

《2024年6月英语四级翻译训练题及答案：太极拳》

翻译题目：

太极拳(Tai Chi)是一系列缓慢的动作，旨在修炼身心。它就像是一种舞蹈，却不需要你随音乐起舞，而是需要你向内看,聆听内心的节奏。它创自数千年前，原本是一种武术(martial art)——一种自卫的技艺。然而，它的武术方面如今不太流行了。目前全世界成千上万人练习它，主要是由于它对于人类健康的神奇作用。它将身体动作与平静、冥想的(meditative)心理状态结合起来，所以也被称作“冥想运动(meditation in motion) ”。



参考译文：

Tai Chi is a series of slow movements designed to cultivate the body and mind. It is like a dance, but it does not require you to dance to music, but rather requires you to look inward and listen to the rhythm of your heart. It was created thousands of years ago and was originally a martial art—a skill for self-defense. However, its martial aspect is not very popular today. Currently, thousands of people around the world practice it, mainly due to its magical effects on human health. It combines physical movements with a calm, meditative state of mind, so it is also known as "meditation in motion".

翻译解析：

1.原文“太极拳(Tai Chi)是一系列缓慢的动作，旨在修炼身心。”翻译为“Tai Chi is a series of slow movements designed to cultivate the body and mind.”。这里将“太极拳”翻译为“Tai Chi”，同时补充了“movements”来描述动作。在“旨在修炼身心”的翻译中，补充了“designed to”来描述其目的，并补充了“body and mind”来描述修炼的对象。

2.原文描述太极拳原本是一种武术，但现在武术方面不太流行了。这部分翻译为“ It was created thousands of years ago and was originally a martial art—a skill for self-defense. However, its martial aspect is not very popular today.”。这里将“武术”翻译为“martial art”，并补充了“self-defense”来描述其用途。同时，用转折词“However”引出太极拳现在不太流行的事实。

3.原文提到目前全世界成千上万人练习太极拳，主要是由于它对于人类健康的神奇作用。这部分翻译为“ Currently, thousands of people around the world practice it, mainly due to its magical effects on human health.”。这里用“Currently”引出当前的情况，并用“magical effects”来描述太极拳对人类健康的神奇作用。

4.原文描述太极拳将身体动作与平静、冥想的心理状态结合起来，所以也被称作“冥想运动”。这部分翻译为“ It combines physical movements with a calm, meditative state of mind, so it is also known as "meditation in motion". ”。这里将太极拳的特点翻译为“ combining physical movements with a calm, meditative state of mind ”，并补充了“ meditation in motion ”来描述其别名。

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