

# 太极拳与心意拳发展的比较研究——基于 CNKI 文献分析

买仁萍

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**摘要:** **目的:** 为促进更多的中华优秀传统文化走出国门, 比较世界级非物质文化遗产项目太极拳与国家级非物质文化遗产项目心意拳在传承发展中的异同, 探寻太极拳的申遗之路的在心意拳发展中的可借鉴之处, 试分析将太极拳传播的成功经验应用于心意拳等其他传统拳术的可行性, 为传统武术的传播发展提供“太极方案”。**方法:** 采用文献资料法、比较研究法, 检索近 2001 至 2021 年中国知网收录的 7467 篇以“太极拳”为主题的期刊论文以及 375 篇以“心意拳”为主题的期刊论文进行计量可视化比较分析。**结果:** 一、太极拳形成了更为成熟的理论研究体系。首先, 就研究数量而言, 相较于心意拳, 太极拳的相关研究在数量上逐年稳步提升。根据中国知网计量分析显示, 太极拳相关研究数量自 2001 年起呈现出阶梯型的快速上升态势, 且在近十年中, 每年期刊总发文量达到 400 篇以上。而心意拳的相关研究进程较为缓慢, 相关主题在研究高峰期发文量也仅保持在每年三十至四十篇, 且相关主题的研究热度仅维持两年便开始下降。其次, 就研究方向而言, 太极拳将其功法技理良好的融于医学实践中。太极拳不仅在临床医学、特种医学、神经病学、预防医学与卫生学等多类医学中得到了广泛的应用, 也在防治和疗养心血管系统疾病、呼吸系统疾病、内分泌腺及全身疾病等多种病症中获得良好实践效果。而心意拳大多专注于功法、技理等武术相关研究, 缺乏与中医等其他领域的结合, 因此在相关理论研究上进程缓慢。二、太极拳塑造了更为成熟的实践运作模式。首先, 在文化价值塑造上, 作为首批国家级非物质文化遗产项目, 太极拳传承人高度重视其特有的拳理文化传播, 弘扬太极拳“修身养性”观, 积极响应“全民健身”、“体育强国”等一系列政策号召, 成为国民健身文化的重要路径, 并于 2020 年被联合国教科文组织列入人类非物质文化遗产代表作名录。其次, 在商业品牌推广上, 多位太极拳传承人借助现代化商业运营模式, 塑造“太极文化品牌”, 形成了以陈家沟为代表的太极拳城市名片。同时, 大力塑造太极“修身养性”的品牌形象, 充分利用市场化机制调节太极拳发展过程中的商业化问题。再者, 在传播渠道扩展上, 在太极拳的传播发展中利用现代化信息技术开展多渠道传承传播。借助互联网、物联网等实现线上传播、VR 推广等多样化传播, 不仅丰富了太极拳的传播路径, 生动有趣的传播形式也极大提高了太极拳的传播效率。而心意六合拳的创立与发展充分吸收和借鉴了中华传统文化的精髓, 形成了以六合思想为主导, 以单式招法技击为核心, 以攻防变化

为精髓，以内养意气神、外练筋骨皮为根本的系统性理论和技术体系，蕴含了疗养生息系统思想，蕴藏着无穷的潜在文化价值与商业应用模式，但自身的发展模式仍不成熟，存在传播力度、传播广度、传播效度等问题，亟待借鉴太极拳的成功经验，探索出适宜心意拳发展的独到路线。**结论：**传统武术在其理论研究和实践传播的过程中都蕴藏着中华文明烙印，作为中华四大传统拳术之中的太极拳和心意拳充分吸收了中华传统文化的精髓，成为传统武术的经典，被列入国家级非物质文化遗产名录。但在全球化和信息化背景下，以心意拳为代表的多类传统武术发展均受到了一定程度的限制，其理论研究与实践传播进程缓慢，同时面临传播乏力、后继无人的尴尬局面。而相比于心意拳，太极拳良好的适应病融入了现代化进程中，并形成了相对成熟的理论研究体系与实践运作模式。首先，在理论研究方面，太极拳功法技理融合中医理论，充分发挥中华传统思想价值效用，将太极思想与太极功法应用于中医的临床研究中，不仅扩充了太极拳的理论功效，也丰富了中医的操作应用。其次，在实践运作方面，太极拳充分展现了中华哲学，塑造了以修身养性为主题独特价值观，成了独特的品牌文化，借助互联网+浪潮，开展多渠道传播模式，构建了较为完善的发展体系，打造出了“太极之路”，不仅为心意拳的发展提供借鉴思路，也为其他传统武术的体系建构提供范本。

**关键词：**太极拳；心意拳；比较研究；文献分析

## A comparative study on the development of Taijiquan and Xinxinquan--Based on CNKI literature analysis

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**Abstract: Objective:** Go abroad in order to promote more Chinese excellent traditional culture, is a world-class intangible cultural heritage projects taijiquan and state-level non-material cultural heritage six-mergence boxing in the similarities and differences between inheritance development, explore the taijiquan in the heart, which can be used for reference in the development of test analysis is applied to the successful experience of taijiquan propagation Xinyiquan and other traditional boxing feasibility. To provide "Taiji Solution" for the spread and development of traditional martial arts. **Methods:** Using the literature method and comparative research method, 7,467 journal papers on the theme of "Taijiquan" and 375 journal papers on the theme of "Xinxinquan" were retrieved from CNKI from 2001 to 2021 for quantitative visual comparative

analysis. **Results:** First, Taijiquan has formed a more mature theoretical research system. First of all, in terms of the number of studies, compared with Xinyiquan, the number of studies related to Taijiquan has steadily increased year by year. According to the quantitative analysis of CNKI, the number of studies related to Taijiquan has been rising rapidly in a step-type way since 2001, and in the past decade, the total number of papers published in journals has reached more than 400. However, the research process of Xinyiquan is relatively slow, and the number of papers published on related topics in the peak period of research only keeps at 30 to 40 papers per year, and the research heat of related topics only lasts for two years and then begins to decline. Secondly, in terms of research direction, Taijiquan integrates its skills and techniques into medical practice. Taijiquan has not only been widely used in clinical medicine, special medicine, neurology, preventive medicine and hygiene and other kinds of medicine, but also in the prevention and treatment of cardiovascular system diseases, respiratory diseases, endocrine gland and systemic diseases and other diseases to obtain good practical effects. However, Xinyiquan mostly focuses on the researches related to martial arts, techniques and other fields, and lacks the combination with other fields such as traditional Chinese medicine. Therefore, the progress of relevant theoretical research is slow. Second, Taijiquan has shaped a more mature practice mode. First of all, on the cultural value shape, as the first batch of national intangible cultural heritage project, Taijiquan people attach great importance to its unique theoretic culture transmission, carry forward the concept of Taijiquan "cultivate one's morality raises a gender", actively response to the "national fitness", "sports power" and a series of policies, become the important path of national fitness culture. It was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity by UNESCO in 2020. Secondly, in terms of commercial brand promotion, a number of Taijiquan inheritor have shaped "Taijiquan cultural brand" with the help of modern business operation mode, and formed the city name card of Taijiquan represented by Chenjiagou. At the same time, the brand image of "self-cultivation and nourishment" of Taijiquan should be vigorously shaped, and the commercialization problems in the development process of Taijiquan should be adjusted by the market mechanism. Moreover, in the expansion of communication channels, modern information technology is used to carry out multi-channel transmission in the development of Taijiquan communication. With the help of the Internet, the Internet of Things and other online communication, VR promotion and other diversified communication, not only

enriches the transmission path of Taijiquan, but also greatly improves the transmission efficiency of Taijiquan with vivid and interesting forms of communication. And mind Xinyiquan fully absorb and draw lessons from the creation and development of the essence of Chinese traditional culture, formed the dominated by liuhe thoughts, single simplified combat as the core, the offensive and defensive changes as the essence, outside the spirit of god, to practice within the physique as the basis of systematic theory and technology system, contain the recuperate stock system thought. It contains infinite potential cultural value and commercial application mode, but its own development mode is still not mature, and there are problems such as communication intensity, communication breadth and communication validity, etc. It is urgent to learn from the successful experience of Taijiquan and explore a unique route suitable for the development of Xinyiquan. **Conclusion:** Traditional Wushu contains the brand of Chinese civilization in the process of theoretical research and practical dissemination. As one of the four traditional Chinese quanshu, Taijiquan and Xinyiquan have fully absorbed the essence of Chinese traditional culture, become the classics of traditional Wushu and have been listed in the list of national intangible cultural heritage. However, under the background of globalization and informationization, the development of many kinds of traditional wushu represented by Xinyiquan has been limited to a certain extent, and its theoretical research and practice spread process is slow, at the same time, it faces the embarrassing situation of weak spread and no successor. Compared with Xinyiquan, Taijiquan is well adapted to the disease and has been integrated into the modernization process, and has formed a relatively mature theoretical research system and practical operation mode. First of all, in terms of theoretical research, Taijiquan techniques and techniques integrate traditional Chinese medicine theory, give full play to the value and effect of traditional Chinese thought, and apply Taijiquan thought and Taijiquan techniques in clinical research of traditional Chinese medicine, which not only expands the theoretical effect of Taijiquan, but also enriches the operation and application of traditional Chinese medicine. Secondly, in terms of practice and operation, Taijiquan fully demonstrates the Chinese philosophy and shapes the unique values with self-cultivation as the theme. It has formed a unique brand culture. With the help of the Internet + wave, it carries out the multi-channel communication mode, constructs a relatively perfect development system and creates the "Road of Taijiquan", which not only provides a reference for

the development of Xinyiquan, but also provides a model for the system construction of other traditional martial arts.

**Key words:** Taijiquan, Six-mergence boxing, Comparative study, Literature analysis