

# 陳泮嶺的武術志業與思想

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## 摘要

武術是一種結合生理、心理與物理作用的運動，雖講究搏擊效用，更重視健體養生之功。我國在民國十七年首先在南京成立中央國術館，陳泮嶺是近代推動國術發展的重要人士之一。陳氏家學淵源，在青年時期即有武學素養，後在歷任重要國民黨黨職之際，亦先後在各地創辦武術會及訓練班，為國術發展奠定基礎。陳氏來台後編寫各級武術教材、籌組中華國術進修會，甚至舉辦全國國術比賽，比賽盛況空前，其熱心提倡，獲政府高度重視。陳氏一生推動武術，其武術思想內涵，首重強身強國將中國武術講求形神合一，內外兼修的意義充分發揚，在強身上係鍛鍊人體中樞神經系統和內臟器官。陳氏在各類武術中最看重形意拳與太極拳，藉乎拳術內外兼修，利用意念使真氣流暢全身，進而強身固本，繼之提升全民之國力。此外，陳氏亦重視武術所寓含之忠勇俠義精神，藉其中武德的規範自我恪遵，養成謙和沖淡與見義勇為的精神，在其人生作為上，時時遂行愛國行俠仗義。陳氏晚年卜居臺中，晨間義務教導民眾太極拳，甚至出資出版《武道月刊》，在在證明他是開一代風氣之先的「國術大師」。

關鍵字：武術、武術思想、陳泮嶺

# Pan-Ling Chen's Thinking on and Career of Martial Art

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## Abstract

The martial art is a sport that integrates the interactions among physiological of physical, and mental activities. Although it highlights the efficacy of fight, however it pays more attention on the way of improving health. The National Martial Association was first founded in 1928 in Nan-Ging. Mr. Pan-Ling Chen is one of the most important pioneers in promoting Martial art in modern times. Chen's family is well educated and knowledgeable. He is equipped and well trained in the martial art. Later, he founded the martial art training camp and promoted competition during the time he worked for CDP. And, it lays the solid foundation for later development of martial art. After Chen moved to TWN, he wrote and edited teaching materials for training of martial art, organized the training camp, and initiated the national Chinese martial art competition. The competition created exceptionally grand occasion and was highly respected by the government.

Mr. Chen devotes his lifetime to promoting the martial art. The inner thought focus on the blend of physical reaction and mental awareness and apply it into keeping one's health and making the country more prosperous. It is stressed the full spirit to train the physical health and enrich the self-cultivation. For physical health, it stressed on the central nerve system and internal organs. Chen's martial art focus on the Xingyi and Taijhi. Physical reaction and mental awareness are trained by the consciousness to make the "CHI" well circulated internally. It is the basics of keeping one's healthiness which in turn can enhance the overall national power.

Besides, Chen also pays attention to the spirits of martial art which are faith, bravery and chivalry. They are the life standard to follow up and provide effective means of training inner thought into more humbleness, moderateness, and doing the things righteous. To reflect the self-cultivation, the behavior of Mr. Pan-Lins Chen set an example for a patriot. Chen stayed in Taichung in his old age. He taught Taighi in the morning voluntarily for local residents. Moreover, he published *The Martial Art Monthly* with his own funding. Generally, Chen is the Martial Master who opens the modern practice for Chinese martial Art.

**Keyworlds :** Martial Art 、 Thinking on Martial Art 、 Pan-Ling Chen