

# 英国伦敦社区健康健身中心太极拳习练人群的现状调查

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**摘要：目的：**太极拳在英国的传播自 19 世纪中后期世界政治经济军事格局的变幻大约经历了“道教文化”启蒙阶段、“杨氏太极”主导阶段、“多家流派”发展阶段，体现太极拳融入世界并被人类共享的历史变迁。它于 2011 年被正式列入英国政府制定的《身体活动指南》，成为明确推荐给英国 65 岁以上老年人参与的一种身体活动，以实现健康促进，进而显现其健康养生的科学属性被广泛认同。本研究旨在了解太极拳经过长期的海外传播和政策协同推广在英国的发展现状，尝试通过访谈结果和问卷调研分析总结英国民众参与太极拳的习练情况、参与动机、习练效果及原因。**方法：**本文采用参与式观察法、问卷调查法及访谈法等，结合笔者在英访学期间于 2017 年 9 月至 2018 年 2 月前往伦敦甘顿华人社区中心、依士灵顿华人社区中心、克里克 Somers Town 生活中心、YCMA 伦敦中心俱乐部及 Better 连锁健身中心等现场体验与考察，对伦敦本地参与太极拳习练班的教练员及习练者进行调查研究。**结果：**经笔者观察整理发现，51%的受访太极拳习练者在 65 岁-79 岁之间，另外有 4%练习者已经超过 80 岁，而女性太极拳习练者占到了 65%；42%的太极拳习练者承认平均每天练拳 30 至 60 分钟，13%的练习者承认平均每天习练（拳、扇或球等）120 分钟以上；43%的太极拳习练者承认已习练太极拳三年以上，其中因健康问题由医生转诊推荐参与太极拳习练的人占到 39%。受访的太极拳习练者对太极拳的认知和接受主要呈下列特点：认为太极拳能提升身体活动的柔韧性，增强平衡，防止摔倒，减缓病痛，尤其还节约医疗成本；认为太极拳能缓解疲劳，改善睡眠，放松身体，愉悦心灵，提升个人自信；认为太极拳是一种积极有益的生活方式，给生活带来意义和一定的节奏，并通过社群参与及交往，感受到一定的社会联结和支持，有助于提高生活质量；认为太极拳能有助于身体保持积极活力，减少失眠、焦虑、抑郁等情绪或症状的发生，进而改善心理健康。此外，笔者访谈了参与授课的十余名太极拳教练员，其中具有中医、病理学、流行病学等专业背景的有 6 人。受访的教练员年龄均在 40-64 岁之间，且个人习练太极拳至少 8 年以上，均认为由于太极拳的健康促进功能不断深入人心，近年来参与太极拳习练的英国人不断增加，且以老年人为主。他们不仅通过指导群众习练太极拳，对参与者的健康状况进行适当干预，在一定程度上帮助患病习练者减轻个人病痛和医疗负担，同时也保持了与相关健康团体或研究机构的联结与合作，以协助应对英国人口老龄化带来的相关健康问题。**结**

**论：**太极拳目前在英国的良好接受和推广恰是太极拳健康养生功效的有力证明，也反映了英国政府通过体育政策、健康政策、数据开放战略等多元协同合作，引导社区推广太极拳以应对人口老龄化的健康问题，其相关经验值得借鉴。与此同时，太极拳自2020年12月成功入选联合国教科文组织人类非物质文化遗产代表作名录，其全球化发展又进入到一个新阶段。但太极拳的科学化发展绝非一朝一夕的事，需要国际太极拳爱好者和研究者的共同努力，需要研究者与习练者、传承者、传播者等的通力合作，持续关注并将太极拳应用于不同国家和地气的健康领域，提出合乎时宜顺应民心的实施策略。在进行太极拳的健康传播和国际化推广中，太极拳研习者不宜急于求成急功近利，不能失去传统武术的独特技击风格和功夫，必须兼顾太极拳文化的传承继承和现代化发展，加强国与国之间的学科合作和民间交流，促进太极拳的国际学术交流，引领太极拳学科的科学发 展，为人类健康和世界和平造福。

**关键词：**太极拳；伦敦社区；社区健康健身；太极拳习练

## Investigation on the current situation of Taijiquan practitioners in community health and fitness center in London, UK

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**Abstract: Objective:** Taijiquan in the UK has experienced three stages: the stage enlightened by "Taoist culture", the stage dominated by "Yang's Taijiquan", and the stage of "multiple schools" competition since the middle and late 19th century when tremendous changes took place in the world, which in turn reflects the historical changes of Taijiquan derived from, integrated into the world and shared by human beings. In 2011, *the British Physical Activity Guidelines*, officially issued by the UK Department of Health and Social Security, clearly defines Chinese Taijiquan as a physical activity recommended for older people over the age of 65 in the UK to take action on ageing and health promotion, as Taijiquan has been well accepted in the UK thanks to its health benefits. The purpose of the study is to understand the development of Taijiquan in London, the UK in recent years, where long-term cross-cultural communication and collaborative promotion from different parties in communities and organizations have helped the development of a varieties of physical activities, including Taijiquan, and try to explore taijiquan practitioners' practice, motivation and effects and explain the reasons through interview results and

questionnaire survey. **Methods:** The study uses the methods of participatory observation, questionnaire survey and interview, combined with the author's on-site experience and investigation in London. The author randomly investigated the coaches and practitioners participating in Taijiquan training classes at Camden Chinese Association, Islington Chinese community center, the Somers Town Crick Living Center, the YCMA Central Club and the Better Chain Fitness Center in London from September 2017 to February 2018 during her academic stay at UCL and made records for the field work. **Results:** through the author's observation and sorting, it was found that 51% of the interviewed Taijiquan practitioners were between 65 and 79 years old, another 4% were over 80 years old, and female Taijiquan practitioners accounted for 65%. Among them, 42% of Taijiquan practitioners admitted to practicing taijiquan for an average of 30 to 60 minutes a day and 13% for more than 120 minutes a day. More than 43% of Taijiquan practitioners were recommended to practice Taijiquan for more than three years, of which 39% once were referred to practice Taijiquan for health problems. The cognition and acceptance of Taijiquan by the interviewed Taijiquan practitioners accordingly show the following characteristics: they believe that Taijiquan can improve the flexibility of physical activities, enhance balance, prevent falls and illnesses, and slow down ageing, and what's more, taijiquan is like free sports medicine that can save medical costs. The interviewed practitioners believed that Taijiquan could relieve fatigue, improve sleep, relax the body, delight the mind and enhance personal self-confidence; Taijiquan is a positive and beneficial way of life, which brings meaning and a certain rhythm to life. Through community participation and communication, we can feel certain social connections and supports, which are helpful to improve their quality of life. It is also believed that Taijiquan can help the body maintain positive vitality, reduce the occurrence of insomnia, anxiety, depression and other emotions or symptoms, and then improve mental health. In addition, the author interviewed more than ten Taijiquan coaches who participated in the teaching, including 6 with professional backgrounds of traditional Chinese medicine, pathology and epidemiology. The coaches interviewed are all between 40-64 years old and have practiced Taijiquan for at least 8 years. They all believe that due to the continuous popularity of the health promotion function of Taijiquan, the number of British people participating in Taijiquan practice has been increasing in recent years, mainly the elderly. They not only help sick practitioners reduce personal pain and medical burden to a certain extent by guiding people to practice

Taijiquan and properly intervening in the health status of participants, but also maintain the connection and cooperation with relevant health groups or research institutions to help cope with relevant health problems caused by the aging population in the UK. **Conclusion:** at present, the good acceptance and promotion of Taijiquan in the UK is a testimony for the health benefits of Taijiquan. It also reflects that the British government and non-governmental organizations have guided the community to promote Taijiquan to deal with the health issues of population aging through multiple collaborative cooperation such as sports policy, health policy and data opening strategy. Its relevant experience is worth study. What's more, Taijiquan has been successfully added into the UNESCO representative list of human intangible cultural heritage since December 2020, which marked a new stage for its globalization. However, there is still much room to explore the scientific development of Taijiquan in future. It requires the joint efforts and close cooperation of international Taijiquan fans, coaches, instructors, artists and researcher, masters, inheritors and promoters, so that continuous attention can be drawn to the application of Taijiquan in the health industries of different countries and regions, and suitable strategies can be made timely to meet the health needs of the people. In the internationalization and globalization of Taijiquan, Taijiquan learners are not to be eager for quick success and instant benefits or ignorant about fighting and self-defensive aspects in traditional Taijiquan and Wushu. The significance and modernization of Taijiquan culture is still a source of the health benefits of taijiquan and a drive for the promotion of people-to-people communication, academic cooperation and non-governmental exchanges between countries. In other words, there is link between scientific development of Taijiquan and human health and world peace.

**Key words:** Taijiquan, Communities in London, Health and fitness in communities, Taijiquan practice