

浅析太极拳动漫作品对太极拳运动在青少年群体中推广的作用

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摘要：目的：太极拳作为世界非物质文化遗产，是我国传统性的民族体育项目，有着悠久的历史 and 深厚的文化积淀。它具有全面锻炼、内外兼顾、趣味浓厚、陶冶性情、人人可练、强身健体等特有的价值与功效，在新时代全民健身浪潮中具有不可替代的重要作用。“健康中国 2030”规划纲要提出，要大力发展群众喜闻乐见的运动项目，鼓励开发适合不同人群、不同地域特点的特色运动项目，扶持推广太极拳、健身气功等民族传统运动项目，并制定实施青少年、妇女、老年人、职业群体及残疾人等特殊群体的体质健康干预计划。然而当前太极拳运动的普及程度参差不齐：从年龄构成看，青少年群体的参与度还很低；从兴趣爱好看，青少年对于太极拳的关注度远低于中老年；从价值效果看，人们更注重太极拳的养生效果而忽视太极拳作为传统武术的实战作用与文化遗产。这与太极拳“人人可练”、“全面锻炼”的特点极不相符，同时也对中华民族传统体育文化的传承有很大的制约和影响。目前对于太极拳的研究多是从发展现状，发展策略，运动机理等角度出发，针对太极拳不均等发展原因的研究比较缺乏。**方法：**本文运用文献资料法、数理统计法、问卷调查法和专家访谈法，以太极拳动漫作品影响太极拳运动在 10 到 24 岁青少年群体中的推广作用为研究对象，从青少年所喜爱的太极拳动漫作品角度，结合太极拳与青少年价值取向的特点，分析和阐述太极拳动漫作品对太极拳运动在青少年群体中推广所能发挥的作用和效果，旨在探索以太极拳动漫作品为突破口引导青少年群体丰富对太极拳的认知，进而培养其崇尚习练太极拳的可行性与实施路径。**结果：**（1）青少年了解太极拳的渠道极少，大部分通过观看太极拳相关影视作品和具有太极拳元素的武侠小说等来了解太极拳，只有少数青少年通过太极拳赛事或者周围习练太极拳的亲戚朋友等来了解太极拳，导致部分青少年对太极拳的认知停留在艺术作品层面；（2）体育动漫深受青少年的热衷，太极拳动漫作品将是推动太极拳运动在青少年群体中传播学习的有效途径与措施。但由于现有太极拳动漫作品质量不高且数量极少，阻滞了青少年对太极拳从了解到接受、喜欢再到参与的有效通道。（3）目前大众流行的太极拳影视作品与青少年喜爱并乐于接受的动漫形式差别极大，导致青少年对太极拳的认识产生偏差；（4）随着年龄的增长，青少年对太极拳的

兴趣呈上升趋势；（5）大多数青少年认为太极拳是一项能够强身健体，陶冶情操的全民健身运动，在熟练运用的基础上能够用于防身自卫，具备一定的攻击力，说明太极拳运动在青少年群体中推广具备一定的思想基础；（6）大多数青少年认为目前流行的太极拳影视作品具有真实性的同时，存在过于夸大太极拳实战功效的情形；（7）动漫作品对青少年具有很强的价值引领作用，太极拳动漫作品在引导青少年人群积极参与太极拳运动方面能够发挥独特的有效作用。**结论：**青少年对太极拳认知度较低，对太极拳运动缺乏真实、全面的了解，而青少年了解太极拳的主要途径是通过观看太极拳相关的影视作品。目前流行的太极拳影视作品多具有夸张性，一定程度上误导了青少年对太极拳的认知。动漫是青少年喜闻乐见的影视作品，大力发展高质量太极拳动漫作品有利于青少年群体了解太极拳运动，引领青少年习练太极拳，传承太极文化新风尚。**建议：**（1）明确太极拳传播主体。太极拳影视作品创作应突出太极拳主体地位，尽可能以客观真实的太极拳术为基础，引导青少年群体对太极拳运动有一个全面，客观的认知；（2）把握太极拳传统内涵。各级学校、太极拳俱乐部、太极拳协会等要加大太极拳传统体育文化的宣传力度，营造良好的太极拳文化学习氛围，助力青少年群体更好了解太极拳；（3）创新太极拳推广形式。在青少年群体中推广太极拳运动要迎合青少年喜好，善于借助新媒体、可视化和动漫技术的运用，亟需一批高质量太极拳动漫作品引导青少年传承太极拳运动。

关键词：太极拳；动漫作品；青少年；民族传统体育文化

A brief analysis of the role of taijiquan animation works in the promotion of Taijiquan among young people

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Abstract: Objective: As a world intangible cultural heritage, Tai Chi is a traditional ethnic sports event in China, with a long history and profound cultural accumulation. It has the unique value and effect of comprehensive exercise, both inside and outside, strong interest, edifying temperament, everyone can practice, physical fitness and so on. And it plays an irreplaceable important role in the new era of national fitness wave. "Healthy China 2030" plan is put forward, to develop the popular forms of sports, encourage the development of suitable for different people, different region characteristic features of the sports, supporting the promotion of taijiquan, qigong,

such as national traditional sports, and formulate implementation of youth, women, the elderly, occupational groups and special groups such as physical health intervention program for the disabled. However, the popularity of taijiquan is uneven: from the perspective of age composition, the participation of teenagers is still very low; From the perspective of interests and hobbies, teenagers pay much less attention to Tai Chi than the middle-aged and old; From the perspective of value effect, people pay more attention to the health effect of Tai Chi and ignore the actual combat effect and cultural inheritance of Tai Chi as a traditional martial arts. This is not consistent with the characteristics of taijiquan, which is "everyone can practice" and "comprehensive exercise". It also restricts and affects the inheritance of Chinese traditional sports culture. At present, the research on Taijiquan is mostly from the perspective of development status, development strategy and movement mechanism, while the research on the causes of unequal development of Taijiquan is relatively lacking. **Methods:** Using the methods of literature, mathematical statistics, questionnaire and expert interview, this paper takes the influence of Taijiquan animation works on the promotion of Taijiquan in the group of teenagers aged 10 to 24 as the research object. From the perspective of taijiquan animation works favored by teenagers, the characteristics of Taijiquan and teenagers' value orientation are combined. This paper analyzes and expounds the role and effect of Taijiquan animation works on the promotion of Taijiquan among young people, aiming at exploring the feasibility and implementation path of guiding young people to enrich their cognition of Taijiquan through Taijiquan animation works as a breakthrough, and then training them to advocate and practice Taijiquan. **Results:** (1) teenagers learn tai chi chuan channel is few, most of the elements by watching tai chi chuan, film and television works and relevant taijiquan martial arts novels, etc. To learn tai chi chuan, only a handful of teenagers by taijiquan event or practicing taijiquan around the relatives and friends to learn tai chi chuan, cause teenagers stay the cognition of taijiquan in the aspect of art; (2) Sports animation is very popular among teenagers, and Taijiquan animation works will be an effective way and measure to promote taijiquan to spread and learn among teenagers. However, due to the low quality and small number of existing taijiquan animation works, it blocks the effective channel for teenagers to understand, accept, like and participate in Taijiquan. (3) There is a great difference between the popular taijiquan film and television works and the animation forms that

teenagers love and are willing to accept, which leads to the deviation of teenagers' understanding of Taijiquan; (4) With the growth of age, teenagers' interest in Tai Chi is on the rise; (5) Most teenagers think that Taijiquan is a national fitness sport that can strengthen the body and cultivate the sentiment. Based on the skillful use, it can be used for self-defense and has a certain attack power, indicating that taijiquan has a certain ideological basis for its promotion among teenagers. (6) Most teenagers think that the current popular taijiquan films and television works are real, and at the same time, they overstate the actual combat effect of Taijiquan; (7) Animation works have a strong value guiding role for teenagers. Taijiquan animation works can play a unique and effective role in guiding teenagers to actively participate in Taijiquan. **Conclusion:** Teenagers have a low awareness of Taijiquan and lack a real and comprehensive understanding of taijiquan. The main way for teenagers to know Taijiquan is through watching taijiquan related films and TV works. At present, most popular taijiquan films and television works are exaggerated, which mislead teenagers' cognition of Taijiquan to some extent. Animation is a popular film and television works for teenagers. To vigorously develop high-quality taijiquan animation works is conducive to teenagers' understanding of Taijiquan, leading teenagers to practice Taijiquan and inheriting the new fashion of Taiji culture. Suggestions: (1) clear taijiquan transmission subject. The taijiquan film and television works should highlight the taijiquan subject status, as far as possible based on the objective and real Taijiquan, guide the youth group to have a comprehensive and objective cognition of taijiquan movement; (2) Grasp the traditional connotation of Tai Chi. Schools at all levels, Taijiquan clubs and taijiquan associations should increase the publicity of taijiquan traditional sports culture, create a good learning atmosphere of Taijiquan culture, and help young people better understand Taijiquan. (3) Innovate taijiquan promotion forms. The promotion of Taijiquan among young people should cater to their preferences and be good at using new media, visualization and animation technologies. A batch of high-quality Taijiquan animation works is urgently needed to guide young people to inherit Taijiquan.

Key words: Taijiquan, Animation works, Teenagers, National traditional sports culture