

# “CME”系列的太极拳教学模式研究

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**摘要: 目的:** “站半年桩, 遛半年腿” “太极十年不出门” 本文为了解决太极拳学习过程中难学难练、费时、疼痛(膝关节损伤)等问题, 河南省直第三人民医院医学训练中心对14期太极拳初级健身班300多人进行研究及分析, 总结了一套解决太极拳难学难练、费时、疼痛(膝关节损伤)等问题的太极拳教学模式。**方法:** 文章采用梳理法、对照法、提炼法、反思法、归纳法对陈正雷太极拳体系中教学模式的研究进行梳理及总结, 把14期班分两组教学模式进行对照测试, 前7期采用传统的陈氏太极拳教学模式教学, 后7期采用“CME”系列的教学模式进行教学, 查看两组学员难易情况, 掉队情况, 疼痛情况, 学习快慢情况以及对太极拳拳理的理解进行分析。**结果:** 通过新型的“CME”系列的太极拳教学模式会让我们练拳变得更简单、更容易、更省时、更健康, 更不容易损伤。**结论:** 通过新型的“CME”系列的太极拳教学模式对14期300多人的前后对比研究及分析, 这套理论能完美的避开太极拳中难学难练、费时、疼痛(膝关节损伤)等问题, 并达到以下三种治疗摘要: 目的: 一、治病: 骨正筋柔(手有麻胀感、手心发热, 小臂沉感); 缓解颈肩腰腿痛症状, 不容易疲劳, 身体有劲, 精力旺盛, 情绪稳定, 睡眠好; 二、防病: 气血自流; 小、大周天通, 平衡能力增强, 防跌倒能力增强, 不会出现颈肩腰腿痛; 心血管、消化功能好转, 皮肤光滑、细腻, 身体柔软灵活(回抱率增加); 三、寿长: 延寿十年; 经络通、脏腑平、身心灵统一, 天人合一, 身心健康。

**关键词:** 体医融合; 干预; 太极拳; 教学模式; “CME”系列

## "CME" series of Taijiquan teaching mode research

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**Abstract:** The medical Sports Training Department of the third people's hospital directly under Henan Province is a professional department engaged in the integration of sports and medicine and the study of Taijiquan and health. In recent years, it has accumulated rich experience in the application of scientific sports in prevention of disease, sub-health intervention, rehabilitation and health preservation. In order to make more people understand Taijiquan, give full play to the

unique advantages of Taijiquan in bodybuilding, fitness and mental health, and actively participate in the health action plan to promote scientific sports, 14 primary fitness classes of Chen's Taijiquan have been held to share Taiji and health. **Objective:** "stand for half a year, walk your legs for half a year" and "Tai Chi doesn't go out for ten years". In order to solve the problems of difficult learning, time-consuming and pain (knee injury) in the process of learning Tai Chi, the medical training center of the third people's hospital directly under Henan Province studied and analyzed more than 300 people in the 14 primary fitness classes of Tai Chi, and summarized a set of methods to solve the problems of difficult learning, time-consuming and Taijiquan Teaching Model for pain (knee injury) and other problems. **Methods:** the article combs and summarizes the research on the teaching mode of Chen zhenglei's Taijiquan system by using the methods of combing, comparison, refining, reflection and induction. The 14 classes are divided into two groups for comparative test. The first 7 classes are taught by the traditional Chen's Taijiquan teaching mode, and the last 7 classes are taught by the "CME" series teaching mode, Check the difficulty, falling behind, pain, learning speed and understanding of Taijiquan of the two groups. **Results:** the new "CME" series Taijiquan teaching mode will make our practice easier, easier, time-saving, healthier and less likely to be injured. **Conclusion:** through the comparative research and analysis of the new "CME" series Taijiquan teaching mode for more than 300 people in 14 periods, this theory can perfectly avoid the problems of difficult learning and practice, time-consuming and pain (knee injury) in Taijiquan, and achieve the following three therapeutic purposes: first, treatment: bone and tendon are soft (numbness and swelling in the hand, fever in the palm and heavy feeling in the forearm); Relieve the symptoms of neck, shoulder, waist and leg pain, not easy to fatigue, strong body, vigorous energy, stable mood and good sleep; second, Disease prevention: spontaneous flow of Qi and blood; Small and large-scale communication, enhanced balance ability, enhanced fall prevention ability, and no neck, shoulder, waist and leg pain; Improved cardiovascular and digestive functions, smooth and delicate skin, soft and flexible body (increased rebound rate); Lastly, Longevity: ten years longer; Channels and collaterals are connected, viscera are flat, body and mind are unified, heaven and man are one, and body and mind are healthy.

**Key words:** somato-medical fusion, Intervention, Tai chi chuan, Teaching mode, "CME" series