

# 一個不同像貌之國術

A Different Look at Taiwanese Martial Arts

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在台灣有許多不同的武術和舞蹈團體，但是將二者結合之團體，並具地方色彩的就是把台南市當根據地的「東方藝術團」。

東方藝術團在將近十年前由國家級教練朱瑞祥團長所創，藉由演出和教育，致力於民俗技藝和武術的推廣。首將舞蹈、地方戲曲等元素融入武術表演之中，將武術表演帶到一個新格局，給了地方戲曲嶄新的面貌。他的另一項突破就是將鏡框式表演帶到舞台上，拉近觀眾的距離。將一個原本冷僻的藝術活生生的呈獻給觀眾。武術套路與現代音樂的結合，不僅具有專

業水準，更表現東方藝術團的創新意念。新的嚐試為每一場演出帶出熱鬧活絡的氣氛，更吸引更多年輕習武者的投入。

除此之外，東方藝術團也將這些劇場式的專業演出帶入本土廟會及各大慶典中。台灣廟會本身就是為慶祝農曆節氣或迎接神明。眾人所見的慶祝和儀式其實就是祖先們對生活經驗和信仰的表現。武術的神氣與廟會的靈氣結合創造現代武藝，藉由地方活動展現台灣本土文

化的特有精神和生命力。

現代武藝之核心價質是一種武術的訓練。它並不只是表演和體能的要求，更是精神與心智之鍛煉。就如東方藝術團資深教師蔡孟君教練所說“國術或武術其實是內修外練，內修心神意氣力，外練手眼身法步。”它不只是力與美的結合，更是在套路中技巧的探討與應用。因為武術有許多派別，各有優缺，所以在套路上動作的設計便會呈現不同種技巧和風貌。也是因為這些元素創造武術之多元性，讓習武者興趣不減。

武術中除了拳術，器械訓練也是別有一片天。兵器的基本理念就是把兵器當成四肢的延伸。然而每一種兵器就有獨自特有的用法和意念，

傳統上，當我們聽到“武術”兩個字，第一個反應就是想到李連杰、成龍及苦修的少林和尚，身居寺廟中。但在現代化之台灣，朱瑞祥先生帶領的理念下，東方藝術團不僅是表現武術，更是表現武藝—武術的藝術。武術不僅代表著身體與社會之身心平衡，更表現出變革中的台灣，汲汲創新之新台灣精神。



▲ 97.8.30東方藝術團表演劇拍【台南社教館演藝廳】

每次學到不同兵器就能體會武術的另一層面。在眾多的兵器當中，蔡教練對劍術情有獨鍾。

“劍道”在動作的流暢性舞起來就帶有那麼一點瀟灑。劍式造型優美，動作輕盈瀟灑，步法輕靈穩健，劍法工整清晰。而且劍術是由劍帶身體，身形更是結合力與美。”於當今生活中，不管是兵器或拳不論藝術或實用面都有獨到的價值。



▼ 97.8.30東方藝術團表演劇拍【台南社教館演藝廳】





In Taiwan there are many different groups devoted to Chinese martial arts (i.e. Wushu) and choreography. One of the most prosperous group is right here in Tainan—Oriental Arts Group(東方藝術團). Created nearly a decade ago by a national level of coach (Ju, Ray-Hsian, 朱瑞祥), Oriental Arts Group has devoted itself to the promotion of Chinese martial art through performance and education. By integrating traditional local dance and theatre in Taiwan during performances, he took martial arts into a new state of performing arts.

Oriental Arts Group pioneered the changes in the environment of martial arts performances, being the first to pair music and dance with martial arts, giving birth to animated and thrilling performances. Proscenium performances immerse audiences into a modern world of martial art in Taiwan,

bringing an unfamiliar art to life before audiences.

One of the most common places to see such performances are Temple festivals, originated from the seasonal changes or myths and legends. All the noisy festivals and

rituals are an accumulation of our ancestors' experiences and beliefs in everyday's life. Throughout the festivals, we discover the energy of Taiwan's culture and the soul of ancestral spirit. More importantly, it allows us to discover the deep-rooted meanings of well-being in Taiwan.

Chinese Martial arts are not only physical training but also linked to mental and spiritual discipline. Oriental Arts Group senior coach

Tsai Mong-Chun (蔡孟君) considers martial



arts as an expression of Martial Morality: "Internal discipline of your essence, qi, builds internal power; External training of the physical body develops forms and stances" Martial art is not only a combination of strength and artistry but also a learning of different forms (i.e. taolu ). With



different factions and branches of martial arts, many unique techniques are designed into the forms of different styles in attempt to preserve the lineage of that particular style branch.

Besides bare-hand forms, weapons trainings are also parts of Chinese martial arts. Each different form of weapon trainings extends your body to an extreme world and brings you a brand-new reflection of Chinese martial arts. Of the various forms of weapons, Coach Tsai favors the Chinese sword (i.e. jian) above all others. When asked about this preference, she replies in particular "All forms and movements of jian

have a unique fluency for the body." adding a touch of elegance. "With the wind flowing through the tip of your sword, the rhythm of the sword in my hand guides body's movement. Each turn and spin effectively merges my soul with strength and elegance."

When we think of martial arts, we think of Jet Li, Jackie Chan or shaolin monks living in monasteries. However, in modern Taiwan, martial arts emphasize both physical and mental balances in our body and society. Martial arts in Taiwan aren't just about flashy moves. Its expression also reflects a revolution and dynamic feature of New Taiwan's Spirit.

