

大唐中兴颂 瘞鹤铭 科学混练

Inscription on the Revival of the Great Tang (Da Tang
Zhong Xing Song) and the Eulogy on Buried Cranes
(Yi He Ming): A Scientific Way of Cross Practicing

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Dixie W Publishing Corporation U.S.A.
美国南方出版社

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Published by
Dixie W Publishing Corporation
Montgomery, Alabama, U.S.A.
<http://www.dixiewpublishing.com>

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2026年5月DWPC第一版

开本：297mm x 210mm

Library of Congress Control Number
美国国会图书馆编目号码：2026939630

国际标准书号 ISBN-13：978-1-68372-839-9

“大字无过《瘿鹤铭》，晚有石崖《颂中兴》”，这是宋代书法家黄庭坚在《论书》中的语句。现存传世碑帖多为小字，《瘿鹤铭》和《大唐中兴颂》是传世碑帖中少有的大字法帖。市面上已经有不少这两种法帖的书籍，本书不同于其他版本，把两个法帖里面的字打乱原有顺序，按照相同相似字形和偏旁部首顺序重新编排，以便于书法爱好者对照练习。笔者认为这样能提高学习效率，这是笔者所提倡的科学训练法的一个方面。

“No large characters surpass those in the *Eulogy on a Buried Cranes(Yi He Ming)*; later came the cliff inscription *Inscription on the Revival(Da Tang Zhong Xing Song)*.” This statement was made by the Song Dynasty calligrapher Huang Tingjian in his *On Calligraphy*. Most surviving stone rubbings feature small characters, but the *Eulogy on Buried Cranes* and the *Inscription on the Revival of the Great Tang* are rare examples of large-character model calligraphy among extant works. While numerous books on these two model scripts are already available on the market, this book distinguishes itself by breaking away from the traditional format. The characters from both works are rearranged and organized according to similar shapes and radicals. This approach is designed to facilitate comparative practice for calligraphy enthusiasts. The author believes that this method enhances learning efficiency and represents one aspect of the scientific training approach advocated herein.

为什么要科学练习？

很多人，或者说绝大部分人，学习书法几十年没有成就，或者打不到高档次，并不是他们不够用功，也不是他们没有天赋，而是学习方法不对。科学的练习方法，就是要花同样的时间事半功倍，练一年相当于别人练十年。

笔者经过几十年练习书法，总结出来一套行之有效的科学练习方法，从而开始编写科学练习系列丛书。

Why Practice Scientifically?

Many people, or rather the vast majority, spend decades studying calligraphy without achieving significant success or reaching a high level. This is not because they lack effort or talent, but because their approach to learning calligraphy is incorrect. Scientific practice methods aim to achieve twice the results with half the effort, making one year of practice equivalent to ten years of conventional practice.

After decades of practicing calligraphy, the author has summarized a set of effective and scientific practice methods, leading to the creation of a series of books on scientific practice.

《瘞鹤铭》全文：

鹤寿不知其纪也，壬辰岁得于华亭，甲午岁化于朱方。天其未遂，吾翔寥廓耶？奚夺余仙鹤之遽也。乃裹以玄黄之中，藏乎兹山之下仙家。石旌事篆铭不朽词曰：相此胎禽，浮唯，表留声。西竹法理，幸丹岁辰。真唯仿佛，事亦微冥。

鸣语化解，仙鹤去莘，左取曹国，右割荆门，后荡洪流，前固重局，余欲无言，尔也何明？宜直示之，惟将进宁，爰集真侣，瘞尔作铭。

《大唐中兴颂》全文：

《大唐中兴颂》有序；尚书水部员外郎兼殿中侍御史、荆南节度判官元结撰。金紫光禄大夫、前行抚州刺史、上柱国鲁郡开国公颜真卿书。

天宝十四年，安禄山陷洛阳。明年，陷长安，天子幸蜀，太子即位于灵武。

明年，皇帝移军凤翔。其年，复两京，上皇还京师。

于戏！前代帝王有盛德大业者，必见于歌颂。若今歌颂大业刻之金石，非老于文学，其谁宜为？

颂曰：噫嘻前朝，孽臣奸骄，为昏为妖。边将骋兵，毒乱国经，群生失宁。

大驾南巡，百寮窜身，奉贼称臣。天将昌唐，繫睨我皇，匹马北方。独立一呼，千麾万旗，戎卒前驱。

我师其东，储皇抚戎，荡攘群凶。复复指期，曾不逾时，有国无之。事有至难，宗庙再安，二圣重欢。

地辟天开，蠲除祲灾，瑞庆大来。凶徒逆俦，涵涵天休，死生堪羞。功劳位尊，忠烈名存，泽流子孙。

盛德之兴，山高日昇，万福是膺。能令大君，声容云云，不在斯文。湘江东西，中直浯溪，石崖云齐。

可磨可镌，刊此颂焉，何千万年！

（上元二年秋八月撰，大历六年夏六月刻）

Full Text of *the Eulogy on Buried Cranes (Yi He Ming)* :

The crane's lifespan cannot be known in its entirety.

It was obtained in Huating in the year of Renchen,

And passed away in Zhufang in the year of Jiawu.

Did Heaven not yet permit it to soar the vast skies?

Why was my divine crane taken so abruptly?

Wrapped in dark and yellow silks,

It is buried beneath this mountain, a realm of immortals.

A stone monument inscribed with seal script preserves its undying tale.

The words read:

Behold this embryonic avian,

Once floating freely, leaving behind its echo.

West of the bamboo, principles align;

A fortunate era of cinnabar and time.

Truth is but elusive;

Events too, faint and obscure.

Its song dissolved into enlightenment,

The divine crane departed from the mortal realm.

To the left, it embraced the Land of Cao;

To the right, it parted the Gates of Jing.

Behind, it swept through mighty currents;

Before, it secured fortified boundaries.

I wish to remain silent,

Yet how could you understand?

It is better to reveal it plainly:

Only by advancing in tranquility,

Gathering true companions,
We bury you and compose this eulogy.

Full Text of *Inscription on the Revival of the Great Tang (Da Tang Zhong Xing Song)* :

Preface

Composed by Yuan Jie, Vice Minister of the Water Bureau, Imperial Censor, and Judicial Officer of the Jingnan Circuit.

Calligraphed by Yan Zhenqing, Former Governor of Fuzhou, Duke of Lu Commandery, and Pillar of State with the Honorary Title of Golden Purple Guang Lu Da Fu.

In the fourteenth year of Tianbao (755 AD), An Lushan captured Luoyang. The following year, he seized Chang'an. The Emperor sought refuge in Shu, while the Crown Prince ascended the throne at Lingwu.

The next year, the Emperor moved his forces to Fengxiang. That same year, both capitals were recaptured, and the Supreme Emperor returned to the capital.

Alas! Throughout history, monarchs with great virtue and monumental achievements have always been celebrated in song and praise. If we are to inscribe the triumphs of our era onto metal and stone, who but a master of literature would be fit for the task?

The Eulogy:

O, the former dynasty,
With treacherous ministers, arrogant and sly,
Bewildering and malign.
Border generals wielded arms in vain,

Poisoning the state's order, causing endless pain;
The people lost their peace again.

The imperial carriage journeyed south in flight,
Officials fled, bending to the rebel's might,
Offering allegiance in shameful plight.
But Heaven willed the Tang to rise once more,
Watching our Emperor, whom it did adore,
Riding north alone, to even the score.

With a single call, he stood alone,
Thousands of banners rallied to his own,
As soldiers charged, their loyalty shown.
Our armies marched east, the Crown Prince led the force,
Sweeping away the rebels, on their course.
Restoration came in time, swift and divine—
A feat unparalleled in any line.

Though trials were extreme,
The ancestral temples regained their gleam,
Two sovereigns reunited, a joyful dream.
Heaven and earth renewed, calamities erased,
Auspicious blessings surged, disasters faced.
The wicked mob, drowned in celestial grace,
Found life and death alike a deep disgrace.

Those with merit rose high in station,
Their loyalty and valor saved the nation;
Their legacy endures for generations.
The rise of virtue, like mountains high,

Like the rising sun across the sky,
Embraces blessings that never die.

It enables the sovereign,
His voice and presence to profoundly ring—
Beyond what mere words can ever bring.
East and west of the Xiang River, straight midstream,
Stands Mount Wuqi, where cliffs with clouds align.
Here we grind and carve, this eulogy to gleam,
For millennia to shine, eternal and supreme!

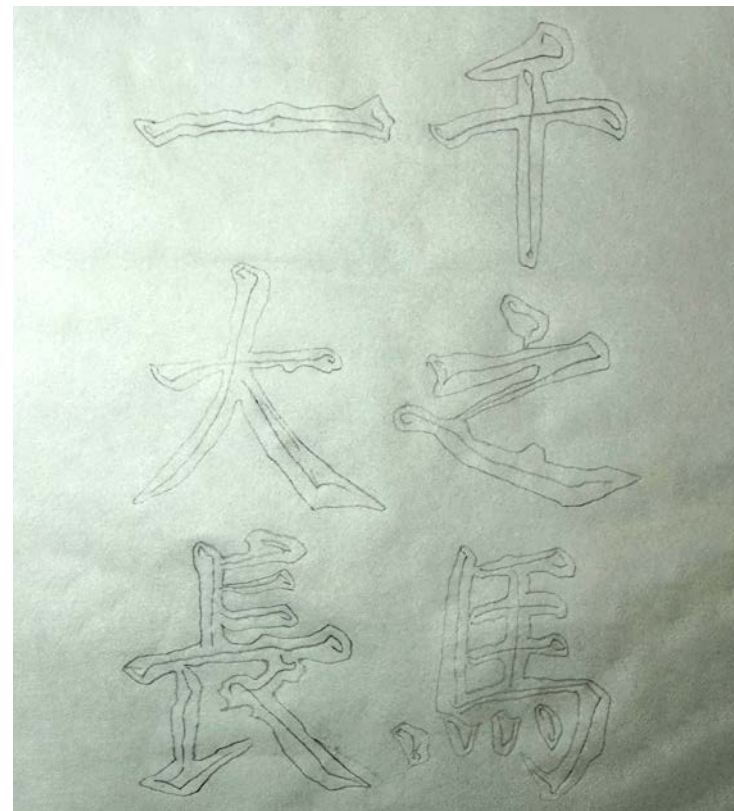
(Composed in the autumn eighth month of the second year of Shangyuan
[761 AD],

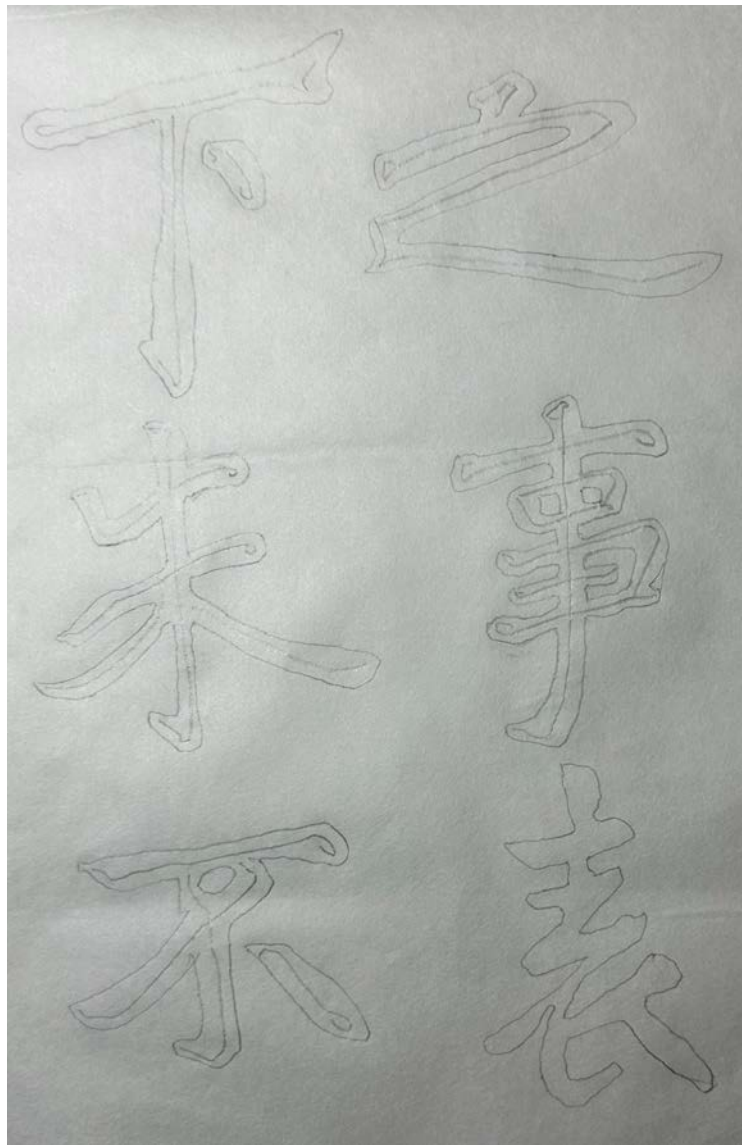
Engraved in the summer sixth month of the sixth year of Dali [771 AD])

基本笔法 (Basic strokes):

请到抖音小红书或快手观看作者的书法视频。国外可到Youtube或Tiktok。搜索王利新书法。

Basic strokes. The center line in each stokes shows the move of the brush. Please go to YouTube or Tiktok to watch videos of the author doing Chinese calligraphy. That way you will get at much more clear picture of how the stokes are written. Search Lixin Wang Chinese calligraphy.





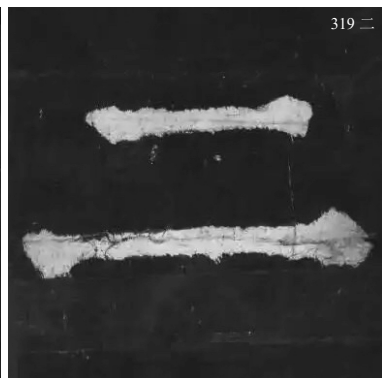
56 十



187 一



189 千



319 二



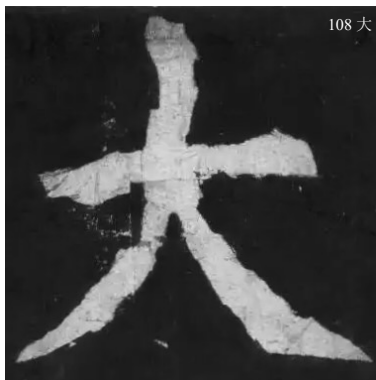
314 千



229 二



243 大



108 大



283 大



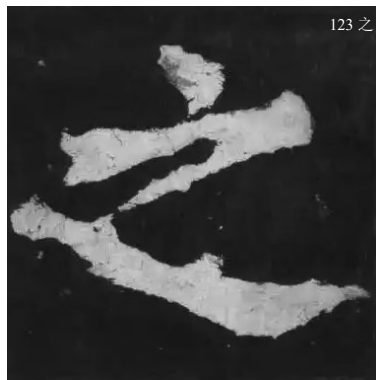
120 大



325 大



161 大



123 之



1 大



220 之



34 大



271 之



74 大