

What does holding fist

抱拳礼

抱拳礼在中国是什么意思？

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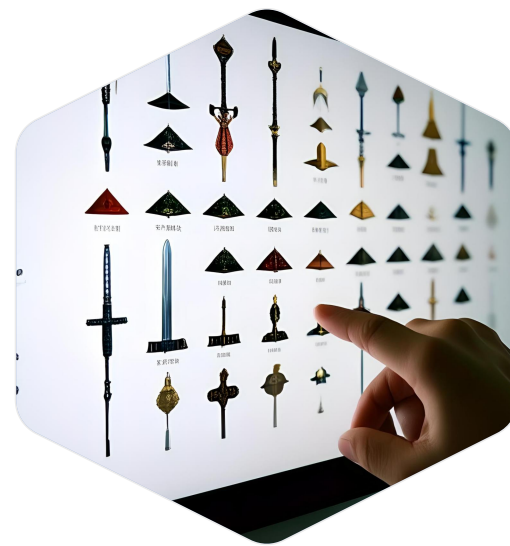
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Definition of Baoquan Greeting

抱拳礼的定义



01

Understanding Baoquan Greeting

Baoquan Greeting is a traditional Chinese practice where guests are welcomed with tea and a small gift, symbolizing respect and friendship.

抱拳礼是中国传统待客之道，以奉茶和小礼品迎接宾客，象征着尊重与友谊。



02

Cultural Significance

The ritual embodies the values of Chinese culture, emphasizing hospitality and the importance of interpersonal relationships in social interactions.

这一仪式体现了中国文化的价值观，强调热情好客以及人际关系在社交互动中的重要性。

Origin and History of Baoquan Greeting

抱拳礼的起源与历史

The rudimentary form of etiquette in the Zhou Dynasty, the clasp of fists ceremony, might be related to the etiquette system of the Zhou Dynasty, especially the "bowing ceremony" recorded in the "Rites of Zhou". In ancient times, to show friendliness or respect, people often crossed their hands in front of their chests (with the right hand clenched into a fist and the left hand resting on the right fist), and this gesture was regarded as an early form of the clasp salute

周代礼仪的雏形 抱拳礼可能与周代礼仪制度有关，尤其是《周礼》中记载的“揖礼”。古人为表示友好或尊重，常将双手交叠于胸前（右手握拳，左手覆于右拳上），这一动作被视为抱拳礼的早期形态



Origin and History of Baoquan Greeting

抱拳礼的起源与历史

The Evolution of the martial arts World In martial arts culture, the origin of the clasping of fists is related to the etiquette of ancient warriors or martial arts figures. The right hand symbolizes strength (fists), while the left hand's cover represents restraint and kindness, implying "making friends through martial arts and knowing when to stop". This form gradually became standardized in the martial arts schools of the Ming and Qing Dynasties

武术界的演变 在武术文化中，抱拳礼的起源与古代武士或江湖人士的礼节相关。右手象征武力（拳），左手掩覆代表克制与善意，寓意“以武会友，点到为止”。这一形式在明清武术流派中逐渐规范化



Origin and History of Baoquan Greeting

抱拳礼的起源与历史

From the Pre-Qin to the Han-Tang Dynasties:

As a daily greeting ritual, it was mostly seen among the scholar class, replacing the more solemn kneeling and bowing rituals.

During the Song and Yuan Dynasties:

Widely used among the common people, it became a universal etiquette for all social classes, especially popular among the martial arts community and merchants.

During the Ming and Qing Dynasties:

Martial arts schools institutionalized the bowing with clasped fists, endowing it with the connotation of "martial virtue" (such as symbolizing "all under heaven are brothers").

Modern Times:

The bowing with clasped fists gradually transformed from a practical etiquette to a cultural symbol, often seen in traditional festivals, martial arts competitions, and film and television works.

先秦至汉唐:

作为日常相见礼, 多见于士人阶层, 替代更庄重的跪拜礼。

宋元时期:

民间广泛使用, 成为社会各阶层通用的礼节, 尤其在江湖、商贾中流行。

明清时代:

武术门派将抱拳礼制度化, 赋予其“武德”内涵 (如“五湖四海皆兄弟”的象征)。

近现代:

抱拳礼从实用礼仪逐渐转为文化符号, 多见于传统节日、武术比赛、影视作品等场景。

Gesture and Meaning of Baoquan Greeting

抱拳礼的手势与含义

Movements and Symbols

Standard Movement: Make a fist with your right hand, cover the right fist with the palm of your left hand, stretch your arms forward, and bow slightly.

Cultural Implications

- The left hand represents "culture" and the right hand represents "martial arts", which reflects the concept of "cultivating both culture and martial arts" or "stopping war with martial arts".
- Covering the right fist with the left hand also symbolizes "covering the sharpness with courtesy", expressing modesty and peace.

动作与象征

标准动作：

右手成拳，左手掌心盖住右拳，双臂前伸，微微躬身。

文化寓意：

左手为“文”，右手为“武”，体现“文武兼修”或“止戈为武”的理念。

左手掩右拳也象征“以礼遮锋”，表达谦逊与和平。





Thanks for listening !