

刀無雙發·棍無兩響

揭開詠春八斬刀秘密

“The Knives never strike twice – The Staff is never heard twice.”
Revealing the Secrets of Grandmaster Yip Man's Wing Chun
Baht Jahm “8 Chop” Knives

中國功夫有很多諺語，都是至理名言。而詠春派中有兩句說話：“刀無雙發，棍無兩響”，也充分反映了他們的鎮派之寶——八斬刀、六點半棍的威力。

有人說，“兵器是手的延長部分”。意即，拿起武器，耍出某個套拳，一樣可以。但這句說話用在詠春八斬刀上，絕對不可以。懂詠春拳者，大不乏人，你可以試試，用套拳耍刀或刀耍出套拳，是不是兩回事？

持兵器搏擊和徒手搏擊，在理論上和實際打法上，絕對是兩回事，目標和打法都截然不同。徒手打鬥，一定是對人體的要害進行攻擊，招招向要害打，頭、胸及沒有抵抗力的地方最容易受傷；用兵器打就不同了，打法也是兩回事，一招就要玩完，不是你死就是我亡，簡單快捷，不複雜，沒有很多招式。因為複雜的招式在生死搏鬥上沒有用處。而且，互相拿兵器對打，心情較為緊張，兵器殺傷力大，心理壓力也大，所以用兵器對打和拳腳對打真的是兩回事。用兵器打，無須著重攻擊你的要害部分，祇要對方中刀，無論斬中對方手或腳，對方都已沒有反擊能力，祇能任人魚肉。所以，用兵器打和徒手打，真的是兩回事，徒手打，即使打中對方，他亦能反擊。

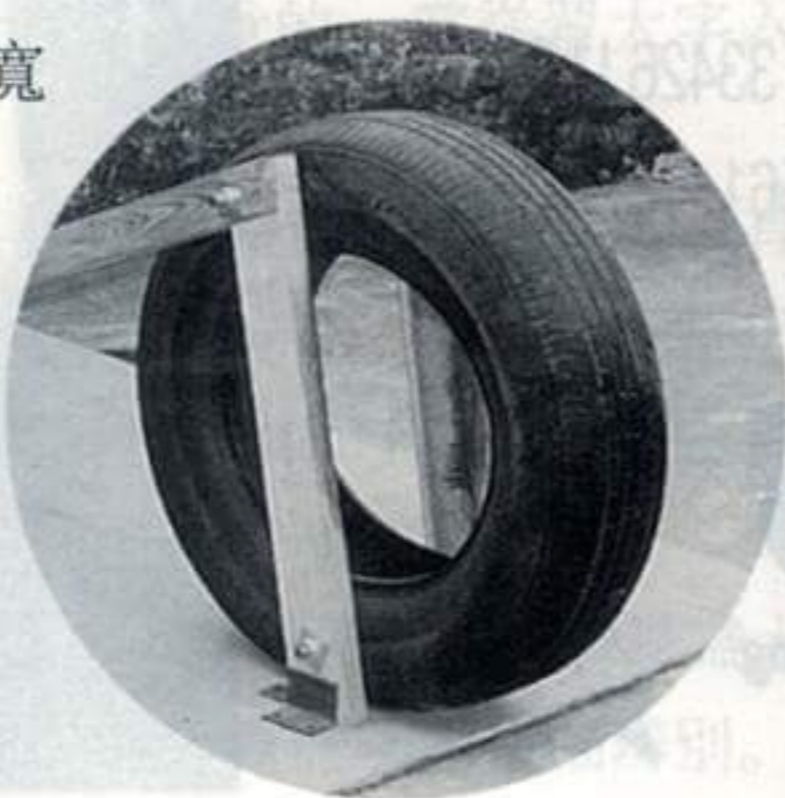
很多詠春派中人，用南方的蝴蝶刀用作詠春八斬刀，我們現從刀形和用法去分析。先說刀形，南方蝴蝶刀和詠春八斬刀形態不同，蝴蝶刀的刀身較重，刀面寬闊，因為刀形不同，用法亦有不同。刀的形態和用法要相配合，而蝴蝶刀的主要動作全部都是劈、砍、更由於刀面寬闊，刀身較重，可以反手刀，刀身可完全遮擋前臂部分，可擋架對方的重兵器。大動作的砍

Chinese Kung Fu is replete with well-worn sayings that have helped popularize their subjects. Wing Chun has its own that says, “The Knives never strike twice – The Staff is never heard twice,” powerful words for the legendary Baht Jahm Knives and Six-and-One-Half Point Staff.

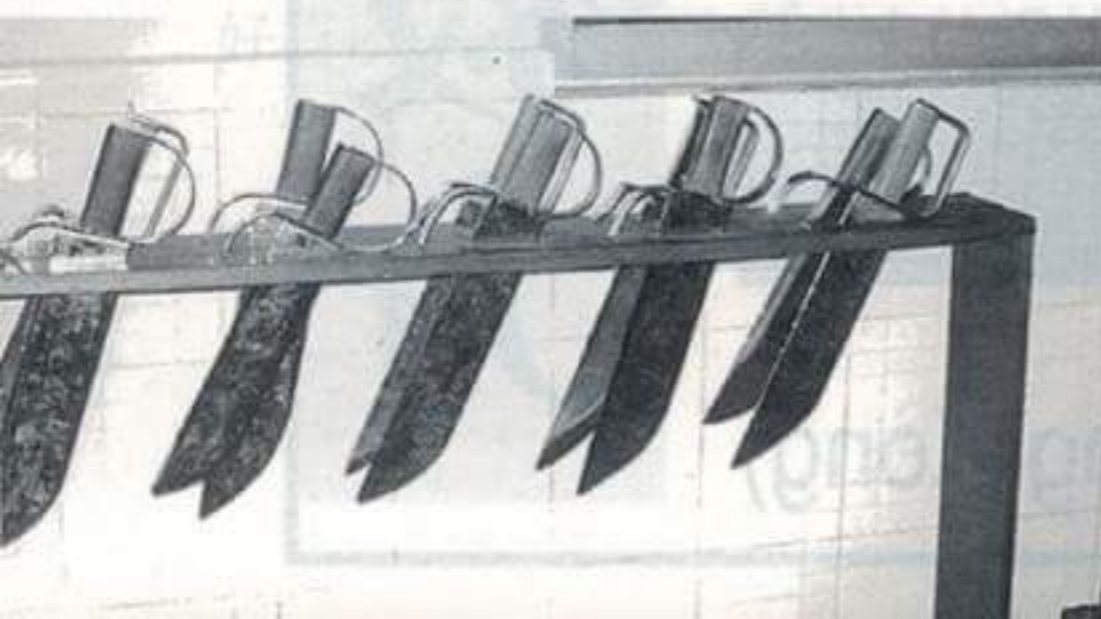
It is often said that weapons are extensions of one's hands. Using this logic, one could pick up a weapon and utilize it with no other training than perhaps a hand form. Yet this saying is not applicable to the Baht Jahm “Double” Knives. There are many people who study Wing Chun, and they can attempt to wield the knives according to hand techniques, but the results would be far from correct or even useful since the fundamental theories are so different.

The difference lies in real-life combat expectations. The objective of bare-handed attacks is generally to incapacitate an opponent by attacking a bodily weak point such as the head, the ribs, or any place easily injured. In contrast, a weaponized encounter is an immediate, life-and-death situation that is over after the first clash. An exchange is not complex, does not require many motions, or even follow-ups. Quite the opposite. Complex and difficult techniques immediately become useless when one's fate is decided in an instant. Making matters worse, the inherent pressure and intensity of the moment could easily ruin any fancy technique. Hand or leg techniques allow at least some room for exchange, yet with a weapon, there is

▼梁紹鴻（中）與倫佳（右）、黃國華（左）



詠春練腳的車輪樁 • 34 •



劈更是蝴蝶刀所長。

而詠春八斬刀，刀身較輕，刀面較窄，僅在刀口對下數吋處開刃，尖而鋒利，注重的是速度和動作小，以手腕發力，以刺、標、啄、挑等用法為主，轉動快，動作幅度小，最有威力是反手刀，一挑即到，一碰就反，一接觸就要借力跟上。這些用法，全部都是靠手腕的轉動。

在擋架對方砍殺而來的武器時，八斬刀由於刀輕而窄，一把刀不夠力擋架，所以要用兩把刀一齊擋架。

由於有這個特殊打法，故八斬刀在結構方面，和其他刀的外形也有所不同。八斬刀的刀柄微曲，刀柄部份稍為向下微彎，這是因為八斬刀刺中人體後可更深入，遷就手腕，使刀刃呈90度角直入人體。所以，八斬刀不能大量生產，把把刀都要人手特別製造，市面上，正宗的八斬刀，是不容易買得到的。

而八斬刀另一特別的一點，是它的刀刃祇在刀的前方幾吋才開鋒，其他刀口地方是沒有刀刃的，因為刀身部分不是用來劈的。

八斬刀為什麼這樣出名，成為詠春的鎮派名刀，真有它的道理。

數十年前的佛山市，可以說是一個江湖人的世界，拳、刀、劍、棍大派用場，八斬刀的威力，在一個快字，由於動作小，速度快，使用時大派用場，使人擋無可擋，避無可避，所到之處，使人聞刀膽喪。八斬刀成為一代名刀，自有它的道理，不是筆者臆做出來的。

八斬刀為什麼這樣出名？是因為如果雙方都用兵器打，持八斬刀者勝算會較高。

為什麼呢？

因為，“祇有我打你，沒有你打我”，想不贏都難了。為什麼會這樣呢？自然又有它的道理。因為，所有人用兵器打鬥，都是想致人於死地；誰人拿的兵器長一些，便可以有多點便宜。但和八斬刀打，卻是另一回事；因為，你的兵器打不到我，祇有我的

no margin for error. It is not necessary to strike a weak point with a blade, as the whole body is a weak point. If even an appendage is wounded by a blade, a counterattack is virtually impossible and the opponent is at your mercy.

It is necessary to compare the Chinese, southern-style “Butterfly Knives” with the Double Knives, since they are both visibly similar and the former is so often used in place of the latter. The application of the Butterfly Knives requires that they be heavy, long, and broad. Techniques require wide motions, with two primary strikes being the chop and the slash. It can also be turned around the crook of the thumb as an effective block.

In contrast, the Double Knives are light, short, and narrow. Motions are more compact, requiring only speed, with little movement to affect damage. Strikes are mainly concerned with using slight wrist flicks to stab, thrust, tap, and slash with just the tip of the blade, only the last 5 to 6 inches of which was sharpened. One particularly vital concept is flowing with and “borrowing” the power of any weapon that impinges one’s blade. Being smaller and lighter overall, these knives also could not block heavy weapons individually, needing both in tandem.

There is also a critical difference in the handle design. Because effective stabbing requires perpendicular entry, the handle must be angled to accommodate the limitations of the wrist’s motion. And because each person’s body is a little different, every set of knives must be custom made, and not something that would be mass-produced.

How the Double Knives Became So Revered

In the late 1900s, the city of Foshan in Guangdong province was a well-known center of competition for weapons fighters. Nothing is certain in battle until the deciding blow, but the principles of usage favored the Baht Jahm Knives highly. With nimble and efficient motions, fighters using such knives could give opponents no room for escape, effectively canceling out their larger, sweeping attacks. Longer weapons have the theoretical reach advantage during the initial encounter, but suffered greatly once the gap was

▼ 梁紹鴻與葉問（右）



▼ 集體小念頭表演



八斬刀打到你，是不是有贏有輸？

刀雖短但先到

刀雖短，但先到。這是八斬刀的一個致勝原因。這句說話的要旨在哪裏呢？長兵器攻擊的是要害部份，而八斬刀攻擊的是敵人最接近我的部份，使你失去戰鬥力。這就是八斬刀的用法原則：我雖短，但可以打到你；你雖長，但不能打到我。既然我的攻擊會令你喪失戰鬥力，是不是我有贏有輸？用句江湖一點的講法是：你要斬我個人，我祇是斬你的手，即使短到斬傷你的手指，你便不能拿起武器，你失去了戰鬥力，打落去怎麼樣贏？這就是八斬刀的精神所在。

詠春派的武器，祇有八斬刀和六點半棍兩種，以拳來說，詠春最毒的是掌；而六點半棍中，最毒是槍棍，放龍槍；八斬刀中，最難防是昂當割刀。它靠的是手腕旋轉，使刀勢昂割而上。

話說回來，八斬刀祇是一套很短的刀法，它分為八節，每一節祇有幾個招式，但每一節都有反手刀、昂割刀。葉問宗師當年教拳，教到這把刀時，都是把徒弟單獨招入房內，個別教授。但是，懂得刀法的套路和懂不懂用刀，卻是兩回事，教了刀法套路而沒有教用法，又是兩碼事。但八斬刀值錢，卻是可以肯定的事。

八斬刀刀身較窄，有的人練刀，將刀貼着手肘反持，是不懂八斬刀的具體表現。因為，八斬刀的刀身窄，也不能像蝴蝶刀一樣拿來抵擋砍過來的刀，而且，八斬刀法中也沒有這一招。這祇是後人臆加的刀法，真是笑死人。

練習八斬刀，有兩個嚴格要求，第一，也是最重要的：走位。要避過對方的攻擊，要走位避，走位有它的法度，是八斬刀最機要的靈魂所在。

第二，是手腕旋轉速度，眼要快，手要快。練習手腕旋轉和練眼，也有它的方法。在數十年前，是用老師教學的白粉筆來用做練習工具，短短三寸長的粉筆，豎放在平面的八斬刀的刀面，然後用持刀的手，以腕

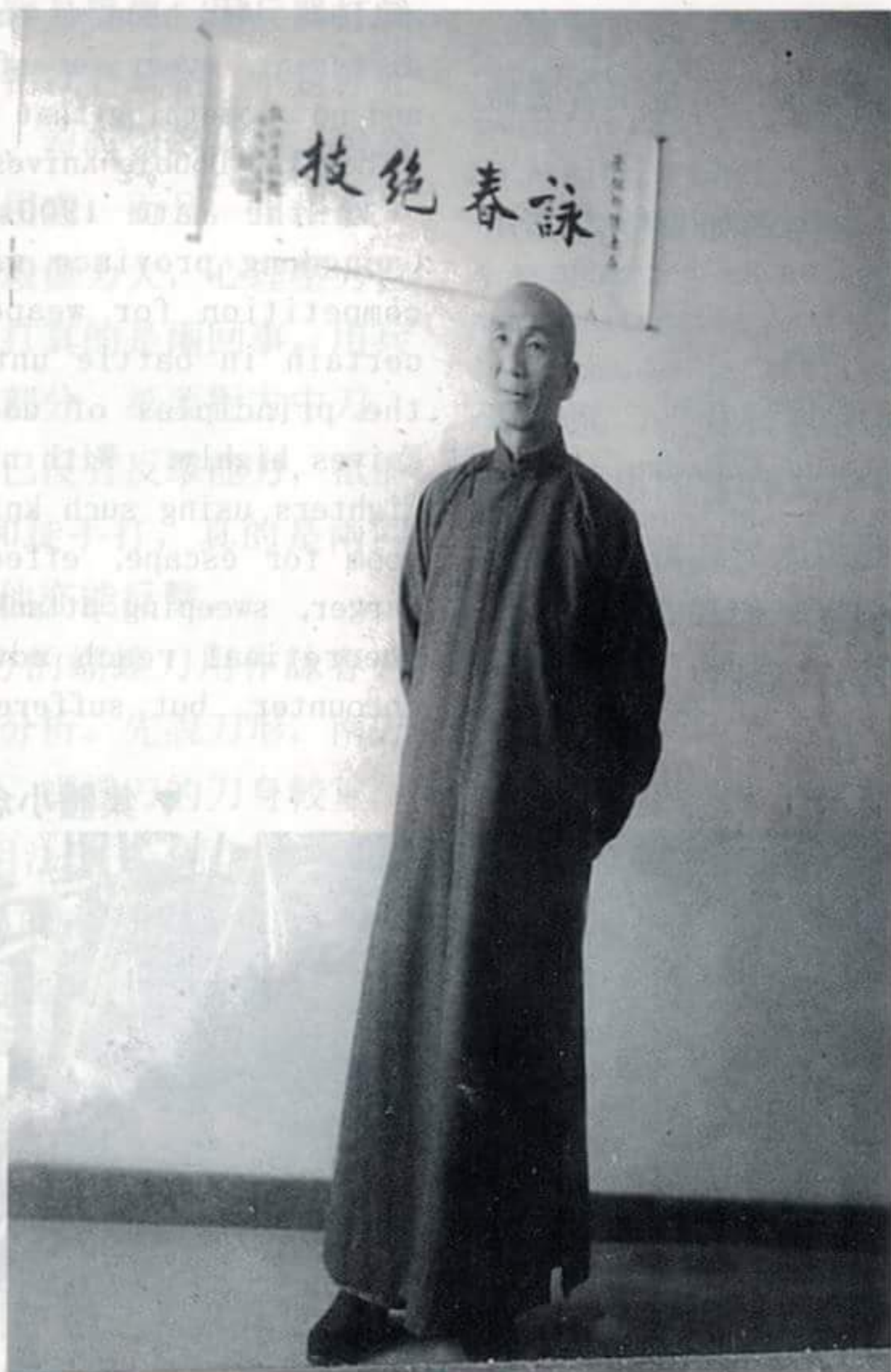
closed. On the other hand, the Double Knives could cover and attack against a distance weapon whilst closing the gap simultaneously, allowing one to attack even while not being hit.

This concept is at the heart of the saying, "Knives, though short, reach first." With the slightest movement and a flick of the wrists, an attack is parried and a counterattack is delivered, not necessarily to the body, but at least to the extremities. Thus follows the truism that an opponent with severed thumbs loses not only the ability to lift a weapon, but also the will to fight. History bears out that the Double Knives were very effective and popular in this regard.

Within the Wing Chun system, it is said that the palms are the most devastating. For the Staff, it is the "Fong Loong" spearing technique. And for the Double Knives, it is the "Ngong Tong" uppercut strike. The Double Knife form consists of 8 general parts that each contain a few different moves, but always ends in this uppercut strike, reinforcing its difficulty in execution to good effect, since an uppercutting weapon is difficult to defend against. Grandmaster Yip Man taught the weapons forms to his disciples individually and in private. But knowing form without knowing function is futile, as it is elsewhere. Without having the benefit of training in application, students are bound to come to wrong conclusions.

One striking example bears this out: inversion of the knives about the thumb. For anything other than as a salute, the motion is completely useless. Being both narrower and shorter than its sister weapon, Double Knives positioned in this way make for exceedingly poor defense, especially when considering the excess motion involved in flipping the knives.

Just as in the hand forms, stance and stance mobility are pivotal. The Double Knife form contains stances, but there is no better way to learn mobility than in application training. Also vital are strong, agile wrists coupled with hand-eye coordination. One of the training methods taught by Grandmaster Yip Man was to balance a 3 inch piece of chalk across



▲詠春宗師葉問

力將豎放在刀面的粉筆彈高，當粉筆跌落時，手腕扭力刀轉，將粉筆斬為兩截，或橫刮成兩邊，這練習方法是要手腕速度快和眼快互相配合。

第三是練準。因為雙方一經接觸，祇有一次機會，不是你死就是我亡，故要快要準，不會斬完又斬，而是一刀過。

練習八斬刀，除了以上三點的基本要求，原來也有一種刀樁，是專供八斬刀用的練習方法。這個刀樁，是木製的，有橫樁和直樁兩種，用來練刀。刀樁的招式不成套路，祇有十多下手法，用來練習運刀的速度、承受力及反手；既要斬到對方，也要擋到對方的武器。

詠春派有句諺語：“刀無雙發，棍無兩響。”意思很簡單：刀和棍都是一招過，不是你死，就是我亡，非常兇狠。從而可見八斬刀和六點半棍的厲害之處。

葉問詠春流傳下來的祇有三個套拳和一刀一棍，而八斬刀早在九十年代前的佛山江湖，已是令人膽喪所殺，名滿江湖。但原來的八斬刀，並不是詠春派的功夫，它來自紅船，收在詠春。而在八斬刀的技藝中，沒有一下詠春派的把式在裏面。八斬刀之所以成為詠春派的功夫，是在紅船流傳並交換回來的。這是詠春派前輩對八斬刀來歷的其中一個說法，實情如何，不得而知了。

◆ 華華

the inside flat of the blade and then in one motion, lower the knife and slash upwards to cut the chalk in two. Better skill meant needing less drop time and distance to perform the cut. It should also go without saying that accuracy is critical in this game of life and death.

Further adding to these basics are the dozen-odd techniques used on a convertible wooden dummy built especially for Double Knife training. In either of its forms, the dummy reinforces horizontal or vertical strikes, respectively. Unlike the classic Wing Chun wooden dummy, this machine has no accompanying form sets, but is meant to seriously test the student's speed and ability to counter heavy exchanges.

“The Knives never strike twice - The Staff is never heard twice.” A straightforward statement that exemplifies the power and simplicity of the weapons of Wing Chun. In the end, that is what it is all about. Either you live or you die.

讀者來信

致廖總編輯：

新武俠雜誌的編輯們，你們好！我是雜誌的長期讀者，小姓李，得知詠春雜誌快將面世，實是十分期待。

本人已學懂了八斬刀的套路，共14式，花了約三萬大元，本人跟隨師父XXX，約有七年之久。是屬於XX那支水的。但本人發覺在香港不同的詠春支派也有不同的詠春八斬刀版本！孰真孰假，沒有人知曉！例如：葉準、葉正、徐尚田的八斬刀與我們不同，鄒子傳那邊的詠春八斬刀也與我們不同，他們那邊加插了很多腳踢，跟我們不相同！我們的師父說，我們的八斬刀是葉問傳給XXX。

葉親兒子葉正、葉準的八斬刀又是另一版本！其實會不會是根本連葉問也不懂八斬刀呢？祇是各支派的師父們將八斬刀自己「創作」一招一式來騙取徒弟的金錢呢？其實我對於自己所練回來的所謂八斬刀很有疑問！！未學八斬刀前，師父會說八斬刀如何如何了不起，如何可以將八斬刀的步法運用在驕手上，但學習了後又覺得不是……

另外，我想說一說就是詠春拳支派的三套拳種：小念頭、尋橋、標指，各支各派的詠春拳也有不同的版本，究竟哪一支水才是正統詠春拳呢？那一支水才是葉門從佛山帶回來的正統詠春拳呢？我想祇有葉問才知曉！因為是他把詠春拳弄了十多套不同的版本出來！人家說葉問是個老頑童，但這個玩笑確實太大了！詠春一體化，談何容易！

另外，我想提醒各位詠春迷，千萬別被八斬刀的神秘（以為學了八斬刀就天下無敵！？）有些師父將八斬刀吊高來賣，學了卻原來這套八斬刀是你師公的「傑作」「創作」，連你師父已也以為這套八斬刀最正統，一代傳一代的騙下去！錢花了不要緊，但精神和心血也……

祝貴刊蒸蒸日上及多報導有關詠春的消息。

謝謝！（請編輯先生能刊登我的來信，並解答我的疑難，謝謝！）李