

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--功夫扇

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) 李德印 国家体育总局 功夫扇第二套教学视频 2012 年

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。太极功夫扇, 是在太极拳法的基础上, 要求扇法如剑法, 同时表现扇法的特点和扇子演练中的变化其扇子的开合含义。

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 deyin, the second set of kung fu fans of the state general administration of sport, video, 2012.

Course Description: Taijiquan, a martial arts program, is also a sports and fitness program, with a long history in China. Originated from the ancient cavalry's marksmanship, long hilt big knife method. Tai chi starts from the infinite and divides into two instruments. From two to three, from three to show the four images, the evolution of gossip. Based on the "book of changes" of Yin and Yang theory, meridian of traditional Chinese medicine, Taoist guidance, handled synthetically to create a set of properties of Yin and Yang, accord with human body structure, the works of nature a boxing, the ancients called a "tai chi". Taijiquan is a perfect combination of the Chinese nation's dialectical theoretical thinking and martial arts, art and guiding arts. It is a high-level human culture. The boxing theory is derived from the yi jing, huangdi neijing, the yellow court classic, JiXiao new books and other traditional Chinese philosophy, medicine, martial arts, such as classic works, and in the process of its long-term development and absorb the reasonable contents of Taoism and Confucianism, culture, taijiquan is known as the "national treasure". Taijiquan is a kind of gentle, slow, light and spiritual boxing. It is a basic power method (commonly known as the eight-step five steps), which consists of the following five steps: to push, to push, to press, to pick, to row, to elbow, to lean, to advance, to retreat, to look after, to hope and to set. The movements are soft and round, with distinct features of function and reality, and are curved everywhere. Taiji kungfu fan, on the basis of taijiquan method, requires fan method, such as swordplay, to show the characteristics of fan method and changes in fan practice, and the opening and closing meaning of fan.