

“非遗”视角下杨氏太极拳的传承、保护与发展研究

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摘要: 目的: 近年来, 随着经济全球化和文化多元化交流的日益频繁, 我国传统体育项目拓展了其发展空间, 但与此同时, 也面临着外来体育文化的冲击, 其中太极拳就受到了影响。“非物质文化遗产”(以下简称“非遗”)保护工作兴起于 20 世纪末 21 世纪初, 至今已经开展了 20 余年, 如今“非遗”的保护工作已在世界范围内展开, 在中国则形成了“保护为主、抢救第一、合理利用、传承发展”的保护体系。“非遗”是中华民族精神与民族感情的重要载体之一, 是国家统一、民族团结的基础, 同时也体现了人类伟大的智慧结晶。在部分武术项目被列入“非遗”的过程中, 作为中华民族传统体育(武术项目)的重要组成部分-太极拳则受到更多的关注, 而其中杨氏太极拳则是被列入首批“非物质文化遗产”保护名录的武术项目之一。作为中华民族传统体育和文化的代表性品牌-杨式太极拳正面临着严峻的挑战。时下, 如何更好地传承和有效地保护民族传统体育文化, 如何将我国优秀传统体育文化繁荣地发展下去, 是每个中华儿女的责任和义务。本研究旨在以继承中国优秀传统体育文化回归为宗旨, 完善我国“非遗”项目保护与发展为目的, 通过对比分析其他国家“非遗”项目的保护与发展, 进而探讨与分析我国“非遗”杨氏太极拳的传承、保护与发展等当代面临的问题, 以此提出确保杨式太极拳可持续发展的建议, 同时为杨氏太极拳的保护与发展提供理论依据, 以期对后续研究起到促进和推动作用。**方法:** 本文在“非遗”视角下, 运用文献研究法、访谈研究法、比较研究法与逻辑分析法等科学研究方法对杨式太极拳的传承、保护与发展进行深入性地研究。**结果:** 本研究将从以下三方面进行概括分析。一、我国与其他国家“非遗”项目保护与发展的比较研究。2005 年 12 月 22 日, 国务院发布《关于加强文化遗产保护的通知》, 并制定“国家+省+市+县”共 4 级保护体系, 要求各地方和各有关部门贯彻“保护为主、抢救第一、合理利用、传承发展”的工作方针, 切实做好非物质文化遗产的保护、管理和合理利用工作。2011 年 2 月 25 日, 第十一届全国人民代表大会常务委员会第十九次会议通过《中华人民共和国非物质文化遗产法》; 而其他国家对“非遗”项目保护措施较为完善, 主要表现为: (一) 政府的导向作用。如意大利则形成一种“意大利保护模式”, 通过政府的主导, 带动社会各阶层的参与; 美国所采取的社会化保护方式则突出的是社会的参与; 法国则是在政府的主导下, 带动各级民间组织对非物质文化遗产进行保护。(二) 法律的保障作用。日本的《文

化财保护法》从 1950 年制定开始，为不断适应社会的发展需要，先后进行过多次的修改；1962 年韩国也制定了《韩国文化财保护法》来对国家的非物质文化遗产进行保护。通过制定的法律法规来健全非物质文化遗产的保护工作，而这些国家制定的这些法律法规都是可以为我国保护非物质文化遗产工作所借鉴，从而为保护非物质文化遗产做出相应的贡献。

（三）传承人的基础作用。韩国的文化传承人制度就像我国的平衡膳食宝塔一样是金字塔式的，位于最顶层的传承人被称为“保有者”；而日本政府则是在全国范围内选拔大师级的“人间国宝”，然后由政府保护起来。日韩两国注重对传承人的保护，在经济上，政府每年给予必要的扶持补助，对传承人的生活有一定的保障；在社会上，提高各位传承人的社会地位，不断激励他们提高自己的技艺，为世界文化遗产的传承与发展做出努力。（四）

社会机构的辅助作用。如泰国建立的非物质文化遗产基金会；越南的文化遗产保护工作则有文化新闻部来负责；蒙古国则建立了蒙古口头遗产试听文献工程。国家通过建立这些保护机构，实现了对文化遗产保护的专门化，有专门的组织对其进行负责，促进了世界文化遗产保护工作的进行。

二、目前，我国对“非遗”项目保护中存在的主要问题有：（一）相关的法律法规仍不够健全；（二）在认识和实践及法制建设中，“文化遗产”被“文物”所取代，“文物”保护被等同于对整个文化遗产的保护，从而使“非遗”的保护得不到足够重视；（三）对非物质文化遗产传承人的保护力度不够。在当今我国教育体系中有关教授与传播“非遗”保护的专业知识较少。三、从目前来看，太极拳已传播到 160 多个国家和地区，成为武术项目中传播效果最好、传播范围最广、习练人群最多的项目，而杨式太极拳就是其中典型的代表。经过查阅大量文献资料，走访民间拳社、访谈传承人与习练者了解到，尽管杨式太极拳当下风靡全球，成为最受欢迎的体育项目之一，但是，在传播与发展过程中也暴露出一些不足之处。研究发现：杨式太极拳在传承与发展的过程中存在着下列问题：（一）传承观念陈旧。在传统武术文化里一直有个狭隘的观念-重男轻女，这也是我国社会文化的弊端，所以师傅在传授武功技艺的时候重男而轻女。观念的陈旧导致习武人数减少，因而不利于杨氏太极拳的发展；（二）传承方式单一。杨氏太极拳是传统武术的重要组成部分，在其漫长的发展过程中，师徒传承也一直是最主要的传承方式。传承方式的单一导致杨氏太极拳在发展的过程中具有很大的局限性，不能很好地进行传播，从而限制了杨氏太极拳的发展；（三）传承人缺失。在传统武艺的传承中，口传面命一直是重要形式，杨氏太极拳是传统武艺的重要组成部分，其传承发展也离不开这一形式。而现代社会中，许多传承人由于社会的不重视，属于自生自灭的状态，同时在师父选择传承人的过程中，选择过程较严格，由于各种因素导致传承人不能及时将技艺传给下一代，从而

限制了杨氏太极拳的传承与发展。**结论：**在杨氏太极拳的发展过程中，不能仅仅依靠某一方面的保护，要协调国家政府、社会组织与个人之间的关系。首先，在借鉴国外对“非物质文化遗产”的保护经验中，我国应该从国家层面上建立完备的法律体系，政府应加大对非物质文化遗产的重视程度；其次，在社会层面上建立有效的保护机构，使其充分发挥自己的能动性；最后，在个人层面上要有积极参与的态度，形成全民参与的氛围。通过国家的重视、社会的响应与个人的参与来提高对杨氏太极拳的重视程度，从而切实有效地促进杨式太极拳的传承、保护与发展。

关键词：非物质文化遗产；杨氏太极拳；传承；保护；发展

Research on the inheritance, protection and development of Yang's Taijiquan from the perspective of "intangible cultural heritage"

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Abstract: In recent years, with the increasingly frequent economic globalization and cultural diversified exchanges, Chinese traditional sports projects have expanded their development space, but at the same time, they are also facing the impact of foreign sports culture, among which Taijiquan is affected. The protection of "intangible cultural heritage" (hereinafter referred to as "intangible cultural heritage") emerged in the late 20th century and early 21st century, and has been carried out for more than 20 years. Now the protection of "intangible cultural heritage" has been carried out in the world, and in China, a protection system of "protection first, rescue first, rational utilization, and inheritance and development" has been formed. "Intangible cultural heritage" is one of the important carriers of the Chinese nation spirit and national feelings, the basis of national unity and national unity, and also reflects the crystallization of the great wisdom of human beings. In the process of some martial arts projects being included in the "intangible cultural heritage", Taijiquan, as an important part of the traditional Chinese sports (martial arts projects), has attracted more attention, among which Yang's Taijiquan is one of the first martial arts projects listed in the protection list of "intangible cultural heritage". As a representative brand of traditional sports and culture of the Chinese nation, Yang Style Taijiquan is facing severe

challenges. Nowadays, how to better inherit and effectively protect the traditional Chinese traditional sports culture, and how to successfully develop China's excellent traditional sports culture is the responsibility and obligation of every Chinese sons and daughters. This study aims to continue the return of Chinese traditional sports culture, improve the protection and development of Chinese intangible heritage projects, analyze the protection and development of other countries, and analyze the contemporary problems of inheritance, so as to ensure the sustainable development of Yang Taijiquan, and provide theoretical basis for the protection and development of Yang Taijiquan, in order to promote and promote the subsequent research.

Methods: From the perspective of "intangible cultural heritage", this paper uses the literature research method, interview research method, comparative research method, logical analysis method and other scientific research methods to deeply study the inheritance, protection and development of Yang-style Taijiquan. **Results:** This study will conduct a general analysis from the following three aspects. 1. Comparative study on the protection and development of the intangible cultural heritage projects in China and other countries. On December 22, 2005, the State Council issued the Notice on Strengthening the Protection of Cultural Heritage, and formulated a 4-level protection system of "+ County, + Province", requiring local and relevant departments to implement the working policy of "protection first, rescue first, reasonable utilization, inheritance and development", and do a good job in the protection, management and reasonable utilization of intangible cultural heritage. On February 25, 2011, the 19th meeting of the Standing Committee of the 11th National People's Congress adopted the Law of the People's Republic of China; other countries have perfect protection measures for intangible cultural heritage projects, mainly showing: (1) the guiding role of the government. For example, Italy forms an "Italian protection model" that promotes the participation of all strata, the social protection adopted by the United States highlights the social participation, and France promotes the protection of intangible organizations at all levels under the leadership of the government. (2) The safeguard role of the law. Japan's Cultural Finance Protection Law began in 1950, has been revised to meet the needs of social development; in 1962, Korea also formulated the Korean Cultural Finance Protection Law to protect the country's intangible cultural heritage. The protection of intangible cultural heritage can be improved through the laws and regulations formulated, and these laws and regulations formulated by these countries can be used for the

protection of intangible cultural heritage in China, so as to make corresponding contributions to the protection of intangible cultural heritage. (3) The basic role of the inheritor. South Korea's cultural inheritor system is pyramid like our balanced dietary pagoda, and the top inheritor is called the "insured"; while the Japanese government selects the master "national treasure" in the national model and then protected by the government. Japan and South Korea pay attention to the protection of inheritors. economically, the government gives necessary support subsidies every year to guarantee the life of the inheritors; in society, improve the social status of the inheritors, and constantly encourage them to improve their skills and make efforts for the inheritance and development of world cultural heritage. (4) Auxiliary role of social institutions. For example, the intangible cultural heritage foundation established in Thailand; the protection of cultural heritage in Vietnam is undertaken by the Ministry of Cultural Information; and Mongolia. Through the establishment of these protection institutions, the state has realized the specialization to the protection of cultural heritage, with special organizations responsible for it, promoting the protection of the world cultural heritage.

2. At present, the main problems existing in the protection of "intangible cultural heritage" project are: (1) relevant laws and regulations are still not sound enough; (2) in the understanding and practice and legal construction, "cultural heritage" is replaced by "cultural relics", "the" cultural relics "protection is equivalent to the protection of the whole cultural heritage, so that the protection of" intangible cultural heritage " is not paid enough attention; (3) the protection of intangible cultural inheritors is not enough. In today's education system, there is little professional knowledge about teaching and spreading the protection of "intangible cultural heritage".

3. At present, Taijiquan has spread to more than 160 countries and regions, becoming the project with the best communication effect, the widest communication range and the most practitioners among martial arts projects, and Yang Style Taijiquan is a typical representative. After consulting a large number of literature and materials, visiting folk boxing clubs, interviewing inheritors and practitioners learned that although Yang Taijiquan is popular in the world and become one of the most popular sports projects, some are also some shortcomings in the process of communication and development. The study found that there are the following problems in the process of Yang-style Taijiquan: (1) The inheritance concept is outdated. In the traditional martial arts culture, there has always been a narrow concept of valuing man over women, which is also the disadvantage of China's social culture. Therefore,

the master prefers man over women when teaching martial arts skills. The outdated concept leads to the decrease of the number of martial arts exercises, which is not conducive to the development of Yang Taijiquan; (2) the inheritance way is single. Yang's Taijiquan is an important part of traditional martial arts. In its long process of development, mentoring inheritance has always been the main way of inheritance. The single way of inheritance leads to great limitations in the process of development, which cannot be spread well, thus restricting the development of Yang Taijiquan; (3) the lack of inheritors. In the inheritance of traditional martial arts, oral communication has always been an important form. Yang Taijiquan is an important part of traditional martial arts, and its inheritance and development cannot be separated from this form. In modern society, many inheritors belong to the state of suicide due to the lack of society. At the same time, in the process of master choosing the inheritors, the selection process is relatively strict. Due to various factors, the inheritors can not pass their skills to the next generation in time, which restricts the inheritance and development of Yang's Taijiquan. **Conclusion:** In the development process of Yang's Taijiquan, we should not only rely on some aspect of protection, but also coordinate the relationship between the national government, social organizations and individuals. First, in the foreign experience in the protection of "intangible cultural heritage", China should establish a complete legal system from the national level, the government should increase the importance of intangible cultural heritage; Secondly, to establish an effective protection institution at the social level to maximize their initiative; Finally, at the personal level to form an atmosphere of national participation. Through the importance of the state, the social response and the personal participation, so as to effectively promote the inheritance, protection and development of Yang-style Taijiquan.

Key words: Intangible cultural heritage, Yang's Taijiquan, Inheritance, Protection