

# 非物质文化遗产视域下太极拳的传承价值与保护机制研究

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**摘要：目的：**太极拳在 2020 年 12 月被列入联合国教科文组织人类非物质文化遗产代表作名录，标志着我国优秀的传统文化得到了全世界的认可，充分体现了我国日益提高的非物质文化遗产保护水平和履约能力，对传承与弘扬中华优秀传统文化、彰显中华民族创新创造活力、提升中华文化的国际影响力、促进民心相通和文明交流互鉴都具有重要意义。在全球文化交流日益频繁的影响下，太极拳拓展了其发展的空间，但同时却冲击了太极拳的传承。本文从非物质文化遗产保护的视角，研究了太极拳的传承价值与保护机制。**方法：**本文采用文献资料、逻辑分析等方法。**结果：**太极拳作为非物质文化遗产在传承中应该参考原真性、整体性、活态性原则加以保护。太极拳传承过程中原真性保护缺失的表现：（1）技术传承的异化。有着 300 多年历史的太极拳，形成了诸多派别。但不同流派的显著特征都缘于对“技击之道”的不断探求特别是在杨露禅面向社会授拳之后，太极拳被达官贵人所喜爱，太极拳的功能价值随即由安身立命向强身健体转移；（2）文化传承的流失。受儒家和道家思想的影响，太极拳特别重视“修身养性”和“形神兼备”，强调“内外合一”和“尚武崇德”是一种“内外兼修”的身体文化；（3）理论传承的失真。河南理工大学太极拳学院院长马明指出，太极拳的技术动作蕴含着深邃的理论内涵，这也是太极拳的魅力所在，离开理论的解读，太极拳的技术动作就显得苍白无趣，因此，理论和技术在传承与保护过程中都应得到重视。太极拳原真性保护缺失的原因：第一，时代变迁对太极拳原真性改变有着重要影响；第二，多样化发展导致太极拳原真性发生改变。太极拳整体性保护缺失的表现：（1）理论与技术发展的失衡。和氏太极拳第 8 代传人和慧超指出，理论、技术都是太极拳的重要构成要素，但是，从现有的各类传播来看，重技术轻理论的现象较为普遍。（2）太极拳人文环境培育缺失。文化遗产保护的整体性原则，既重视保护文化遗产本身，又注重对文化遗产的生存环境进行培育和保护。太极拳整体性保护缺失的原因：第一，时代的发展让技击不再是社会大众的需求，取而代之的是健身和娱乐，从而导致太极拳最早追求的技击理论和技术在传播的过程中被忽视，从而影响了太极拳理论与技术的完整性。第二，太极拳的精髓一直掌握在少数传人手里，影响了太极拳向外传播的完整性。第三，深奥的理论与深厚的文化底蕴让太极拳传播整体传播困难重重。第四，不同层次教练员的理论和技术水平存在很大的差异，往往根据个人的理解教授太极拳理论和技

术，甚至有人将太极拳舞操化，这也给太极拳的完整性传播带来了不良影响。第五，很多培训班、推广中心都对学员进行阶段性培训，学员只能学到很少的理论和技能，这也会使太极拳的完整性在传播中造成缺失。第六，混乱的市场传播环境影响了太极拳的整体传播效果，严重挫伤高水平拳师从事太极拳培训的积极性，导致规范化的太极拳无法传播到更多的人，继而影响太极拳传播的整体效果。非遗保护视域下我国太极拳传承与保护的调适路径：创设太极拳协同发展机制、完善太极拳师市场准入机制及民间拳师认证和管理机制、完善太极拳传承与保护机制、建立和完善太极拳传承与保护政策制度体系。**结论：**太极拳作为我国传统文化的代表，已被纳入到国家发展战略之中，这显示了国家对太极拳发展的重视。太极拳作为文化代表，势必会更加开放地走出国门、传扬世界，从而迎来新的传播与发展高峰。但是，在太极拳快速传播的背景下，如何做好太极拳的保护工作成为了一个难题。传播与保护是太极拳发展的重要依托，也是一对矛盾体，一味强调传播而忽略保护，太极拳的发展势必偏离科学轨道。当前来看，作为我国首批非物质文化遗产的太极拳，在传播过程中已经表现出了种种问题，这就需要太极拳界加强危机意识，趁着大好形势，在加快太极拳传播和发展的同时，切实做好太极拳的保护工作。

**关键词：**太极拳；非物质文化遗产；传承价值；保护机制

## Research on the inheritance value and protection mechanism of Taijiquan from the perspective of intangible Cultural Heritage

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**Abstract: Objective:** In December 2020, Taijiquan was included in UNESCO's Representative List of the Intangible Cultural Heritage of Humanity, marking the recognition of China's excellent traditional culture throughout the world and fully reflecting China's increasing level of protection and performance of intangible cultural heritage. It is of great significance to inherit and carry forward the fine traditional Chinese culture, highlight the innovation and creativity of the Chinese nation, enhance the international influence of Chinese culture, and promote people-to-people exchanges and mutual learning among civilizations. Under the influence of increasingly frequent global cultural exchanges, Tai Chi has expanded its development space, but at the same time, it has impacted the inheritance of Tai Chi. This paper studies the inheritance value and protection mechanism of Taijiquan from the perspective of intangible cultural heritage protection. **Methods:**

This paper adopts literature, logical analysis and other methods. **Results:** Taijiquan, as an intangible cultural heritage, should be protected in accordance with the principles of authenticity, integrity and vitality. Manifestations of lack of authenticity protection in the inheritance process of taijiquan : (1) alienation of technology inheritance. With a history of more than 300 years, Tai Chi has formed many schools. However, the remarkable characteristics of different schools are due to the continuous exploration of "the way of defence and attack", especially after Yang Luchan taught boxing to the society, Tai Chi was loved by the high officials and dignitaries, and the functional value of Tai chi was transferred from the secure life to the physical fitness; (2) Loss of cultural heritage. Influenced by Confucianism and Taoism, Taijiquan attaches great importance to "self-cultivation" and "both form and spirit". It emphasizes the "integration of inside and outside" and the "worship of martial arts and morality", which is a kind of body culture of "practicing both inside and outside". (3) Distortion of theoretical inheritance. Ma Ming, dean of Taijiquan College of Henan Polytechnic University, pointed out that the technical movements of Taijiquan contain profound theoretical connotation, which is also the charm of taijiquan. Without theoretical interpretation, the technical movements of Taijiquan appear pale and boring. Therefore, both theory and technology should be paid attention to in the process of inheriting and protecting. The reasons for the lack of taijiquan authenticity protection are as follows: first, the change of times has an important impact on the authenticity of Taijiquan; Second, diversified development leads to changes in the authenticity of Tai Chi. Manifestations of the lack of overall protection of tai chi: (1) the imbalance between the development of theory and technology. He Huichao, the 8th generation descendant of He style Taijiquan, pointed out that both theory and technology are important elements of Taijiquan. However, from the perspective of various existing propagation, it is relatively common to put more emphasis on technology than theory. (2) Lack of cultural environment cultivation of Tai Chi. The integrity principle of cultural heritage protection emphasizes not only the protection of cultural heritage itself, but also the cultivation and protection of the living environment of cultural heritage. The reasons for the lack of overall protection of Taijiquan are as follows: first, with the development of The Times, attack and attack is no longer the demand of the public, but instead fitness and entertainment. As a result, the theory and technology of attack and attack that taijiquan first pursued were ignored in the process of transmission, thus affecting the integrity of taijiquan theory and technology. Second, the essence

of Tai Chi has always been held in the hands of a few successors, which has affected the integrity of the spread of Tai Chi. Third, profound theories and profound cultural deposits make it difficult to spread tai Chi as a whole. Fourthly, there are great differences in the theories and techniques of coaches at different levels. They often teach taijiquan theory and techniques according to their personal understanding. Some even practice Taijiquan dance, which also brings bad effects to the integrity of taijiquan. Fifth, many training courses and promotion centers have staged training for students, and students can only learn few theories and techniques, which will also cause the loss of the integrity of Tai Chi in the transmission. Sixth, the chaotic market communication environment has affected the overall communication effect of taijiquan, severely dampened the enthusiasm of high-level boxers to engage in taijiquan training, resulting in the failure of standardized Taijiquan to spread to more people, and then affected the overall effect of taijiquan communication. The adjustment path of Taijiquan inheritance and protection in China from the perspective of intangible cultural heritage protection: establish taijiquan coordinated development mechanism, improve the market access mechanism of taijiquan teachers and the certification and management mechanism of folk boxers, improve the taijiquan inheritance and protection mechanism, establish and improve the policy and system of Taijiquan inheritance and protection. **Conclusion:** As a representative of Chinese traditional culture, Taijiquan has been incorporated into the national development strategy, which shows that the country attaches great importance to the development of Taijiquan. With the promotion of the "One Belt and One Road" development strategy, Tai Chi, as a cultural representative, is bound to be more open to go abroad and spread around the world, thus ushering in a new peak of communication and development. However, in the context of the rapid spread of Tai Chi, how to do a good job of tai Chi protection has become a difficult problem. Dissemination and protection are important bases for the development of Taijiquan, and they are also a pair of contradictions. Blindly emphasizing dissemination while ignoring protection, the development of Taijiquan is bound to deviate from the scientific track. At present, as the first intangible cultural heritage of China, Tai Chi has shown various problems in the process of transmission, which requires the tai chi community to strengthen the awareness of crisis, take advantage of the good situation, accelerate the transmission and development of Tai chi, and do a good job in the protection of Tai chi.

**Key words:** Tai chi chuan, Intangible cultural heritage, Inheritance value, The protection mechanism