

以太极拳“引进落空、借力打力”为核心的竞技对抗模式设计

宫朝君¹, 杨建营², 宫羽清³

1. 河北省决策咨询文化研究会传统武术文化专委会, 石家庄市 050023

2. 华东师范大学, 上海市 200241

3. 天津中医药大学, 天津市 301617

摘要: 目的: 探索建立一种表现太极拳“引进落空、借力打力”核心技法的竞技对抗模式。

《人民日报》指出“武术传播不能舍本逐末”, “需要切实改进以往传统武术比赛重表演轻实战的弊端”(钟文, 2017)。为了让太极拳更好的满足新时代人民群众体育、健康、文化需求, 设计一个基于太极拳“以巧制胜”格斗理念的竞技对抗模式尤为重要。“争兵夺刀”就是围绕太极拳“引进落空、借力打力”的核心技法, 提出的一种解决方案。“争兵夺刀”以争抢兵器为焦点, 击打与抢夺并重, 对抗双方通过兵器不断感知判断对手的发力和企图, 以脱手突击或者“借力打力”顺势抢下兵器为主要进攻手段的新型竞技对抗模式。**方法:** 文献查阅法、专家访谈法、视频分析法、实践体悟法、教学实验法。**结果:** 1) “争兵夺刀”通过争夺兵器的设计, 让太极拳“搭手、盘手”变得合情合理。现行太极推手需要预先“搭手、盘手”的规则限制, 让人难以接受其实战性。“争兵夺刀”从棍棒类兵器抢夺的实战案例中获得灵感, 在这些真实案例中, 对抗的双方非常清楚兵器一击致命的绝杀特性, 在绝杀的威胁下, 双方奋力争抢, 形成一种激烈胶着的对抗关系, 对抗双方通过兵器控力的变化不断感知判断对方的意图和发力, 形成了完美的“沾连黏随”的粘手环境, 同时为“引进落空、借力打力”技法的施展奠定了基础, “争兵夺刀”的实战案例就是天然的太极拳“搭手、盘手”。2) 击打与抢夺并重的设计, 解决了推手比赛“顶牛”问题。西安体院尚大海在《太极推手竞赛规则的演变对太极推手发展导向之研究》指出: “推手比赛中出现顶牛搂抱等顽疾, 从而导致竞技推手比赛举步维艰”。为了解决顶牛搂抱等顽疾, “争兵夺刀”设计了三个胜负判定标准: “兵器抢夺成功、摔倒、有效击打”, 因为仅凭抢夺兵器和摔倒两点判定胜负, 力量优势一方就会利用蛮力牢固把持兵器, 意图站稳并抓牢兵器, 以此防范对手“引进落空、借力打力”, 形成一种顶牛僵持的局面, 严重损害了竞技比赛的观赏性。“争兵夺刀”允许击打, 利用击打的威慑力, 压缩蛮力把持兵器的得利空间, 有效地限制了这种消极保守的技法运用, 促进了快速反应、机动灵活技法战术的发挥, 为太极拳“引进落空、借力打力”营造了施展空间。3) “争兵夺刀”通过实用、开放、自由、简洁的竞技模式设计, 让太极拳技击性得以实践检验。“争兵夺刀”没有招法限制, 只有近似实战的全面综合、逻辑严谨、攻防兼备的格斗对抗关系和必要的安全规

则, 适合各种武术流派技法招式的发挥。“争兵夺刀”竞技过程既要抢夺兵器, 又要兼顾突击; 既要防上, 又要顾下; 既要进攻, 又要兼顾防御, 不能“双重”, 在这种动态的、多变的对抗关系里, 考验的就是谁的感知更敏锐, 谁的反应更迅速, 谁能更精准的做到“引进落空, 借力打力”, 只有这种接近实战的严苛环境和检验, 才能让太极拳“以巧制胜”的核心技法磨练的更聪明、更先进。**结论:** 1) 太极拳的技击性与其养生健身功能不可分离。太极拳做为人类非物质文化遗产, 传播广, 影响深远, 其养生健身功效已被证实和接受, 但是, 由于验证太极拳“引进落空, 借力打力”技法的竞技模式不够成熟, 推手比赛的观赏效果不佳, 以致社会大众对太极拳技击的真实性、科学性、实战性产生质疑, 这些声誉的贬损, 发展的危机, 对太极拳大健康发展布局造成诸多负面影响。2) 越是机动灵活、贴近实战的战术, 越有利于太极拳“引进落空、借力打力”的技法施展, 越是开放自由的竞争环境, 越能表现出太极拳“以小博大, 以弱胜强”的竞技魅力。“争兵夺刀”以“引进落空, 借力打力”技法为核心, 通过抢夺与击打并重的规则设计, 结构清晰, 逻辑严谨, 易判别胜负, 具有较高的实操性, 实现了“以巧斗力, 以小博大, 以巧制胜”的经典场面, 观赏性强, 对宣传、推广、发展太极拳具有很好的推动作用。3) 太极拳的技击性不仅能塑造一个人勇敢顽强的精神品质, 而且这种竞技对抗体验可以让身体与心灵直接感受中国传统文化“以柔克刚、物极必反”的辩证思想, 使得太极拳健康理念以及中国传统文化得以弘扬发展。

关键词: 太极拳; 太极推手; 竞技对抗; 争兵夺刀

Taking Tai Chi as the core of "breaking opponent's balance, leverage opponent's strength to fight" to design Competitive confrontation mode

Chaojun Gong¹, Jianying Yang², Yuqing Gong³

1. *Traditional Martial Arts Culture Special Committee of Hebei Provincial Decision Consultation Culture Research Association, Shijiazhuang City 050023*

2. *East China Normal University, Shanghai City 200241*

3. *Tianjin University of Traditional Chinese Medicine, Tianjin City 301617*

Abstract: Purpose: To explore and establish a competitive confrontation mode that expresses the core technique of Tai Chi's "breaking opponent's balance, leverage opponent's strength to fight".

"People's Daily" pointed out that "the dissemination of martial arts cannot be majoring the minors", and "it is necessary to effectively improve the disadvantages of traditional martial arts competitions that emphasize performance and neglect actual combat" (Zhong Wen, 2017). In

order for Tai Chi to better meet the sports, health, and cultural needs of the people in the new era, it is particularly important to design a competitive confrontation mode based on the fighting concept of Tai Chi's "winning with skill". A solution proposed by the core technique of "breaking opponent's balance and leveraging opponent's strength to fight". "Wresting Weapon and Snatching Sword" focuses on scrambling for weapons, and pays equal attention to striking and snatching. The opponent's strike and intentions are judged through continuous perception of weapons. A new type of competitive confrontation mode that uses hands strike or "leverage opponent's strength to fight" to take advantage of the situation to wrest weapons as the main means of attack. **Methods:** literature review, expert interview, video analysis, practice experience, and teaching experiment. **Results:** 1) "Wresting Weapon and Snatching Sword" through the design of competing for weapons, makes Tai Chi "hands-on and cross-hands" reasonable. The current Tai Chi Push Hands requires pre- rule restrictions of "hands-on and hand-to-hand", which makes it difficult to accept its combat effectiveness. "Wresting Weapon and Snatching Sword" is inspired by the actual combat cases of weapons like stick and cudgel. In these real cases, the two sides of the confrontation are very aware of the lethal characteristics of a weapon. Form a fierce and stalemate confrontational relationship, and the opposing sides constantly perceive and judge the opponent's intention and force through the change of weapon control, forming a perfect "touch, link, sticky, follow" sticky environment. The use of the technique of "breaking opponent's balance and leveraging opponent's strength to fight" has laid the foundation, and the actual combat case of "Wresting Weapon and Snatching Sword" is the natural Tai Chi's "hands-on and cross-hands". 2) The design that pays equal attention to striking and snatching weapon solves the problem of "wrangle" in pushing hands competition. Dahai Shang of Xi'an Institute of Physical Education pointed out in "Research on the Evolution of Tai Chi Push Hands Competition Rules and the Development Orientation of Tai Chi Push Hands": "In the push hands competition, there are stubborn diseases such as wrangle hugging, which makes it difficult for competitive push hands competitions." In order to solve stubborn problems such as wrangle, "Wresting Weapon and Snatching Sword" has designed three criteria for judging victory or defeat: "wresting weapon successful, falling, and effective striking" because only the two aspects of wresting weapons and falling are used to determine the outcome, and the strength dominant side will use rigid force to firmly control the weapon, intending to stand firm and hold the weapon firmly, so as to prevent

the opponent from "breaking opponent's balance and leveraging opponent's strength to fight", forming a situation of stalemate, which seriously damages the enjoyment of the competitive game. "Wresting Weapon and Snatching Sword" allows strikes, utilizes the deterrent power of strikes, and diminish the Winning probability for rigid force to control weapons, effectively restricting the use of such passive and conservative techniques, and promoting the use of quick response, flexible techniques and tactics, Created a space for Tai Chi to "breaking opponent's balance and leveraging opponent's strength to fight". 3) "Wresting Weapon and Snatching Sword" is designed through a practical, open, free, and simple competitive mode, allowing Tai Chi to be tested in practice. There are no restrictions on moves in "Wresting Weapon and Snatching Sword", only a comprehensive, logical, offensive and defensive fighting relationship and necessary safety rules that are similar to actual combat, which is suitable for the play of various martial arts techniques and moves. The competitive process of "Wresting Weapon and Snatching Sword" requires not only Wrestling weapons, but also taking into account assault, in the confrontational relationship, the test is whose perception is sharper, whose reaction is faster, and who can more accurately achieve "breaking opponent's balance and leveraging opponent's strength to fight". Only this kind of harsh environment and test is close to actual combat and can let the core techniques of Tai Chi's "win with skill" be practiced to be smarter and more advanced. **Conclusions:** 1) Tai Chi's martial arts are inseparable from its health-preserving and fitness functions. As an intangible cultural heritage of mankind, Tai Chi has been widely disseminated and has far-reaching influence. Its health-preserving and fitness effects have been proven and accepted. The viewing effect of Tai Chi is not good, so that the public has questioned the authenticity, scientificity, and practicality of Tai Chi. The derogation of these reputations and the crisis of development have caused many negative effects on the healthy development of Tai Chi. 2) The more flexible and close to the actual combat tactics, the more conducive to Tai Chi 's technique of "breaking opponent's balance and leveraging opponent's strength to fight", the more open and free the competition environment is, the more it can show the competitive charm of Tai Chi's "defeat the strong by the weak". "Wresting Weapon and Snatching Sword" is based on the technique of "breaking opponent's balance and leveraging opponent's strength to fight". Through the rule design that pays equal attention to snatching and striking, the structure is clear, the logic is rigorous, it is easy to judge the outcome, and it has high practicality. The classic scene of "combat power with skill, fight big

with leverage, and win by cleverness" is highly ornamental and has a very good role in promoting the publicity, promotion and development of Tai Chi. 3) Tai Chi's martial arts can not only shape a person's brave and tenacious spiritual quality, but also this kind of competitive confrontation experience can make the body and mind directly feel the philosophical thought of traditional Chinese culture "Use softness to overcome rigidity, and things will develop in the opposite direction when they become extreme", making Tai Chi healthy concepts and Traditional Chinese culture can be carried forward and developed.

Key words: Tai Chi, Tai Chi Hand Push, Competitive Confrontation, Wrestling Weapon and Snatching Sword