

太极拳美学意蕴管窥

牟雪婷，孙爱华

天津体育学院，天津市 300000

摘要：目的：为了推动我国“健康中国”战略实施，促进太极拳运动在国际申遗成功背景下的拓宽与发展，本文在美学视域下，始自太极拳运动之“真”，惠于习练者身体觉悟、心理认知之“善”，探及太极拳意蕴之“美”。通过对太极拳美学意蕴的形、神、意三层面进行阐释，以挖掘太极拳之美，造福人类身心健康，服务世界协同共进。**方法：**文献资料法；观察法；美学形式分析法；逻辑分析法。**结果：**太极拳内蕴深厚，本文分别从形、神、意三个层面，阐述其美学意蕴，即形态美、神韵美与文意美。形态美：太极拳的形态美，是神韵美与文意美的基础，也是太极拳练习的初级目的，通过拳法的练习，增强人的身体觉知与对身体的敏锐性，是习练者的初步获益之处。形态美包括两部分，一是通过习练，塑造习练者身体线条，勾勒出人体美好的形体状态。其二是在太极拳的展示过程中，蕴含着圆融均衡、刚柔并济之美：太极拳讲究动作形成过程中，欲左先右、欲上先下、升中有降、收中有放、外圆内方等，即在招式进行过程时，必有一力分给反方向，使力与反向力互相调和，身体时刻处于均衡状态，且有重心移动后，仍处于中心位置，使形体的整体感稳重扎实、和谐统一；太极拳练习速度变化要求动时急速、静时柔和，节奏分别鲜明，在动时加深呼吸，以迅猛之力出式，尽显阳刚之美，在静时呼吸缓慢均匀，气沉丹田，动作圆融松柔，呈现阴柔之美。神韵美：太极拳在几千年华夏文明的影响下，蕴含着丰富的哲学思想和美学思想，讲求以虚实达意、虚实相生。孟子说“充实之谓美，充实而有光辉之谓大”，太极拳一招一式、形体所达之处皆为“实”。荀子谓“不全不粹之不足以为美”，太极拳以意带气、以气带形，招招式式的意与气皆为虚。以开合桩为例，形开时意即合，形合时意即开，开中有合，合中有开，内外相合，即虚实存于每一势，神韵之美便流露自每一势。受其熏陶的习练者，在虚实的心境中追求人的内外双修，达到招式中内藏力量与含蓄柔和之美。无形中展外在形体之精神、现内在韧劲之生动，神韵之美流露于丝毫。且太极拳练习中注重运气、养气、藏气等，如有言说“通则不痛、痛则不通”，太极拳的气具有健身之功效，以气通身，使身体通而轻盈，从而展现气韵之美，如行云流水，神形兼备。搭配与太极拳展示相融合的音乐，在轻缓悠扬的乐曲下，太极拳松而不懈、紧而不僵、蕴含内劲、圆合自如、神形飘逸，渲染在这样的艺术氛围下，不得不让人

享受其中，只可意会、不可言传。文意美：首先：太极拳，根植于中华民族悠久历史文化土壤。吕艺生教授曾提到：中国美学之根必定在中国古代哲学，而太极拳正是在中国古代哲学的运化下产生的实践养生运动，是中华文化的经典之作。因此太极拳背后含有丰富的文化背景，在我国素有“哲拳”之称，内蕴深厚，是彰显中华民族独特民族性的担当者，并且在发展过程中，已形成独一无二的文化与运动体系。因此在太极拳进入国际领域广泛传播之时，也是作为我国渊源文化的载体，承担着传扬中华民族传统文化的历史使命，是建立中华文化强国的方式方法，是传承中华民族文化的途径，是培养中华儿女文化自信的有力手段。其次：《太极图说》中认为，一动一静，互为其根。张婧认为，太极的精髓是阴阳。这也是古代先贤们对世界观的认知。太极中的天人合一，顺应自然行事，张弛有度，刚柔并济等，彰显着太极文化的博大精深。在太极拳的习练过程中，习练者不仅追求练习形式上的美观，更探索其源头思想与文化，吸收太极拳文化精神，追求平衡、坚韧、从容，注重人内在文意美的培养，是太极拳习练过程中不可忽视的隐形部分，唯有将太极拳的文化领悟融入太极拳习练过程，才能真正将太极拳提升至高。最后：2003年，总局武术管理中心要求太极拳比赛需选择相应服装与配乐，是音乐服装与太极的和谐。太极中的阴阳观，认为太极包含虚实、刚柔、开合、升降、对称等，是动作与动作的和谐。长此以往，太极拳中蕴含的文意，影响着习练者对身体和思维的专注、反观反思、修身养性、处事平衡协调，对人的内在培养具有深远深刻的意义，有助于共筑和谐社会、共建美好生活。**结论：**太极拳作为中华民族传统文化的承载体，尽含形态美、神韵美和文意美。丰盈太极拳形、神、意认知，树立文化自信，阐扬华夏文明，共创真善美生活。

关键词：太极拳；形态美；神韵美；文意美

A preliminary study of the aesthetic Implications of Taijiquan

Xueting Mou, Aihua Sun

Tianjin Institute of Physical Education, Tianjin 300000

Abstract: Objective: In order to promote the implementation of China's "Healthy China" strategy and to facilitate the expansion and development of Taijiquan in the context of the successful international inscription, this paper, in the context of aesthetics, begins with the "truth" of Taijiquan, benefits from the practitioner's physical awareness and psychological cognition, and

explores the "beauty" of its meaning. "The paper explores the "beauty" of taijiquan's meaning in the context of aesthetics. The aim is to explore the beauty of Taijiquan for the benefit of the physical and mental health of mankind, and to serve the world in concert. **Methods:** observation method; aesthetic formal analysis; logical analysis. **Results:** Taijiquan has profound connotations, and this paper elaborates on its aesthetic implications at three levels, namely, the beauty of form, the beauty of divinity, and the beauty of literary meaning. Physical beauty: The beauty of form is the basis for the beauty of the spirit and the meaning of the text, and is the primary purpose of Taijiquan practice. The first is to shape the lines of the practitioner's body through practice, outlining the beautiful state of the human form. The second is the beauty of roundness and balance, of rigidity and flexibility, which is embedded in the process of Taijiquan demonstration: Taijiquan is concerned with the process of forming movements, such as left first, right first, up first, down first, up in the middle, up in the middle, up in the middle, up in the middle, round in the outside, square in the inside, etc., i.e. in the process of movement, there must be a force divided to the opposite direction, so that the force and the reverse force are in harmony with each other, and the body is always in a balanced state, and after the centre of gravity has moved, it is still in the centre, making the shape of the body. The speed of taijiquan practice requires rapidity in movement and softness in stillness, with distinct rhythms, deepening the breath in movement and showing the beauty of masculinity with swift and fierce force, while breathing slowly and evenly in stillness, with the breath sinking into the dantian and the movements rounded and loose, showing the beauty of femininity. The beauty of charm: under the influence of thousands of years of Chinese civilisation, Taijiquan is rich in philosophical and aesthetic ideas, and seeks to express the meaning of the real and the imaginary. Mencius said that "fullness is beauty, and fullness with brilliance is greatness", and that all Taijiquan stances and forms are "real". Xunzi said, "What is not complete and not pure is not enough to be beautiful." Taijiquan uses intention to bring qi and qi to bring form, and the intention and qi of each move and stance are all virtual. Take the open and closed pile as an example, when the form is open the intention is closed, when the form is closed the intention is open, in the open there is closed, in the closed there is open, inside and outside are combined, i.e. the reality and emptiness exist in each posture, and the beauty of the divine rhythm flows from each posture. Practitioners who are imbued with it pursue both internal

and external cultivation in the state of mind of emptiness and reality, achieving the beauty of inner strength and subtle softness in the stances. The spirit of the outer form is invisibly displayed, the inner strength is vivid, and the beauty of divine charm is revealed in the slightest hint. The chi of taijiquan has a fitness effect, and the body is lighter with the chi, thus showing the beauty of the chi rhythm, like flowing clouds and water. With the music that blends in with the Taijiquan demonstration, under the gentle and melodious music, the Taijiquan is loose but unrelenting, tight but not rigid, containing internal energy, round and free, and the form of the gods floats, rendered in such an artistic atmosphere, one has to enjoy it, which can only be understood but not expressed.

Beauty in context: First of all: Taijiquan, rooted in the soil of the long history and culture of the Chinese nation. Professor Lv Yisheng has mentioned that the roots of Chinese aesthetics must lie in ancient Chinese philosophy, and that Taijiquan is a practical health movement born out of ancient Chinese philosophy, a classic work of Chinese culture. Taijiquan therefore has a rich cultural background and is known in China as the "philosophical boxing", with a profound inner meaning, and is the bearer of the unique Chinese nationality, and has developed a unique cultural and sporting system. Therefore, as Taijiquan enters the international arena and is widely disseminated, it is also a carrier of our culture of origin, assuming the historical mission of carrying forward the traditional culture of the Chinese nation, a way to build a strong Chinese culture, a way to pass on the culture of the Chinese nation, and a powerful means to develop the cultural confidence of Chinese children. Secondly: In the "Taiji Diagram", it is argued that one movement and one stillness are the roots of each other. According to Julia Zhang, the essence of Tai Chi is Yin and Yang. This is also the ancient sages' perception of the worldview. The unity of heaven and man in Taiji, acting in accordance with nature, relaxation, rigidity and flexibility, etc., manifest the profoundness of Taiji culture. In the practice of Taijiquan, the practitioner not only pursues the beauty of the practice form, but also explores its source thought and culture, absorbs the cultural spirit of Taijiquan, pursues balance, toughness and calmness, and pays attention to the cultivation of the beauty of one's inner culture, which is an invisible part of the practice of Taijiquan that cannot be ignored. Only by integrating the cultural understanding of Taijiquan into the practice of Taijiquan can Taijiquan be truly elevated to the highest level. Finally: in 2003, the Wushu Management Centre of the General Administration requested that Taijiquan competitions

need to choose the appropriate costumes and soundtrack, a harmony between music and costumes and Taiji. The yin and yang concept in Taiji, which holds that Taiji contains the harmony of reality and emptiness, rigidity and flexibility, opening and closing, lifting and lowering, symmetry, etc., is the harmony of action and movement. In the long run, the literary meaning contained in Tai Chi influences the practitioner to concentrate on the body and mind, to reflect on the reflection, to cultivate the body, to deal with the balance and harmony, which has a profound and deep significance to the inner cultivation of people and helps to build a harmonious society and a better life together. **Conclusion:** As a carrier of traditional Chinese culture, Taijiquan contains the beauty of form, spirit and meaning. It is important to enrich the cognition of Taijiquan's form, spirit and meaning, to build cultural confidence, to promote Chinese civilisation and to create a life of truth, goodness and beauty.

Key words: taijiquan, beauty of form, divine beauty, literary beauty