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Copertina dell'opuscolo relativo al Concorso internazionale di letteratura cinese dedicato al Wushu e tenuto nel settembre 2001 a Zhengzhou (Provincia Zhejiang, Cina). Concorso vinto dal Maestro Dan Sita.



武术——生命力和康健体魄之源

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I. 人和宇宙的关系

有三位哲人，老子、孔子、和菩提达摩（或简称达摩）都曾对古代中国的哲学和宗教思想的发展起过非常重大的影响。他们分别通过道教、儒学、和禅宗思想来深深地陶冶了不仅是往昔的，而且是今天的中国思想界。上述三方面的哲学和宗教的综合影响在岁月的流逝中已逐渐在公众的意识中培植出了这样一种认识，那就是：“天人合一”；也就是说：在人类和一切能影响人类生活的自然力之间存在着一种特定的纽带关系。宇宙是按宇宙的主宰者所规定的各种法则在运转着的。这就要求人类，作为宇宙的一个组成部分，也必须服从整个宇宙的运转秩序。自然界会本能地要求人类服从宇宙的运转秩序，而且还要求整个宇宙的运转总是处于一定的平衡状态。就某一个具体的人来说，如果他想使自己摆脱无谓的人生痛苦，或者不再去过那种浮生如梦或彷徨恍惚的生活，那么他就应当努力去使自己的思想、行为与宇宙的秩序协调起来，为此他就应当努力去探求和得到关于宇宙运转的规则的知识，并且引导自己去身体力行之。如果他不愿或不懂得如何去使自己的思想、行为与宇宙的运转秩序协调起来，其结果就必然是在自我折磨的痛苦中越陷越深。

可以这样说：一个人的自身就构成了一个微型的宇宙；他身上的各部分实际上都与大宇宙的、与之相应的部分彼此呼应着的。一个人的内蕴的活力（也就是我们常称之为“气”的那种东西）实际上就是在广袤无垠的大宇宙中存在的“宇宙气”被吸引入我们的躯体后而形成的一种能量。一个人能往他的躯体内溶入的这种“宇宙气”越多，这种宇宙的原始能量便能对他的健康长寿起到越大的促进作用。

大部分西方人都难于理解东方人的哲学和心理学；这是因为这两者与西方人的文化之间存在者极大的差异的缘故。不过，当有些西方人有幸能接触到中国的武术，而且在对它产生了浓厚的兴趣从而不断地钻研而掌握了它的



Wushu

a Source of Life and Health

Dan Sita

The man and the universe

The doctrine of classic China was inspired by Taoism, Confucianism and Buddhism through the three famous masters of these ancient religious and philosophical thoughts: Lao Zi, Confucius and Bodhidarma (Damo), who influenced all generations of the Chinese classic world and not only them.

According to these doctrines, the man and the forces that control him are linked together by a particular relationship. The cosmic order is governed by the Creator's universal rules and what really matters in man's life is for him to become an integral part of this great cosmic order.

Nature requires this order and a certain balance, and if the man wants to cease his useless suffering constantly searching for an ephemeral and outward truth, he will have to harmonise his way of acting and thinking, and look for the great cosmic truth in compliance with universal rules. If the man fails in doing this, however, his wandering life will become more and more difficult and painful.

Thus, the man represents the Microcosm, namely the expression of the Universe, which corresponds in turn to the Macrocosm. The man's inner energy, the so-called "Vital energy" or "Qi", is a particle of the immense "cosmic Qi" present in the Universe. If the man succeeds in merging into it, the primitive energy of the cosmos will also act through him.

Most of the western people do not comprehend eastern philosophy and psychology, which are far too distant from their own culture. Nevertheless, all those who are lucky enough to get to know Wushu and want to learn more about its technical and philosophical aspects, could perceive and understand its "essence" along their way. By so doing, they can also understand why so many generations have been considering Wushu as their main reason for life for centuries. As a result, brilliant and incomparable

Quinta pagina dell'opuscolo, che riassume in inglese il tema da sviluppare al Concorso di letteratura internazionale. L'argomento appare a capopagina: **"Wushu a Source of Life and Health" (Wushu, sorgente di vita e salute).**

Dan Sita è il nome con cui è conosciuto in occidente.