

健康中国视域下太极拳价值研究

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摘要：目的：《“健康中国 2030”规划纲要》指出：“健康是促进人的全面发展的必然要求，是经济社会发展基础条件。”但随着人民生活质量的不断提高、科技水平的不断发展，全民身体素质降低、人口老龄化、疾病预防困难、生态环境及生活方式的变化给维护和促进健康带来了一系列的挑战。2020年12月17日太极拳成功申请为世界级非物质文化遗产，其独特的医学价值、健身价值、防身价值、文化价值、教育价值受到了世界的瞩目。因此，深度挖掘太极拳在《“健康中国 2030”规划纲要》中的重要价值不仅对弘扬中华民族传统文化和提高全民综合素质与推进中国社会建设有着重要意义，更有利于在全球一体化背景下为世界人民提供科学的、向上向善的锻炼方法，促进世界文明和谐发展。**方法：**文献资料法、逻辑分析法、专家访谈法等。**结果：**太极拳是一种技艺更是一种文化，两者相辅相成。在其背后更饱含着丰富的生命科学基础、操作技术规范、社会人文背景、环境生态影响和历史演化状况。在《“健康中国 2030”规划纲要》的背景下太极拳在提高全民身体素质、完善精神、塑造品德等方面具备其它体育项目所不能代替的作用。

1 太极拳对提高身体素质的功用：

1.1 外在形体的锻炼。太极拳明显有别于其它体育项目单一部位肌肉群体的锻炼方式，在其攻防套路中饱含踢、打、摔、拿、刺、砍、劈和挡、拦、截、避、走、化等一系列动作技术元素，对提高身体各个部位肌肉群体与关节有着十分重要的促进作用。另外，太极拳在其运动过程中又着重全身肌肉和关节之间的协调，每一招每一式都要求足底、腰髋、肩肘等部位的连贯发力，这在很大程度上有效的开发人体大脑对于四肢灵活性的支配，对人体四肢平衡能力与协调能力有着显著的提高。

1.2 内在精神的塑造。通过对一些习练者进行实验与调查发现，人们对太极拳的喜好不仅仅是因为对预防疫病与强身健体的需要，还因为经过太极拳习练有能够有效缓解压力和负面情绪的效果。太极拳技术轻缓自然、动静结合、舒展大方、刚柔并济、动作唯美使人在习练的过程中使人能够与大自然融为一体，进而体悟人体心灵之美、生活之美，并形成一种向上向善的一种心态。

2. 太极拳对增强身心素养的教育：

2.1 “德行”的性格基础。中国人自古至今十分注重“德行”二字，有德才能行的正，行的远，而国又无德不兴，人无德不立。太极拳十分注重礼节，在习练的过程中潜移默化的塑造一种尊师重道，尊老爱幼的一种精神

品质。另外，太极拳习练过程当中要求静心，即“无”的一种状态。通过静心进而自省人与人之间的处世之道，以此培养现代人的“君子之风”。2.2 “奋斗”的习惯养成。一方面，太极拳攻防技术始终脱离不开它的实际需要和应对情境，而正是这种实质性目的才能养成正义、勇敢、自卫、抗暴等意志品质，从而使习练者在面对邪恶和困难时勇往直前。另一方面，太极拳的习练具备一定的艰苦性，正如民间诸多拳师所说“拳打千遍，神理自现”和“夏练三伏，冬练三九”一样，正是通过对太极拳日复一日的练习，使习练者在心灵上始终饱含着“坚持奋斗”的习惯。2.3 “和谐”的生活态度。随着现代科技的不断发展，人们对于公共资源的抢夺越发严重，尤其是“优胜劣汰”的生活法则更是深入人心，由此使人与人之间的信任之塔逐渐崩塌。而太极拳从“以人为本”为出发点，构建以“和谐”为主的技术理论体系，弥补当下人与人、人与社会、人与自然之间相处之道上心灵的缺失，并有着激发社会向着文明、自由、平等、公正、诚信等发展的重要作用。3 太极拳对减缓老龄化社会风险的防范：3.1 “强体防病”的科学性。太极拳与中医学有着不可分割的联系。最早将拳术与中医相结合的应当属于古代医学大师华佗，明确的指出拳法增强体质、预防疾病、调理身心的功效。而太极拳自形成以来恰恰又常伴随着上述功能，名副其实的在学理上“成于医”，正如陈王庭对陈氏太极拳的创编目的“祥推用意终何在，延年益寿不老春”。另一方面，人们普遍相信现代科学仪器下的数据显示，由此对太极拳价值产生了怀疑。但是，通过近几年欧洲学者对太极拳的实验分析充分显示了其独特的应用价值，我们从欧洲太极拳习练者的不断增多，也可以从侧面证明太极拳其科学的医用价值。3.2 “简单易学”的普适性。一方面，太极拳的习练方法繁多，人们可以根据自己的爱好选择适合自身的太极拳种，如陈氏太极拳的快刚慢柔；杨氏太极拳的舒展柔和；武氏太极拳的紧凑严谨……，还有 24 式简化太极拳，内容更加精炼易学，更加便于在世界范围内向外传播。另一方面，正是由于太极拳的种类繁多，练习强度中等，使得不同年龄之间练习的界限荡然无存。如太极拳对老年人具备延年益寿的功效，对青年人有着和谐意识的处事哲学，对少年开发思维的认知作用。3.3 “容光焕发”的养面性。关于太极拳的“容光焕发”价值的研究是目前仍有待开发的，根据调查发现，平均每周练习 4 次以上，每次练习时长在两个小时左右的习练者与未习练者在面貌上有着明显的差别。经常通过电子设备娱乐生活的人往往双眼凹陷、面部泛黄、毫无精神，而经常参与太极拳习练者往往表现出双眼有神、面色红润、嘴唇微粉等具有十分活力的外部特征。因此，太极拳对于人体外在的精神气质的提升有着明显的重要作用。4. 太极拳对中华民族优秀文化的反映：中华民族上下五

千年历史，诞生了丰富多彩的中华文化，而各种文化之间又彼此之间彼此包含。因此，太极拳同样也蕴含着丰富的中华文化，在其学理上起于易、赋于兵、成于医、主于道，取众家之所长，在其技艺上饱含着中华民族应对生命和自然环境的生存技巧，即踢、打、摔、拿、刺、劈、砍等技术动作元素，是丰富的中华民族优秀文化的真实反映。**结论：**太极拳对提高身体素质和增强身心素养有着十分重要的作用，有利于提高全民素质的同时维护社会和谐快速稳定发展。同时，在老龄化社会的背景下，太极拳其医学上的科学性、简单易学的普适性和容光焕发的养面性都对预防和延缓老龄化社会有着重要意义。另外，纵观太极拳在其发展过程中对自身的评价判别上始终以是否有用和有效为目的，因此才能在社会快速发展的今天依然能够爆发出强有力的生命力。随着《“健康中国 2030”规划纲要》的颁布，太极拳应该为健康中国建设，营造绿色健康环境展现出应有的价值，更好的满足当下人民群众对于健康的需求。

关键词：健康中国；太极拳；价值；

Study on the value of Taijiquan in Healthy Chinese Vision

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Abstract: Objective: "Health is an inevitable requirement for promoting the Healthy China 2030 development and is the basic condition for economic and social development," according to the Healthy China Plan However, with the continuous improvement of people's quality of life and the continuous development of science and technology level, the reduced physical quality, aging population, disease prevention difficulties, the change of ecological environment and lifestyle have brought a series of challenges to the maintenance and promotion of health. On December 17, 2020, Taijiquan successfully applied for being a world-class intangible cultural heritage. Its unique medical value, fitness value, body defense value, cultural value and educational value have attracted the attention of the world. Therefore, the depth of mining taijiquan in the "healthy China 2030" planning outline not only to carry forward the Chinese traditional culture and improve the comprehensive quality and promote the development of Chinese social construction, is more conducive to the background of global integration for the world people to provide scientific, upward for good exercise methods, promote the harmonious development of world civilization.

Methods: Literature data method, logic analysis method, expert interview method, etc. **Results:**

Taijiquan is a skill and a culture, and the two complement each other. Behind it, it is more full of rich life science foundation, operational technical norms, social and cultural background, environmental and ecological influence and historical evolution. Under the background of the Outline of the Healthy China 2030 Plan, Taijiquan has an irreplaceable role of other sports in improving the physical quality, improving the spirit and shaping the moral character. The conclusions are drawn as follows: 1. Taijiquan for improving physical quality: 1. 1 External physical exercise. Taijiquan is obviously different from the exercise mode of a single part of the muscle groups in other sports projects. It is full of kicking, beating, throwing, taking, stabbing, cutting, cutting, splitting and blocking, which plays a very important role in promoting the muscle groups and joints of all parts of the body. In addition, taijiquan in the process of its movement and focus on the coordination between the whole body muscles and joints, each move each type requires foot bottom, waist and hip, elbow, shoulder and other parts of the coherent force, which to a large extent effective development of the human brain for the flexibility of the limbs, the human limbs balance ability and coordination ability has been significantly improved. 1.2 Formation of the inner spirit. Through experiments and investigation on some practitioners, it is found that people like Taijiquan not only because of the need for disease prevention and physical fitness, but also because of the effect of Taijiquan practice that can effectively relieve stress and negative emotions. Taijiquan technology is gentle and natural, the combination of movement and movement, stretch, rigid and softness, and beautiful movement make people integrate with nature in the process of practice, and then understand the beauty of the human mind, the beauty of life, and form a kind of upward and good mentality. 2. Taijiquan education of enhancing physical and mental literacy: the character foundation of 2. 1 "virtue". Since ancient times, the Chinese people have paid great attention to the word "virtue". Only with virtue can they be right and far away, while the country is free of virtue, and people have no virtue. Taijiquan pays great importance to etiquette, and in the process of practice, it imperceptibly shapes a spiritual quality of respecting the old and caring for the young. In addition, the practice process of Taijiquan requires meditation, that is, a state of "no". Through meditation and then introspection of the way between people, in order to cultivate the "gentleman's wind" of modern people. 2. 2 The habit of "struggle". On the one hand, Taijiquan offensive and defense technology is always inseparable from its actual needs

and response situation, and it is this substantive purpose to develop justice, courage, self-defense, violence and other will qualities, so that practitioners can move forward in the face of evil and difficulties. On the other hand, the practice of Taijiquan has a certain hardship. As many folk boxers say, "boxing thousands thousand times, self-evident" and "practice in summer, practice in winter", it is through the practice of Taijiquan that practitioners are always full of the habit of "insisting on struggle" in their hearts.

2.3 A "Harmonious" attitude towards life.

With the continuous development of modern science and technology, people's grab for public resources is increasingly serious, especially the law of "survival of the fittest" life is deeply rooted in the hearts of the people, which makes the tower of trust between people gradually collapse. Taijiquan, from "people-oriented" as the starting point, constructs a technical theoretical system based on "harmony", makes up for the lack of mind in the way to get along between people, society, man and nature, and plays an important role in stimulating the development of society towards civilization, freedom, equality, fairness and integrity.

3. Prevention of Taijiquan to slowing down the risk of aging society:

3.1 Scientific nature of "strong physical disease prevention".

Taijiquan has an inseparable connection with traditional Chinese medicine. The earliest combination of boxing and traditional Chinese medicine should belong to the ancient medical master Hua Tuo, which clearly pointed out the effect of the boxing method to enhance the physical fitness, preventing diseases, and regulating the body and mind. Since its formation, Taijiquan has often been accompanied by the above functions, worthy of the name "medical", just as Chen Guanting's creation of Chen Taijiquan "what is the auspicious intention, prolong life is not spring". On the other hand, it is widely believed that data under modern scientific instruments thus doubt the value of Taijiquan. However, through the experimental analysis of Taijiquan by European scholars in recent years, it has fully demonstrated its unique application value. From the increasing number of European Taijiquan practitioners, we can also prove the scientific medical value of Taijiquan from the side.

3.2 The universality of "easy to learn".

On the one hand, there are many methods of Taijiquan, people can choose suitable Taijiquan according to their hobbies, such as Chen Taijiquan, Yang Taijiquan, compact and rigorous. There are also 24 simplified Taijiquan, the content is more refined and easy to learn, more convenient to spread around the world. On the other hand, it is because of the wide variety of Taijiquan and moderate intensity that the

boundaries between different ages exist. For example, Taijiquan has the effect of prolonging life for the elderly, a philosophy of harmonious consciousness for young people, and a cognitive effect on the development of young people's thinking. 3.3 "radiant" nourishing. The research on the value of "radiant" of Taijiquan is still to be developed. According to the survey, it is found that the average practice is more than four times a week, and those who practice about two hours per practice are significantly different in appearance. People who often live through electronic equipment tend to have sunken eyes, yellowing faces and no spirit, while those who often participate in Taijiquan practitioners often show very energetic external characteristics such as divine eyes, ruddy complexion, and pink lips. Therefore, Taijiquan plays an obvious and important role in improving the human body's external mental temperament. 4. Taijiquan is the reflection of the excellent culture of the Chinese nation: the Chinese nation has a history of 5,000 years, and has produced rich and colorful Chinese culture, and various cultures are included among each other. Therefore, taijiquan also contains a rich Chinese culture, in its theory, easy, soldiers, medicine, the director of the family, full of the survival skills of the Chinese nation to life and natural environment, namely kick, play, fall, take, thorn, splitting, cutting and other technical action elements, is a rich true reflection of the excellent culture of the Chinese nation. **Conclusion:** Taijiquan plays a very important role in improving the physical quality and enhancing the physical and mental quality, which is conducive to improving the quality of the whole people while maintaining the rapid and stable development of social harmony. At the same time, in the background of the aging society, the scientific nature, simple universality and radiant nourishment of Taijiquan are of great significance to preventing and delaying the aging society. In addition, throughout the process of Taijiquan, the evaluation of Taijiquan is always useful and effective, so it can still break out strong vitality today with the rapid development of society. With the promulgation of the Outline of the Healthy China 2030 Plan, Taijiquan should show its due value for the construction of a healthy China and creating a green and healthy environment, and better meet the needs of the current people for health.

Key words: Healthy China, Taijiquan, Value