

体育工作部课程简介

课程编号: 171300002(1-4)

课程名称: 普通体育课—太极养生

学分/学时: 1/32

先修课程: 无

适用专业: 全校各专业

课程性质: 必修

教材: 大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

主要参考书:

- (1) 吕韶钧 《看图学 24 式太极拳》 北京体育大学出版社 2000 年 1 月
- (2) 李德印, 李象莲 《24 式太极拳与学》, 北京体育大学出版社 1997 年 7 月
- (3) 李玉祥等 《新编大学体育与健康教程》 高等教育出版社 2010 年 9 月

内容简介:

太极拳, 是一种武术项目, 也是体育运动和健身项目, 在中国有着悠久的历史。起源于古代骑兵的枪法、长柄大刀法。太极始于无极, 分两仪。由两仪分三才, 由三才显四象, 演变八卦。依据“易经”阴阳之理、中医经络学、道家导引、吐纳综合地创造一套有阴阳性质、符合人体结构、大自然运转规律的一种拳术, 古人称为“太极”。太极拳是中华民族辩证的理论思维与武术、艺术、引导术的完美结合, 是高层次的人体文化。其拳理来源于《易经》、《黄帝内经》、《黄庭经》、《纪效新书》等中国传统哲学、医术、武术等经典著作, 并在其长期的发展过程中又吸收了道、儒等文化的合理内容, 故太极拳被称为“国粹”。

太极拳是一种柔和、缓慢、轻灵的拳术, 它以掇、挤、按、采、列、肘、靠、进、退、顾、盼、定等为基本势法(俗称八法五步)。动作轻柔圆活, 虚实分明, 处处带有弧形, 运动绵绵不断, 势势相承。

Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: Taijiyangsheng

Credit/Hours: 1/32

Textbooks: WangYong. College Physical Education. Dalian Maritime University Press, 2018

Reference Books:

(1) Lv Shaojun's 24 Style Taijiquan, Beijing Sport University press, January 2000.

(2) Li Deyin, Li Xianglian "24 Style Taijiquan and learning", Beijing Sport University press, July 1997.

(3) Li Yuxiang and other new college sports and health course, higher education press, September 2010.

Course Description: Taijiquan is a martial arts project. It is also a sport and fitness program. It has a long history in China. Originated from ancient cavalry's shooting and long handled broadsword. Tai Chi begins with no pole, and is divided into two instruments. The two diagrams are divided into three talents. According to the "Yijing" theory of yin and Yang, traditional Chinese medicine and collaterals, Taoist guidance, and tuna to create a set of boxing with the nature of yin and Yang, conforming to the structure of the human body and the law of nature, the ancients are called "Tai Chi". Taijiquan is the perfect combination of Chinese dialectical thinking and Wushu, art and guidance. It is a high-level human body culture. His boxing theory comes from the classic works of traditional Chinese philosophy, medicine and martial arts such as Yi Jing, Huangdi Nei Jing, Huang Ting Jing, Ji Xiao Shu and so on, and it also absorbed the reasonable content of Taoism and Confucianism in its long course of development, so Taijiquan is called "the Nazi".

Taijiquan is a kind of soft, slow and light boxing, which is the basic potential method (commonly known as eight methods and five steps) by smoothing, squeezing, pressing, picking, column, elbow, leaning, entering, returning, looking, looking and setting. The action is light, flexible, vivid, vivid and full of arc.