

社会变迁背景下太极拳传承模式变迁与创新路径研究

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摘要：当前，我国正经历深刻而广泛的社会变迁，工业化、城市化进程加速，信息技术重塑着人们的生活方式、价值观念与文化生态。太极拳作为中华优秀传统文化的重要组成部分，其生存状态、发展路径和保护机制，都面临着前所未有的复杂局面，在当下的传承面临机遇与困境并存的局面。**目的：**为系统剖析社会变迁背景下太极拳的传承模式的转型与创新策略，通过实证调研与理论分析，厘清现代生活方式变革下太极拳传承的现状特征、剖析社会变迁对太极拳传承的现实影响、梳理当前太极拳传承保护的现实困境、构建社会变迁背景下太极拳传承的创新路径。**方法：**运用文献资料、逻辑分析、田野调查等研究方法对社会变迁背景下太极拳的传承模式变迁与创新路径研究行了深入剖析。**结果：**一方面，现代生活方式对太极拳传承与保护产生了挑战。由于太极拳的传承方式存在滞后性，使其难以适应现代生活节奏。传统武术的“口传身授”教学需要长时间跟随师傅学习，而现代生活节奏快、时间碎片化的特点，使年轻人难以投入持续精力，造成师徒制与习练时间的冲突。又由于传统武术常依托家族代际传递，但城市化进程加速家庭结构变迁，造成家庭传承的弱化。其次是太极拳的核心技法面临失传。以菏泽市为例，调研发现全市共有 35 个传统武术拳种，但仅 5 个拳种得到了较为系统的保护，其余拳种均缺乏有效传承。而习武受众的萎缩又进一步加剧了传承群体的断裂，根据中国武术协会的数据显示，全国武术馆校数量从 2010 年的 1.2 万家减少至 2022 年的不足 6000 家。资金支持的不足也在一定程度上限制了核心技法的传承和发展，聊城市水城中学作为山东省文旅厅认定的非物质文化遗产传承教育实践基地，但其并未获有资金支持，在传统武术推广传承的过程中存在一定困难。另外，当下的教学模式混乱在一定程度上影响了太极拳的传承质量。太极拳虽普及度高，但师资良莠不齐，特别是在当下短视频、公众号等平台的助力下，由于缺乏有效监管，教学门槛较低，使一些学员学到错误动作导致受伤或误解拳理。受到新增体育项目及传统优势项目的冲击，太极拳对年轻群体的吸引力不足，造成一定的群体断层现象。根据 2024-2025 年多项针对中国年轻人群（15-35 岁）的体育消费调研数据，结合参与度、搜索热度、消费趋势及新兴运动发展情况统计发现，跑步、篮球、羽毛球、综合训练及乒乓球是当下年轻人最喜欢的主流体育项目。攀岩、滑雪、桨板运动、飞盘等是增速显著的新兴潮流项目，这些项目的增加，进一步挤压的太极拳在年轻群体中的传承和发展空间。另一方面，现代生活方式为太极拳的推广和传播提供了新的机遇。短视频平台以其庞大的用户基数和高效的传播机制，为传统武

术的传播提供了前所未有的广阔舞台。通过算法推荐系统，将太极拳相关的短视频精准地推送给感兴趣的用户，打破了传统传播的时空局限，更好促进了太极拳文化的传播。同时，太极拳借助国际赛事赋能，将武术从竞技场推广到文化窗口，国际赛事成为太极拳跨文化对话枢纽。在刚结束的成都世运会女子太极拳太极剑决赛中，中国选手卢卓灵夺得冠军，为中国体育代表团取得的首枚金牌，其套路设计将武术与流行文化链接，吸引国际媒体聚焦。在当下背景下，太极拳的现代价值与功能正在逐渐转变，不仅保留了其强身健体、健康促进的基本价值，更在文化传承、国际交流、创新发展等方面展现出新的功能。从文化传播层面，从技艺输出到文明对话，从产业转化层面，从单一项目到“文体旅”生态，从健康促进层面，从经验传承到实证医学的发展。科技与媒体的迅猛发展，也对太极拳产生了深远而复杂的影响。科技的进步为太极拳的传承、传播与创新提供了前所未有的便利与广阔平台，极大地增强了太极拳的社会影响力与文化普及度。在 2025 世界人形机器人运动会，机器人精准展示“白鹤亮翅”“叶问蹲”等动作，拓展了人机协同新场景，展示了未来生活下太极拳发展的无限可能。通过媒体助力为太极拳的文化破圈提供了现实机遇，南京“苏超”足球赛中，7 国留学生在数万观众前表演太极拳，孟加拉留学生表示通过表演深入理解了太极哲学，体育赛事成为太极拳国际化传播的高效媒介。**结论：**社会变迁背景下太极拳传承发展创新路径。推动科技化数字赋能，利用高精度运动捕捉技术，采集各代表性传承人的套路、功法及发力特点，建立包含运动轨迹、力度、呼吸节奏等多维度数据的太极拳数字基因库。对古籍拳谱、历史影像、文献资料进行高清扫描和数字化存储，构建在线可访问的太极拳数字博物馆。整合优质数字资源，打造集在线课程、直播教学、社区交流、AI 评测于一体的综合性太极云平台，破除优质教学资源的地域壁垒。构建国际化传播体系，与海外教育机构开展深度合作如与国外知名大学、孔子学院、社区学院合作开设工作坊，将其纳入海外汉语教学体系。除了积极争取在各类运动会、世界博览会等国际性活动中进行展演外；在 YouTube、Instagram 等国际主流社交平台上建立官方账号，发布针对不同地区文化偏好定制的短视频内容。促进产业生态融合，与健康管理机构、养老社区合作，共同研发针对特定慢性病或亚健康人群的“运动处方”课程，建立效果评估体系。激发年轻群体认同，针对年轻人快节奏生活，开发轻量化、趣味化产品，设计如 5-15 分钟的办公室太极、课间太极短视频课程，以及开发具有积分、打卡功能的手机应用，推动太极拳内容形式创新。

关键词：太极拳；社会变迁；传承模式；创新路径

A Study of Changes and Innovation Paths in the Inheritance Models of Tai Chi in the Context of Social Change

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Abstract: At present, China is undergoing profound and extensive social changes. The process of industrialization and urbanization is accelerating, and information technology is reshaping people's lifestyles, values, and cultural ecology. As an important part of China's excellent traditional culture, Tai Chi is facing an unprecedentedly complex situation regarding its survival status, development path, and protection mechanism. Its inheritance in the current era is confronted with both opportunities and challenges. **Objective:** To systematically analyze the transformation and innovation strategies of Tai Chi's inheritance model under the background of social changes, through empirical research and theoretical analysis, to clarify the current characteristics of Tai Chi inheritance under the transformation of modern lifestyles, to analyze the realistic impact of social changes on Tai Chi inheritance, to sort out the current realistic difficulties in the protection and inheritance of Tai Chi, and to construct an innovative path for Tai Chi inheritance under the background of social changes. **Method:** By using research methods such as literature review, logical analysis, and field investigation, an in-depth analysis was conducted on the transformation of Tai Chi's inheritance model and the innovative path under the background of social changes. **Result:** On the one hand, modern lifestyles pose challenges to the inheritance and protection of Tai Chi. Due to the lag in the way Tai Chi is passed down, it is difficult for it to adapt to the pace of modern life. The "oral transmission and hands-on instruction" of traditional martial arts requires long-term learning under the guidance of a master. However, the fast-paced and fragmented nature of modern life makes it difficult for young people to devote sustained energy, resulting in a conflict between the master-apprentice system and the practice time. Moreover, traditional martial arts are often passed down from generation to generation within a family, but the urbanization process has accelerated the changes in family structure, resulting in the weakening of family inheritance. Secondly, the core techniques of Tai Chi are at risk of being lost. Taking Heze City as an example, the research found that there are a total of 35 traditional martial arts styles in the city, but only 5 styles have received relatively systematic protection, while the rest lack effective inheritance. The shrinking audience of martial arts practitioners has further exacerbated the fragmentation of the inheritance group. According to data from the Chinese Wushu Association, the number of martial arts schools across the country has decreased from 12,000 in 2010 to less than 6,000 in 2022. The insufficiency of financial support has also to some extent restricted the inheritance and development of core techniques. Liaocheng Shuicheng Middle School, as a non-material cultural heritage inheritance and education practice base recognized by the Shandong Provincial Department of Culture and Tourism, has not received financial support, and there are certain difficulties in the process of promoting and inheriting traditional martial arts. Moreover, the current chaotic teaching mode has to some extent affected the quality of Tai Chi Chuan's inheritance. Although Tai Chi has a high popularity, the quality of instructors varies greatly. Especially with the support of current platforms such as short videos and official accounts, due to the

lack of effective supervision and the relatively low teaching threshold, some students have learned incorrect movements, resulting in injuries or misunderstandings of the principles of Tai Chi. Due to the impact of new sports events and traditional strong events, Tai Chi has insufficient appeal to the younger generation, resulting in a certain degree of group gap. Based on the sports consumption research data of multiple Chinese young people (aged 15-35) from 2024 to 2025, combined with the statistics of participation, search popularity, consumption trends and the development of emerging sports, it is found that running, basketball, badminton, comprehensive training and table tennis are the mainstream sports that young people like most at present. Rock climbing, skiing, paddleboarding, frisbee and other emerging trend sports have seen significant growth. The increase in these sports has further squeezed the inheritance and development space of Tai Chi among the younger generation. On the other hand, modern lifestyles have provided new opportunities for the promotion and dissemination of Tai Chi. Short-video platforms, with their huge user base and efficient dissemination mechanism, have provided an unprecedentedly broad stage for the spread of traditional martial arts. Through the algorithmic recommendation system, short videos related to Tai Chi are precisely pushed to interested users, breaking the time and space limitations of traditional dissemination and better promoting the spread of Tai Chi culture. Meanwhile, Tai Chi has been empowered by international competitions, promoting martial arts from the arena to cultural Windows. International competitions have become hubs for cross-cultural dialogue in Tai Chi. In the just-concluded women's Tai Chi and Tai Chi Sword final at the Chengdu World Games, Chinese athlete Lu Zhuoling won the championship, marking the first gold medal for the Chinese sports delegation. Her routine design links martial arts with popular culture, attracting the attention of international media. In the current context, the modern value and function of Tai Chi are gradually transforming. It not only retains its fundamental values of strengthening the body and promoting health, but also demonstrates new functions in cultural inheritance, international exchange, and innovative development. From the perspective of cultural dissemination, from the export of skills to dialogue among civilizations, from the perspective of industrial transformation, from single projects to the "culture, sports and tourism" ecosystem, from the perspective of health promotion, from the inheritance of experience to the development of evidence-based medicine. The rapid development of technology and media has also had a profound and complex impact on Tai Chi. The advancement of science and technology has provided unprecedented convenience and a broad platform for the inheritance, dissemination and innovation of Tai Chi, greatly enhancing its social influence and cultural popularity. At the 2025 World Humanoid Robot Games, robots precisely demonstrated movements such as "White Crane Spreading Its Wings" and "IP Man Squatting", expanding new scenarios of human-robot collaboration and showcasing the boundless possibilities of Tai Chi's development in future life. The media has provided a real opportunity for the cultural promotion of Tai Chi to break through its boundaries. During the "Suzhou Super League" football match in Nanjing, students from seven countries

performed Tai Chi in front of tens of thousands of spectators. A Bangladeshi student said that through the performance, he gained a deeper understanding of the philosophy of Tai Chi. Sports events have become an efficient medium for the international dissemination of Tai Chi. **Conclusion:** Research on the Innovative Path of Tai Chi Chuan Inheritance, Development and Innovation under the Background of Social Change. Promote technological and digital empowerment, utilize high-precision motion capture technology to collect the routines, techniques and force application characteristics of representative inheritors, and establish a digital gene bank of Tai Chi that includes multi-dimensional data such as movement trajectories, strength and breathing rhythms. High-definition scanning and digital storage of ancient Tai Chi manuals, historical images and documentary materials are carried out to build an online accessible digital museum of Tai Chi. Integrate high-quality digital resources to create a comprehensive Tai Chi cloud platform that combines online courses, live teaching, community communication, and AI evaluation, breaking down the geographical barriers of high-quality teaching resources. Build an international communication system and carry out in-depth cooperation with overseas educational institutions, such as jointly setting up workshops with renowned foreign universities, Confucius Institutes and community colleges, and incorporate them into the overseas Chinese language teaching system. In addition to actively striving to perform in various international events such as sports meets and world expos; Establish official accounts on international mainstream social platforms such as YouTube and Instagram, and post short video content customized according to the cultural preferences of different regions. Promote the integration of the industrial ecosystem, cooperate with health management institutions and elderly care communities, jointly develop "exercise prescription" courses for specific chronic disease or sub-healthy people, and establish an effect evaluation system. To stimulate the identity of the younger generation, in response to the fast-paced life of young people, develop lightweight and interesting products, design short video courses such as 5-15 minute office Tai Chi and Tai Chi during breaks, as well as develop mobile applications with points and check-in functions, to promote the innovation of Tai Chi content and forms.

Keywords: Taijiquan; Social change; Inheritance mode; Innovation path

