

从世界非物质文化遗产视角看太极拳传播的人文精神素养 与当今时代价值理念

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摘要：目的：太极是中国传统文化集大成之作，也是最具代表性的哲学思想之一。太极亦有阴阳两卦，万物求和，天人合一之意。太极拳在发扬其精神理念的基础之上，用自身意念作为引导，寻求身心放松，以意导气，以气催形的练习方式达到修养身心，强身健体等锻炼目的。就太极拳本身而言，练习者需要极高的武德修养，以此为基础才能提升自我的人文精神素养。因此，太极拳极具现代人的追捧，在当今时代价值理念下，太极拳所体现的文化精神理念应与现代社会价值相融合，达到融为一体的状态。2020年12月17日我国太极拳申请世界非物质文化遗产成功，这是中华民族的骄傲与自豪，能够让更多的人了解太极拳文化，让外国学者感受太极拳传统文化的魅力，利于加强各国间的文化交流，促进中国传统文化的传播。故本文从世界非物质文化遗产视角来看我国太极拳传播的人文精神与时代价值理念，为我国传统文化的持续性发展提供参考性意见，从而为我国提升文化自信这一事业发展奠定基础。**方法：**通过文献资料法、访谈法、数据分析法和逻辑分析法来获取与本文相关的文献与资料，从而进一步分析本文研究的相关问题。**结果：**1. 从世界非物质文化遗产的意义角度剖析太极拳的人文精神素养与现代价值理念。1.1 传承精神—感悟太极拳魅力：太极拳作为中国传统文化的一部分，连结着人与自然和平共处的和谐关系，其作为历史文化的瑰宝有必要继续延伸传承下去，有利于提升国民的文化认同感。人文精神是一个人的风向标，体现着他为人处世的态度与价值理念。太极拳文化是中国传统文化的载体，在学习太极拳的过程中无形提升了人们的人文精神素养，接受太极拳的洗礼与熏陶，将太极拳所传承的文化精神思想贯穿于人们的思维与言行中，怀揣信仰，感悟人生真谛。价值理念是社会的产物，社会阶级不同，价值理念不同。而太极拳作为传承的文化瑰宝其魅力之处在于能够吸引不同价值观理念的人们聚集在一起共同感受太极拳文化，

起到文化交流融合的作用，尤其在如今世界文化传播极速的时代，太极拳脱颖而出，成为人们喜爱的锻炼方式，无疑离不开太极拳本身的文化理念。当今社会的发展是世界的，也是大家的，我们要保持共赢、互助的理念提升自我能力，实现人生自我价值，为传承中国传统文化事业而奋斗。

1. 2. 增强民族凝聚力—和谐自然发展：民族文化是我国的历史产物，也是我国的历史瑰宝，离不开人们的代代传承与无私奉献，太极拳作为拥有几百年的历史文化，流派颇多，学习者无数，更加丰满了民族文化价值，这无疑都是我国传统文化的无价之宝，正是因为有了太极拳，促进了我国各民族文化的交流与合作，受道教、儒家、佛家等文化思想影响，可以进一步调整练习者与社会间的关系，在道家的无为思想，儒家仁者思想，佛家的禅悟思想等传统文化思想下，利于维持社会稳定与和谐发展。传统文化思想与现代价值理念的碰撞下，二者相互吸引，共同引领当代人民前行，坚定不移地向中国的伟大民族复兴梦迈进。

1. 3. 增强国家文化软实力—共赢、互利友好发展：随着我国综合国力的一步步提升，各国间的交流也愈来愈密切，越来越多的外国学者来中国学习传统文化，感受文化魅力，开拓其文化视野。太极拳作为世界非物质文化遗产项目之一，更应该将其向世界推广，让更多学者领悟太极拳的精髓，传播我国传统文化思想，与世界文化思想相互交融，共同发展。在与世界相互交流学习中更能发挥太极拳的人文精神素养作用，严于律己，严格规范行为准则，促进太极拳的进一步发展，走出国门，走向世界。在世界文化交流的长廊里，现代价值理念要紧跟世界步伐，学习各国间文化和经济的友好往来，利于世界文化多样性的共同发展，为我国的文化自信道路添砖加瓦，进一步实现我国文化强国战略。

结论：从世界非物质文化遗产角度解读我国太极拳的文化发展，可以了解到，我国太极拳文化是极具自信的，颇有魅力的，它在指引人们朝着和谐、共赢、互利的方向前进，带着它极具文化、健身、教育、娱乐、和谐等文化形态的特色，既传承了中国的传统文化思想，也提高了国民文化素养和综合素质,更好地为当今体育事业服务，实现太极拳的世界价值，提升我国国际文化软实力。

关键词：世界非物质文化遗产；太极拳；人文精神素养；当代价值理念

From the perspective of the world intangible cultural heritage to see the spread of Taijiquan humanistic spirit accomplishment and the value of the modern times

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Abstract: Objective: Tai Chi is a masterpiece of traditional Chinese culture and one of the most representative philosophical ideas. Tai Chi also has the two hexagrams of Yin and Yang, all things seek harmony, the unity of heaven and man. On the basis of carrying forward its spiritual concept, Taijiquan uses its own thoughts as guidance, seeks physical and mental relaxation, guides spirit, and achieves the physical and mental cultivation and fitness. As far as Taijiquan itself is concerned, practitioners need high moral cultivation, on this basis to improve their humanistic and spiritual quality. Therefore, Taijiquan is highly sought after by modern people. Under the value of today's Times, the cultural spirit embodied in Taijiquan should be integrated with the value of modern society and achieve a state of integration. On December 17, 2020, China Taijiquan successfully applied for the world intangible cultural heritage, which is the pride and pride of the Chinese nation, can let more people understand Taijiquan culture, let foreign scholars feel the charm of traditional Taijiquan culture, help to strengthen cultural exchanges among countries and promote the spread of traditional Chinese culture. Therefore, from the perspective of the world cultural heritage, the humanistic spirit and values of The Times of Taijiquan spread in China from intangible cultural heritage, provides reference opinions for the sustainable development of traditional culture, and thus lays a foundation for the development of cultural confidence.

Methods: The literature and data related to this article are obtained by literature data method, interview method, data analysis method and logic analysis method to further analyze the relevant problems studied in this paper. **Results:** 1. analyzes the humanistic and spiritual accomplishment and modern values of Taijiquan from the perspective of the significance of the world intangible cultural heritage. 1. 1 Inheriting the spirit—feeling the charm of Taijiquan: As a part of the traditional Chinese culture, Taijiquan connects a harmonious relationship between the peaceful coexistence of man and nature. As a treasure of history and culture, it is necessary to continue to extend and inherit it, which is conducive to enhancing the national sense of cultural identity. Humanistic spirit is a person's wind vane, reflecting his attitude and value concept of life. Taijiquan culture is the carrier of Chinese traditional culture. In the process of learning Taijiquan, it virtually improves people's humanistic and spiritual accomplishment, and accepts the baptism and edification of Taijiquan. The cultural and spiritual thoughts inherited by Taijiquan run through

people's thinking and words and deeds, with faith and feeling the true meaning of life. Value concept is the product of society, with different social classes and different values. And tai chi as a cultural treasure its charm is to attract ideas of different values of people gathered together to feel taichi culture, play the role of cultural exchange fusion, especially in the era of world cultural communication speed, tai chi, become people favorite way of exercise, undoubtedly inseparable from the cultural concept of taichi itself. The development of today's society is both the world and everyone. We should maintain the concept of win-win and mutual assistance to improve our ability, realize the self-value of life, and strive for the inheritance of traditional Chinese culture. 1. 2. Enhancing national cohesion-harmonious and natural development: National culture is the historical product of China, Also the historical treasure of our country, inseparable from people's inheritance and selfless dedication, Taijiquan, as a history and culture with hundreds of years, There are quite many genres, Countless learners, More enrich the national cultural value, This is undoubtedly the priceless treasure of Chinese traditional culture, It is precisely because of the introduction of Taijiquan, Promoting the cultural exchanges and cooperation of all ethnic groups in China, Influenced by Taoism, Confucianism, Buddhism and other cultural ideas, The relationship between practitioners and society can be further adjusted, In inaction in Taoism, The Confucian thought of benevolence, Under the Zen enlightenment thought of Buddhism and other traditional cultural thoughts, Benefit to maintain social stability and harmonious development. Under the collision of traditional cultural ideas and modern values, the two attract each other to jointly lead the contemporary people forward and unswervingly toward China's great dream of great national rejuvenation. 1. 3. Enhance China's cultural soft power-win-win, mutually beneficial and friendly development: With the gradual improvement of China's comprehensive national strength, the exchanges between various countries are getting closer and closer. More and more foreign scholars come to China to learn traditional culture, feel the cultural charm and broaden their cultural vision. As one of the world intangible cultural heritage projects, Taijiquan should be promoted to the world, so that more scholars can understand the essence of Taijiquan, spread China's traditional cultural ideas, and integrate and integrate with world cultural thoughts and develop together. In the exchange and learning with the world, we can play the cultural and spiritual role of Taijiquan, be strict with yourself, strictly standardize the code of conduct, promote

the further development of Taijiquan, go abroad, to the world. In the corridor of world cultural exchanges, modern values should keep pace with the world, learn from cultures among all countries, promote friendly cultural and economic exchanges between all countries, be conducive to the common development of world cultural diversity, contribute to China's cultural confidence road, and further realize the strategy of China's cultural power. **Conclusion:** From the perspective of world intangible cultural heritage to interpret the cultural development of taichi, we can understand that Chinese taichi culture is very confident, charming, it is guiding people towards harmony, win-win, mutual benefit, with its culture, fitness, education, entertainment, harmony and other cultural forms, inherited Chinese traditional cultural thought, also proposed to improve the national cultural literacy and comprehensive quality, better serve the sports today, realize the world value of taichi, enhance our international cultural soft power.

Key words: World intangible cultural heritage, Taijiquan, Humanistic and spiritual accomplishment, Contemporary values