

彈弓譜(乙丑年廉讓堂藏書本抄)  
跋

此譜余曾祖亦畚公得之於一江湖避難者。

永年縣古城西關有一處伙店，店主人孔某嗜武術。余曾祖常過住焉，店內一搗風箱者為一異鄉人久於余曾祖所識，一日語余曾祖曰，吾無家業孑然一生半生潦倒浪跡四海嚐於途中拾得一物，吾雖不學然粗識文字知為彈弓譜，亦一難得之物吾聞物尋善主而居今以贈君幸善視之，余曾祖依譜習練無不驗，觀其所止思其言談，微覺其非等閒乃與彼談武術及江湖異聞唯唯唯諾諾笑而無他言。無何清兵忽圍西關此人即於店後門入蘆葦叢中至日午猶搜查不已圍而不解，適邑人某從洛關返城知情後乃曰，吾於洛關曾見此人不知其往諛清兵乃解圍去，後聞此人乃一巨盜曾犯清皇宮，別無他聞終不知其誰何也。

入門歌

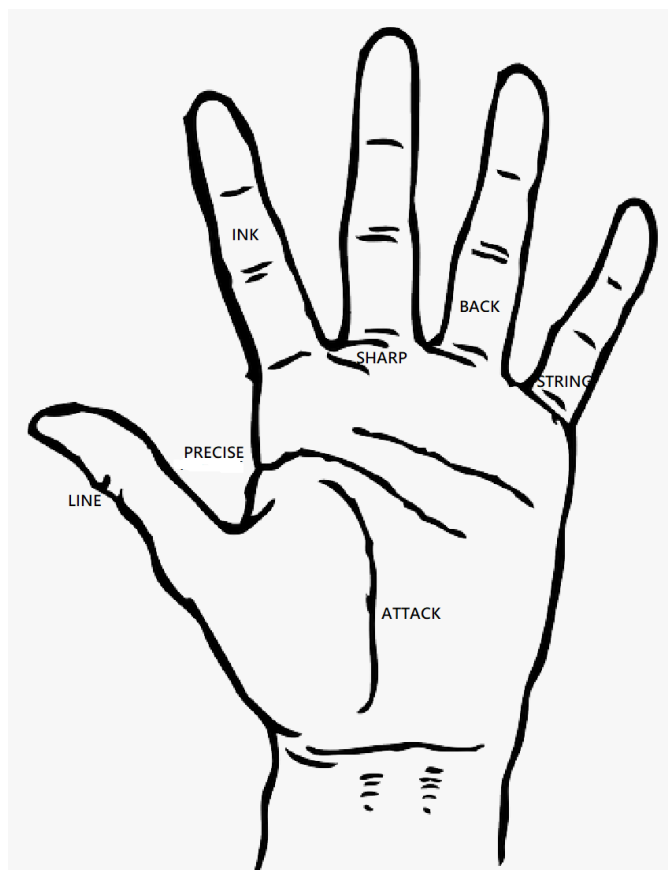
搭彈捏窩莫提弦，前拳斜拿扭張圓；雙手齊開前拳展，後手提在耳前邊。  
左眼少合右眼觀，觀見前拳鳥身邊；恐怕前拳把來轉，定要加力緊搦拳。  
後手一撒鳥落下，傍人誇獎自心寬；不論遠近要拉滿，不滿不準為繃弦。  
彈弓只要式樣大，若是小了準頭難；要知彈弓長多少，拉到耳邊弓要圓。  
得心實有真妙訣，百發百中非偶然；安分守己可相贈，不遇其人莫輕傳。

十二部分圖  
線  
平  
骨尖  
攻  
本  
左手  
線  
五字未入圖  
停後手大二指  
平後肘  
主勝尖  
欠肘窩  
線前手大指間



子奢解：開弓要拉著彈子，不要扯彈碗的弓弦施力。左手持弓要斜著握。右手將弓弦拉至眼後耳前；持弓手對目標，右眼瞄準。要握緊持弓手把，以防開弓時握把扭轉。開弓時，弦要拉滿，不然不足力道；彈子會從彈碗跳脫造成脫靶。

When drawing the bow, you should pull the pellet, not the bowstring of the pouch to apply force. The bow in the left hand should be held obliquely. The right hand pulls the bowstring to the back of the eyes and in front of the ear; the hand holding the bow is aiming at the target, and the right eye is aiming. Hold the handle of the bow tightly to prevent the handle from twisting when the bow is drawn. When drawing the bow, the string must be fully drawn, otherwise the strength will be insufficient; the pellet will jump out of the bowl and miss the target.



OWE : LEFT ELBOW  
 MAIN: LEFT SHOULDER  
 STOP: RIGHT HAND PELLET  
 HOLDING FINGERS  
 FLAT: RIGHT ELBOW

十二步位分配

使攻又配線，掌推弓一半，使準又配墨，還用線指推，使弦又配背，非精不能對，使欠又配弦，中用準字連，使本又配主，只用準字努，使停又配平，左右墨字擰。

子奢解：此段落說明開弓時兩手與身體各部位動作的連貫性。掌心(攻)與左手大拇指一節(線)挾住弓把推弓半開；然後左手虎口(準)搭配著食指第二節(墨)、左手大拇指一節(線)一起推弓。小指(弦)、無名指(背)、中指根(精)緊縮，左手肘窩(欠)也跟著小指(弦)動作，一同連貫至左手虎口(準)。左胸(本)搭配左肩(主)與左手虎口(準)一齊出力。接下，搭彈右手拇指食指(停)拉至定位；此時，右手肘(平)須保持水平。弓朝左朝右用食指第二節(墨)來轉。

This paragraph explains the coherence of the movements of both hands and various parts of the body when the bow is drawn. The palm (attack) and the left thumb (line) hold the handle of the bow and push the bow halfway; then the left hand tiger's mouth (precise) is matched with the second index finger (ink) and the left thumb (line) to push the bow together. Tighten the little finger (string), ring finger (back), and middle finger root (sharp), and the left elbow (owe) also follows the movement of the little finger (string), connecting together to the tiger's mouth of the left hand (precise). The left chest (basis) is matched with the left shoulder (main) and the left hand tiger's mouth (precise) to work together. Next, snap the right thumb and index finger (stop) and pull it to the position; at this time, the right elbow (flat) must be kept horizontal. Use the second knuckle (ink) of the index finger to turn the bow from left to right.

子奢

凡打彈弓者，先打身法，腳步踏定後用線攻，主本停準墨精平欠背弦，腰身前探，前足對把，後手對耳，前手對眼，肘字要落，停字要停，後肘要平。

子奢解：此段落為萬籟聲先生摘要之彈弓身法病是也；腰不前探是病，前足不對把是病，後手不對耳是病，不對眼是病，肘字不落是病，停字不停是病，後不平肘是病。

This paragraph is Mr. Wan Laisheng's summary of the incorrect of the pellet bow body posture; the waist is not protruding forward is a fault, the front foot is not point toward handle, the back hand is not in front of the ear, not behind the eye, it is a fault. The elbow is not falling, it is a fault, and the pellet holding hand is not stopping. It is a fault, and the uneven elbow is a fault.

十二位訣

線。何為線？在前手大指紋中有背尖是也。將弓開圓，骨尖疼痛，此必是也。痛處望鳥一推必準也。如不準，加三分準字必準也。可有兩步準頭，遠者不準，此必是也。

子奢解：左手大拇指一節關節處為(線)，將弓張開時，把頂手掌骨尖處會痛，將疼痛處瞄向目標，近距離可準；如不準，可調整虎口(準)方向。

The joint of the thumb of the left hand is the (line). When the bow is opened, the tip of the metacarpal bone on the top of the hand will hurt. Aim the painful place at the target, and you can be accurate at a short

墨。何為墨？在前手食指第二節處為(墨)，開弓前，食指直展對向目標，開弓後，彎食指勾握弓把；食指(墨)搭配虎口(準)，發彈能準。準字擁住墨字，望前一送必準也。此必是也。

子奢解：左手食指第二節為(墨)，開弓前，食指直展對向目標，開弓後，彎食指勾握弓把；食指(墨)搭配虎口(準)，發彈能準。

The second joint of the index finger of the left hand is (ink). Before drawing the bow, the index finger should be stretched straight to face the target. After the bow is drawn, the index finger should be bent to hook the handle of the bow.

精。何為精？在中指根上是也。將弓開圓，臨撒弦之時，將中指根一緊為精字，能打精神巧妙。不大膽，精字不能立功，此必是也。

子奢解：左手中指指根處為(精)，開弓發彈之際，將中指指根處捏緊。

The root of the left middle finger is (sharp), when the bow is fired, pinch the root of the middle finger tightly.

背。何為背？在四指肚是也。如硬弓不能出子，臨撒手之時將指肚一緊，出子必利，此必是也。

子奢解：左手無名指指肚處為(背)，給重拉力磅數弓用；開弓發彈之際，將無名指指肚處捏緊，對發彈有幫助。

The belly of the ring finger of the left hand is the (back), which is used for heavy-draw weight bows; when the bow is fired, pinch the belly of the ring finger tightly, which is helpful for firing the bow.

弦。何為弦？在小指上是也。打高低用，打高平準頭用，打活故事用，凡取精神巧妙，皆以弦字為先，打左右不用，此必是也。

子奢解：左手小指處為(弦)，專用於打高、低、高平射姿、活動物體；但不用於打左右。

The little finger of the left hand is a (string), which is specially used for hitting high, low, high-level shooting postures and moving objects; but it is not used for hitting left and right.

攻。何為攻？在大指以下手掌中間是也。將弓開圓，內分半個為裡，半個虎口為界，外為外半個用力往前一登，其力必過精，指閉住必然準也。如不準，加上墨字一送必準也。此必是也。

子奢解：左手掌心處為(攻)，開弓時，虎口為界分裡、外，此處握指用力一頂可準，搭配食指(墨)發彈。

The palm of the left hand is (attack). When you draw the bow, the tiger's mouth is the boundary between the inside and the outside.

Here, you can hold the finger firmly and press the top to be accurate. Use the index finger (ink) to fire the pellet.

準。何為準？在左手虎口中間是也。未開弓先捉準頭，虎口對把，外三裡七，大指為外，二指為裡，如止捉，必打弓背；又曰將弓拿住，徐徐開圓，用準字頂，墨字頂，必準也；又曰準有三樣，有高準低準平準，不得一樣，又有用法。此必是也。

子奢解：左手肘出力為(欠)，使用時與小指(弦)一樣。

The left elbow exerts (owe), which is the same as the little finger (string) when used.

欠。何為欠？在肘窩是也。用時將肘窩一登為欠，與弦字同，此必是也。

子奢解：左手虎口中間為(準)，未開弓前，虎口對把手以朝外三分朝內七分握持(斜著拿握)，大拇指為朝外、食指為朝內，如果弓把正著持握，彈丸會打在弓背上；開弓時慢慢展開，利用虎口與食指來頂可打準。準頭分三種-高、低、平，用法皆不同。

是

子奢解：左肩向前出力為(主)，與準、墨、欠同為中力。打遠、打近用。

The forward force of the left shoulder is (main), and the same force as (precise),(owe), and (ink) is the middle force. Hit both far and close distance use.

h should be held  
thumb facing  
the bow; when you  
pes of aiming-

子奢解：左胸脯向前挺為(本)，使用時，前手勿動否則不準。

Stretch the left chest forward (basis). When using it, do not move the front hand, otherwise it will not accurate.

停。何為停？在後手捏窩大指二指上是也。將弓開圓，停字用力，大指重，偏裡；二指重，偏外。要停停用力也。此必是也。

子奢解：右手搭彈拉弦的大拇指與食指為(停)，展開弓拉弦至定位時兩指要用力，大拇指太用力彈子會偏左(裡)，食指太用力彈子則會偏右(外)。

The thumb and index finger of the right hand grasp the bowstring are (stop). When the bow is stretched and the bowstring is positioned, the two fingers should be used firmly. If the thumb is too strong, the pellet will be left (inward), and the index finger will be biased to the right (outward).

平。何為平？在後肘上是也。用時將後肘往後用力，為平字。要平平運之，運不平者，必有高低也。此必是也。雖分十二位，不過大概言之。要得一二位明白，運弓法練弓法可不講。

子奢解：拉弦右手肘往後出力為(平)，肘要保持水平，否則彈著點會偏高或低。

以上十二部位如果都明白，接下得十二運弓、練弓法可略過。

When pulling the string, the right elbow exerts force backward (flat), and the elbow should be kept level, otherwise the impact point will be higher or lower.

If you understand the above twelve parts, you can skip the next twelve bow movements and bow practice.

字搦，

主壓主，往朋旁，力加工，本字擁住，停達成，往裡擰，如右邊打再加平。此必定也。

十二練弓法

停練線，墨字攤；停練攻，精字鼎；停練墨，準字推；停練準，墨字引；停練主，攻字乳。

又曰

八法九勢十二位，內得一巧，取精微，熟能生妙，古來有規矩，裡邊必生魁。九勢用時，將隨身使八法，只用前手推。十二位在人，心取運弓，不過一氣吹其把，五力用外，二手進，只用準字推。十二字力巧難得，練弓難得火候隨；點指定位取巧妙，配合定位半邊推。

墨平停練的好，打必巧。線練墨準字，推線練精弓字，擁線練背弦字，對練線練弦欠字，連線練準墨字，引線練弓精字，頂線練主順身，乳線練順墨字，擰線練平前後行，線練本主字，引線練欠弦一半。

準練墨順，指推準練精墨字，輕準練背下攻，對準練弦精字，連準練攻精緊字，頂準練欠弦一半，準練主，往前努，準練本墨字，引準練線墨字，攤準練停，後手擰，準練平，主本停。

子奢解：十二運弓、練弓法、與又曰為古人以平仄押韻方式所創之口訣，用以幫助習藝者記憶開弓時兩手與身體各部位協調動作的連貫性。因本譜問世已過百年之久，內闡用語與字體、字義均與現今不同。僅供參考。

Twelve Bow Movements, Bow Practice, and Also said are formulas created by the ancients in a rhyming way to help practitioners memorize the coherence of the coordinated movements of both hands and various parts of the body when drawing the bow. Because it has been more than a hundred years since the publication of this genealogy, the terms, fonts, and meanings of the internal explanations are different from those of today. for reference only.

### 彈弓八法訣

未開弓先看拿手，未搭彈先看殼手，未定勢先看腳手，未開弓先看拉手，未對把先看頂手，開動弓先看扣手，開圓弓先看後手，打完彈先看其落手。

子奢解：從發彈前到結束後各個階段要注意的手法與姿勢。

The techniques and postures to be paid attention to at each stage from before the pellet is fired to after the end.

### 對把歌

練功切勿輕忽對把功，腰須正來腳站定，把對前足小趾莫移動，墨把停平眼對衝，發彈需摒一口氣，不摒氣時恐身微動。

子奢解：此段落為萬籟聲先生摘要之論對把法：

腰要正，雙眼對墨把，停平要對眼，前足小趾要對把。發彈時不要呼吸，以免身動影響彈道。

This paragraph is the bow handling of Mr. Wan Laisheng's abstract:

The waist should be upright, the eyes should be in line with the ink and handle, the eyes should be in line with each other when standing still, and the little toes of the front feet should be in line with handle. Do not breathe when firing, so as not to affect the trajectory of the ballistic.

### 又曰

未拿弓先看弓背，彈出向處將手離下指擱住，拿有幾樣拿法或背進或欠進或葉裡偷桃背進，不偏裡欠進取巧妙偷桃四步打鳥落。

凡搭彈者先看窩四邊得窠，如彈大者攻字往上推，小者墨字擰下此必準也。凡定勢先將前腳小拇趾照弓發步對住踏定九

子奢解：未拿弓時看它弓把處，看其彈丸射出的路徑，距此處往下一指處握住弓把。搭彈丸時，彈丸要完整服貼彈碗；彈子大，掌心(攻)

要向上推；彈子小，食指(墨)要往下扣才會準。要是設定射姿前腳小趾對弓方向踏地定住，身體姿勢就依循九種射擊姿態走。

When you are not holding the bow, look at the handle of the bow and the path of the projectile, and hold the handle one finger down from here. When taking a pellet, the pellet must be completely attached to the pouch; if the pellet is large, the palm (attack) must be pushed upward; if the pellet is small, the index finger (ink) must be pressed down to be accurate. As long as the little toe of the foot is set on the ground in the direction of the bow before setting the shooting posture, the body posture will follow the nine shooting postures.

何為攻？在大指以下手掌中間是也。將前掌往前一登為攻字可準四步。  
何為墨？在前手二指二節是也。用時將指往前一送為墨字其力與準字相同。  
何為準？前手虎口用時緊擱一頂為準字其力與墨字相同，遠近十二字俱用準。  
何為弦？前手小指中是也。用時往外一撒為弦字打鳥打走用之。  
何為背？前手四指肚是也。扣弓往外一抗為背字與弦字相同。  
何為精？在中指根上是也。用時將中指一緊為精字，撒弦之時將中指一緊，撒手可打精神巧妙飛鳥活物用時早用晚皆不準要的。  
何為主？在膀尖上是也。用時將膀尖往前使力為主字與欠字相同。  
何為本？在胳膊前乳是也。用時將乳往前一抗為本字。前手莫要頂，不推不準。  
何為停？在後手大指二指上是也。撒弦之時要均不均必偏左右。



子奢解：(攻)左掌心一推能準約四、五公尺。

(墨)左食指二節向前指，出力同左虎口(準)。

(準)左虎口出力，遠近都適用。

(弦)左小指，用時往外一放，供打活動物體。

(背)左無名指肚，用時扣弓往外一挺，同(弦)。

(精)左手中指根，發彈時緊握，供打活動物體。

(主)左肩向前使力。

(本)左手邊乳中，往前挺，前手不要動。

(停)右手大姆與食指，發彈時要平均，否則偏左右。

(Attack) A push with the left palm can be accurate for about four or five meters.

(Ink) The two knuckles of the left index finger point forward, and the force is the same as that of the left tiger's mouth (precise).

(Precise) left hand pulicue exerts force, which is applicable to both far and near.

(String) Left little pinkey put it out when in use, for hitting moving objects.

(Back) The belly of the left ring finger. When using it, buckle the bow and stretch it out, the same as (string).

(Sharp) The root of the middle finger of the left hand, hold it tightly when firing the bomb, for hitting moving objects.

(Main) Push the left shoulder forward.

(basis) In the breast on the left hand side, straighten forward, do not move the front hand.

(Stop) The big thumb and index finger of the right hand should be balanced when firing, otherwise they will deviate to the left and right.

### 破綻高低引

不論遠近只管去恐怕彈子有高低，未開弓者後手大指二指決在眼後耳前莫可動，前拳或高或低或左右俱用墨字，離下一分為照又要腰身活變腿隨身到後腳不離地位供撒弦時俱用準字當先。

子奢解：彈丸會隨著距離出現高低彈道變化。弓搭彈拉至眼後耳前不動。左手食指(墨)控制持弓左手高低左右，左手食指(墨)下方0.3公厘處為瞄準點。腰身隨腿部保持活動，後腳不要離地。發彈時(準)左虎口出力為先。

The projectile will have high and low trajectory changes with distance. The bow is pulled to the back of the eyes and in front of the ears without moving. The left index finger (ink) controls the height of the left hand holding the bow, and the 0.3 mm below the left index finger (ink) is the aiming point. Keep your waist moving with your legs, and keep your back feet off the ground. When firing the pellet the left tiger's mouth (precise) is the first to exert force.

又曰

彈子有大小使手有高低。如大者出子必然低用準字往前一推而疊也。若是小者必然高用墨字往前一扭擰必準也。

子奢解：彈丸有大有小，發彈手法就有高低。如果彈丸偏大，射出時彈道會較低下，就要用(準)左虎口出力往前推；若是彈丸較小會飛較高，用左手食指(墨)往下扣緊才會打準。

The projectile is big or small, and the method of firing the pellet is high or low. If the projectile is too large, the trajectory will be lower when fired, so use the (precise) left tiger's mouth to push forward; if the projectile is small and fly higher, use the left index finger (ink) to buckle down to be accurate.

又破八法

未開弓者先看弓背彈出何處將手離一下指搦定是也。凡搭彈者先看窩四邊虛實拉弓要圓，凡定勢者前腳小拇指照把發步對住踏定，凡開弓者將後照眼角似平住往後拉圓到耳前邊停住必準。凡對把者將前手望把一頂不可拿移，要準頂正打正頂偏打偏。凡開弓者用儒手開圓打死有應，打活者可用二指指定開弓加準字手無準亦必準。

子奢解：本段落重複強調自彈弓八法訣以下內容的精簡重點說明。

This paragraph repeatedly emphasizes the condensed and key explanations of the following content from the eight methods of the pellet bow .

破綻遠近

單使線字準一兩步

十步。若將線攻主本停五字連成一字能準二十五步此法是也。

本停字往上一撒能準

子奢解：單單用左手大姆指(線)出力只能準約三公尺距離，掌心(攻)再出力能達約六公尺。加左肩(主)力七公尺。加左胸(本)力能到約十公尺。在補上右手兩指力(停)能準確到約十二公尺距離；如果將上述五個字的手法一氣連貫，能打準約二十七公尺遠。

Using the thumb (line) of the left hand alone can only achieve a distance of about three meters, and the palm (attack) can reach a distance of about six meters. Add left shoulder (main) force to 7 meters. Add the left chest (basis) to about ten meters. Adding the strength of the two fingers of the right hand (stop) can be accurate to a distance of about 12 meters; if the above five characters are combined in one go, it can be accurate to a distance of about 27 meters.

### 取定立勢

凡開弓者，將前腳小拇指對弓把對住如踏千斤一般，後腳往後退或五寸或一尺踏地如登泰上一般，前腿往前拱後腿往後蹬地，雙腳用力腰用曲胸用抗，前手如推泰山後手如拔虎尾，滿身用力鋼釘一般，打手敲把皆不和前手攻字不停必把有高低，弓太重彈出弓口必高必偏裡必不準。

子奢解：開弓姿勢前腳小指對弓把站定，右腳後退十五至三十公分；前腿往前微彎，後腿往後踏出踩地。雙腳都要出力，腰部稍往前傾，胸要前挺。如有人碰弓或手都不能移動。左手掌頂弓要維持不動，不然弓把忽高忽低會影響彈道。重拉力磅數的弓，彈丸射出時角度會邊高偏左邊。

In the drawn bow posture, the little finger of the front foot is facing the handle of the bow, and the right foot is stepped back by 15 to 30 centimeters; the front leg is slightly bent forward, and the rear leg is stepped back to step on the ground. Both feet should work hard, the waist should be slightly forward, and the chest should be straight forward. If someone touches the bow or the hand cannot move. Keep the bow with the left palm still, otherwise the rise and fall of the handle will affect the trajectory of the bow. For a bow with a heavy draw poundage, the angle of the projectile will be higher than the left side when it is fired.

### 又打香頭妙法

打弓之法準在俱用準字如巧妙在心頭。用時將弓拉圓後手平眼角莫動，前手弓指左右照過香頭在何處，要對準撒弦用心取。彈弓分裡外中三樣各有用法，線攻本平四字為裡力能使手毒遠。若不能準內添精字。準墨主欠此四字為中力，遠近俱用內加九勢活使。弦背精停此四字為外力能力飛禽能打走獸打活，活法加精字，見後發出左右高低圖。

子奢解：左用虎口使力開弓拉滿至眼後，右手肘要水平。左手運弓指對著左右邊來確認香頭位置。對準發彈要用心來打(肌肉記憶)。彈弓有裡、外、中三種力道，各用途不同。(線)、(攻)、(本)、(平)四字為裡力打遠用，若不行在加(精)。(準)、(墨)、(主)、(欠)四字為中力，遠近都可用。(弦)、(背)、(精)、(停)此四字為外力專打活動物體，必要在加(精)字。詳見後發出左右高低圖。

Use the tiger's mouth on the left to draw the bow fully to the back of the eyes, and the right elbow should be horizontal. Move the bow of the left hand to the left and right to confirm the location of the burning incense tip. Aim and fire with your heart (muscle memory). The pellet bow has three kinds of strength: inboard, outboard and middle, each of which has different purposes. The four characters (line), (Attack), (basis), and (flat) are used for long-distance hitting, if not, add (Sharp). The four characters (Precise), (Ink), (Main), and (Owe) are middle force, and can be used both far and near. (String), (Back), (Sharp), (Stop) These four characters are for external force to hit moving objects, and it is necessary to add the word (Sharp). For details, see the left and right high and low charts.

### 高平身法

打高者將前腳小拇指把地踏住，前腿往前弓後腿往後蹬兩腿用力腰需折脯需抗，前手如推泰山後手如拔虎尾，滿身用力鋼釘一般，用主本線三法運之，見後發出左右高低圖。

子奢解：此姿勢前腳小指對弓把站定，前腿向前弓步，後腿往後踏出踩地。雙腳都要出力，腰部稍往前傾，胸要前挺。用(主)、(本)、(線)出力運弓。

In this posture, the little finger of the front foot is fixed on the handle of the bow, the front leg lunges forward, and the back leg steps back to step on the ground. Both feet should work hard, the waist should be slightly forward, and the chest should be straight forward. Use (main), (basis) and (line) to apply to the bow.

### 低平身法

回頭打低下弓勢在左腿在前背過身去，要看準頭主字頂住鳥身停平用力，恐怕左右偏上加精字必住中弓準頭內有三分氣力。

子奢解：回頭打低下目標的弓勢。左腿在前，轉過身去，用左肩對鳥瞄準，搭彈右手用力，避免左右偏加上左手中指根緊握能打準。

Turn head and hit the lowered target pose. With the left leg in front, turn body around, use the left shoulder to aim at the bird, the right hand hold pellet with force, avoid left-right deviation and hold the root of the left middle finger (sharp) tightly to hit the target.

### 平正身法

此法二腳不丁不八，小肚往前使力胸脯抗起，前手四指直展單用大指開弓，將弓拉圓四指一齊搵住以停運攻精是也。

子奢解：此姿勢兩腳立姿介於丁字步與八字步之間，小腹出力挺胸。左手四根手指都是張開的，只用大拇指握開弓，待弓開滿後，四根手指才扣上後發彈(停)，掌心(攻)、中指根(精)出力。

In this posture, the standing posture on both feet is between the T-step and the splayfooted step, and the chest is raised with the lower abdomen. The four fingers of the left hand are all spread out, and only the thumb is used to hold the bow. After the bow is fully opened, the four fingers are buckled and then fired (stop), and the palm (attack) and the base of the middle finger (sharp) exert force.

### 正高身法

用左腳尖朝裡平踏右腿點地，左胯往上直出右手開弓拉至眼角，將肱肘藏在襠內又用左手連膀直上直下只有動身不可動腿與前後手非主線停不能也。

子奢解：此姿勢左腳尖朝內平踩右腿點地。左大腿側面朝上，右手開弓拉到眼後，將手肘藏在褲子內側，左手臂連肩膀直上直下，只能身體動不能移動腿部與前後手。運力在(主)、(線)、(停)。

In this posture, step on the right leg flat on the ground with the left toe facing inward. The side of the left thigh is facing upwards, the right hand is bowed and pulled behind the eyes, the elbow is hidden inside the trousers, the left arm is straight up and down with the shoulder, only the body can move, the legs and both hands do not move .  
apply strength in (main), (line), (stop).

### 次高身法

打次高者，右腿要屈，左腿要近身向前趁，面往後看墨指直展指住準頭，將弓開圓墨指纏勾丁停準運之宜記。

子奢解：右腿要彎曲，左腿要近身向前靠，面往後看左手食指(墨)直展指住瞄準，將弓開圓食指(墨)纏勾弓把。運力在(準)、(停)。

The right leg should be bent, the left leg should be close to the front, and the index finger (ink) of the left hand should be stretched straight to aim while looking back, and drawn the bow, index finger (ink) should be wrapped around the handle of the bow. The strength is apply in (precise), (stop).

### 斜高身法

譬如正往前走背過身來卻往後打，左腿在前右是在後腳尖莫橫，用主字頂往鳥身墨二節照住準頭線字一推停字一運必準也。

子奢解：往前走時轉身朝後打。左腿在前右腿是在後，不要打橫腳尖。用左肩(主)對鳥，用左食指(墨)瞄準，左手大拇指(線)一推，搭彈右手用力。

Turn around and hit backwards while walking forward. The left leg is in front and the right leg is behind, don't place the foot toes horizontally. Use the left shoulder (main) to face the bird, use the left index finger (ink) to aim, push the left thumb (line), and hit with right hand with force.

## 發出高低左右圖

裡外中三樣詳於此



又要法  
懷中抱月

未拿弓即用外三裡七將弓合手住，然後用心弓取之，何為心弓？外三裡七為弓頭，上得心弓下得手心，欠力用手心主力用欠心此為心弓法，雖分心弓不能取精神巧妙還得準字取之可能精妙宜記。

子奢解：未開弓前，虎口對把手以朝外三分朝內七分握持，此握姿稱弓頭，上面稱心弓，下面是手心。左手肘(欠)力是用手心上，左肩(主)力用在左肘(欠)心上，此稱為心弓法。還要加左虎口(準)。

“Hug The Moon” — Before the bow is drawn, the tiger's mouth holds the handle with three parts outboard and seven parts inboard. This holding posture is called the bow head, the upper part is the bow of the heart, and the lower part is the palm of the hand. The left elbow (owe) force is used on the palm of the hand, and the left shoulder (main) force is used on the left elbow (owe) heart. This is called the heart bow. Also add left tiger mouth (precise).

準頭  
準有  
線

method. Also add left tiger mouth (aming-accurate).

論長有干指，至則用力必平也。何為高平？在則于虎口中是也，用正從弓月射弓開圓，壘于指臆任弓月後，稍指系

背指肚，緊弦再用主本欠三位與準力攻力運停，望前一頂能打二十五步準頭，如打弓背加線字力也。何為低準？高準相用中攻主字往下用力必準也，其準不過三、四步，遠者不準如野馬上槽必準也。

子奢解：準頭分三種-高、低、平。平準為左虎口外三裡七—左虎口中偏外一分、一線寬約半指長，用此出力能打準。高準為左虎口正中，正捉弓把開弓，左食指藏在弓背後，緊握無名指與小指，再用左肩，左胸，左肘三個位置搭配虎口、掌心出力，往前頂能打約二十七公尺遠。此很像要打弓把手加上大拇指出力般。低準為高準握法但是左肩向下壓，只能準約四公尺遠。要打遠運用下一式。

There are three types of aiming-accurate - high, low and level. Leveling precise is outboard three parts and seven parts inboard from the from left hand tiger's mouth - one point outside in the middle of the left tiger's mouth, and the width of the line is about half a finger length Use this grip position strength to hit the target accurately. High aiming- precise is in the middle of the left tiger's mouth, grasping the bow and opening the bow, hiding the left index finger behind the bow, holding the ring finger and little finger tightly, and then using the left shoulder, left chest, and left elbow to match the tiger's mouth and the center of the palm to push forward to hit about twenty-seven meters away. This is very similar to adding thumb force to the handle of a bow. The low aiming-precise is the High aiming- precise grip, but the left shoulder is pressed down, and the distance can only be about four meters. To go far, use the next method

### 野馬上槽

何為野馬上槽？前手三樣準頭是也。或是那樣準頭，單用準線字力為往前直走，譬如走毒字一般，後手平停難留停收救不住後撐必準也，俱用準當先宜記。

子奢解：運用上述三種準頭握法，主要運力在左虎口與大拇指上往前行走，右手搭彈拉弦至無法撐住時發彈。

Using the above-mentioned three kinds of aiming- precise grips, the main power is to move forward on the left tiger's mouth and the thumb, and the right hand draw the string when it can't hold it, then fire is called" Mustang Run To Manger". .

### 葉裡偷桃(此法打樹上之鳥故名)

此法先拿弓心口，大指在下二指在上墨指頂住鳥身，左腿一伸右腿屈下，然後將弓開圓打鳥丟在墨上，外三裡七用力往鳥一推必準也。



子奢解：此法手握弓心，左大拇指握偏下低於食指，左食指二節瞄準鳥身，左腿全伸長，右腿彎曲往下蹲；開滿弓食指對鳥，虎口外三裡七往鳥推。

This method "Steal peaches from leaves" holds the heart of the bow in the hand, the left thumb is lower than the index finger, the two joints of the left index finger are aimed at the body of the bird, the left leg is fully extended, and the right leg is bent to squat down; with the bow fully extended, the index finger faces the bird, outboard three parts and seven parts inboard from the from left hand tiger's mouth against bird and push bow.

### 回頭望月(望上打)

譬如正往前走回頭一望，左腿一伸、右腿屈下、身子一擰，撒彈必準為回頭望月。

子奢解：正往前走時回頭看，左腿全伸長，右腿彎曲往下蹲，轉身發射彈丸。

Looking back while walking forward, the left leg is fully extended, the right leg is bent to squat down, turn around and fire projectiles is "Look Back At The Moon".

### 珍珠倒捲

譬如立在

子奢解：珍珠倒捲簾為古時投壺遊戲將箭旋轉投出之手法，亦有由下往上之意。挺胸、右腳一抬踩地，左腳用力站直，回頭轉身往上發彈。

"The Pearl Rolling Blind" is a method of rotating and throwing arrows in the ancient game of throwing arrow into pot, and it also means from bottom to top. Stand tall, lift your right foot to step on the ground, stand up straight with your left foot, turn around and shoot upwards.