

太极推手与生命升华

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摘要：目的：在“雷公太极”魏雷与“浑圆形意太极”马保国在公开场合比武失败以后，现代媒介社会对太极拳等传统武术实战性甚至传统武术本身表示强烈的质疑。大部分国人对太极拳的认知更是倾向于片面化、肤浅化和极端化。太极推手作为太极拳人对劲力的感知与运用的训练方法，是习练太极拳的重要组成部分。结合太极推手的习练方式，分析其内蕴的对习练者生命升华的巨大价值，以提供给读者一个相对客观的视角，以刷新对太极拳的认知。**方法：**文献资料法、实地观察法、逻辑分析法等。**结果：**1) 太极推手能以温和的训练方式大幅提升人身体的机能。经历了三百余年的传承与发展，太极推手训练已形成系统且不断趋于完善。太极推手运动在规则上高度限制，禁止使用踢、打、摔、拿、抓等伤害性手段，是一项温和的博弈运动。前辈们采用封闭式训练，到了近代才逐步公开；此外，绝大多数人很难直接从视觉上看明白其中的奥妙，故易产生误解，并将推手和其他搏击类运动等同看待和比较，与这项运动的原初意义相去甚远。推手是通过双方身体的接触点来进行劲的碰撞和技巧性的锻炼，是一项和谐的、友好的、双赢的运动，充满了趣味性和娱乐性，是一种独特的、专业性的、阶段性的训练，与其他的对抗性运动不可同日而语。通过学习和逐步掌握太极劲的运用技巧，可以加速打通人体微循环，灵敏、速度、协调等自身原有机能都会有大幅度的提高，最为突出的是能够在极大程度上减少各种对抗性训练过程中伤害情况的发生。这是任何一项对抗性运动都绝无仅有的，也是这项运动的闪光点之一。2) 太极推手能以精奥的思想潜移默化地开发人内心的智慧。太极推手是道家思想在太极拳上的运用及表达。推手训练使人理解何为阴阳，如何运用阴阳互根互用、相互转化的原理，逐渐升华到对空无的领悟。该运动使人树立守柔而不争的理念，达到无为而无不为的境界。在结合自身情况加以灵活的运用后，能够做到以小力胜大力，以柔克刚，以弱胜强。在习练太极推手且能将其中的理念和技术动作生活化以后，可以将其内传承千古的思想精华迁移到生活中，遭逢困境多一些豁达与开朗，待人接物多一些大气与宽容，日常生活多一些冷静与超然……在周身流转不息的太极圆中，洞悉极阴过后即是极阳，极阳之后便为极阴的生命规律，通达否泰相接，剥极而复的必然联系，明了一切万有空不可得的宇宙法则，行走世间不拘于模式，不乱于万象，不迷于本心，在琴棋书画诗酒花和柴

米油盐酱醋茶中游刃有余，在金戈铁马与百花争妍中逍遥悠游，在空有双融里回归中道。

3) 太极推手能以博大的文化春雨润物般提升人生命的活力。太极推手动静兼备，可助人于动态互动中达至“虚极、静笃”的境界，正是当前高速运转的社会里的一剂良方，让人们的心绪于日新月异的世界中逐渐慢下来，找到融于天地自然的归属感。太极推手贵柔，看似旨在推崇柔弱，实则意在强调简单。它教我们以简驭繁，在复杂的世界里保持内心的安宁。太极推手强调守中，“无过不及”、“不偏不倚”的论述诠释平衡与和谐，在物质化思想在世界较大区域内风行之时，它可逐渐使人放弃不必要的物质羁绊，充盈自己的精神世界。太极推手让习练者勇于在生命的每一瞬间都历经全然的情绪之流，看到自己内心里的大千世界，感悟自身心性的方死方生，实现自我解放与超越，为自身生命注入持久不衰的活力并使之处于保鲜状态，让生命之花绽放得更加绚丽多姿。**结论：**太极推手作为太极拳习练的关键环节，是强身健体、益寿延年的手段，是启智开慧、明心见性的通道，是探索生命、提升活力的灵光。2020年12月17日，太极拳成功列入联合国教科文组织人类非物质文化遗产代表作名录，国际影响力进一步提高。相信太极推手中的美韵将会使部分国人心中伪劣武术、小丑体操、“混蛋”功法等不良印象得到改观，“雷公太极”与“马保国事件”也将为中国传统武术世界提供了一种带来重构与再造的革命性积极元素。中国武术在走过回环曲折的道路以后，必将迎来辽阔高远的明天。

关键词：太极推手；身体；内心；生命；升华

Tai Chi pushing hands and sublimation of life

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Abstract: Objective: After Wei Lei ("Lei Gong Tai Chi") and Ma Baoguo ("Huanyuanyingyi Tai Chi") failed to compete in public, modern media society strongly questioned the actual combat of traditional martial arts such as Tai Chi and even traditional martial arts itself. Most of the Chinese people's cognition of Taijiquan is inclined to be one-sided, superficial and extreme. As a training method for Tai Chi people to perceive and apply power, Tai Chi pushing hands is an important part of Tai Chi practicing. Combined with the practice mode of Tai Chi pushing hands, this paper analyzes the great value of the practice to the sublimation of the practitioner's life, so as to provide the reader with a relatively objective perspective and refresh the cognition of Tai Chi.

Methods: Literature method, field observation method, logical analysis method and so on.

Results: 1) Tai Chi pushing hands can greatly improve human body function in a gentle training way. After more than three hundred years of inheritance and development, Tai Chi pushing hands training has formed a system and continues to improve. Tai Chi pushing hands is highly restricted in rules and prohibits the use of kicking, hitting, throwing, holding, grasping and other harmful means. It is a mild game sport. Our predecessors practiced in a closed way, and it was only in modern times that they gradually opened it up. In addition, it is difficult for the majority of people to understand the mystery directly from the visual perspective, so it is easy to misunderstand, and they treat and compare pushing hands with other fighting sports, which is far from the original meaning of this item. It is a harmonious, friendly and win-win sport, which is full of interest and entertainment. It is a unique, professional and staged training, which cannot be compared with other confrontational sports. Through learning and gradually mastering the use of Tai Chi vitality skills, can accelerate the opening of the human microcirculation. Sensitivity, speed, coordination and other original functions will be greatly improved. The most prominent is to greatly reduce the occurrence of injuries in the process of various antagonism training, which is unique in any combat sport and one of the highlights of this item. 2) Tai Chi pushing hands can develop people's inner wisdom imperceptibly with the thoughts of subtle profound. Tai Chi pushing hands is the application and expression of Taoist thought in Tai Chi. Push-hand training enables people to understand what Yin and Yang are, and how to use the principle of mutual use and transformation of Yin and Yang, and gradually sublimate to the understanding of emptiness. This sport enables people to establish the concept of keeping soft and not fighting, to achieve the realm of to do nothing is to do nothing. In combination with their own circumstances after trying to flexibly use, can players using little strength overcomes a great power, conquering the unyielding with the yielding, using weak force overcame a powerful opponent. After practicing Tai Chi pushing hands and translating the ideas and technical movements into daily life, the essence of the thought inherited through the ages can be transferred to life. When confronted with difficulties, it is more open-minded and cheerful, more generous and lenient in dealing with people, and be more calm and detached in daily life. In the general circulation of the Tai Chi circle, insight into extreme Yin is followed by extreme Yang, after extreme Yang comes extreme Yin, understanding there misfortune connect with bliss and after a storm comes a calm, clearly understand the laws of the

universe which is that all the things is empty and not available. Not to walk the world cramped by mode, not disorderly by a lot of things, not to lost one's conscience. Accomplish a task with ease in the lyre, chess, calligraphy, painting, poem, wine, flowers, firewood, rice, oil, salt, sauce, vinegar and tea. Free and unfettered with the shining spears, armoured horses and blooming flowers in all their beauty. From the melt of empty and exist return to the middle way. 3) Tai Chi pushing hands can enhance the vitality of people's life with a broad cultural like the spring rain moistens the nursery. Tai Chi pushing hands including dynamic and static, which can help players reach to void and static extremely in dynamic interaction. So it is a good recipe for people to slow down in the fast-changing world and find a sense of belonging to the nature. Tai Chi pushing hands is designed to emphasize simplicity while it seems to promote weakness. It teaches us how to handle complexity with simplicity and maintain inner peace in a complex world. Tai Chi pushing hands emphasizes keeping the tathagata, "Going too far is as bad as not going far enough", "impartial" explains balance and harmony, which can gradually make people give up unnecessary material fetter and fill their own spiritual world when materialized thought is popular in a large area of the world. Tai Chi pushing hands let players summon up courage to experience a total flow of emotions in every moment of their lifeuse, see their diverse world inside, feel their own heart change rapidly, realize self liberation and transcendence, make their own life into the enduring vitality and keep it in a state of fresh, let the flower of life bloom more colorful. **Conclusion:** as a key link of Tai Chi practice, Tai Chi pushing hands is a means of strengthening the body and prolonging life, a channel for enlightening wisdom and understanding nature, a light to explore life and enhance vitality. On December 17, 2020, Tai Chi was successfully inscribed on the UNESCO's Representative List of the Intangible Cultural Heritage of Humanity, further enhancing its international influence. It is believed that the beautiful rhyme of Tai Chi pushing hands will change the bad impression of fake and inferior martial arts, clown gymnastics and "bastard" skills in the minds of some Chinese people, and the "Lei Gong Tai Chi" and "Ma Baoguo event" will also provide a revolutionary and positive element for the reconstruction of the traditional Chinese martial arts world. After Chinese martial arts has gone through the tortuous road, it will surely usher in a vast and lofty tomorrow.

Key words: Tai Chi push-hand, Body, The heart, Life, Sublimation