

东方哲学遇见西方科学--太极拳的科学化路径探索

宋祺鹏

山东体育学院

摘要：太极拳作为中国传统文化的瑰宝，蕴含着独特的哲学内核与习练理念，这与一般的锻炼方式截然不同。然而，当前太极拳的科学化探索多基于“刺激-适应”模型的现代生理机制展开，这一路径难以充分展现太极拳所产生的独特效果。基于此，本文作者依托多年太极拳科研实践，提出了两条科学化路径：一是“以‘感知’为核心推进太极科学化”；二是“以‘动态整合’为导向开展太极科学化”。同时，本文运用循证医学的思维，深入探讨了东方哲学与西方科学相遇时，太极拳科学化的可行路径。

When Eastern Philosophy Meets Western Science: An Exploration of Tai Chi Scientific Pathways

Qipeng Song

Shandong Sport University

Abstract: As a treasure of traditional Chinese culture, Tai Chi embodies a unique philosophical essence and training philosophy, which sets it apart from general exercise methods. However, current scientific explorations of Tai Chi are mostly based on the modern physiological mechanism of the "stimulus-adaptation" model, a pathway that struggles to fully demonstrate the unique effects produced by Tai Chi. Building on years of research practice in Tai Chi, the author of this paper proposes two scientific pathways: first, "advancing the scientific study of Tai Chi with 'perception' as the core"; and second, "conducting the scientific study of Tai Chi guided by 'dynamic integration'". Meanwhile, this paper employs an evidence-based medicine approach to thoroughly explore feasible pathways for the scientific study of Tai Chi when Eastern philosophy encounters Western science.