

疫情防控期间开展太极拳教学之研究

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摘要：本文论述了在疫情防控期间，怀集学院的学员们遵守防疫规定，因地制宜，有分有聚，开展“居家练拳 强身抗疫”活动；开展线上教学，做到停课不停学；开展《七星十八式太极拳》教学；参加社会体育指导员培训；举行 24 式简化太极拳公益培训，积极组织学员参加各类太极拳比赛，以赛促学等措施，坚持不懈地练习太极拳，探索出一套行之有效的锻炼方法，从而保证了学员健康快乐地生活。**目的：**通过研究疫情期期间锻炼太极拳方法，总结推广运用，从而提高群众身体素质，更好地增强身体免疫力，抗疫防疫。2020 年突如其来的疫情，让人类更注重身体健康问题。大家都知道常练太极拳能增强体质，但在疫情期间，特别是去年疫情严重的时候，各级政府倡议居家不串门，禁止聚集人群，学生停课，以前练习太极拳的公众场所如公园，广场等，都有保安及市政管理人员值守，不准开放场地。在此情况下，我们既要遵守规定，不给国家添乱，又要想办法坚持锻炼身体，如何坚持不懈练习太极拳是一个新课题。我们怀集学院因地制宜，有分有聚，探索出一套行之有效的锻炼方法，从而保证了我们怀集学院太极拳班学员健康快乐地生活。**研究对象：**广东老年大学怀集学院太极拳班 56 名学员。其中男 10 人，女 46 人，年龄 45-55 岁 24 人，56-65 岁 32 人。在职 30 人，退休和无业人员 26 人。太极拳班的学生是我学院业余学习的学员，考虑到大部份是在职的人员，白天上班时间紧，就安排他们是晚上来校上课，**练习时间：**每天晚上 8 点至 10 点。**经常练习地点：**广东老年大学怀集学院。**研究内容：**疫情防控期间太极拳锻炼方法。**方法：**现代人练习太极拳的目的是强身健体，不同于古人为了练成无敌杀人秘笈，隐居山林，独自秘练。现代的习练者要求有群体性，要有领头雁一样的人带着练，初学的人有样可跟，大家相互交流，才有毅力坚持下去。疫情严重期间无法聚集，只能分散进行，疫情缓解后就集中练习。我以一个基层的群众体育指导员、教练员和管理者的身份，亲身观察、研究疫情期期间通过锻炼太极拳，提高身体素质的方法。运用自然观察法和参与实践法去研究，直接参与进学员群体中，与学员一起锻炼，既当指导员、教练员、管理者，又当学员，既当领队带队参赛，也当队员报名参赛，从而细致地体验、观察学员，及时地发现问题，耐心辅导，解决问题，探索锻炼太极拳的方法。1. 遵守防疫的一般要求。要求学员响应政府号召,保持良好卫生习惯,勤洗手,出门戴口罩,相隔一

米距离等等一般性的防疫要求。2. 开展“居家练拳 强身抗疫”活动。新冠肺炎疫情暴发后，怀集学院坚决贯彻落实习近平总书记重要指示和党中央决策部署，积极响应上级政府和武术组织提出的做好疫情防控的指示精神和应对新型冠状病毒的倡议，在 2021 年 1 月 23 日我学院就向学员们发出通知，尽量居家，减少外出，避免交叉感染风险，要求太极拳班的学员取消每天早上的集体练习，改为各自在家锻炼，不要放弃，要坚持不懈。学员们积极响应，他们因地制宜，在家里客厅、阳台、小区庭院、在室外，在抗疫值班的空隙时间抽空练习，练习内容多样化，可以是套路、基本功或其中几个动作，要求学员尽量把练习时的拍起照片或小视频发上班级群给大家分享。我们学院对“居家练拳 强身抗疫”的积极分子进行了奖励。3. 开展线上教学，做到停课不停学。我学院主要利用微信群和钉钉软件或《雨课堂》进行教学、演练和示范。课程有《八法五步》、《24 简化太极拳》、《七星十八式太极拳》，还把网上收集到的其他视频内容推送到学员 Q 群里由学员自学。4. 开展《七星十八式太极拳》教学。在 2020 年 10 月，疫情已基本得到了控制，学校可以正常上课的时候，我学院请肇庆市太极拳协会来教授《七星十八式太极拳》。《七星十八式太极拳》是北京武术名家霍东利老师根据自己几十年的练武体会和教学经验，结合肇庆的人文和地理特色，融合了多家太极拳及八卦掌精华精心创编的，内涵丰富，一招一式舒展大方，刚柔并济，对增强免疫力具有独到效果，特别适合于疫情期间练习。5. 参加社会体育指导员培训。选派 7 名骨干学员参加 2020 年广东省肇庆市文广旅体局举办的太极拳社会体育指导员培训。经培训考核合格，取得了社会体育指导员证书，为我县开展群众体育活动提供了科学化、法制化的人才支持。这些指导员持证上岗，活跃在我县的机关，学校，社区，公园等地方开展太极拳的教学工作，为我县的全民健身抗击疫情作出了很大的贡献。他们觉得工作有成就感，很好地带动了全班学员学习太极拳的热潮。6. 举办公益培训班。举行 24 式简化太极拳。24 式简化太极拳内容精练，动作规范，充分体现太极拳的运动特点，对提高免疫力有很大的帮助。在疫情期间，太极拳被国家卫健委官宣，走进疫区病房和方舱医院内，走上抗疫战场，这是前所未有的创举，成为了抗疫中的亮点。24 式简化太极拳公益培训班，深受学员们的欢迎，报名踊跃，学习热潮高涨。7. 积极组织学员参加各类太极拳比赛，以赛促学。我学院组织学员参加 2020 年广东省首届《演武大会》，获两金一银。4 位学员参加 2020 年广东省武术套路锦标赛获两金两银两铜奖牌。两名太极拳队员参加“粤武杯”全球太极拳网络大赛（广东站）比赛获两块银牌，全班学员参加怀集县第二届职工太极拳比赛获集体一等奖，两名学员参加怀集县“全民健身、抗击疫情”功夫达人短

视频大赛获两块金牌。通过比赛，以赛促学，进一步提高了学习太极拳的兴趣和热潮。**结果：**太极拳的动作舒展大方、缓慢柔和、刚柔相济，以意念引导动作，符合人体的生理保健要求，能促进人体的新陈代谢，还能对人的心情进行调节。在神意和心情上平静、自然，神舒体松，有益于身体康健。太极拳的特点和其他运动的区别就是身体放松、心静，身心完全沉浸在运动中，使大脑和身体、心理得到安静和平衡。消除头脑的紧张、忧愁、恐惧，摆脱病态心理，可以对人们身心进行调节，使心情愉快、心情平静，提高免疫力，增强体质，健康长寿。实践证明，通过以上的多种方法，坚持不懈地锻炼太极拳，使学员增强免疫抗疫能力，身体健康，快乐生活，此班学员当中，有高血压恢复正常的有 6 人，睡眠状态改善良好的有 7 人，精神状态明显改善的有 24 人，还有其他的改善状况不一而足。**结论：**1. 练习太极拳能激活自身修复系统,提升免疫能力，大幅度增加吸氧量，能旺盛气血，打通全身经脉，促进机体新陈代谢，激活身体修复功能，提升人体免疫力。2. 疏通经络，身心轻安。太极拳以气运身，练习中时常会有指尖麻酥酥、关节微响、针刺、腹鸣等感觉，这是经络畅通的正常反应。经络通畅了，气血也通了，疲劳也得到消除。3. 能放松神经系统。太极拳在松静自然中练习，凝神聚气，沉稳安舒，脑神经得以充分休息，使神经系统放松，缓解头晕眼花，避免精神疾病并调节血压。4. 能增强心脏功能，防止心肌梗塞。练习太极拳能全身催动气血，增强心脏功能，使心脏慢而有力减少血凝块的形成，减少心肌梗塞的可能性。5. 强健血管，改善血液循环。太极拳要求螺旋缠绕、节节贯穿，从而使血管弹性得以增强，减少血管破裂的可能性，也能够增强全身弹性，增强人体血液循环和新陈代谢。6. 能延年益寿，开智增慧。太极拳是一种静中有动、动中有静的运动，有阴有阳，符合人体运动规律，有助大脑释放更多的快乐激素，精神愉快，延年益寿。

关键词：疫情；太极拳；教学

Research on Tai Chi teaching during epidemic prevention and control

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Abstract: Objective: To improve the physical fitness of the masses, better enhance the body's immunity, and fight against the epidemic through studying the methods of exercising Tai Chi during the epidemic period, summarizing and promoting the application. 56 students from the Tai

Chi class of Huaiji College, Guangdong University for the Senior. Among them, 10 were males, 46 were females. 24 were 45-55 years old, and 32 were 56-65 years old. There are 30 employees and 26 retired and unemployed. Research content: Tai Chi exercise methods during epidemic prevention and control period. **Methods:** 1. Comply with the general requirements for epidemic prevention. Participants are required to respond to the government's call to maintain good hygiene, wash hands frequently, wear masks when going out, and be separated by one meter and so on which all belong to general epidemic prevention requirements. 2. Carry out the activity of "Practice Tai Chi at Home to Strengthen the Body to Fight the Epidemic". On January 23, 2021, our college issued a notice to the students to stay at home as much as possible, reduce going out, and avoid the risk of cross-infection. The students in the Tai Chi class were required to cancel the group practice every morning and exercised it at home persistently instead. Our college rewarded activists who "practice Tai Chi at home to strengthen the body against the epidemic". 3. Carry out online teaching and classes are not suspended as a result. Our college mainly used WeChat groups and Dingding software or "Rain Class" for teaching, drills and demonstrations. The courses included "Eight Methods and Five Steps", "24 Simplified Tai Chi", " Tai Chi with Seven Stars and Eighteen Forms ", and other video content collected on the Internet was also pushed to the students' QQ group for self-study. 4. Carry out the teaching of " Tai Chi with Seven Stars and Eighteen Forms ". In October 2020, the epidemic was basically under control, and when the school can have classes as usual, our college invited Zhaoqing City Tai Chi Association to teach " Tai Chi with Seven Stars and Eighteen Forms ". " Tai Chi with Seven Stars and Eighteen Forms " is created by a master of Beijing martial arts--Mr. Huo Dongli. Based on his decades of martial arts experience and teaching experience, he combines humanistic and geographic characteristics in Zhaoqing city as well as the essence of different types of Tai Chi and Eight Trigram Palm. It has rich connotation and every move and step is stretching and generous, rigid and flexible, and has a unique effect on enhancing immunity, especially suitable for practice during the epidemic. 5. Participate in social sports instructor training. Seven key trainees were selected to participate in the Tai Chi Social Sports Instructor Training held by the Bureau of Culture, Sports, Tourism and Sports of Zhaoqing City, Guangdong Province in 2020. They passed the training and assessment, obtained the social sports instructor certificate, and provided scientific and legal talent support for

the development of mass sports activities in our county. These instructors took up their posts with certificates and were active in teaching Tai Chi in our county's agencies, schools, communities, parks and other places, and had made great contributions to our county's nationwide fitness fight against the epidemic. They felt that their work had a sense of accomplishment, which drove the enthusiasm of the whole class to learn Tai Chi.

6. Organize public welfare training courses. Hold 24 forms of simplified Tai Chi. The 24-style simplified Tai Chi has concise content and standardized movements, which fully reflects the sports characteristics of Tai Chi and is of great help in improving immunity. During the epidemic, Tai Chi was declared by officials of the National Health Commission to walk into the wards and shelter hospitals in the epidemic area and step onto the battlefield of fighting the epidemic. This was an unprecedented pioneering move and became a bright spot in the fight against the epidemic. The 24-style simplified Tai Chi public welfare training class is well received by the students, people enrolled enthusiastically, and the learning enthusiasm is increasing continuously.

7. Actively organize students to participate in various Tai Chi competitions to promote learning. Our college organized students to participate in the first "Exercising Martial Arts Conference" of Guangdong Province in 2020, and won two gold medals and one silver medal. Four students participated in "Guangdong Martial Arts Routine Championship 2020" and won two gold medals, two silver medals and two bronze medals. Two members of Tai Chi team participated in the "Guangdong Martial Arts Cup" Global Tai Chi Network Competition (Guangdong Station) and won two silver medals. The whole class participated in the 2nd Huaiji County Workers Tai Chi Competition and won the collective first prize. Two students participated Huaiji County's "National Fitness, Fighting the Epidemic" Kung Fu Master Short Video Contest and won two gold medals. Through competitions to promote learning, the students' interest and enthusiasm for learning Tai Chi has been further increased.

8. Participate in the "2021 Huaiji County Online Spring Festival Gala". Due to the epidemic, the 2021 Spring Festival Gala in Huaiji County did not organize live viewing, instead, it was broadcast online. Our college organized a program "Health Qigong(an ancient Chinese exercise that focuses on breathing)—Qi Dance" organized by Tai Chi class students to sign up for the online Spring Festival Gala in Huaiji County. And with their efforts, it was successfully passed the preliminary contest and entered the final show of the Huaiji Spring Festival Gala. "Health Qigong-

Qi Dance" is adapted from the mixed movements of Health Qigong "Great Dance", "Ba Duan Jin (an independent and complete set of fitness exercises)", "Mawangdui Guiding Technique" and "Yi Jin Jing (a Qigong exercise passed down from ancient times)" promoted by the State Sports General Administration. The movements are simple and easy to learn, and can effectively improve the body's immunity. It is a way to have a healthy and civilized holiday which can be promoted to the masses during the epidemic, and also a way to promote effective epidemic prevention methods for home fitness. The dance is beautiful, the costumes are gorgeous, the arrangement is exquisite with the music of "Sky Boundary", the love story is interpreted in the form of Health Qigong, and the stage background is beautiful which make the dance highly artistic, ornamental and practical. This program was deeply loved by the audience, and the number of online votes ranked third in the entire program. It played a certain role in promoting fitness exercises and improving the physical fitness of the masses during the epidemic. **Results:** Practice has proved that through the above-mentioned various methods, as well as the unremitting exercise of Tai Chi, the trainees can strengthen the immunity and fight against the epidemic, be healthy and live a happy life. Among the students in this class, 6 had their high blood pressure returned to normal, 7 had a good sleep state, 24 had a marked improvement in their mental state, and other improvements. **Conclusion:** 1. Activate the self-repair system and improve immunity. Practicing Tai Chi can greatly increase the amount of oxygen inhaled, which can enliven the blood, open up the body meridians, promote the body's metabolism, activate the body's repair function, and enhance the body's immunity. 2. Dredge the meridians and make the body and mind peaceful. Tai Chi uses Qi to move the body. In practice, there are often numb fingertips, faint ringing of joints, acupuncture, abdominal ringing, etc. These are normal responses to the smooth flow of meridians. The channels and collaterals are unblocked, the blood is cleared, and the fatigue is eliminated. 3. Relax the nervous system. Tai Chi is practiced in the calm and natural environment, concentrating and gathering energy, calming and comfortable, so that the cranial nerves can be fully rested, the nervous system can be relaxed, dizziness can be relieved, mental illness can be avoided and blood pressure can be regulated. Tai Chi is a kind of exercise in which there is movement in stillness, and there is stillness in movement. There are Yin and Yang, which conforms to the law of human movement. It helps the brain release more happy hormones, which can make people feel happy and prolong life. 4.

Enhance heart function and prevent myocardial infarction. Practicing Tai Chi can stimulate blood all over the body, enhance heart function, make the heart slowly and powerfully reduce the formation of blood clots, and reduce the possibility of myocardial infarction. 5. Strengthen blood vessels and improve blood circulation. Tai Chi requires the body and limbs to move spirally, softly and continuously, which can increase the elasticity of blood vessels, reduce the possibility of blood vessel rupture, and can also enhance the elasticity of the whole body, and enhance the blood circulation and metabolism of the body. 6. Prolong life, open up wisdom and increase wisdom. Tai Chi is a kind of exercise in which there is movement in stillness, and there is stillness in movement. There are Yin and Yang, which conforms to the law of human movement. It helps the brain release more happy hormones, feels happy, and prolongs life.

Key words: Epidemic, Tai Chi, Teaching