

太极拳的时代价值与传承策略

王维燕¹, 周丽²

1. 北京体育大学中国武术学院, 北京 100084

2. 郑州大学体育学院 (校本部), 郑州 450001

摘要: 太极拳是中国传统文化的重要组成部分, 具有悠久的历史和丰富的文化内涵。在新时代背景下, 太极拳具有塑造“和谐中国”国家形象, 促进全球文化交流与互鉴、推动全球健康养生的发展、自由精神的表达媒介、促进与时间与空间艺术展现的时代价值。本文采用文献资料法和专家访谈法进行研究, 探讨太极拳的当代价值与教育传承路径。太极拳对身体认知、身体技术与文化符号等方面有着深刻的影响, 同时在跨文化交流与认同方面也具有积极作用。作为一种独特的身体实践和文化遗产, 太极拳吸引了世界各地的人们。本文重点研究太极拳在当代社会中的应用价值与其在教育传承方面的实施路径, 以期能为太极拳的传承与发展提供理论支持和实践指导。

太极拳的哲学思想和独特的身体语言在全球范围内产生了深远的影响。太极拳融合了道家、儒家、兵家等思想, 具有深刻的文化内涵和独特的武术风格。作为非物质文化遗产, 保持和传承太极拳对于维护和弘扬中华民族的文化传统、展现中国文化多样性具有重要意义。同时, 太极拳不仅是武术的代表性拳种之一, 更是一种以身体感知和表达为核心的文化现象。在新时代背景下, 太极拳的应用价值更加广泛。首先, 太极拳可以塑造“和谐中国”国家形象, 通过建立多维度立体化宣传, 助力国家形象的提升和传播。其次, 太极拳可以促进全球文化交流与互鉴, 通过跨文化交流活动和国际赛事等形式, 展现中国文化的独特魅力, 促进不同文化之间的交流和理解。此外, 太极拳还可以推动全球健康养生的发展, 作为一种健康运动形式, 太极拳对身体机能和心理健康的改善具有积极作用, 可以为全球健康事业做出贡献。

太极拳也可以作为一种自由精神的表达媒介, 通过身体语言的运用和表达, 传递思想、情感和价值观。此外, 太极拳还可以促进与时间与空间艺术展现的时代价值, 通过与舞蹈、绘画等艺术的结合和创新, 展现出更加丰富多彩的艺术形式和表现力。为了更好地推广和普及太极拳, 本文提出以下策略建议: 首先, 建立多维度立体化宣传机制, 提高公众对太极拳的认知度和关注度。可以通过媒体宣传、文化交流活动、体育赛事等多种形式, 让更多人了解和认识太极拳的文化内涵和应用价值。其次, 创新教学方式和方法, 提高太极拳教育的质量和效果。可以采用现代科技手段和多元化教学方式, 如在线教学、交互式教学等, 让更多人方便快捷地学习太极拳。第三, 深化太极拳研究深度, 加强科研成果的转化和应用。可

以加强与其他学科领域的交流合作,开展深入研究,探索太极拳对身体认知、身体技术与文化符号等方面的深刻影响和作用机制。第四,建立太极拳传承和发展的社会参与机制,激发社会力量参与太极拳传承与发展的积极性。可以引导社会组织和团体参与太极拳的传承与发展工作,加强与相关产业和领域的融合发展,推动太极拳产业的繁荣发展。

综上所述,太极拳作为中国传统文化的重要组成部分,具有广泛的应用价值和教育传承意义。在新时代背景下,我们应该加强太极拳的研究和推广工作,充分发挥其在塑造“和谐中国”国家形象、促进全球文化交流与互鉴、推动全球健康养生的发展等方面的积极作用。同时也要加强教学创新和教育传承工作力度通过实施相应的发展策略为太极拳的传承与发展提供理论支持和实践指导帮助其更好地为人类的健康事业和文化交流服务进一步推动中国文化走向世界舞台发挥更大作用。

关键词: 太极拳; 身体实践; 文化传承

The Value and Inheritance Strategies of Tai Chi in the New Era

Weiyan Wang¹, Li Zhou²

1. China Wushu College, Beijing Sport University, Beijing 100084

2. School of Physical Education, Zhengzhou University, Zhengzhou 450001

Abstract: Taijiquan is an important part of Chinese traditional culture, which has a long history and rich cultural connotation. Under the background of the new era, Taijiquan has the value of shaping the national image of "harmonious China", promoting global cultural exchange and mutual learning, promoting the development of global health preservation, the expression medium of free spirit, and promoting the art of time and space. This paper uses the literature data method and the expert interview method to explore the contemporary value of Taijiquan and the path of educational inheritance. Taijiquan has a profound impact on body cognition, body technology and cultural symbols, and also plays a positive role in cross-cultural communication and identity. As a unique body practice and cultural heritage, Tai Chi has attracted people from all over the world. This paper focuses on the application value of Tai Chi in contemporary society and its implementation path in educational inheritance, in order to provide theoretical support and practical guidance for the inheritance and development of Tai Chi.

The philosophical thinking and unique body language of Tai Chi have had profound effects on a

global scale. Taijiquan integrates Taoism, Confucianism and military strategists, with profound cultural connotation and unique martial arts style. As an intangible cultural heritage, maintaining and inheriting Taijiquan is of great significance for maintaining and carrying forward the cultural tradition of the Chinese nation and displaying the diversity of Chinese culture. At the same time, Taijiquan is not only one of the representative types of martial arts, but also a cultural phenomenon with body perception and expression as the core.

In the context of the new era, the application value of Taijiquan is more extensive. First of all, Taijiquan can shape the national image of "harmonious China", and help the promotion and dissemination of the national image through the establishment of multi-dimensional and three-dimensional publicity. Secondly, Taijiquan can promote global cultural exchanges and mutual learning, show the unique charm of Chinese culture through cross-cultural exchanges and international competitions, and promote exchanges and understanding among different cultures. In addition, Taijiquan can also promote the development of global health preservation. As a form of healthy exercise, Taijiquan has a positive role in the improvement of physical function and mental health, and can contribute to the cause of global health.

Taijiquan can also act as a medium of free spirit, conveying thoughts, emotions and values through the use and expression of body language. In addition, Taijiquan can also promote the value of The Times with time and space art, through the combination and innovation with dance, painting and other arts, to show a more colorful art forms and expressive force. In order to better promote and popularize Taijiquan, this paper puts forward the following strategies: First, establish a multi-dimensional and three-dimensional publicity mechanism to improve the public's awareness and attention to Taijiquan. Through media publicity, cultural exchange activities, sports events and other forms, more people can understand and understand the cultural connotation and application value of Taijiquan. Secondly, innovate teaching methods and methods to improve the quality and effect of Tai Chi education. Modern technology and diversified teaching methods, such as online teaching and interactive teaching, so that more people can learn Taijiquan easily and quickly. Third, deepen the depth of Taijiquan research, and strengthen the transformation and application of scientific research results. It can strengthen exchanges and cooperation with other disciplines, carry out in-depth research, and explore the profound influence and function mechanism of Taijiquan on physical cognition, body technology and cultural symbols. Fourth,

establish a social participation mechanism for the inheritance and development of Taijiquan to stimulate the enthusiasm of social forces to participate in the inheritance and development of Taijiquan. It can guide social organizations and groups to participate in the inheritance and development of Tai Chi, strengthen the integrated development with related industries and fields, and promote the prosperity and development of Tai Chi industry.

To sum up, Taijiquan, as an important part of Chinese traditional culture, has extensive application value and educational inheritance significance. Under the context of the new era, we should strengthen the research and promotion of Taijiquan, and give full play to its positive role in shaping the national image of "harmonious China", promoting global cultural exchanges and mutual learning, and promoting the development of global health preservation. At the same time, we should also strengthen the work of teaching innovation and educational inheritance, provide theoretical support and practical guidance for the inheritance and development of Taijiquan through the implementation of corresponding development strategies, help them to better serve the cause of human health and cultural exchanges, further promote Chinese culture to the world stage and play a greater role.

Key words: Tai Chi; body practice; cultural inheritance