for body, mind and spirit

上課間：每週三下午 7:30-9:00

Time: Wednesdays 7:30-9:00pm

上課地點：每週三 地球科學所前庭

Course Location: Earth Science Institute Front court, 128 Section 2, Academia Rd. Nangang



招收對象：院內、眷屬、院友、中研院週邊居民，6 歲以上男女老少皆可。

Prospective recruits: Anyone aged 6 and above, of any gender or age, is welcome to attend the hospital, including employees, former employees of Academia Sinica and their family, as well as local residents nearby.

課程收費：3000/一期三個月

Fee: 3000 NTD/course (3 months)



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