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硕 士 学 位 论 文

明代福建军事武艺与民间武艺的  
交融与发展

The Fusion and Development of Military  
and Folk Martial Arts in Fujian during the  
Ming Dynasty

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## 摘要

明初，明太祖朱元璋在巩固江山的过程中实行了“寓兵于农”的经济—军事体制，并根据全国地理山河形式在要塞重镇及沿海实行卫所制，加强军事训练；同时建武学，立武举，广泛吸纳军中及民间武术人才，为军事所用。这些措施使经济和军事都有很大发展。但进入明中叶后，政治腐败，军备废弛，军事问题突出。明正德年间，福建邓茂七、叶宗留领导的农民、矿工起义，给明朝廷以极大的打击。邓茂七的起义军曾多达十几万众，活动范围遍布八闽及浙江、江西，全国震动。倭寇也借机大肆侵略我国东南沿海地区，御倭成为明廷面临的重要军事问题。明代的福建作为抗倭斗争的最前沿，战事不断。在抗倭斗争中，中国最杰出的军事将领被派遣到福建亲自指挥作战。他们总结实战经验教训，结合福建地域特点，广泛汲取民间武艺特色，改进和创造新的兵器、战术和阵法，锤炼了福建人民的胆识和武艺。福建各地的乡民也纷纷组织起来操练武艺，挖沟筑寨，配合戚继光、俞大猷大军抗击倭寇，形成了全民皆兵的态势。明代福建的军事武艺与民间武艺正是在这种特殊的环境下有机的完成了交融与发展。

本文运用文献资料法、田野调查法、专家访谈法、逻辑分析法以明代福建军事武艺与民间武艺为研究对象，对它们交融的方式、方法、形式、内容等进行综合分析、归纳，探索明代福建军事武艺与民间武艺交融与发展的基本思路。1、明代福建武艺的主要特点是注重实战，讲究技击；2、武举入仕制度成为军事武艺与民间武艺交融与发展的桥梁；3、抗倭斗争是军事武艺与民间武艺交融与发展的主动力；4、军事著作作为福建武术走向成熟奠定了坚实的思想基础；5、明代武艺体系的形成为福建武艺的发展创造了良好的环境。

**关键词：**明代；福建武艺；交融；发展

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## Abstract

In the early of Ming Dynasty, Zhu Yuanzhang, the first emperor of the Ming Dynasty carried out the economic-military system of “Putting Soldiers on Farm Work” during the early Ming Dynasty. To reinforce military training, the system of “Wei Suo” was carried out in fortresses and along the coast on the basis of geography. Moreover, the government opened up martial arts courses and held imperial martial arts examinations in order to extensively absorb martial talents from both the army and the common people for military purposes. These measures promoted the development of economy and military. But after the middle period of Ming Dynasty, politics corrupted, military ceased to be binding, and the problems of military stood out. During the Reign of Emperor Zhengde of the Ming Dynasty, there were riots of peasants and miners led by Deng Maoqi and Ye Zongliu. The army of Deng, once more than hundreds of soldiers, was active in provinces of Fujian, Zhejiang and Jiangxi, which was a shock to people from all-over the country and a threat to the government. The resist against Japan was an important military issue for the government, and Fujian province became the forefront of the anti-Japan war. During that time, the most outstanding military talents were dispatched to Fujian province to command the troops. They summed up practical experiences and improved as well as created new weapons and tactics on the basis of local geography and the characteristics of folk martial arts. Local residents in Fujian were trained and mobilized to study martial arts and set up military defenses to help the troops of Qi Jiguang and Yu Dayou to fight against Japan. An “entire nation in arms” situation was formed.

In this thesis, methods of literature studies, fieldwork, experts interview and logic analysis are used to make a comprehensive analysis and induction of the ways, means, patterns and details of the fusion of military and folk martial arts in Fujian during the Ming Dynasty. The conclusions are as follows: First, martial arts in Fujian in the Ming Dynasty attaches great importance to practical experiences and the art of attack and defense; Second, imperial martial arts examinations became a key factor to

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the fusion and development of military and folk martial arts; Third, the resist against Japan was a major active force; Fourth, military writings helped mature martial arts in Fujian; Fifth, the establishment of martial arts systems created a favorable environment for the development of martial arts in Fujian.

**Key Words:** Ming Dynasty; Martial Arts in Fujian; Fusion; Development

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