

马岳梁自传

Autobiography of Ma YueLiang

马岳梁是我的学名，又名马嵩岫，满族人。1901年8月1日出生于北京。

Ma Yueliang is my name, also known as Ma Songxiu, the Manchu people, born in Beijing on 1st August, 1901.

我五岁入私塾读书，15岁中学毕业后因家道中落而辍学。1919年进北京协和医院当杂务员。当时协和医院检验科主任、英国人 MISS MACOY 见我工作勤恳，聪明伶俐，问我：“你读过书吗？”我答：“中学毕业。”他说：“你当杂务员太可惜。”便介绍我到协和医学院读书，并在经济上予以资助。4年学习期满后毕业，进协和医院检验科细菌血室任化验师。

I started schooling at five years old in private school, finished middle school at 15 years old, I had to stop my further education due to the run down family circumstances. In 1919, I started working as attendant in Peking Union Medical College Hospital. At that time, the director of the laboratory of Union Hospital, a British lady Miss MaCoy saw me working hard, clever and sensible, she asked me: “have you been in school?” I answered: “up to middle school graduation”. She said: “it is a shame that you work as attendant”. Then she introduced me to study at the Peking Union Medical College, also provided me with financial support. After 4 years’ study I graduated and started to work at Peking Union Hospital as chemist in bacteria & blood division of the hospital laboratory.

1929年6月，上海医学院教育界颜福庆院长来京，在协和医学院招聘，我和曹晨涛、富文寿、李纲等30人入聘并随颜院长回上海，创办中山医院。我在红十字会医院（现华山医院）任检验科主任，这是当时上海由国人创办的第一个检验科。又在附属护士学校兼任教师。我在红十字会医院培养了一批检验专家，如谭世熹等。从1932~1942年我先后在上海妇产医院、中德医院、上海协和医院等处兼任检验主任。

In June 1929, the President of Shanghai Medical College Yan Fuqing came to Beijing to recruit staff at Peking Union Medical College, Cao Chentao and I, Fu Wenshou, Li Gang etc. 30 people were

recruited and went back with Yan to Shanghai, and then founded the Zhongshan infirmary. I was the director of inspection department of the Red Cross Hospital (now Huashan hospital), which was the first laboratory founded in Shanghai by the Chinese people. I was also teaching on part-time base in the affiliated nursing school. I had trained a group of expert of hospital inspection in the Red Cross, such as Tan Shixi etc. From 1932~1942, I worked as chief inspector in Shanghai maternity hospital, Shanghai Zhongde hospital, Shanghai Union Hospital etc..

少年时代我喜爱武术，学习余暇常寻师访友，耍刀弄枪，曾先后学过三皇炮锤、通臂、少林等拳术，进步殊鲜。

In my teen, I loved martial arts. During my leisure time of study, I was often looking for teachers and visiting friends, playing with sabre and spear. I had learned the San Huang Pao Chui, Tongbiquan, Shaolinquan etc. and made good progress.

我与吴师鉴泉，夙具世谊，他对我说：“习武贵在专一，倘若你一心随我学，就把拳技传授你。”于是，从师专攻吴式太极拳，逐渐领悟太极拳之妙用。自 1929 年到上海，并与师兄吴公仪（鉴泉师之长子）朝夕研磨，获益匪浅。吴式太极拳功架紧凑，松静自然，充分体现轻灵、圆活、贯穿的太极拳固有风格，对推手要求立身中正、安静、手法严密、招数变化多样、细腻绵柔、守静而不妄动。烂采花是散手，更是出神入化，动若江河，变幻莫测，非华墨所能形容。吴式太极拳还保留较多的传统器械项目，如太极剑、太极对剑、太极刀、太极十三枪、二十四枪、太极扎四门枪与黏杆等。鉴泉宗师于 1928 年迁居上海，传授拳术，从此吴式太极拳日益得到发展。1933 年上海成立鉴泉太极拳社，在上海西藏中路青年会十楼集资建造鉴泉厅，鉴泉宗师任社长，我任副社长。1942 年鉴泉宗师不幸逝世，为我国武林一大损失。

Master Wu Jianquan and I had long family friendship for generations, he said to me: “practising martial arts needs concentration; I will pass on the skills to you if you are dedicated to learn from me.” So I followed him to practise Wu Style Taichiquan only, I gradually realized the sophisticated effect of Taichiquan. Since 1929 when I came to Shanghai, I practised with my senior fellow TuDi Wu Gongyi (the eldest son of Wu Jianquan) day and night, benefitted a great deal. Wu Style Taijiquan is as compact, relaxation and natural, fully embodies the ethereal, agile, through natural characteristics of Taichiquan. In pushing hands, it requires standing up right, quiet, techniques, tricks variety, strict

delicate soft, keeping quiet and does not act rashly. Lan Cai Hua is Sanshou, it reaches perfection, moving like rivers and changing unpredictably, it is simply indescribable by words. Wu Style Taichiquan also retained many traditional weaponry, such as Tai Chi sword, Tai Chi pair sword (Duijian), Tai Chi sabre, Tai Chi thirteen spear, Tai Chi twenty-four spear, Tai Chi Zha Si Men spear and sticky bar etc.. Master Wu Jianquan moved to Shanghai in 1928, and he had taught this skills. From then on, Wu Style Taichiquan became further developed. In 1933, the Jianquan Taichiquan Association was founded, after fund raising the Jianquan Hall was built at 10th floor of YMCA building of Shanghai Xizang Road, Master Wu Jianquan was the chairman and I was the vice chairman. Master Wu Jianquan died in 1942, which was the huge loss of the Chinese martial arts.

吴师教学严谨，求者必须苦练。吴师要求我们在三年内要打满一万遍慢拳。记得在北京时，吴师带领学生练拳，在屋中拉一根绳子，高度刚好过学生头顶，学生在练拳时，吴师手里拿一把尺，在旁看着，如果学生的头部超过绳子的高度，吴师就要用尺子敲他的头。在练拳中，两膝关节始终有些弯曲，不能直立，所以在练基本功时是非常艰苦的。在吴师的严格和悉心教导下，我拳艺进步甚快，不仅掌握了吴门拳术的精华，而且把太极拳与气功、医道结合起来，使之成为祛病强身、延年益寿的拳术。1930年我与吴师的长女吴英华结婚，从此，我们为弘扬吴式太极拳，辛勤地耕耘了60多个春秋。

Master Wu Jianquan was very strict with his teaching, his students must practice hard. Master Wu asked us to practice slow form ten thousand times within three years. I remembered that in Beijing, Master Wu was leading the students to practice; he pulled a rope across the house, just over head height of students, when students were practicing, Master Wu kept watching them with a ruler in his hand, Master Wu knocked student's head with this ruler when his head was over the rope height. In practice, your two knees should always keep some bending, cannot stand up straight, so it was very difficult to practice the basic skills. Under Wu's strict and careful guidance, I made fast progress of the skills, not only mastered the essence of Wu Style Taichiquan, but also combined Taijiquan, Qigong and medicine, and made it Taichi practice for healing the illness and prolonging the longevity. In 1930 I got married with Wu's eldest daughter Wu Yinghua, from then on; we carried forward the promotion of Wu Style Tai Chi for over 60 years.

1941年，美国好莱坞舞蹈家莎菲女士练功伤腰，在美国几乎跑遍了有名的医院，但治疗仍无效。后听说中国的传统医学很有特色，专程到沪求医，经人推荐到我处治疗。起初莎

菲将信将疑，经过数周的治疗，她的腰霍然而愈，莎菲女士惊喜地说：“简直是神医，不打针，不服药，作用真大，太极定穴指针疗法真了不起。”随后他到处宣传中国传统医学，并真心诚意地学习吴式太极拳，又把吴式太极拳术翻译成英文版。她是第一个把中国太极拳介绍给美国的外国人。1946年联合国成立后，她组织了国际太极拳俱乐部，各国代表竞相求学。以后他弃舞从拳，成了一名太极拳专家。如今她已年过八旬，仍活跃在国际太极拳拳坛上。

In 1941, an American Hollywood dancer MS Safi injured her waist in exercise, she had visited almost all famous hospitals in USA, but the treatment was still ineffective. After she had heard that Chinese Traditional Medicine was very unique, thus she made a special trip to Shanghai to seek treatment, she was recommended to my clinic for treatment. At the beginning she was not convinced at all, but after several weeks' treatment, her waist was healed completely. Ms Safi said with surprise: "it is a miracle! It is so effective without any injection and medicine, the Tai Chi Accupoint Therapy is really great!" Then she talked about Chinese Traditional Medicine wherever she went, and started learning Wu Style Taichiquan wholeheartedly, and translated the Wu Style Taichiquan into English. She was the first foreigner who introduced Chinese Taichiquan to United States of American. In 1946, after the founding of the United Nations, she set up the international Tai Chi Club within the United Nations, delegates of many countries joined to learn the Taichi.

1941年上海沦陷，南京伪政府外交部长褚民谊是吴师的学生，和我比较熟悉，知道我是协和医学院毕业的医学专家，秉上司旨意，特命我为南京伪政府卫生部部长，汉奸特务李士群派人持贴上们祝贺，并威胁即刻上任报道。我不愿卖身求荣，当夜即束装逃离上海，奔往重庆。当时日伪封锁交通，盘查甚严。此时我有一个朋友，叫冯月千，他是上海道门的道长，我央求他帮助，他要我顺便到内地帮他传道。我答应了，并受命传中庸之道。谁知这事竟酿成我后半生的祸根，这是后话。

After the fall of Shanghai to Japanese invasion in 1941, Zhu Minyi, minister of foreign affairs of the Nanjing puppet government, was the student of Master Wu Jianquan, Zhu was familiar with me, knowing that I was the medical expert graduated from Union Medical College. Following his superior's instruction, Zhu appointed me as Minister of Health of Nanjing puppet government. Li Shiqun, a Japanese spy and Chinese traitor, came to send me a letter of congratulations and threatened me to report to the post and start to work immediately. I did not want to betray my motherland for personal gain; I fled Shanghai heading to Chongqing that night. At that time the

Japanese and puppet government blocked the traffic with intensive search. I had a friend called Feng Yueqian, at this time, he was the head of Shanghai Dao Men (a kind of religion organization), I begged him for help, he requested me to help his preach on my way out to inland, I agreed to preach the Zhong Yong (doctrine of the mean). This was a bane to my future life; I will talk about later on.

我途经浙江、江西、福建、湖南、广西桂林，行程两千多公里，花时半年之久，历尽千辛万苦，终于到达重庆。

Through untold hardships I passed through Zhejiang, Jiangxi, Fujian, Hunan, Guangxi Guilin, travelled more than two thousand kilometers, took me more than half a year, finally I arrived in Chongqing.

重庆，各方人士云集。经商务印书馆总经理史久云先生介绍，住在一位张锡君医师家里，并挂牌行医当推拿医师。不久在著名武术家、曾为孙中山先生护卫的杜心五先生引荐下，认识了国民党高级将领刘斐将军。当时刘斐任蒋介石办公厅主任，后任国共谈判代表。我为他边治病边教太极拳。刘勤学好练，学得一手好拳。之后，政府要员和社会名流，如张群、李济琛、黄炎培、李明扬、何键、卫立煌等先后跟我学过太极拳。由此，我在重庆名声大振。

There were all parties and elites gathered in Chongqing. With the introduction of Mr. Shi Jiuyun, the general manager of the Commercial Press, I stayed at Dr. Zhang Xijun's home and opened a clinic of Chinese massage. Soon after that, I was recommended by famous martial artist Mr Du Xinwu, once the body guide of Dr Sun Zhongshan (Dr Sun Yatsen), I met with high-ranking KMT general Liu Fei. General Liu Fei was the office director of Mr Jiang Jieshi (President Chiang Kai-shek), he served as the chief negotiators with the Communist Party. I was teaching him Taichiquan while giving him medical treatment. General Liu practiced hard with Taichiquan and mastered the skills very well. Later on, some senior government officials and social celebrities, such as Zhang Qun, Li Jichen, Huang Yanpei, Li Mingyang, He Jian and Wei Lihuang had learned Taichiquan with me. Thus I became very famous in Chongqing.

1945 年日寇投降后，我回上海，1946 年应上海协和医院院长王贻慧之邀，任该院检验科主任。仍主持上海鉴泉太极拳社工作。

I returned to Shanghai after the Japanese surrender in 1945. In 1946, I was invited by Wang Yihui, the President of the Shanghai Union Medical College Hospital, to be the director of the Institute of inspection, and I also managed the work of Shanghai Jianquan Taichiquan Association.

1949年上海解放后，我转到上海国营贸易职工医院工作，任检验科主任。与此同时，我与妻子吴英华都全心投入吴式太极拳的推广和发展工作，努力为人民强身健康服务。

After the liberation of Shanghai in 1949, I was transferred to work at the Shanghai State Trading Hospital, as the director of inspection department. At the same time, my wife Wu Yinghua and I devoted ourselves to the promotion and development of Wu Style Taichiquan, to serve the people for their health.

万万没有料到，1955年肃反运动中，我因一贯道（即上述的冯月千）之牵连，被判3年徒刑，到安徽治淮委员会职工医院检验科进行劳动改造。1957年改判宽大处理回沪，先后被安排在小东门地段医院和陈家桥地段医院工作。1964年辞职回家。

Never expected, in 1955 during Sufan movement (Elimination of counterrevolutionaries movement), because of my earlier connection with I-Kuan Tao (namely the above Feng Yueqian), I was sentenced to 3 years in prison, working as laborer at the clinical laboratory of Anhui hospital of Huaihe River commission. In 1957 to clemency I was released and returned to Shanghai. I had been assigned to work in the Xiao Dong Men regional hospital and Chen Jia Qiao District hospital. I was retired in 1964.

此后，我即全力投入太极拳的传授。党的十一届三中全会后，拨乱反正的英明政策使我获得新生。摘去帽子后，我又被选为徐汇区政协委员。我又以极大的热情投入了传授太极拳工作。1979年被推为徐汇区政协副主席。记得当时在徐汇区工人体育场讲解太极拳的历史和理论时，听众多达1000余人，这全靠党和政府对祖国传统武术的重视和关心。1980年上海鉴泉太极拳社复社，吴英华任社长，我任副社长。1982年全国武术工作会议在京召开，我和吴英华作为代表出席了大会。还参加历次全国太极拳交流大会，其间或任顾问、专家和组织委员，或做示范表演、讲课和裁判。为继承和推广吴式太极拳，我们在市总工会和市、区体委的领导下，积极发展社员，健全组织机构，出版上海鉴泉太极拳社《社讯》，并每日轮流在上海各大公园进行交流和表演，使吴式太极拳立足上海、面向全国。在鉴泉太极拳社的

影响下，全国很多省市相继建立了吴式太极拳研究交流会等组织，使吴式太极拳越来越受广大人民群众的喜爱。经过 70 余年的传教，现在吴式太极拳在国内已盛行，国外也风行一时。不论是东方的日本，还是西方的欧美，以及世界上其他地区和国家，都拥有学习和研究中国太极拳的组织和爱好者。如香港有鉴泉太极拳总社和分社；新加坡有鉴泉太极拳健身社；马来西亚有吴式太极拳学会等。由此可见其影响之深远。我先后应邀到德国、奥地利、荷兰、澳大利亚、新西兰等国以及香港等地传授太极拳，又兼任新西兰武术联合会名誉会长、德国太极拳学校名誉校长等职。我积极把吴式太极拳献给世界各国人民，使之成为人类健身强体的共同财富，同时也为增进中国同世界各国人民的友谊做出贡献。

Since then, I devoted to teach Taichiquan. After CCP's eleven party 3rd plenary meeting, the new policy made me reborn. My name was cleared and I was elected to the Xuhui District CPPCC members. I was with great passion to teach Taichiquan. In 1979 I was elected as the vice chairman of Xuhui District Wushu Association (martial arts association). I remembered that I did a talk on the history and theory of Taichiquan at Xuhui District Workers Stadium, the audience was more than 1000 people that were the reflection of the care and attention to the traditional martial arts by our Communist Party and Government. In 1980, the Shanghai Jianquan Taichiquan Association was reopened, Wu Yinghua was the president, and I was the vice president. In 1982 the National Wushu Working Conference was held in Beijing, Wu Yinghua and I attended the conference as representatives. I also attended various national Taichiquan exchange conferences. During that period of time, I either served as a consultant, expert and member of the organization, or did demonstrations, lectures and referee. In order to inherit and promote Wu Style Taichiquan, we, under the leadership of the City Federation of trade unions and District Committee, had positive membership development, implemented our association and published the newsletter of the Shanghai Jianquan Taichiquan Association. We put the exchange and performance on the daily basis of Taichiquan into each major public park of Shanghai in turn, to establish Wu Style Taichiquan in Shanghai, and then to promote it into whole China. Under the influence of the Shanghai Jianquan Taichiquan Association, it saw a lot of research establishments or organizations of Wu Style Taichiquan in many provinces and cities over China; the Wu Style Taichiquan was becoming more and more popular and favored by people. After 70 years of promotion, now the Wu Style Taichiquan is getting popular in China as well as overseas. No matter it is in the East Japan or in the West Europe & American, and also other regions and countries of the world, there are many organizations and enthusiasts of Chinese Taichiquan who learn and research Taichi. For example, there are HongKong Jianquan Taichiquan Association Headquarter and branches, Singapore Jianquan

Taichiquan Fitness Club, Malaysia Wu Style Taichiquan Association, etc.. it is with far-reaching influence. I have been invited to visit Germany, Austria, Holland, Australia and New Zealand, as well as to HongKong region to teach Taichiquan, and I am the honorary president of New Zealand Wushu Association and the honorary president of the German Taichiquan School. I actively promote Wu Style Taichiquan to the people of all countries in the world, and make it become the common wealth of human being for fitness; also contribute to enhancing the friendship among people of the world with China.

1984年11月，我被聘为上海市文史研究馆馆员。又先后担任上海交通大学武术协会顾问、同济大学武术顾问、上海气功协会康复中心顾问、上海市武术协会委员、中国武术协会荣誉委员等职。著有《吴鉴泉太极拳》《吴式太极拳推手》，并与吴英华合著《吴式精简太极拳》《吴式太极拳详解》等书，这些书已译成英文版、法文版，在海外发行。

In November 1984, I was appointed as the librarian of study of literature and History Museum of Shanghai city. I also served as consultant of the Shanghai Jiao Tong University Wushu Association, consultant of the Shanghai Tongji University, consultant of the Qigong Rehabilitation Center of Shanghai, member of Shanghai Martial Arts Association and Honorary Committee member of Chinese Wushu Association. I am the author of WU JAINQUAN TAICHIQUAN, WU STYLE TAICHIQUAN PUSH HANDS, and co-author with Wu Yinghua "WU STYLE SHORT FORM TAICHIQUAN", WU STYLE TAICHIQUAN EXPLANATION and other books, which have been translated into English, French and published overseas.

现在我已年届94岁高龄，身体仍很健朗，每天练拳不辍，以求强身。为继承和推广吴式太极拳这一祖国传统遗产尽一份力，以表达对吴鉴泉宗师的景仰与怀念。

Now I am 94 years old of age, physically very fit, still practicing Taichiquan every day to keep fit. I will continue to contribute to the inheritance and promotion of Wu Style Taichiquan as Chinese traditional heritage; this is to express my admiration and nostalgia to my master Wu Jianquan.