

世界非物质文化遗产视域下太极拳的当代价值与传承保护

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摘要：目的：2020年12月17日，中国太极拳成功列入人类非物质文化遗产代表作名录，这标志着蕴聚东方文化精髓的太极拳进一步得到世界认可，但在发展的过程中也面临着严峻的内部危机与外部挑战。基于此，以世界非物质文化遗产保护为视角，系统分析太极拳的时代价值，探寻太极拳当代传承与保护的可行性路径。**方法：**文献资料法、逻辑分析法、系统分析法。**结果：**非物质文化遗产的传承与保护是世界各国所面临的共同问题。太极拳是我国国粹，在中华武术中独树一帜，具有强劲的生命力。随着中国的国际地位、综合实力的不断提高以及人民生活水平的提升，国家和人民的健康发展受到了党和政府的高度重视，在十九大指出：“人民健康是民族昌盛和国家富强的重要标志”，在国家意志的推动之下，太极拳在这其中受到了广泛的关注，如在《“健康中国2030”规划纲要》、《中医药健康服务发展规划（2015—2020年）》、《全民健身计划（2016—2020年）》以及《武术产业发展规划（2019—2025年）》等国家重要文件中均能看到太极拳的身影。太极拳作为中华武术拳种体系的重要构成部分，于清初创，在乾隆年间，山西民间武术家王宗岳用《周子全书》中阐发《易经》太极阴阳的哲理来解释拳理，写成《太极拳论》，太极拳这名称才确定下来，作为中国古代健康智慧的结晶，融入了中国道家、医家等传统思想，对人类生命健康起到重要作用。19世纪中期，由于受到西方列强的侵入，中国国门被迫打开，致使中国的社会结构发生巨变。面对时代的巨变，中国社会各界人士纷纷以不同方式投身于强国救种的行列之中，受此影响中国武术家掀起“以武救国”的热潮，推动了武术的发展，同时也加速了太极拳以姓氏为标志的流派和风格的形成。随着中国近代社会的到来，中国国门的打开，中国传统哲学思想受到了西方哲学家的关注，这就为太极拳在西方社会乃至整个世界的传播奠定了思想基础。以太极拳在英国传播为例，研究表明太极拳文化在上世纪50年代之前于英国开始传播，并在Gerda Geddes、Paul Crompton、John Kells、朱景雄等地推动下受到了众多英国人的欢迎，在一定程度上改变了英国人的生活习惯，为其带来增进健康的锻炼方式。随着科技的进步、时代的发展，太极拳的健身、医疗、文化等功能得到了重视，太极拳作为中华优秀传统文化蕴含着丰富的传统哲学思想，以老子思想为思维原点，以“反动与弱用”的思维形式为实践基础，可以指导我们处理生活中的问题，并以“自然和谐”为理念，可以为当代社会发展的偏离进行纠正，以“术道

相融”为表现形式，有利于推动中华优秀传统文化的复兴；同时，太极拳的形成结合了古代导引术和吐纳术以及中医理论的相关内容，具有轻柔、舒缓等特点，根据国内外相关研究表明，长期习练太极拳在预防心血管疾病、增强免疫功能、提高运动能力，改善平衡能力、调节心理健康、促进社会交往等方面具有重要作用。近年来，非物质文化遗产保护一直是国家和世界关注的重要话题。然而，作为中国优秀传统文化的太极拳在面对时代发展时仍显得无助与彷徨，因此国家加大了对太极拳的传承和保护，从2006年杨氏太极拳入选国家第一批非物质文化遗产名录到2020年太极拳成功列入人类非物质文化遗产代表作名录可以看出太极拳得到了国家的有效保护，同时到了世界范围内的普遍认可，但不可否认其发展也面临着严峻的内部危机与外部挑战。内部危机：1) 本原性保护的缺失：太极拳从创立之初就以“技击”为根本，健身、养身等功能是在技击功能之下演化而来，然而现今为了迎合大众需求对其“技击”功能进行削弱，虽有益于推动太极拳的发展，但使其失去了根本特质，同时为了推动太极拳的传播，众多传播主体在进行传播的过程中更加注重以量化的形式进行技术传播，而忽视对太极拳文化、理论等的解读与传承。2) 受众群体的失衡：太极拳作为一项具有极高普适性的民族传统运动项目，理应受到不同年龄阶段群体的喜爱，但从现有调查来看其受众群体分布却极不平衡，以北京市为例，在一项调查中发现太极拳参与者在46岁以上中老年人占比在78.7%，逐渐呈现老年化的趋势，在年轻群体中受众较少，这不利于太极拳的推广与普及。3) 功能认知的不足与偏差：太极拳作为中华优秀传统文化，与书法、绘画、音律等相似，追求的是一种“四两拨千斤、后发先至”的技击境界，并最终达到“神明”之境。太极拳是一种以柔克刚、后发制人的拳种，其一招一式尽显攻防特色，但其需要在正确盘架基础之上进行实战训练才能够获得，不能只因某次实战的失利而认为其为“伪”。太极拳的技术动作轻柔缓和、刚柔并济、动静相合，讲究轻、缓、柔，而现代格斗注重快、重、准、狠，二者在技术动作上有着极为明显的差异，以现代格斗来要求传统太极，则会造成对太极拳功能认知的不足与偏差。4) 传承空间的受限：现代太极拳发展到受时代变化的影响，面临着传承空间受限的严重问题，主要体现在传承人生存空间的消亡以及传播空间的挤压两个方面。随着新中国的成立，中国传统社会结构发生了根本性的变化，使得太极拳传承人体系发生改变，尤其是改革开放以后中国城镇化速度的加快以及市场经济的建立，改变了传统农村社会结构和生活方式，这在一定程度上造成大量农村传承人体系的瓦解；同时，随着近年来国外大量体育项目在中国的兴盛，对我国传统体育项目的生存空间造成挤压，以跆拳道为例，现代多数家长大都愿意孩子学习跆拳道，认为其可以帮助孩子培养健康体魄、塑造顽强意志，但他们往往忽视本国

传统武术的育人作用。受传承人及国外体育的双重影响，中国传统武术在现代传承中常遇困境。5) 政策与主体的缺位：2006年太极拳就已入选国家第一批非物质文化遗产名录，然一些地方对于体育非物质文化遗产地保护却未能提上日程，尚未构成系统性的非物质文化遗产保护的法律体系，同时对太极拳的保护缺少相应的措施与政策。如：一些地方政府职能部门对民族传统体育的保护呈现出一种不作为、不愿为的态度，同时对其财政扶持的力度较弱，难以有效解决太极拳在传承中面临的实际问题。当下太极拳所面临的传承和保护困境的成因是复杂多变的，要想从根本上解决这一复杂问题需要更新观念，整合社会力量，积极寻找解决问题的良策。**结论：**太极拳作为我国国粹，有着技击、教育、文化、医疗、健身等功能，在人们生活的各个方面都能够起到至关重要的作用，但随着时代的发展，太极拳在传承的过程中面临着巨大的挑战，面对这种境遇，本研究提出以下措施以期对太极拳的传承保护提供借鉴与参考。1) 探寻本真功能：太极拳作为一项徒手技击术自创立之初便以技击为“根”、为“源”，然而从现代对于太极拳的相关解释中却难以发现其“技击”含义，这是现代武术发展长期去“技击化”造成的结果，“技击”是太极拳的本真功能，“养生”、“表演”等功能是其延伸，太极拳的当代传承要回归原本面貌才能够推动自身发展。太极拳有着以柔克刚、以弱胜强的特点，是中国传统哲学思想和传统技击术相互交融的结果，是对传统技击术的物化与升华，因此我们在传承太极文化的同时也不能够忽视其技击功能的发展。2) 发掘太极文化的传承功能：太极拳的拳理蕴含丰富的中国传统哲学思想，随着冷兵器时代的结束，太极拳在文化传承的作用越发凸显。太极文化强调“变易之道”、“包容之法”，重视“合和”思想，其一招一式尽显以不变应万变及善随善变的变易之道，注重“包容”、重视“合和”凸显出中华传统处世哲学。因此，在当代要对太极文化进行深入的发掘与整理，增强其文化传承的时代功能。3) 构建多元传承保护机制：太极拳的传承离不开传承人功能的实现以及传承空间的扩展。为此，要加强对传承人谱系的保护和太极产业的发展，首先，政府及社会需加强对民间太极传承人的探寻与保护，并建立体系完善的非物质文化遗产保护法，以改善民间传承人的传承环境，同时，加强太极拳在学校的传播力度，以增强太极拳的传承基础，并系统构建太极拳传播人才培养体系。其次，建立完善的太极产业，政府应对太极文化产业提供相应的政策支持和财政帮扶，同时运用市场化手段扩展自身传承空间，建立完善的准入与管理机制，规范市场秩序。4) 创新传播方式：随着时代的不断进步，现代传播媒介呈现出多元化的发展趋势，尤其是近年来自媒体的快速发展，使得信息的传递更加迅速。当今自媒体主流载体主要有抖音、微博、微信等，这些主流自媒体软件具有实时性、随意性、便捷性等特点，操

作简洁、内容丰富有着广泛的受众群体，太极拳的当代传承应充分利用这一科技发展的成果，运用不同传播方式进行自身传播。5) 完善太极拳赛事体系：体育项目的发展离不开赛事体系的建立，以美国 NBA 赛事为例，其经过多年的发展已经建立了系统、科学、完善的赛事体系与运营系统，并通过商业化的运营向全球传播并受到了各国球迷的喜爱，因此，太极拳的当代发展可以借鉴这一发展模式，以完善的赛事体系为依托，通过商业化运营的手段和多元的传播方式，打造出具有自身特色的太极拳赛事体系，从而吸引各国体育爱好者的关注与参与，推动太极拳的当代传承发展。

关键词：太极拳；非物质文化遗产；功能；挑战；措施

Contemporary value and inheritance protection of taijiquan from the perspective of world intangible cultural heritage

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Abstract: Objective: On December 17, 2020, Chinese Taijiquan was successfully listed in the Representative List of the Intangible Cultural Heritage of Humanity, which indicates that Taijiquan, which embodies the essence of eastern culture, has been further recognized by the world. However, in the process of development, it also faces severe internal crisis and external challenges. Based on this, from the perspective of the protection of the world intangible cultural heritage, this paper systematically analyzes the contemporary value of Taijiquan, and explores the feasible path for the contemporary inheritance and protection of Taijiquan. **Methods:** literature method; logical analysis method; systematic analysis method. **Results:** The inheritance and protection of intangible cultural heritage is a common problem faced by all countries in the world. Taijiquan is the quintessence of Chinese culture. It is unique in Chinese martial arts and has strong vitality. With the continuous improvement of China's international status, comprehensive strength and people's living standards, the Party and the government attach great importance to the healthy development of the country and its people. It was pointed out at the 19th National Congress that: "The health of the people is an important symbol of the prosperity of the nation and the prosperity of the country." Driven by the will of the state, Taijiquan has received wide attention among them.

For example, Tai Chi can be seen in important national documents such as "Healthy China 2030" Plan Outline, "Traditional Chinese Medicine Health Service Development Plan (2015-2020)", "National Fitness Plan (2016-2020)" and "Wushu Industry Development Plan (2019-2025)". Tai chi as an important part of Chinese martial arts practiser system, in early qing, in qianlong dynasty, shanxi folk martial artist Wang Zongyue with parts "chikako encyclopedia" in yi jing tai chi Yin and Yang philosophy to explain the theoretic, into the theory of taijiquan, taijiquan this name only, as the crystallization of the wisdom of ancient Chinese health, traditional thought, such as the Chinese Taoism, doctor. It plays an important role in human life and health. In the middle of the 19th century, China was forced to open its door to the outside world due to the invasion of western powers, which led to great changes in the social structure of China. In the face of the great changes of The Times, people from all walks of life in China have been devoting themselves in different ways to save the nation. Influenced by this, Chinese martial artists set off an upsurge of "saving the country by means of military force", which promoted the development of martial arts and accelerated the formation of the schools and styles of Taijiquan marked by the surname. With the advent of modern Chinese society and the opening of China's door to the world, the traditional Chinese philosophy attracted the attention of western philosophers, which laid an ideological foundation for the spread of Taijiquan in the western society and even the whole world. Taking the spread of Taijiquan in the UK as an example, studies show that Taijiquan culture began to spread in the UK before the 1950s, and was welcomed by many British people under the promotion of Gerda Geddes, Paul Crompton, John Kells, Zhu Jingxiong and other places, which changed the living habits of British people to a certain extent. Bring them exercise to improve their health. With the progress of science and technology, the development of The Times, taijiquan fitness, the importance is given to the function such as health care, culture, tai chi as the Chinese excellent traditional culture contains the rich tradition of philosophy, the thought origin, Lao tze thought in the form of "reactionary and weak in" thinking as the foundation of practice, can guide our life in dealing with the problems, and to the "natural harmony" as the idea, It can correct the deviation of contemporary social development and promote the revival of Chinese excellent traditional culture by the form of "the integration of arts and Taoism". At the same time, the formation of tai chi chuan is a combination of ancient guided and deep breathing technique and the related content of TCM theory, has many characteristics, such as soft, soothing, according

to the related research at home and abroad show that long-term practicing taijiquan in preventing cardiovascular disease, enhance immune function, improve sports ability, improve balance ability, adjust the psychological health, and promote social interaction plays an important role in such aspects. In recent years, the protection of intangible cultural heritage has been an important topic of national and world attention. However, Taijiquan, as an excellent traditional Chinese culture, is still helpless and hesitant in the face of the development of The Times. Therefore, the state has strengthened the inheritance and protection of Taijiquan. From 2006, young's taijiquan to be included in the national first batch of intangible cultural heritage list in 2020 taijiquan success on human intangible cultural heritage representative list can be seen that tai chi chuan has been effective protection of the state, to the general recognition of the worldwide at the same time, but there is no denying that its development is faced with severe crisis internal and external challenges.

Internal crisis: 1) Lack of original protection: Tai chi from the beginning of the creation to "combat" as the fundamental, fitness, feelings, and other functions is under attack and function, but now in order to meet the demand of the public to weaken the function of "art", is beneficial to promote the development of taijiquan, but lose its fundamental characteristics, at the same time in order to promote the spread of taijiquan, In the process of communication, many communication subjects pay more attention to the technical communication in the form of quantification, but ignore the interpretation and inheritance of the culture and theory of Taijiquan. 2) Imbalance of audience groups: Tai chi as a national traditional sports has a very high generality, deserve different age groups, but from the current survey the audience distribution is very uneven, in Beijing, for example, in one survey found that tai chi participants of the elderly over the age of 46 accounted in 78.7%, showing the trend of aging, In the young group, the audience is small, which is not conducive to the promotion and popularization of Taijiquan. 3) Inadequacies and deviations in functional cognition: as an excellent traditional Chinese culture, Taijiquan is similar to calligraphy, painting and temperament, etc. It pursues a kind of skill and attack realm of "four to two strokes, the last to strike, the first to come", and finally reaches the realm of "gods". Taijiquan is a kind of boxing with soft strength and strike after the attack. Its one move and one form fully show the offensive and defensive characteristics, but it can only be obtained by actual combat training on the basis of correct plate frame, and it should not be regarded as "fake" just because of the defeat in actual combat. The technical movements of Taijiquan are soft and gentle, firm and

soft, and dynamic and dynamic, emphasizing light, slow and soft, while modern fighting pays attention to fast, heavy, accurate and fierce. There are extremely obvious differences between the two in technical movements. If the traditional Taijiquan is required by modern fighting, it will cause the deficiency and deviation in the cognition of the function of Taijiquan. 4) Limitation of space for inheritance: With the development of modern Taijiquan, influenced by the change of times, it is faced with the serious problem of limited space for inheritance, which is mainly reflected in the extinction of living space for inheritors and the squeezing of space for transmission. With the establishment of new China, fundamental changes have taken place in Chinese traditional society structure, tai chi heritage of people system changes, especially after the reform and opening up China's urbanization can speed up and the establishment of market economy, changed the traditional rural social structure and way of life, to some extent, this caused a large number of rural heritage people system collapse; Abroad at the same time, along with a large number of sports in the rise of China, for the living space of traditional Chinese sports, taekwon do, for example, modern most parents are willing to their children to study taekwondo, think it can help a child develop healthy physique, perseverance, but they often ignore their country's traditional wushu education role. Under the dual influence of the inheritors and foreign sports, Chinese traditional wushu often encounters difficulties in its modern inheritance. 5) lack of policy and main body: in 2006, tai chi has been included in the national first batch of intangible cultural heritage list, but some places for sports non-material cultural heritage protection but it has not been on the agenda, not yet a systemic non-material cultural heritage protection legal system, at the same time the protection of tai chi chuan the lack of corresponding measures and policies. For example, some functional departments of local governments show an attitude of inaction and unwillingness to protect traditional national sports, and at the same time, their financial support is weak, which makes it difficult to effectively solve the practical problems faced by the inheritance of Taijiquan. The causes of the plight of the inheritance and protection of Taijiquan are complex and changeable. To fundamentally solve this complex problem, we need to update our ideas, integrate all social forces, and actively seek good solutions to the problem. **Conclusion:** Taijiquan is a Chinese quintessence, with art, education, culture, health, fitness, and other functions, in all aspects of people's life to be able to play a crucial role, but with the development of the era, tai chi in the process of inheritance is facing enormous challenges, in the face of such situation, this study

proposed the following measures in order to offer reference for tai chi heritage protection. 1) Explore the true function: Tai chi as an unarmed combat operation from the beginning of creation and attack as the "root", as "source", however, from modern for taijiquan hardly found in the related explanation of the "art" meaning, this is the modern wushu development for a long time to the result of "art", "art" is the true function of tai chi chuan, "health" and "performance" function is to extend it, The contemporary heritage of Taijiquan can only promote its own development by returning to its original appearance. Taijiquan has the characteristics of subduing the strong with the soft and overcoming the strong with the weak, which is the result of the integration of traditional Chinese philosophy and traditional fighting techniques, and is the materialization and sublimation of the traditional fighting techniques. Therefore, we should not ignore the development of its fighting functions while inheriting the Taijiquan culture. 2) Discovering the inheritance function of Tai Chi culture: The boxing theory of Tai Chi contains rich traditional Chinese philosophical thoughts. With the end of the era of cold weapons, the role of Tai Chi in cultural inheritance is more and more prominent. Taiji culture emphasizes "the way of change" and "the method of tolerance", and attaches great importance to the thought of "harmony". It fully shows the way of change by using one move and one formula to respond to all changes and good follows the changes. The emphasis on "tolerance" and "harmony" highlights the traditional Chinese philosophy of life. Therefore, Taiji culture should be deeply explored and sorted out in contemporary times to enhance its cultural inheritance function of The Times. 3) Constructing multiple inheritance protection mechanism: The inheritance of Taijiquan is inseparable from the realization of the function of the inheritor and the expansion of the inheritance space. Therefore, strengthen the protection for inheritance people spectrum and the development of tai chi industry, first of all, the government and society should be to strengthen the explore of tai chi succession of people and protection, and establish the system of perfect non-material cultural heritage protection law, to improve the environment of folk inheritance of inheritance, at the same time, strengthen the spread of taijiquan in the school, to enhance the heritage foundation of tai chi chuan, And systematic construction of Taijiquan communication personnel training system. Secondly, to establish a perfect Tai Chi industry, the government should provide corresponding policy support and financial assistance to the Tai Chi cultural industry, and at the same time, use market means to expand its own inheritance space, establish a perfect access and management mechanism, and

regulate the market order. 4) Innovation of communication methods: with the continuous progress of The Times, modern media show a trend of diversified development, especially the rapid development of media in recent years, which makes the transmission of information more rapid. Today the mainstream media carrier are mainly trill, weibo, WeChat, etc., the mainstream media software has the characteristics of real-time, randomness, convenience, simple operation, rich in content has a broad audience, taijiquan contemporary inheritance should make full use of the development of science and technology achievements, use different ways to spread itself. 5) Improve the Taijiquan competition system, to establish the system of developing the sports event in NBA games, for example, after years of development has built a system, scientific, perfect competition system and operation system, and through the commercial operations to the global spread and are popular with fans from all over the world, therefore, contemporary development of tai chi can draw lessons from the development model, Based on the perfect competition system, through the means of commercial operation and diversified communication methods, the Taijiquan competition system with its own characteristics has been created, so as to attract the attention and participation of sports fans from all over the world, and promote the contemporary inheritance and development of Taijiquan.

Key words: Taijiquan, Intangible cultural heritage, Function, Challenges, measures