

全民健身视域下推广八段锦的价值研究

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摘要: 目的: 本文通过对八段锦的功法特点、习练价值以及人文价值进行分析, 旨在推广八段锦这项运动, 促进全民健身。**方法:** 本文使用文献资料法, 查阅“中国知网”与“万方”等电子数据库, 分别以“全民健身”“八段锦”“养生”为主题词检索了相关文献, 为研究提供了理论依据。**结果:** 3.1 八段锦的定义。八段锦是一套具有历史韵味的传统健身功法, 融合中医的阴阳五行和经络学说, 自问世以来, 一次次的实践和探索, 验证了健身气功八段锦的众多功能及作用。因其由八个动作组成, 故称为“八段锦”。自宋代时期, 逐渐演练成坐式和立式的习练方式, 时人常以坐式养心, 立式来修身。八段锦不受场地局限, 无需器械, 而又因简单易学, 作用效果显著等优势, 在一定程度上不仅扩大了习练群众, 且对八段锦的推广奠定了一定的良好基础。另外, 八段锦也是我国传统文化的一种体现, 对帮助青少年正确认识传统文化下的体育健身做出积极贡献, 同时对发展和弘扬民族传统体育文化也有着重要的意义。3.2 八段锦的功法特点及习练价值。八段锦功法由预备势、八个左右相称的动作和收势组成, 中间 8 段, 分别是双手托天理三焦、左右开弓似射雕、调理脾胃须单举、五劳七伤往后瞧、摇头摆尾去心火、两手攀足固肾腰、攒拳怒目增力气和背后七颠百病消, 每一个功法都有它独特的意义, 是代代养生家和习练者共同创造的知识财富。3.2.1 柔缓连贯, 易学易记。初阶者主要以柔和缓慢、圆活连贯为习练目标。习练过程不仅要保持重心处于一水平线上, 久之对改善老年帕金森患者平衡和防摔倒能力有积极预防作用; 且要确定每个动作的既有路线但符合人体各个关节的自然放松、弯曲状态。八段锦功法讲究左右相称, 上下对顶, 简单易学且便于记忆, 习练门槛较于招式繁多的太极拳而言相对易学好掌握。3.2.2 松紧结合, 动静相兼。中阶者在体悟动作规律后, 主要以静中藏动机, 动中存静意为习练目标。在保持端正的身体姿态, 身心放松的状态下, 配合呼吸感受动作间的松紧起伏, 有意识的主动支配动作以及适当发力, 循序渐进, 使动作与肢体配合更加流畅而自然。动作的起、展、收与人体呼吸相融合, 使相应的身体部位得到有效的刺激, 这对提升慢性阻塞性肺疾病患者的运动耐量和生活质量起显著效果。3.2.3 神形合一, 精气合一。高阶者不再拘于动作的呈现, 动作间更讲究神与形合、气寓其中。由形体活动结合呼吸而孕育的养生功法——八段锦, 该词自晋代首次提

出，其动作、口诀、呼吸吐纳要求都经历了数次改动。现代科学研究表明：百分之五十的疾病来自生理、心理的失调，而长期习练八段锦者，不仅可缓解精神的紧张，减轻心理的压力，促进心理健康，且对身体机能有良好的维护和促进功能，同时也对防治疾病方面有显著效果。3.3 八段锦的人文价值。八段锦的孕育，是当时代文化的缩影。随时代的发展，八段锦的功法习练动作和要求也有所不同。但无论是立式、坐式还是南式、北式都是为了习练者更好的习练和有效健身，提高身体素质。如今不少高校陆续开设八段锦课程，为体育课堂带来了一种全新的锻炼模式的同时，也为推广这项运动创造了良好的条件，另外，通过实际行动，让青少年在运动中感受传统文化中的“静”“和谐”，将传统文化融入到身体锻炼当中，体会传统文化的博大精深与优美和谐。**结论：**自古至今，运动促进健康是人们的共识，但科学的运动方法很重要，不恰当的运动方式可能有损健康，起到适得其反的效果，这也是许多人不敢去运动的原因，担心造成关节损伤、拉伤等后果。但对于八段锦这项传统运动而言，不仅习练门槛低，且极少过于讲究动作的标准，受伤的概率较低，具有一定的安全性。自2009年定下8月8日为“全民健身日”，越来越多的人重视健康的锻炼，作为中华传统养生功法的八段锦本就是为健康养生而设，因此推广八段锦是有必要的。

关键词：八段锦；运动健康；全民健身

Research on the value of promoting Ba Duan Jin under the perspective of national fitness

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Abstract: Objective: By analyzing the merit characteristics, practice value and humanistic value, this paper will promote the sport and promote national fitness. **Methods:** this article uses literature method, refers to electronic databases such as "China Knowledge Network" and "Wanfang", and searches relevant documents with the theme of "national fitness", "eight jin" and "health" respectively, which provides a theoretical basis for the research. **Results:** 1. Definition of Ba Duan Jin Ba Duan Jin is a set of traditional fitness methods with historical charm, which combines the Yin, Yang and five elements and meridians of traditional Chinese medicine. Since its publication, its practice and exploration have verified the many functions and functions of fitness Qigong Ba

Duan Jin. Because it consists of eight actions, it is called "eight paragraph brocade". Since the Song Dynasty, it was gradually practiced into a sitting and vertical practice method, when people often nourish the mind and cultivate one's morality. Ba Duan Jin is not limited by the site, with no need for equipment, but because of the advantages of simplicity and learning and obvious effect, it not only expands the masses to practice, but also lays a certain good foundation for the promotion of Ba Duan Jin. In addition, Badbrocade is also an embodiment of China's traditional culture, which makes positive contributions to helping teenagers correctly understand the sports and fitness under traditional culture, and also has great significance to the development and carrying forward the traditional national sports culture. Characteristics and practice value of Ba Duan Jin Eight method composed of reserve, about eight commensurate action and potential, the middle of 8, respectively, two hands, left open bow like shooting carving, conditioning spleen and stomach must lift, five labor seven injuries look back, shake his head tail to fire, two hands climbing feet solid kidney waist, save fist anger and behind seven disease, each method has its unique significance, is a generation of health and practitioners to create knowledge wealth. Slow and coherent, easy to learn and remember. The first step is mainly to be soft and slow, circular and coherent as the practice goal. The practice process should not only maintain the focus of gravity on a level line, but also have a positive preventive effect on improving the balance and fall prevention ability of elderly Parkinson patients; and to determine the existing route of each action but meet the natural relaxation and bending state of each human joint. The eight method pays attention to the left and right matching, upper and down top, simple and easy to learn and easy to remember. The threshold is relatively easy to learn compared with a variety of Taijiquan. Loosening and tight combination, Dynamic and static combination. After understanding the law of action, the middle class mainly practice the static motivation and the static intention as the goal. In maintaining the correct body posture, physical and mental relaxed state, with the breathing to feel the ups and downs between the movement, conscious active control action and appropriate force, step by step, so that the movement and body cooperate more smooth and natural. The initiation, exhibition and collection of action and human breathing effectively stimulate the corresponding body parts, which has a significant effect on improving the exercise resistance and quality of life of patients with chronic obstructive pulmonary disease. The form of God, the unity of spirit.

Higher order people are no longer confined to the presentation of action, actions pay more attention to God and shape, qi. —, bred by physical activity combined with breathing, was proposed for the first time since the Jin Dynasty. Its movements, formula and breathing spitting requirements have all undergone several changes to. Modern scientific research shows that 50 percent of the diseases come from physiological and psychological disorders, and long-term practicing Duan Jin can not only relieve mental tension, relieve mental pressure, promote mental health, but also have good maintenance and promotion function, but also has a significant effect on the prevention and control of disease. Cultural value of Ba Duan. The gestation of Ba Duan Jin is the epitome of the culture of The Times. With the development of The Times, Ba Duan Jin's merit method practice actions and requirements are also different. But whether it is vertical, sitting or south, north style are for practitioners to better practice and effective fitness, improve the physical quality. Now many colleges and universities have opened eight brocade courses, for sports class brought a new exercise mode at the same time, also to promote the promotion of the sport, in addition, through practical action, let teenagers feel the traditional culture "quiet" "harmony", the traditional culture into the body exercise, experience the traditional culture of profound and harmonious. **Conclusion:** Since ancient times, it has been a consensus of people to promote health, but scientific exercise methods are very important. The improper exercise methods may damage health and be counterproductive, which is also the reason why many people dare not go to exercise, worried about joint injury, strain and other consequences. However, for the traditional sport of Duan jin, not only the threshold is low, but also rarely too attention to the standard of action, the probability of injury is low, has a certain safety. Since August 8, 2009 was set as "National Fitness Day", more and more people pay attention to health exercise. As a traditional Chinese health method, Jin is set for health preservation. Therefore, it is necessary to promote Jin.

Key words: Ba Duan Jin, sports health, National fitness