沈尹默「執筆五字法」探源
及其時代意義

莊素娥
國立臺北藝術大學美術系暨美術史研究所教授

摘要

沈尹默（1883-1971）是中國現代書法史上的大家。他從個人的學書體驗中悟出了「執筆五字法」的重要性，並在有生之年一再提倡它，呼籲學習書法的人要重視它。由於他的推崇，「執筆五字法」從五、六○年代的大陸，一直流行沿用到今日台灣的書法界。本文擬從書法史研究的角度，就沈尹默重視「執筆五字法」的原因、歷代「執筆法」種類、「執筆五字法」的流傳歷史、及沈的時代背景和書法創作觀，作一客觀地完整的介紹、詮釋，以讓大家更清楚地理解何謂「執筆五字法」、沈尹默提倡它的用意，以及其所具的時代意義。

關鍵詞：執筆五字法；摳；押；鈎；格；抵
Shen Yinmo’s “Five-words Method of Holding Brush” and Its Significance in the Twentieth Century

Su-o Chuang
Professor, Taipei National University of the Arts

Abstract

Shen Yinmo (1883-1971) was one of the most famous modern Chinese Calligraphers. In 1943, he published his first essay on calligraphy – the well known “Five-words Method of Holding Brush,” in which he proclaimed that the “Five-words Method” was the best and the most important technique for holding brush while writing. The so called “Five-words” are Ye, Ya, Gou, Ge, and Di. Each word indicates the position of each finger of the hand while holding a brush. Because it was highly praised by Shen, the “Five-words Method of Holding Brush” had become quite popular among learners of calligraphy from the 1940s to the 1950s in mainland China. After the retreat of Chiang Kai-shek’s government into Taiwan in 1949, the “Five-words Method” was also adopted by the people of Taiwan. Since then, it has been prevailed in Taiwan until now.

In order to determine the reasons why Shen was so adamant about the “Five-words Method of Holding Brush,” and why it was accepted so easily by people, this paper will focus on the following points:

1. The purpose of why Shen advocated using the “Five-words Method of Holding Brush.”
2. Reconstructing the history of the technique of “holding brush” and the history of “Five-words Method of Holding Brush.”
3. The critique of different methods of holding brush by Shen.
4. The analysis of the periodical background and significance of the use of the “Five-words Method of Holding Brush” in Shen’s time.
5. The practice of “Five-words Method of Holding Brush” in Taiwan.

Keywords: Five-words Method of Holding Brush: Ye; Ya; Gou; Ge; Di