

Research on Taijiquan Teaching Reform Based on International Communication

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Abstract: Taijiquan has formed a set of communication system suitable for its own development characteristics in the process of international communication. This article analyzes the basic modes and laws of international spread of Taijiquan, and reflects on the current teaching status of Taijiquan. In this way, it is helpful to reform the current teaching methods of Taijiquan, promote the continuous optimization and sustainable development of Taijiquan teaching, and further promote the international spread of Taijiquan.

1. Introduction

1.1 The Status of Dissemination

From the perspective of communication effects, the internationalization of Taijiquan is the most widely spread among Chinese martial arts projects, and it is also the project with the best spread effects. Due to the success of the spread of Taijiquan at home and abroad, its concept has gradually separated from martial arts, and its name has gradually become its own system. For example, in addition to the “National Wushu Routine Competition” and “National Wushu Sanda Competition”, there are also independent “National Taijiquan, Sword and Pushing Hand Competition”. Many foreign Wushu lovers regard Taijiquan and Wushu as two sports, which is one of the results of the successful spread of Taijiquan. The international spread of Taijiquan stands out among many boxing schools. Naturally, there are rules for its successful spread. Summarizing the rules can provide valuable experience for the reform of Taijiquan teaching.

1.2 The Basic Mode of Dissemination

The basic elements and mode construction of Taijiquan’s international communication is the main entry point for studying the internationalization of Taijiquan and its success factors. It also reflects the important significance and guiding role of teaching methods in the internationalization of Taijiquan. From the perspective of the process of dissemination, the realization of Taijiquan dissemination must have four basic elements, namely, the disseminator of Taijiquan, the dissemination content of Taijiquan, the dissemination channel of Taijiquan, and the target of Taijiquan dissemination. Without any of them, the spreading process of the internationalization

of Taijiquan can not be completed^[1]. The disseminator of taijiquan is the first link of the communication of taijiquan, and is the sender of the communication content of taijiquan. Disseminators mainly solve the problem of communication content and communication channels.

The communication content of Taijiquan must be explained before it can be accepted by the communication objects. Specifically, it is the teaching method of Taijiquan in the international communication. It is an indispensable part in the international spread of Taijiquan. Only by studying it can the communicator and the communication object get a more scientific and convenient communication. Then achieve the goal of obtaining the best communication effect.

2. Teaching Methods of Taijiquan International Dissemination

2.1 The Teaching Principle in the Teaching Interpretation Link

Teaching interpretation plays an important role in the international spread of Taijiquan. When conducting teaching interpretation, certain principles should be followed first:

Emphasize the principles of basic exercises, pay attention to the basic movements and basic skills of Taijiquan. Solid basic skills are the foundation of excellent technical movements.

Pay attention to the principle of combining practice and theory. The purpose of most foreign students to participate in the exercise is to understand and comprehend Chinese traditional culture through traditional martial arts. Some knowledge is simple for Chinese people, but it is difficult for foreign students to understand. This requires teachers to pay more attention to the penetration of traditional culture in the teaching process than internal teaching.

Follow the principle of teaching students in accordance with their aptitude. In the process of the internationalization of Taijiquan, there are certain differences in the individual learning status and the degree of understanding of the communication objects. Teachers should give full consideration to the actual needs of teaching objects, so as to carry out targeted dissemination.

Establish the principle of gradual progress. The spread of Taijiquan requires gradual and orderly progress. This is a universal law. From the beginning of the spread of simplified Taijiquan to the spread of traditional Taijiquan, the teaching is emphasized from easy to difficult^[2].

2.2 Teaching Methods in the Link of Dissemination Interpretation

The teaching methods used in the process of communication and interpretation also include the means of external Taijiquan teaching, which is also one of the factors affecting the international spread of Taijiquan. As for the introduction of Chinese culture and Taijiquan theory, most teachers always pay attention to the movement teaching of Taijiquan while ignoring the culture in foreign teaching. Taijiquan contains traditional Chinese culture, and its theoretical basis is also derived from traditional Chinese culture, which plays a pivotal role in the international teaching of Taijiquan^[3]. Although the definition of culture is complicated and its connotation is all-inclusive, teachers can selectively elaborate on its rich concepts. In the teaching of Taijiquan, teachers only need to explain the common-sense Chinese culture and introduce some traditional thoughts and theories that are relatively related to martial arts.

In the international teaching of Taijiquan, the introduction of Taijiquan culture and theory, such as Taijiquan thought, the embodiment of ZhongZheng RenHe, the impartial state, the ideal of ZhiZhongHe and so on, in order to facilitate the teaching of these ideas to students, Taijiquan can be explained to make them understand the meaning of taijidiagram and the theory contained in Taijiquan. The origin of Taijiquan should be comprehensively introduced, so that foreign practitioners can understand the origin of Taijiquan, which is conducive to the understanding of

traditional Chinese culture. Teachers should enable learners to have a deep understanding of the Chinese philosophy of “the unity of man and nature”. In traditional Chinese culture, everything is regarded as a whole, and Taijiquan is also trained as a whole. It stresses the importance of “strengthening the spirit and spirit inside, and strengthening the muscles, bones and skin outside”, and requires “the unity of inside and outside, and the combination of spirit and form”^[4]. The study of these traditional cultural ideas and related theories of Taijiquan can allow overseas learners to form a macro understanding of Taijiquan. Therefore, the teaching method of the international spread of Taijiquan should focus on cultural and theoretical elaboration, and then promote the teaching of technology.

3. Taijiquan Teaching Reform Strategy Based on International Communication

3.1 Strengthen the Construction of Taijiquan Culture

In order to cultivate students’ interest in learning Taijiquan, it is necessary to constantly stimulate the enthusiasm of students to learn Taijiquan, so that they have a strong need for learning. This needs to constantly strengthen the cultural construction of Taijiquan. Before officially learning Taijiquan, teachers can organize students to watch some Taijiquan-related competition videos to arouse their enthusiasm for learning; they should also briefly introduce the development history of Taijiquan to stimulate students’ sense of patriotism. In addition, teachers can also talk about the role and function of some Taijiquan exercises in fitness and disease prevention, so that students can deeply understand the effects of Taijiquan exercise on physical and mental health. As a result, students’ learning of Taijiquan movement gradually changes from passive to active.

3.2 Change students’ Misconceptions about Taijiquan Movement,

In addition to teaching technical movements, it is necessary to strengthen students’ study of Taijiquan culture, and constantly improve students’ understanding and level of Taijiquan. At the same time, in the teaching process, teachers should also emphasize the meaning of Taijiquan offense and defense explanation and demonstration, so that students can master its movement specifications and techniques.

3.3 Use a Variety of Teaching Methods and Organizational Forms to Enhance students’ Interest in Learning

Reform the traditional teaching methods of Taijiquan, and use some more scientific and reasonable teaching organization forms to give full play to the students’ dominant position and mobilize their enthusiasm and creativity^[5]. In this way, it is conducive to the teaching atmosphere of the activity classroom, and can also continuously stimulate students’ interest in learning, deepen their knowledge and understanding of Taijiquan movements, and finally achieve a double the result with half the effort teaching effect.

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