

ISSN2096-1839
CN14-1387/G8

武术研究

武术研究

WUSHU STUDIES

2019年 第4卷 第一期

二〇一九年 第四卷 第一期

ISSN 2096-1839



9 772096 183196

2019.1

万方数据

武术研究

2019年1月
第4卷 第1期
2019年1月28日出版

主 编：田文波
副主编：赵光圣
李金龙
郭玉成

责任编辑：赵 岷 宿继光
张立志 任苗苗
郭维维 高锦锋
徐重午
英文编辑：尚秀烨

目 录

【专家论谈】

新时代民族民间民俗体育文化的休闲化发展研究 缪 柯(1)

【武术发展研究】

新时期中华传统武术之可持续发展研究 彭云钊, 丁 文(5)

武术国际化始于学校武术革新 周昇媚(8)

新媒体对传统武术传播的影响研究 孟凡生, 崔北坤(11)

基于文化传播和教学层面的高校太极拳开展现状调查研究

..... 刘春霞, 刘 浩(14)

【武术文化研究】

《太极拳论》源起及释义发微 扈罗全(17)

武侠精神的现代观照 谷春雨(20)

中国传统兵器枪的文化内涵研究 李爱华, 吴 赛(23)

武术文化的软实力内涵与提升策略研究 杜 远(26)

论太极拳中的中国艺术元素 张春峰(29)

新时代中华武术文化价值研究 李 成, 丁保玉(32)

【竞技武术研究】

追根溯源：中国传统武术技击体系对警察徒手防卫与控制技术体系的指导作用

..... 张 君(35)

冷兵器时代传统武术的“技击”体现 董立兵, 杨 伟(38)

论武术格斗中的战机 林腾飞(41)

试论短兵运动当代发展的困境与机遇 何艳梅(45)

以空手道的传播来探寻武术散打发展之路 史龙龙(49)

【社会武术研究】

太极拳治疗老年慢性病的国外研究进展 刘晋元(52)

菲律宾华裔青少年习武动因研究 赵雅静, 陈霞明(57)

【武术教学研究】

慕课和微课引进高校体育教育武术课程的可行性研究 种 松, 苗子蕊(62)

全纳教育环境下的高校武术教学研究 孙楠楠(64)

高校现代武术教育改革的反思 李 杨, 王夏伟(67)

高校武术教学中多元化教学模式的创新研究 张庆超(70)

南通市区中小学武术教学现状分析与对策研究 党显海, 单 灿(73)

黄石市小学武术操开展现状研究	胡嘉倩 (75)
浅谈武术教学中攻防意识的培养	曹美芳, 罗文杰, 高景昱 (78)
【国外武技研究】	
中国武术进军奥运的路径阐释——基于空手道“入奥”历程的思考	周 鹏, 王 雪 (80)
【民族民俗体育】	
丝路经济背景下达瓦孜运动项目的传承困境与发展对策研究	赵亚莉, 张跃军, 孔海军, 王忠禹 (85)
凯里学院体育选项课引入民族健身操的必要性与可行性分析	谭小春, 沈桃淑 (88)
新疆体育传统项目学校体育后备人才的培养现状研究	鲍晓玲, 黄春梅, 肖文革 (91)
高校五禽戏教学中存在的问题及对策研究	李俊浩 (95)
高校健身气功课程教学改革研究	于强国 (98)
刍议现代高校体育教学中民族传统体育的参与价值	吕 宁 (102)
探析舞狮运动与中国传统文化	朱增鑫 (105)
健身气功·五禽戏用于恢复运动员运动性心理疲劳的探讨	谢 晖 (108)
新疆方棋的发展——以新疆第九届少数民族运动会为例	李 慧 (111)
新时代背景下八段锦在教学中开展的培育价值研究	刘于溪, 王丽萍, 王 茂 (115)
长春市高校健身气功课程开展现状及未来展望	陶敬业 (118)
传播学视角下马王堆导引术在高校推广的路径分析	刘程程 (122)
“嘎拉哈”非物质体育文化遗产研究	安 璐, 勾庆华 (125)
【体育理论与实践】	
新时代体育特色小镇开发的理论探究	王 辉 (128)
高校攀岩教学中协同教学法运用研究	张道毅, 淳友忠 (133)
公路自行车青年组中长距离项目赛前训练计划方案解析	刘建军 (136)
体育文化和校园文化融合的当下价值及路径	张智敏 (139)
重庆市主城区业余联赛未来发展方向探析研究	金正程, 李 静 (141)
长治市体育传统项目学校课余训练现状研究	赵 静 (143)
山西省城乡居民健身习惯及生活方式对成年人体质健康的影响	严华瑾, 刘红星 (147)
“互联网+”时代下体育场馆运营思路探讨	马 妮 (150)
浅谈对功能性训练的认知	马小兵 (153)

主管单位：山西省体育局
 主办单位：山西体育文化传媒有限公司
 编辑出版：《武术研究》编辑部
 总 编：田文波
 地 址：太原市大营盘寇庄北街3号
 电 话：(0351) 7044201
 电子信箱：wushukexuesx@163.com
 法律顾问：姚雪飞
 印 刷：山西百花印刷有限公司
 国外发行：中国国际图书贸易总公司（京2810信箱）
 国外代号：M1925
 国内发行：山西省邮政报刊发行局
 邮发代号：22-86

CONTENTS

On the Leisure Development of National Civil Custom Sports	Miao Ke (1)
On the Sustainable Development of Chinese Traditional Wushu in the New Era	Peng Yunzhao, Ding Wen (5)
The Internationalization of Wushu Beginning with the Innovation of School Wushu	Zhou Shengmei (8)
The Influence of New Media on the Spread of Traditional Wushu	Meng Fansheng, Cui Beikun (11)
On the Status Quo of University Taijiquan Based on Cultural Communication and Teaching	Liu Chunxia, Liu Hao (14)
On Taijiquan Theory Based on Its Origination and Explanation	Hu Luoquan (17)
The Modern Interpretation of Chivalry Spirit from the Perspective of Culture	Gu Chunyu (20)
The Cultural Connotation of Chinese Traditional Weapon Spear	Li Aihua, Wu Sai (23)
On the Connotation and Promotion Strategy of Wushu Culture Soft Power	Du Yuan (26)
On Chinese Artistic Elements in Taijiquan	Zhang Chunfeng (29)
On the Cultural Value of Chinese Wushu in the New Age	Li Cheng, Ding Baoyu (32)
On the Guidance Function of Chinese Traditional Wushu Strike Technique System on Police's Unarmed Defense and Control Technology System	Zhang Jun (35)
"Technical Attack" of Traditional Wushu	Dong Libing, Yang Wei (38)
The Opportunities of Wushu Combat	Lin Tengfei (41)
On the Dilemma and Opportunities for the Contemporary Development of the Short Military Movement	He Yanmei (45)
On the Development Road of Wushu Sanda With the Spread of Karate	Shi Longlong (49)
Research Development Abroad on Tai Chi and Treatment of Elderly Chronic Diseases	Liu Jinyuan (52)
On the Motivation of Chinese Adolescents in Malaysia and the Philippines to Practise Wushu	Zhao Yajing, Chen Xiaming (57)
Feasibility Study on the Introduction of MOOC and Microlesson into Wushu Course in College Physical Education—— Taking Zunyi Normal University as an example	Chong Song, Miao Zirui (62)
On Wushu Teaching in Colleges and Universities under the Inclusive Education Environment	Sun Nannan (64)
A Reflection of Modern Universities' Reform on Wushu Education	Li Yang, Wang Xiawei (67)
Innovative Research on Diversified Teaching Model in Wushu Teaching in Colleges and Universities	Zhang Qingchao (70)
Analysis and Countermeasures of Wushu Teaching in Primary and Secondary Schools in Nantong	Dang Xianhai, Shan Can (73)
Investigation and Analysis on the Status Quo of Wushu calisthenics in Huangshi Square Road Primary School	Hu Jiaqian (75)

Cultivation of Offensive and Defensive Consciousness in Wushu Teaching	Cao Meifang, Luo Wenjie, Gao Jingyu (78)
The Path Explanation of Chinese Wushu entering the Olympic Games ——based on the process that the Karate has been newly added into the Olympic Game	Zhou Peng, Wang Xue (80)
On the Difficulties and Development Countermeasures of the Dawazi Sport under the Silk Road Economic Background	Zhao Yali, Zhang Yuejun, KongHaijun, WangZhongyu (85)
Analysis of the Necessity and Feasibility of Introducing National Aerobics into the Optional Course of Physical Education in Kaili University	Tan Xiaochun, Shen Taoshu (88)
On the Current Condition of School Talent Cultivation in the Traditional Athletic Items in Xinjiang	Bao Xiaoling, Huang Chunmei, Xiao Wenge (91)
Problems and Countermeasures in Wuqinxi Teaching in Colleges and Universities	Li Junhao (95)
The Teaching Reform of Healthy Qigong Teaching in Colleges and Universities	Yu Qiangguo (98)
On the Participation Value of National Traditional Sports in Modern College Physical Education	Lv Ning (102)
On Lion Dance Sport and Chinese Traditional Culture	Zhu Zengxin (105)
On Wuqinxi Used to Recover Athletes Exercise-Induced Mental Fatigue	Xie Hui (108)
The Development of Square Chess in Xinjiang——Taking the Ninth Xinjiang Ethnic Games as an Example	Li Hui (111)
On the Cultivation Value of Baduanjin in Teaching Based on the New Era	Liu Yuxi, Wang Liping, Wang Mao (115)
On the Current Situation and Future Prospects of Qigong Curriculum in Changchun Universities	Tao Jingye (118)
On the Path of Mawangdui Guidance in Colleges and Universities from the Perspective of Communication	Liu Chengcheng (122)
Study on the Intangible Sports Cultural Heritage of "Gala Ha"	An Lu, Gou Qinghua (125)
On the Theories of the Development of Small Towns with Characteristics of Sports	Wang Hui (128)
Analysis on the Application of Collaborative Teaching Method in Climbing Teaching in Colleges and Universities	Zhang Daoyi, Chun Youzhong (133)
Analysis of Pre-Competition Training Plan for Middle and Long Distance Cycling of Highway Youth Group	Liu Jianjun (136)
The Current Value and Path of Sports Culture and Campus Culture Integration	Zhang Zhimin (139)
An Analysis on the Future Development of Chongqing Amateur League in Its Urban Area	Jin Zhengcheng, Li Jing (141)
Changzhi Sports Traditional Event School Investigation and Research on the Present Situation of Extracurricular Training	Zhao Jing (143)
The influence of Habits and Lifestyles of Urban and Rural Residents on the Physical Health in Shanxi	Yan Huajin, Liu Hongxing (147)
Discussion on the Operation of Stadiums in “ Internet + ” Era	Ma Ni (150)
On the Cognition of Functional Training	Ma Xiaobing (153)