

武术研究

ISSN2096-1839
CN14-1387/G8

武术研究

WUSHU STUDIES

2021年第6卷 第四期

ISSN 2096-1839



9 772096 183219

2021.4

武术研究

2021 年 4 月
第 6 卷 第 4 期
2021 年 4 月 28 日出版

主编：田文波
副主编：赵光圣
李金龙
郭玉成
宿继光（常务）

责任编辑：赵岷 张大志
任苗苗 郭维维
徐重午 金鑫瑜
英文编辑：尚秀烨

目 录

【专家论谈】

- 双循环经济格局下武术产业高质量发展构想 温搏 (1)

【武术发展研究】

- 新时代武术文化国际化传播路径研究 赵秋菊 (6)

- 体育强国建设背景下土家族武术文化发展研究 郑传锋, 王威, 张茜 (10)

- 中国武术文化创意产业发展现状及路径研究 赵雪侠, 祁钰彬, 贾玲俐 (13)

- 青奥视阈下武术入奥“再出发”的审视与反思 马思恩, 杨敢峰 (16)

【武术文化研究】

- 阴阳之“变奏”：中国传统武术的技、理思辨 李恩熙 (20)

- 中国武术的时代特征及演变历程研究 唐权威, 李英奎, 沈子豪 (23)

- 媒介即隐喻：武术国际化传播的文化阐释失衡研究
..... 白雪辉, 陈锞, 杨刚 (26)

- 民族传统武术文化失范现象探析 杨婧怡 (30)

- 当代武术传承人活态保护路径研究 王超凡 (33)

- 人物·符号·表达：华语功夫影片的文学阐释 王洋 (35)

- 习武人“身道一体”的身体文化——从梅洛·庞蒂的身体现象学视角出发
..... 张俊杰 (39)

- 武术、跆拳道与文化互动之比较 杨铭, 李春明, 薛新轩 (42)

- 社会主义核心价值观下的武德内涵与认同 耿海潮 (46)

- 刍议新媒体时代武术文化传播的提升路径 王辉, 肖辉君 (49)

【竞技武术研究】

- 北京市青少年体育俱乐部武术散打运动现状研究 许文, 刘辉 (52)

- 第九届散打世界杯我国女子小级别散打运动员技术特征研究
..... 高圣灏, 陶萍 (55)

- 竞技武术三人对拳后空翻训练方法设计 黄陈健 (59)

【社会武术研究】

- 非遗视角下山西太谷形意拳活态流变规律探析 杜磊 (61)

- 少年规定拳对青少年身体素质和心理健康的影响综述
..... 丁一凡, 安传禹, 陈祥和 (66)

- 体医融合视阈下传统武术用于老年慢性病防治的分析与思考 贾桂兵 (69)

【武术教学研究】

- 跨文化武术教学师资的方法能力研究 邱丽玲, 汤铁军, 刘姿灵 (72)

动商视阈下思政教育与大学武术课程实施路径探析	黄东亚 (76)
核心素养背景下提升高校简化太极拳教学效果研究	马 娇 (79)
高校太极拳教学成效提升策略初探.....	孟 帅 (82)
学校武术教育的时代变迁及当代启示	赵克岩 (84)
师徒传承育人方式对武术教学的启示	
.....王艺锦, 刘子桢, 曾凡平, 宋清华 (88)	
传统武术在中小学发展的问题及建议.....	赵芷萱 (91)
24式简化太极拳在高校体育课中的教学分析	施海平, 宋伟鹏 (94)
【国外武技研究】	
跆拳道俱乐部服务品质及家长满意度研究	金 显, 金银哲 (97)
电子护具对跆拳道竞赛的影响分析.....	李 姣, 肖 瑶, 鲍善军 (101)
艺术体操柔韧素质训练方法与瑜伽体式的结合研究	曹露双 (103)
【民族民俗体育】	
康复类专业开设五禽戏课程功能解析.....	任向阳, 张晋莉, 杨晓芳 (107)
民族传统文化与高校体育融合路径探析	梁 涛 (110)
非遗性体育“非遗”项目舞台艺术创作研究	覃宇德, 房佳婕, 樊 坤 (112)
八段锦对运动性腰背肌筋膜炎的作用探究	梁兰颖 (117)
中华民族传统体育走向世界的对策研究	翟浩宇 (120)
浅析奥林匹克竞技体育文化和中国民族传统体育文化的交融	
.....张 璐, 肖 奇 (123)	
核心素养视阈下五禽戏融入小学体育课程的价值与路径探析	金明珠 (125)
SMART 原则视野下民族传统体育的教与学.....	陶培林 (128)
后疫情时期推进广西龙狮社团组织复工复产的思考与建议	张帅杰 (131)
湘西州边城特色小镇建设与民族传统体育融合研究	
.....李翼飞, 唐英梅, 吴敏, 郭振华 (133)	
从克孜尔壁画中透视古代西域体育文化	李鑫江, 李开远 (135)
传统民族体育舞蹈校本课程开发研究.....	张晶杰, 赵建强 (138)
【体育理论与实践】	
基于地域特色的贵州国际马拉松赛事发展研究	王 波 (141)
高校体育院系本科《体育科研方法》课程教学改革研究	
.....孙亮亮, 张岩松 (144)	
民间开展休闲体育策略研究.....	李红运, 岳雪娇 (147)
供给侧改革视角下农村公共体育服务供给路径探析	孙 民 (149)
新时代我国体育精准扶贫的时代价值与路径研究	朱秋枝 (154)

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：山西体育文化传媒有限公司
 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

Conception of High-quality Development of Wushu Industry under the Pattern of Double-cycle Economy	Wen Bo (1)
On the Internationalization of Wushu Culture in the New Era	Zhao Qiuju (6)
The Development of Tujia Wushu Culture under the Background of Sports Power Construction Research on the Inheritance and Inheritance Path	Zheng Chuanfeng, Wang Wei, Zhang Qian (10)
Research on Development Status and Path of Chinese Martial Arts Cultural and Creative Industries	Zhao Xueyi, Qi Yushan, Jia Lingli (13)
The Review and Reflection on "Re-starting" of Wushu Entering Olympic Games from the Perspective of Youth Olympic Games	Ma Sien, Yang Ganfeng (16)
Variation of Yin and Yang: Speculation on the Technique and Theory of Chinese Wushu	Li Enxi (20)
A study on the Characteristics and Evolution of Chinese Wushu	Tang Quanwei, Li Yingkui, Shen Zihao (23)
Media Being Metaphor: A Study on the Imbalance of Cultural Interpretation in the International Communication of Wushu	Bai Xuehui, Chen Ke, Yang Gang (26)
On the Anomie Phenomenon of National Traditional Wushu Culture.....	Yang Jingyi (30)
A New Approach to the Living Protection of the Inheritors of Contemporary Wushu	Wang Chaofan (33)
Character · Symbol · Expression: Literary Interpretation of Chinese Kung Fu Films	Wang Yang (35)
On the Body Culture of Wushu Practitioners from the Perspective of Melo Maurice Merleau-Ponty's Body Phenomenology	Zhang Junjie (39)
Comparison of Cultural Interaction with Taekwondo and Wushu.....	Yang Ming, Li Chunming, Xue Xinxuan (42)
The Connotation and Identification of Martial Virtue under the Socialist Core Values	Geng Haichao (46)
On the Promotion Path of Wushu Culture Communication in the New Media Era.....	Wang Hui, Xiao Huijun (49)
On the Present Situation of Wushu Sanda in Beijing Youth Sports Clubs	Xu Wen, Liu Hui (52)
The Technical Characteristics of Chinese Women Sanda Players at Small Level in the 9th Sanda World Cup	Gao Shenghao, Tao Ping (55)
Competitive Wushu Training Methods Design of Three-Person Fight Backflip.....	Huang Chenjian (59)
An Analysis of Shanxi Taigu Xingyiquan's Regularity of Living Characteristics under the Perspective of Intangible Cultural Heritage	Du Lei (61)
The Influence of Juvenile Boxing on the Physical Quality of Teenagers A Review of the Impact on Mental Health	Ding Yifan, An Chuanyu, Chen Xianghe (66)
Analysis and Reflections on the Application of Traditional Wushu in the Prevention and Treatment of Chronic Diseases in the Elderly from the Perspective of Integration of Body Medicine	Jia Guibing (69)
Research on the Method Competency of Wushu teacher in Cross-cultural Environment——Based on the Teaching Internship Abroad of the undergraduate	Qiu Liling, Tang Tiejun, Liu Ziling (72)

Ideological and Political Education and the Implementation Path of College Wushu Curriculum from the Motor Quotient	Huang Dongya (76)
On Improving the Teaching Effect of Simplified Taijiquan in Universities under the Background of Core Accomplishment	Ma Jiao (79)
On the Strategies of Improving the Effectiveness of Taijiquan Teaching in Colleges and Universities	Meng Shuai (82)
Thoughts of the Times: the Changing Times of School Wushu Education and Its Contemporary Enlightenment	Zhao Keyan (84)
The Enlightenment of Wushu's Master—Apprentice Education Method to School Physical Education Wushu Classroom Teaching	Wang Yijin, Liu Zizhen, Zeng Fanping, Song Qinghua (88)
The Development of Traditional Wushu in Primary and Secondary Schools and the Suggestions	Zhao Zhixuan (91)
Teaching analysis of 24 style Simplified Taijiquan in College Physical Education	Shi haiping, Song weipeng (94)
A Study on Service Quality, Parents' Satisfaction and Intention of Re-participation in Taekwondo Clubs	Jin Yu, Jin Yinze (97)
On the Influence of Electronic Protective Gearss on Taekwondo Competitions	Li Jiao, Xiao Yao, Bao Shanjun (101)
On the Combination of Flexibility Training Method and Yoga Style in Rhythmic Gymnastics.....	Cao Lushuang (103)
Functional Analysis of Wuqinxi Course for Rehabilitation Majors.....	Ren Xiangyang, Zhang Jinli, Yang Xiaofang (107)
On the Integration of National Traditional Culture and College Physical Education.....	Liang Tao (110)
The Practice and Exploration of Stage Art Creation from Sports Intangible Cultural Heritage to Express Difficult and Beauty	Qin Yude, Fang Jajie, Fan kun (112)
Effect of Baduanjin on Exercise-induced Myofascitis of Low Back	Liang Lanying (117)
On the Countermeasures of Chinese Traditional Sport towards the World.....	Zhai Haoyu (120)
On the Integration of Olympic Competitive Sports Culture and Chinese Traditional Sports Culture	Zhang Lu, Xiao Qi (123)
On the Integration Value and Path of Wuqinxi in Primary School P.E. Curriculum from the Perspective of Core Literacy	Jin Mingzhu (125)
Teaching and Learning of National Traditional Sports from the Perspective of Smart Principle	Tao Peilin (128)
Thoughts and Suggestions on Promoting the Return to Work and Production of Guangxi Longshi Social Organizations in the Post EpidemicPeriod	Zhang Shuaijie (131)
Research on the Integration of the Construction of characteristic Town in XiangXi Autonomous Prefecture with Traditional National Sports.....	Li Yifei, Tang Yingmei, Wu Ming, Guo Zhenhua (133)
On the Sports Culture of the Ancient Western Regions from Kizil Murals.....	Li Xinjiang, Li Kaiyuan (135)
On School-based Curriculum Development of Traditional National Sports Dance	Zhang Jingjie, Zhao Jianqiang (138)
On the Development of Guizhou International Marathon Based on Regional Characteristics.....	Wang Bo (141)
On the Teaching Reform of the Course "Sports Research Methods" for the Undergraduates in Colleges and Departments of Physical Education	Sun Liangliang, Zhang Yansong (144)
On the Strategy of Developing Folk Leisure Sports	Li Hongyun, Yue Xuejiao (147)
On the Supply Path of Rural Public Sports Service from the Perspective of Supply-side Reform.....	Sun Min (149)
On the Era Value and Path of Targeted Poverty Alleviation in Sports in China in the New Era	Zhu Qiuzhi (154)