



第一章 草书

Chapter 1 Cursive Script

一、草书源流 Origin and Development

许慎《说文解字》中说“汉立而草兴”，草书，在秦汉竹简中已露端倪。草书，是人们为书写便捷而创造的一种笔画连绵、结构简省的字体。汉代正式形成了一种隶书的草写——章草，而后又有今草、狂草等。《草诀歌》中说“草圣最为难，龙蛇竞笔端”。

Xu Shen (58-147), a famous ancient calligrapher, once said, “When the Han Dynasty (206BC–AD220) was founded, cursive script began to flourish.” Cursive script refers to characters in Chinese calligraphy that are written swiftly with some strokes being omitted or merged. It was first found on bamboo slips of the Qin and Han dynasties. In the Han Dynasty, Zhang (clerical) cursive script was formally developed as an official cursive-style script. Later, Jin (modern) and Kuang (wild) cursive scripts appeared. *A Song of Cursive Script* says, “To become a sage of cursive script is most difficult, as the strokes are dancing like dragons or snakes.”





第三章 笔画

Chapter 3 Strokes

书法三要素：笔画精到，结构严谨，气韵生动。

写字时，由落笔到抬笔叫“一笔”或“一画”，通称笔画。练好笔画是写好字的基础。

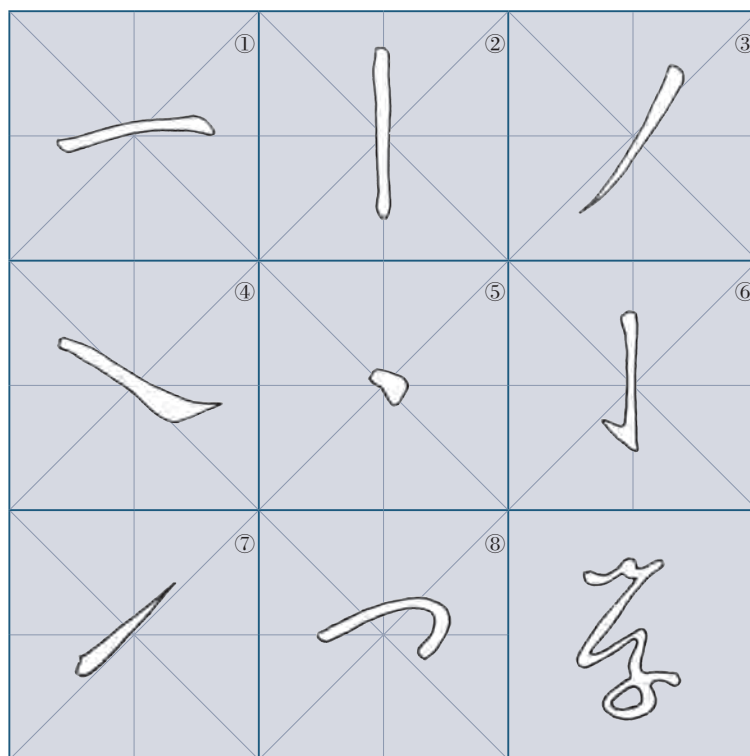
汉字的笔画由基本笔画和复合笔画两部分组成。

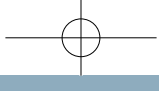
The three key elements for calligraphy are: precise strokes, well-knit structures and vivid spirit.
A single movement of the brush is commonly known as one stroke. One who wants to write calligraphy well must learn to write strokes well.
All Chinese characters are built up from basic strokes, or a combination of both basic and complex strokes.

一、基本笔画 Basic Strokes

草书的八种基本笔画：横^①、竖^②、撇^③、捺^④、点^⑤、钩^⑥、挑^⑦、转^⑧。

There are eight basic strokes: horizontal^①, vertical^②, left-falling^③, right-falling^④, dot^⑤, hook^⑥, right-upward^⑦, and turning^⑧.





第四章 部 首

Chapter 4 Radicals

偏旁是组成合体字的重要部件。偏旁相同的字归为一部，这个偏旁就叫部首。

汉字90%以上是合体字。偏旁相同的字一般有几个，多则几百个，如三点水旁的字就有近六百个。练好一个偏旁，有利于写好具有同一偏旁的几十个甚至几百个字，当然也要注意偏旁的变化。

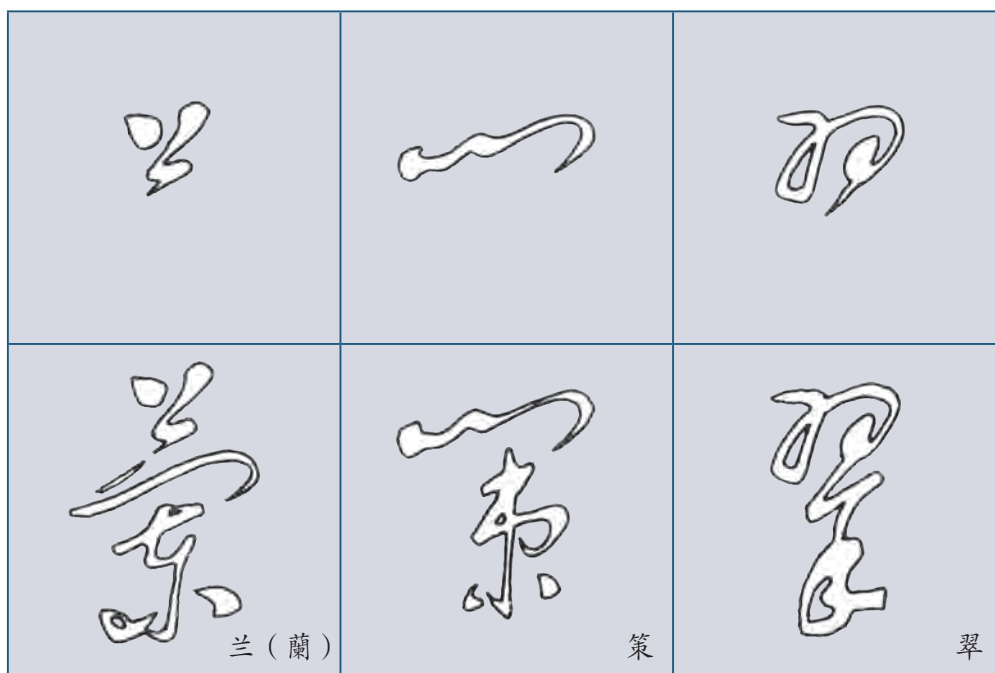
部首分为：字头、字底、左旁、右旁、字框。

Components form compound characters. The same components used in many characters are categorized as radicals.

More than 90 percent of Chinese characters are compound characters. The number of different characters that use the same radical varies from several dozen to several hundred. For instance, there are nearly 600 Chinese characters with the radical 氵. So if one can write a radical well, it is helpful to write many Chinese characters with the same radical. However, while writing, one must pay great attention to the changes in radicals.

The radicals are divided into top, bottom, left-side, right-side and enclosure radicals.

一、字头 Top Radicals





第五章 结 构

Chapter 5 Structure

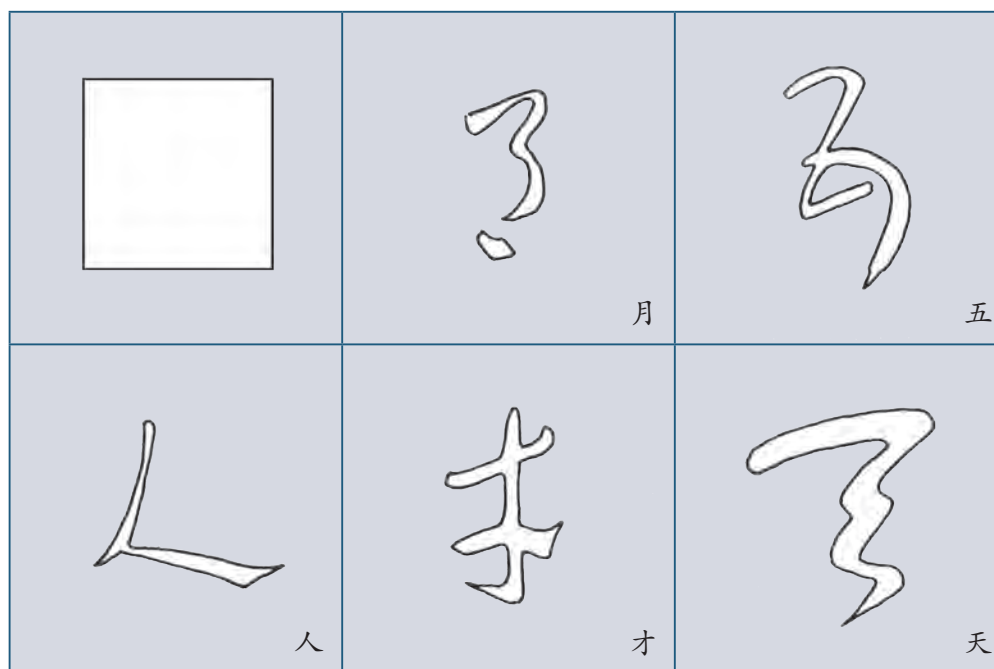
间架结构简称结构。间架，指字的各部分的比例大小；结构，指笔画的组合规律。
笔画、部首是学习字的局部，而结构则是研究字的整体。

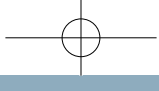
The frame and structure of a Chinese character is called the structure for short. The frame refers to the proportions of all parts of a character; and the structure, the combination rules of strokes.
Strokes and radicals concern only parts of the character, while structure is about the whole character.

一、结构形式 Structural Forms

汉字的结构形式主要有八种：单独结构、上下结构、左右结构、上中下结构、左中右结构、半包围结构、全包围结构和品字形结构。

Chinese characters are mainly classified into eight structural forms: single, top-bottom, left-right, top-middle-bottom, left-middle-right, semi-closing, enclosing and pyramid.





第六章 临 摹

Chapter 6 Tracing and Copying

“摹”与“临”是两种不同的练字方法，练字由摹入手，以临为主。摹利于掌握笔画，临便于熟悉结构。

摹：是用透明纸蒙在字帖上透描，或先钩出字形再描写。

临：是把字帖放在一边，纸放在另一边，对照写。

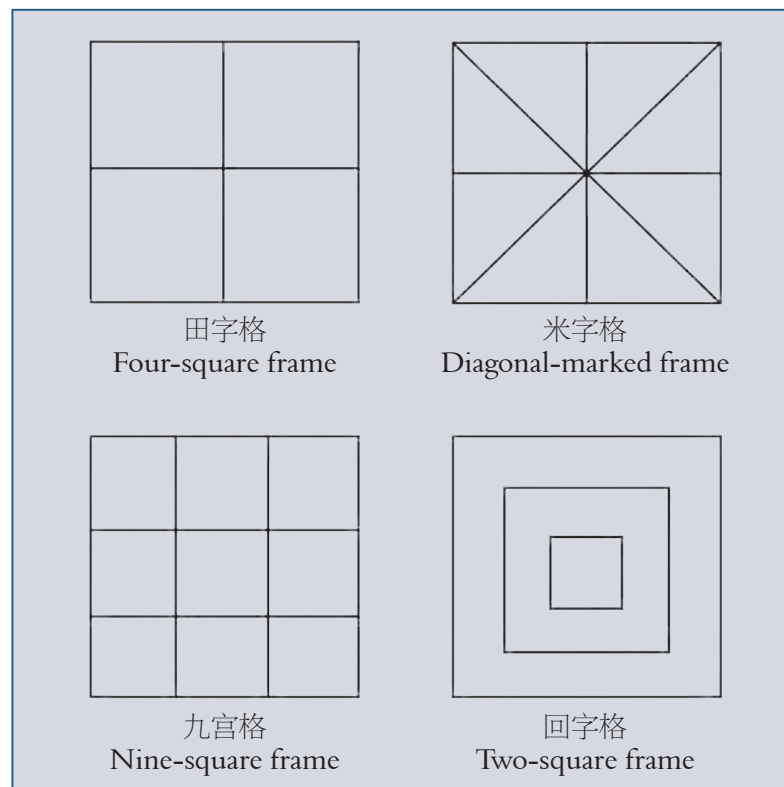
临帖的方法很多，有线临、格临和框临，有对临、背临和默临，还有放大临、缩小临等。

Tracing and copying are two different ways to practice calligraphy. A beginner should start with tracing and focus on copying. The former helps him/her grasp the strokes of Chinese characters, and the latter helps him/her master the structures.

Tracing: Place a piece of transparent paper on top of the model characters and trace it with brush and ink as precisely as possible.

Copying: Take the copybook as the model and copy the characters as accurately as possible.

There are many ways to copy Chinese characters, namely, line, check, frame, contrasting, memory, enlarging and shrinking.





第七章 章 法

Chapter 7 The Art of Composition

“积画成字，积字成行，积行成篇。”一幅成功的书法作品，不仅要把每一个字写好，而且要把几个、几十个，以至成百上千的字组成完整的篇章，这就必须从通篇总的布局来考虑。每一画、每一字都要服从全篇整体美的需要，这种通篇的艺术处理方法叫章法，古人称之为“分间布白”。中国书法的魅力是和通篇精妙的布局分不开的。

“Well-written strokes constitute a character; well-written characters, a line; and well-written lines, an article.” More often than not, a calligraphic work is composed of many characters. A character should be appropriately arranged in a line, and a line, properly set in a work, with each having its own distinct style and all characters in a work echoing each other. A well-crafted calligraphic work is made of well-arranged characters. The arrangement of characters and lines is known as the art of composition, which was called the “layout” by ancient Chinese. The charm of Chinese calligraphy is displayed through its delicate overall arrangement.





第八章 创 作

Chapter 8 Creation

书法创作是指独立完成书法作品的创造性艺术劳动。书法创作必须具备：“眼到”，即具有较高的修养；“手到”，即具有较深的功力。创作者进行创作时，把强烈的情感与丰富的联想倾注于笔墨之中，于是那具有生命力的点线，以长短、曲直、方圆、斜正等不同形态，进行穿插、组合，创造出神采焕然的空间。

Calligraphic creation refers to the independent artistic completion of a calligraphic work. Before a calligraphic creation, one is required to be highly disciplined and have a high degree of skill. While creating a calligraphic work, one must pour all feelings and thinking into it to create a splendid space consisting of animated dots, lines, squares, circles, etc.





第九章 欣 赏

Chapter 9 Appreciation

草书，由于“草”而难识，由于“简”而易混，由于重“意”而难学。近代书法巨擘于右任先生1932年在上海成立了标准草书社，以集字方法编定《标准草书千字文》，并以毕生精力先后九易其稿。《标准草书千字文》是以易识、易写、准确、美观为原则编写的标准草书范本，是草书入门的最好教材。

It is hard to recognize characters in cursive script because they are too illegible. They are also easy to confuse because they are too simplified. It is difficult to learn to write cursive script because it puts stress on intuition. Mr. Yu Youren, a great modern calligrapher, founded the Standard Cursive Script Studio in Shanghai in 1932. He devoted all his life to compiling *A Thousand Characters in Standard Cursive Script* which was revised nine times before it was published. This book is the best model for beginners of cursive script as it displays correct and beautiful characters in cursive script that are easily recognized and written.

