

我国太极拳推广存在的问题及对策

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摘要: 太极拳是中国传统武术和文化优秀代表, 同时也是养生健身的优秀运动项目。解放后国家体委在全国大力推广简化太极拳, 对太极拳这一优秀运动项目的普及起到了很大的推动作用, 使得这一优秀的传统运动项目得以造福广大人民群众。同时, 太极拳在世界各地也有着大量的习练人群。更重要的是太极拳适合各种年龄或身体健康状况的人群, 不论是老年人还是年轻人每个人都可以从中受益。国内外大量实践与科学研究表明, 太极拳是一种包含意识、意念、身体功能、放松、力量和灵活性、呼吸、人际沟通以及精神等方面综合训练的项目, 在健身、养生、修心等方面效果显著, 从降低血压、减轻压力到增强力量 and 平衡等都有良好的效果。《哈佛医学院太极拳指南》一书在对大量文献分析和科学研究基础上, 认为太极拳在改善平衡和骨骼、缓解疼痛、增强心肺功能、提高思维敏锐性、提高心理健康和睡眠质量等方面有显著效果, 尤其在防止老年人跌倒从而避免骨折方面有显著效果。太极拳作为世界非物质文化遗产项目已经遍布全球各个国家, 深受世界各国人民喜爱, 数以亿计的国外人士习练中国的太极拳并从中受益。同时, 国外有很多医疗、保健等专业人士和机构运用现代科学手段对太极拳在预防疾病发生、慢性病恢复等方面的效果进行了大量的研究并取得了丰硕的成果。但是, 太极拳在中国的发展和普及并不十分理想。主要表现: (1) 由于宣传措施不得力以及一些人对太极拳乃至中国传统文化的偏见, 使得许多人对太极拳缺乏足够的了解, 甚至曲解太极拳, 导致太极拳普及率很低, 尤其是在年轻人中的普及率更低; (2) 在老年群体中虽有一定的普及率, 但由于政策导向、组织方式、场地条件以及师资等方面的原因, 导致老年人群中太极拳的普及率和效果也不是很理想; (3) 太极拳专业人士和机构过于强调太极拳的技击功能, 对其养生健身方面的功能和效果缺乏科学的研究和足够的了解, 导致太极拳在养生健身、预防疾病发生和慢性病恢复等方面的功效不能被社会广泛接受; (4) 本该在太极拳防病治病方面进行研究和推广的广大医疗专业工作者和相关科研人员对太极拳缺乏足够的了解和认知, 导致我国在太极拳防病治病、养生健身等方面的科学研究和成果严重落后于欧美日韩等发达国家, 这也导致整个社会对于太极拳在预防疾病和慢性病恢复、养生健身、缓解压力等方面缺乏了解和足够的重视; (5) 在相关政策方面, 缺乏有效的政策研究和政策扶持力度, 使得太极拳在

我国的发展处于民间自发的状态，政府的作用没有发挥，在推广普及、科学研究等方面缺乏可行性、科学性、系统性的措施。基于此，本文提出如下建议：第一，从政策层面加强研究，做好顶层设计，提出切实可行的支持太极拳推广普及、科学研究的政策、方案和措施；第二，太极拳要从娃娃抓起，鼓励各级各类学校将太极拳引入校园和课堂，并真正走进学生心中，以此提高宣传、推广太极拳力度，提高学生身体和心理素质，同时，也为太极拳的发展培养后备人才；第三，加大投入力度，鼓励医护人员、太极拳专业人员、高校和相关领域的科研人员积极从事与太极拳相关的科学研究，将其科学化、专业化、系统化、组织化，对于切实可靠的成果要大力进行推广并纳入医疗保障体系；第四，鼓励太极拳进入单位、社区、养老院等，使之能够真正造福广大人民群众；第五，加强与国外相关专业人员和机构的合作，提升科学研究水平和成果质量，并将研究成果积极推广应用；第六，各级政府应该积极组织各级各类以太极拳为代表的传统体育运动会以及比赛，鼓励全民参与；第七，国内外统计研究表明，太极拳在防止老年人跌倒摔伤、延缓衰老有着很好的效果。应在国家层面制定相应政策，大力推动老龄人口的太极拳普及率，提高老年人身心健康和生存质量，以应对老龄化社会和养老困境，并将其作为重要国策加以实施。老龄化问题已经成为中国近年来持续面临的挑战。人口老龄化对社会经济等各个领域都会造成重要的影响。尤其是在少子化情况下，空巢老人以及老年人的养老问题已经成为严重的社会问题。如何解决养老问题，除了经济、政策、医疗、养老机构等的保障外，提高老龄人口生存质量，提高老年人口的自理能力、劳动能力、消费能力、纳税能力和投资能力，也是解决老龄化社会问题的重要举措。但这一系列措施必须以老年人口具有高质量身心健康为基础。

关键词：太极拳；推广；问题；对策

Problems and countermeasures in the promotion of Taijiquan in China

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Abstract: Tai Chi is an outstanding representative of Chinese traditional martial arts and culture, and it is also an excellent sport for health and fitness. After the liberation, the National Sports Commission vigorously promoted simplified Tai Chi across the country, which greatly promoted

the popularization of Tai Chi, an excellent sport, and enabled this excellent traditional sport to benefit the broad masses of people. At the same time, Tai Chi also has a large number of practitioners around the world. More importantly, Tai Chi is suitable for people of all ages or physical health conditions, and everyone, whether it is the elderly or the young, can benefit from it. A lot of practice and scientific research at home and abroad have shown that Tai Chi is a comprehensive training program that includes consciousness, mind, body function, relaxation, strength and flexibility, breathing, interpersonal communication, and spirituality. It is used in fitness, health, and heart training. The effect is remarkable, from lowering blood pressure, reducing stress to enhancing strength and balance. "Harvard Medical School Taijiquan Guide" based on a large number of literature analysis and scientific research, believes that Taijiquan can improve balance and bones, relieve pain, enhance cardiopulmonary function, improve mental acuity, improve mental health and sleep quality, etc. It has a significant effect, especially in preventing the elderly from falling and avoiding fractures. As a world intangible cultural heritage item, Tai Chi has spread all over the world and is loved by people all over the world. Hundreds of millions of foreigners have practiced Chinese Tai Chi and benefited from it. At the same time, many medical and health professionals and institutions abroad have used modern scientific methods to conduct a lot of research on the effects of Taijiquan in preventing diseases and recovering from chronic diseases, and have achieved fruitful results. However, the development and popularization of Tai Chi in China is not very satisfactory: (1) Due to ineffective publicity measures and some people's prejudice against Tai Chi and even traditional Chinese culture, many people lack sufficient understanding of Tai Chi and even misinterpret Tai Chi, resulting in a very low popularity rate of Tai Chi, especially among young people. (2) Although there is a certain popularization rate among the elderly, due to policy orientation, organizational methods, venue conditions, and teachers, etc., the popularization rate and effect of Taijiquan among the elderly are not ideal either; (3) Taijiquan professionals and institutions overemphasize the martial arts function of Taijiquan, and lack scientific research and sufficient understanding of its health and fitness functions and effects, which leads to Taijiquan's use in health maintenance and prevention of diseases. The effects of Taijiquan and chronic disease recovery cannot be widely accepted by the society; (4) The majority of medical professionals and related scientific researchers who should

have conducted research and promotion in the prevention and treatment of Taijiquan lack sufficient knowledge and cognition of Taijiquan. As a result, China's scientific research and achievements in Taijiquan's prevention and treatment of diseases, health preservation and fitness are seriously lagging behind that of Europe, America, Japan, South Korea and other countries. This has also led to the importance of Taijiquan in preventing diseases and chronic disease recovery, health preservation, fitness, and relief. Lack of understanding and sufficient attention to pressure and other aspects; (5) In terms of relevant policies, the lack of effective policy research and policy support has made the development of Taijiquan in China in a state of spontaneity among the people, and the role of the government has not been played. There is a lack of feasible, scientific and systematic measures in scientific research and other aspects. The article puts forward the following suggestions: First, strengthen research from the policy level, do a good job of top-level design, and put forward practical and feasible policies, programs and measures to support the popularization and scientific research of Taijiquan; Second, Taijiquan should be grasped from children. Encourage schools of all levels and types to introduce Taijiquan into campuses and classrooms, and truly enter the hearts of students, so as to increase the publicity and promotion of Taijiquan, improve students' physical and psychological quality, and at the same time, it is also for the development of Taijiquan. Cultivate reserve talents; Third, increase investment and encourage medical staff, Taijiquan professionals, scientific research personnel in universities and related fields to actively engage in scientific research related to Taijiquan, and make it scientific, professional, systematic and organized. It is necessary to promote tangible and reliable results and incorporate them into the medical security system; Fourth, encourage Tai Chi to enter units, communities, nursing homes, etc., so that it can truly benefit the people; Fifth, strengthen cooperation with foreign professionals. The cooperation of institutions improves the level of scientific research and the quality of results, and actively promotes the application of research results. Sixth, governments at all levels should actively organize traditional sports games and competitions represented by Taijiquan at all levels to encourage all people to participate; Seven, domestic and foreign statistical studies have shown that Tai Chi has a very good effect in preventing the elderly from falls and injuries and delaying aging. Corresponding policies should be formulated at the national level to vigorously promote the popularization of Tai Chi among the

elderly, improve the physical and mental health and quality of life of the elderly, in order to deal with the aging society and the predicament of the elderly, and implement it as an important national policy. The aging problem has become a continuing challenge China has faced in recent years. The aging of the population will have an important impact on social economy and other fields. Especially in the case of declining birthrates, the problem of the elderly in empty nests and the elderly has become a serious social problem. How to solve the problem of old-age care, in addition to the protection of economy, policy, medical care, and old-age care institutions, improve the quality of life of the elderly population, improve the self-care ability, labor ability, consumption ability, taxation ability and investment ability of the elderly population, and also solve the problem of aging society Important move. But this series of measures must be based on the high-quality physical and mental health of the elderly population.

Keywords: Taijiquan, Promotio, Countermeasures