



Exploration of Taijiquan Teaching Strategy Led by China's Excellent Traditional Culture

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Abstract: This study focuses on leading the teaching of Taijiquan with higher vocational college with excellent traditional culture in China. It also analyzes the correlation between culture and curriculum, and explores the strategies, content, and methods of teaching goals, content, and methods. It aims to improve the quality of teaching, inherit culture, and enhance students' physical and cultural literacy.

Keywords: Taijiquan in higher vocational school; traditional culture; teaching strategy

1. The relationship between China's excellent traditional culture and Tai Chi boxing

1.1 The cultural connotation of Taijiquan

Tai Chi, as one of the representatives of traditional Chinese martial arts, contains rich cultural connotations. It is not only a way of physical exercise, but also a manifestation of cultural heritage and spiritual pursuit. The cultural connotation of Taijiquan is mainly reflected in the following aspects: First of all, Tai Chiquan emphasizes the philosophical thoughts of "Roukegang" and "static braking", which reflects the concept of "yin and yang balance" in traditional Chinese culture. This philosophical idea is not only suitable for martial arts, but also in all aspects of life. Teaching people to maintain calm and flexible response when facing difficulties and challenges to achieve the best results. Secondly, Taijiquan focuses on "both internal and external cultivation", not only emphasizing the exercise of the body, but also paying attention to the inner cultivation. Through the practice of Tai Chi, you can improve your body quality, enhance the body's flexibility, coordination and balance ability. At the same time, you can also cultivate people's willpower, concentration and patience to improve people's psychological quality.

In addition, Taijiquan also contains rich moral concepts, such as "respect for teachers and priority", "humility and caution", "unity and collaboration". These moral concepts are not only an important part of Tai Chi culture, but also one of the core values of Chinese traditional culture [1]. Through the practice of Tai Chi, you can cultivate people's moral quality, improve people's sense of social responsibility and teamwork spirit. Tai Chi is one of the representatives of China's excellent traditional culture, and contains rich cultural connotations. These cultural connotations not only reflect the essence of traditional Chinese culture, but also provide a solid cultural foundation for the inheritance and development of Taijiquan.

1.2 The reflection of China's excellent traditional culture in Tai Chi Quan

Tai Chi, as one of the representatives of Chinese traditional martial arts, is deeply influenced by China's excellent traditional culture. China's excellent traditional culture in Taijiquan mainly has the following aspects: philosophical ideas: The movements and concepts of Tai Chi are reflecting the ideas such as yin and yang, movement, and rigidity in traditional Chinese philosophy. For example, the action of Tai Chi contains the mutual conversion of yin and yang, and achieves physical balance and coordination through a combination of dynamic and static and rigidity. Moral concept: Tai Chi emphasizes moral concepts such as "Roukegang" and "self-self-to-person". These concepts reflect the values such as love, tolerance, and humility in traditional Chinese culture. Cultural connotation: The names, movements, routines, etc. of Taijiquan are rich in cultural connotation. For example, the term "Tai Chi" in the name of Tai Chi is derived from the Tai Chi map in traditional Chinese philosophy, representing the origin and change of all things in the universe. Aesthetic concept: The beautiful and smooth movement of Tai Chi, reflects the aesthetic concepts in traditional Chinese culture [2]. Taijiquan's exercise focuses on the body's posture, coordination and rhythm of movement, giving people a beautiful enjoyment. Tai Chi is an important part of China's excellent traditional culture. It not only has the role of strengthening the body, but also contains rich philosophical ideas, moral concepts, cultural connotations and aesthetic concepts. By learning Tai Chi, you can better understand and inherit China's excellent traditional culture.

1.3 The inheritance and development of Taijiquan on the excellent traditional culture of China

Tai Chi, as one of the representatives of Chinese traditional martial arts, contains a rich connotation of China's excellent traditional cultural culture. It is not only a way of physical exercise, but also a carrier of cultural heritage and development. The slowness, softness, and coherent movement of Taijiquan reflects the "harmony" concept in traditional Chinese culture. Taijiquan emphasizes the integration of body and mind, internal and external coordination. By practicing Tai Chi, people can cultivate people's concentration, patience and self-discipline ability. These are the morals advocated by traditional Chinese culture. In addition, the philosophical thoughts of Taijiquan are also affected by traditional Chinese culture. The core idea of Tai Chi is "Yin and Yang Balance", which is in line with the theory of "Yin and Yang Five Elements" in traditional Chinese culture. During the practice of Taijiquan, the practitioners are required to maintain the balance and stability of their bodies. At the same time, they should also pay attention to the adjustment of breathing and the calmness of the heart, which reflects the "unity of heaven and man" in traditional Chinese culture. As part of China's excellent traditional culture, Tai Chi has played an important role in the inheritance and development of traditional Chinese culture. By practicing Tai Chi, people can better understand and inherit Chinese excellent traditional culture, and at the same time, they can also improve their physical fitness and psychological quality.

2. The current situation and problem of high school Taijiquan teaching

2.1 Teaching goals are not clear

The goal of high vocational Taijiquan teaching should be to cultivate students' physical and mental health, improve students' self-defense ability, inherit and promote China's excellent traditional culture. However, in actual teaching, many teachers do not have clear teaching goals, but simply teach the movements and skills of Tai Chi, ignore the cultural connotation and spiritual essence of Taijiquan. Such teaching methods can not only improve students' learning interest and enthusiasm, but also cannot achieve the real purpose of Tai Chi Boxing teaching. Therefore, clarifying teaching goals is the primary problem that needs to be solved in the teaching of high school Taijiquan.

2.2 Teaching content is single

In the teaching of Taijiquan in higher vocational colleges, the problem of single teaching content is more prominent. At present, teaching often focuses on the basic movements and routines of Taijiquan, and lacks in-depth excavation and integration of the connotation of China's excellent traditional culture. In the course of learning, students are only mechanically imitating action, and they have little understanding of the philosophical thoughts and cultural value contained in Tai Chi. This single teaching content cannot meet the needs of students' comprehensive understanding and understanding of Taijiquan, and it is difficult to stimulate students' interest in learning interest and enthusiasm. In addition, the single teaching content may cause students to feel boring during the learning process and affect the teaching effect. In order to change this situation, it is necessary to lead the teaching content of China's excellent traditional culture [3]. You can integrate the historical origin, cultural background, and philosophical thinking of Taijiquan in teaching, so that students can better understand the connotation and value of Taijiquan. At the same time, you can carry out various teaching activities in combination with actual situations, such as Tai Chi Culture Lecture and Tai Chi Competition, etc., stimulating students' interest and enthusiasm for learning.

2.3 Old teaching methods

In the teaching method of high school Taijiquan, old teaching methods are a more prominent problem. At present, many higher vocational colleges' Taijiquan teaching still adopts traditional teaching methods to pay attention to the imitation and routine practice of action, and ignores the individual differences and interest training of students. This teaching method is too single, lacks innovation and interest, and it is difficult to stimulate students' enthusiasm and enthusiasm for learning. In addition, the old teaching methods have caused poor teaching results. Due to the different understanding and mastery of Tai Chi, traditional teaching methods cannot meet the individual needs of students, making students prone to confusion and frustration in the learning process, which will affect the learning effect. In order to change this status quo, teachers should actively explore innovative teaching methods, pay attention to students' subject status, and use diverse teaching methods, such as games, competitions, and group discussions according to the students' interests and characteristics. EssenceAt the same time, teachers should also strengthen the personalized guidance of students, help students solve the problems encountered in learning, and improve their learning effects.

3. The titan boxing teaching strategy led by China's excellent traditional culture

3.1 Clear teaching goals

This section mainly explores the clear teaching goals in Taijiquan teaching strategies led by China's excellent traditional culture. As a treasure of Chinese traditional culture, Tai Chi should not only include the teaching of skills, but also pay attention to the inheritance of culture and the training of students' comprehensive quality. When clarifying teaching goals, Taijiquan should be combined with Chinese excellent traditional culture, so that students can understand the connotation and value of traditional Chinese culture in the process of learning Taijiquan. At the same time, teaching goals should also pay attention to cultivating students' physical and mental health, moral cultivation and social responsibility, so that students can not only improve their physical fitness in the process of learning Taijiquan, but also cultivate good morality and social responsibility.

3.2 Rich teaching content

China's excellent traditional culture has a long history and profound and profound, which contains rich philosophical ideas, moral concepts and aesthetic tastes. Tai Chi, as one of the representatives of traditional Chinese martial arts, not only has the function of strengthening the body and self-defense, but also contains deep cultural connotations. Therefore, in the teaching of Taijiquan in higher vocational colleges, it is of great significance to be led by Chinese excellent traditional culture and enriching teaching content. In the teaching of Taijiquan in higher vocational colleges, the philosophical thoughts, moral concepts and aesthetic tastes of Chinese excellent traditional culture can be incorporated into the teaching content. For example, the origin and development of Taijiquan can be explained, so that students can understand the relationship between Taijiquan and traditional Chinese culture; it can be explained to the philosophical thoughts of Taijiquan, such as the balance of yin and yang, the unity of heaven and man, so that students can understand that Taijiquan contained in Taijiquan contains Philosophical connotation; you can explain the moral concepts of Taijiquan, such as respecting teachers, modesty and cautiousness, etc., so that students can understand the moral norms contained in Taijiquan; you can explain the aesthetic taste of Taijiquan, such as rigidity and softness, and letting students understand The aesthetic value contained in Tai Chi [4]. In addition, in the teaching of Taijiquan in higher vocational schools, the art forms of poetry, calligraphy, and painting in China's excellent traditional culture can be incorporated into the teaching content. For example, students can appreciate art works such as poetry, calligraphy, painting, etc. related to Taijiquan, and let students feel the artistic charm of Tai Chi; allow students to learn the art forms of poetry, calligraphy, painting and other arts related to Taijiquan, so that they can let students learn from Tai Chi While learning Taijiquan, students improve their artistic cultivation.

3.3 Innovation teaching methods

In the teaching of high schools led by China's excellent traditional culture, innovative teaching methods are crucial. Teachers can adopt a variety of teaching methods, such as context teaching methods, game teaching methods, and group cooperation teaching methods to stimulate students' learning interest and enthusiasm. Situation teaching method is to create specific situations to allow students to experience the cultural connotation and technical characteristics of Tai Chi in the situation. For example, teachers can let students understand the origin and development of Taijiquan in the situation by telling the historical stories of Taijiquan and video of Taijiquan. The game teaching method is to allow students to learn Tai Chi in a relaxed and happy atmosphere. For example, teachers can design some games of Taijiquan, such as Tai Chi relay race, Tai Chi Boxing Guess, etc., so that students can learn the technology and culture of Taijiquan in the game. The group cooperation teaching method is to allow students to learn Tai Chi through the group cooperation. For example, teachers can divide students into groups, allow students to learn from each other in the group, help each other, and complete the learning tasks of Tai Chi together. Innovative teaching methods allow students to learn Tai Chi in a relaxed and happy atmosphere, improve students' learning interest and enthusiasm, so as to better inherit and promote China's excellent traditional culture.

4. Conclusion

This study is led by China's excellent traditional culture, and has conducted an in-depth analysis of the tutorial of high school Taijiquan teaching strategies. Through teaching practice and research, the following results are obtained: Clarify the important position of China's excellent traditional culture in the teaching of Taijiquan, and provide a solid theoretical foundation for teaching. A series of higher vocational Taijiquan teaching strategies led by China's excellent traditional culture, including cultural introduction, technical teaching, moral training, etc. Through teaching experiments to verify the effectiveness of these teaching strategies, students have made significant improvements in Taijiquan skills, cultural literacy and moral cultivation [5-6]. Analysis of the problems existing in Taijiquan teaching in higher vocational colleges, and

put forward corresponding improvements, and provided reference for future teaching. It emphasizes the important role of teachers in teaching. Teachers should continuously improve their cultural literacy and teaching level to better guide students to learn Tai Chi. In summary, this study provides a new idea and method for high school Taijiquan teaching, which helps to promote the inheritance and development of China's excellent traditional culture.

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