

注解 Explanation:

练八卦剑

Practising Bagua Sword

坐观八卦行若龙，一阵啸风升腾云。

练八卦剑，行走如龙，一声吼便会一飞冲天，腾云驾雾。

When practising Bagua Sword, walk like a dragon, ready to leap upon the clouds and ride the mist with one howl.

龙盘玉柱固江山，斩妖一剑破惊魂。

势静则沉稳、坚固，动则势如破竹、无懈可击、具有杀气。

When stationary, steady and firm; when moving, unassailable and ready to kill like a hot knife through butter.

身心相融泥趟步，乾坤坎离筑基根。

身随意合，顺应自然，养生应以内外兼修为之根本。

Body and mind in harmony, conforming to nature; cultivating both internally and externally is fundamental to health preservation.

(乾: 南 South; 坤: 北 North; 坎: 西 West; 离: 东 East.)

仙丹九转太多事，真人铸剑方鼎红。

欲长寿炼仙丹常会出事，性命双修之人方能修成正果。

The quest for the elixir of life is fraught with disasters; only by self-cultivation of character and body can one attain the right fruit.

世人皆知精妙术，愿留天涯狮城人。

愿将精深奥妙的八卦剑术传与异国的新加坡人。

Willing to impart the exquisite and profound Bagua Sword to people of the faraway land called Lion City.

写给新加坡八卦剑学员留作纪念

a memento for Singapore Bagua Sword students - July 2010

练八卦剑

坐观八卦行若龙，一阵啸风升腾云。

龙盘玉柱固江山，斩妖一剑破惊魂。

身心相融泥趟步，乾坤坎离筑基根。

仙丹九转太多事，真人铸剑方鼎红。

世人皆知精妙术，愿留天涯狮城人。

写给新加坡八卦剑学员留作纪念

書於二〇一〇年七月

