

“非遗”视域下太极拳的人文精神和当代价值研究

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摘要: 研究目的: 于 2006 年 5 月, 太极拳列入了中华首批国家非物质文化遗产名录, 于 2020 年 12 月, 联合国教科文组织也正式宣布了将太极拳列入的全球人类非物质文化遗产代表作名录, 这对于太极拳在世界范围内的普及和推广, 无疑具有着重大作用。在《“健康中国 2030”规划纲要》中也指出: “要大力推广舞龙舞狮、太极拳、健身气功、柔力球等民族传统体育运动项目。”因此, 必须跟随时代发展的国家政策, 以改善人民群众的美好生活问题为中心, 正视太极拳的功能作用, 切实服务于人民群众, 为利民着想。太极拳使我国非物质文化遗产在全球的吸引力大幅提升, 成为中华民族树立大国形象、建设大国软实力的表现。在非物质文化遗产视域下以及经济全球化、文化多元化背景下, 作为中国武术重要组成部分的太极拳有义务承担起传承中国优秀传统文化的重任, 探究太极拳的人文精神及当代价值不仅是时代需求, 更是助力传统武术文化复兴的重要路径。本文从“非遗”视角, 探析太极拳的人文精神及当代价值, 旨在为太极拳的当代传承构建可持续发展的模式。**研究方法:** 本研究主要运用了文献资料分析法、逻辑分析法、案例分析法等研究方法, 对大量涉及中国非物质文化遗产、太极拳发展等领域的论文资料进行了研究、整理、归纳, 以研究在“非遗”视域下太极拳的人文精神以及当代意义。**研究结果:** 太极拳具有独特的运动形式和丰厚的历史文化底蕴, 在运动过程中不仅能够提高身体的灵敏度与协调性, 从而锻炼出强健的体魄、增强了人的综合素质, 而且还能够起到增强身心的积极作用, 让习练者能够通过自我激发思想和热情, 进一步培养自身的思想道德修养, 传承中华民族自强不息、厚德载物的精神。在太极拳教学中, 除最基本的套路、功法讲解之外, 还必须将武德武礼、终身运动观念的养成, 及中华民族的人文内涵的熏陶渗透到太极拳教学当中。研究认为太极拳的当代价值主要为以下几点: (1) “治未病”: 太极文化在倡导全民健身、建设健康中国中发挥着不可替代的重要作用。步入 21 世纪, 随着国民体质的不断下滑, “健康中国”战略应运而生, 全民健身运动也逐渐普及, 人们越来越重视民族传统体育的文化推广。太极拳作为民族传统体育项目的杰出代表, 具有老少皆宜的特点及增强体质、预防疾病的功效, 是医治现代社会文明病的一剂良药。现有研究证实, 太极拳独特的动作模式、深缓的呼吸状态对多种慢性疾病的器官系统功能起到康复改善的作用, 并具有一定的辅助疗效。(2) 文化自信: 中国传统太极拳, 作为中华民族“尚武精神”的命脉和“体育强国”现代化建设的文化基石, 蕴涵着博大精深的历史哲学思考, 对

这种中国传统文化进行了归纳梳理后,将能够让习练者更加了解中国武术所特有的历史思想,从而更加正视我国传统体育文明,担负起了传承和发扬中华优秀传统文化的历史自觉与现代社会责任,进而更加坚定了文化自信。同时,中华太极拳的历史传承文化又为习练者们提供了源源不断的精神养分,而这里所包含的人文与自信元素在一定意义上也象征了中华优秀传统文化的软实力,它既反映出了中华民族的独特风貌,是中华民族传统文化发展壮大的外在表现,在与世界先进文明艺术交流中又反映出了大国形象和丰厚的文化历史底蕴。(3)心理调节:现代社会人们易于心情急躁、感情冲动,这种忧患和焦虑源于生活节奏加快、肩上负担加重的深层心理。习练太极拳,能够给人类提供一个相互交流学习的机会,还可以促进人类的情感沟通,进而减少社交距离,消除人类内心的寂寞。此外,太极拳运动遵循“身心合一”的基本准则,不仅讲求绵而不断,柔而不松的身心外形,还需要在运动中平静的心态;其注重清心寡欲、知足常乐的心态,有助于消除心中痛苦、实现身心平衡;太极拳还注重勿被明理害到,和勿流于声色之忧的精神品质,起到调整心态平衡和心理调节的功效。**研究结论与建议:**太极拳作为中国武术中富有民族特色的拳种,在国内外深受中国广大人民的普遍喜爱,其所孕育出丰富的人文精神价值不言而喻,对我国社会的振兴发展具有强大的推动力。在“非遗”视域下,太极拳受到世界范围内的广泛关注,太极拳应当在传承的基础上开拓创新,与时俱进。我们应当将太极拳所流传文化中的“和谐自然”、“内圣外王”、“天人合一”的哲学思想,逐步上升至人与人、国与国之间的相处之道,以便于更为认真的担负起保护和传播太极拳文化的历史使命,从而重新审视太极拳的当代内涵,从而延续中华优秀传统文化,实现中华民族的伟大复兴。

关键词: 非物质文化遗产; 太极拳; 人文精神; 当代价值

Research on the humanistic spirit and contemporary value of Tai Chi from the perspective of intangible Cultural Heritage

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Research purpose: in May 2006, Tai Chi included in the first batch of national intangible cultural heritage list, in December 2020, the United Nations educational, scientific and cultural organization also officially announced the Tai Chi included in the global human intangible cultural heritage representative list, the popularization and promotion of Tai Chi in the world,

undoubtedly has an important role. In the "Healthy China 2030" planning outline also pointed out: " we should vigorously promote dragon and lion dance, Tai Chi, fitness Qigong, soft ball and other traditional ethnic sports."Therefore, we must follow the national policy of the development of The Times, take the improvement of the better life of the people as the center, face up to the function of Tai Chi, and effectively serve the people, for the benefit of the people. Tai Chi has greatly enhanced the attraction of China's intangible cultural heritage in the world, and become the expression of the Chinese nation to establish the image of a great country and build the soft power of a great country. Under the intangible cultural heritage horizon and under the background of economic globalization, cultural diversity, as an important part of Chinese martial arts Tai Chi has an obligation to assume the burden of inheriting Chinese excellent traditional culture, to explore the humanistic spirit and contemporary value is not only the era demand, but also the important path of power traditional martial arts culture revival. From the perspective of "intangible cultural heritage", this paper explores the humanistic spirit and contemporary value of Tai Chi, and aims to build a sustainable development model for the contemporary inheritance of Tai Chi. **Research methods:** this study mainly uses the literature analysis, logic analysis, case analysis method, involving a large number of Chinese intangible cultural heritage, Tai Chi development papers in the field of research, sorting, induction, to study under the "intangible" vision of Tai Chi humanistic spirit and contemporary significance. **Research results:** Tai Chi has a unique form of movement and rich historical and cultural heritage. In the process of movement, Tai Chi can not only improve the sensitivity and coordination of the body, so as to exercise a strong body and enhance the comprehensive quality of the human body, but also play a positive role in strengthening the body and mind, so that the practitioners can stimulate their thoughts and enthusiasm through self. Further cultivate their own ideological and moral cultivation, and inherit the Chinese nation's spirit of self-improvement and moral commitment. In the teaching of Tai Chi, apart from the explanation of the most basic sets and exercises, it is necessary to cultivate the concept of martial virtues, martial rites, lifelong sports, and the edification of the humanistic connotation of the Chinese nation. The contemporary value of Tai Chi is mainly as follows: (1) "treating disease" : Tai Chi culture plays an irreplaceable role in advocating national fitness and building a healthy China. In the 21st century, with the continuous decline of national physical fitness, the strategy of "healthy China" came into being, the national fitness movement is

gradually popularized, and people pay more and more attention to the cultural promotion of traditional national sports. As an outstanding representative of traditional national sports, Tai Chi is suitable for all ages and has the effect of enhancing physical fitness and preventing diseases. It is a good medicine to cure the diseases of modern social civilization. Existing studies have confirmed that Tai Chi's unique movement pattern and deep and slow breathing state play a role in rehabilitation and improvement of organ system functions in a variety of chronic diseases, and have a certain auxiliary effect. (2) Cultural confidence: Chinese traditional Tai Chi, as the lifeblood of the Chinese nation's "martial spirit" and the cultural cornerstone of the modernization of "sports power", contains extensive and profound historical and philosophical thinking. After summarizing and combing this traditional Chinese culture, practitioners will have a better understanding of the unique historical thoughts of Chinese martial arts, so as to face China's traditional sports civilization more squarely. It has taken on the historical consciousness and modern responsibility of inheriting and carrying forward the excellent traditional Chinese culture, and further strengthened its cultural self-confidence. At the same time, the historical heritage culture of Chinese Tai Chi provides a steady stream of spiritual nutrients for practitioners, and the humanistic and confident elements contained here also symbolize the soft power of the excellent traditional Chinese culture in a certain sense, which not only reflects the unique features of the Chinese nation, but also the external expression of the development and growth of the traditional culture of the Chinese nation. In exchange with the world's advanced civilization and art, it reflects the image of a big country and rich cultural and historical deposits. (3) Psychological adjustment: People in modern society are easy to be impatient and emotional impulse, and this kind of anxiety and anxiety is derived from the deep psychology of accelerating the pace of life and increasing the burden on the shoulder. Practicing Tai Chi can provide an opportunity for human beings to communicate and learn from each other, and can also promote human emotional communication, thus reducing social distance and eliminating loneliness in human heart. In addition, Tai Chi follows the basic principle of "integration of body and mind", which not only stresses the physical and mental shape of continuous, soft but not loose, but also needs a calm mind during exercise; Its focus on the mind of undesire, contentment and happiness, help to eliminate the pain in the heart, to achieve physical and mental balance; Tai Chi also pays attention to the spiritual quality of not being harmed by clear reasoning, and not being worried about

emotions and emotions, and has the effect of adjusting mental balance and psychological adjustment. **Conclusion and Suggestions:** Tai Chi, as a boxing type with rich national characteristics in Chinese martial arts, is deeply loved by the Chinese people at home and abroad. It breeds rich humanistic spirit values, and has a strong driving force for the revitalization and development of Chinese society. Under the perspective of "intangible cultural heritage", Tai Chi has attracted wide attention around the world. Tai Chi should explore and innovate on the basis of inheritance and keep pace with The Times. We should be Tai Chi by culture of "harmonious nature", "holy outside king", "the unity of man and nature" philosophy, gradually rise to the way between people, countries, so that more seriously shoulder the protection and spread of Tai Chi culture, to re-examine the contemporary connotation of Tai Chi, thus the continuation of the Chinese fine traditional culture, realize the great rejuvenation of the Chinese nation.

Key words: intangible cultural heritage; Tai Chi; humanistic spirit; contemporary value