

Taijiquan Exercise Development Status and Countermeasures Research Bases on the Background of Health

Xinyu Li*

Institute of Physical Education, Yangtze University, Jingzhou 434000, Hubei, China

Abstract: Taijiquan is quintessence of Chinese traditional martial arts culture, is a treasure in Chinese culture, having developed in China for several hundred years, and is a kind of sports events that can build one's body and be beneficial to vital energy as well as prolong life. As quintessence of China's martial arts, Taijiquan development status in China still has large room to develop. The paper mainly adopts investigation and analysis, mathematical statistics, literature review and other means to conduct investigation and analysis of present Chinese Taijiquan development status, concludes influence factors and obstacles that Taijiquan comes across in its development in China, and analyzes current status as well as summarizes several suggestions for Taijiquan development in China to build foundation for Taijiquan being able to superiorly inherit in China. Research finds that Chinese group of people that take Taijiquan exercises mostly are middle and aged people, and lack of professional Taijiquan guiding, which is bad for Taijiquan development in China.

Keywords: Body building, development countermeasures, influence factors, taijiquan.

1. INTRODUCTION

Take Taijiquan exercise regularly can adjust people breath, promote blood circulation, has the function of invigorating qi, is one of fitness exercise events that very suitable to group of people at all ages. To better drive the development of Taijiquan in China, promote national healthy sports levels, and let Taijiquan to better develop in China, it carries on researches [1].

Presently researches on Taijiquan exercise is limited, from which Zhao Qin and others [2] in the article "Taijiquan leisure activity development status and countermeasures", they adopted data statistics and other approaches to investigate over 700 Taijiquan exercisers from eight provinces of whole state, analyzed Taijiquan exercisers groups' age, education background, exercising years and other aspects, summarized Taijiquan development limitation factors and put forward some feasible suggestions on its development; Zhu Jia-Yong [3] in Taijiquan influence on middle and aged women physical and psychological health-base on investigation and analysis of Guangzhou fitness clubs, he analyzed physical and psychological health in middle and aged women that took Taijiquan exercise, and provided theoretical basis for Chinese aged women Taijiquan exercising benefiting physical and psychological health.

Chen Xiao-Mei in the article "Research on improvement of Taijiquan elective course teaching in vocational colleges", she put forward precious opinions on improving vocational colleges Taijiquan teaching quality through questionnaire survey. Zhang Guang-Hua [4] in the article of Several Conceives on driving development of Taijiquan, he put forward his thoughts on Taijiquan development [5].

The paper bases on former research, adopts investigation and analysis, mathematical statistics, literature review and other approaches to analyze Taijiquan development status in China, and puts forward some suggestions on driving development of Taijiquan targeted on such status.

Taijiquan is well received by masses, regarding its origin, there are many theories, one is being originated from Cheng Ling-Xi in Liang Dynasty; two is being originated from Tang and Song; three is being originated from Zhang San-Feng in Ming Dynasty, four is being originated from Chen Pu the ancestor of Chenjiagou in Qing Dynasty; five is being originated from Wang Zong-Yun in Qing Dynasty; six is from Chen Wang-Ting of Chenjiagou in Qing Dynasty and so on. According to Gu Liu-Xin, Tang Hao, relying on lots of historical facts researches, it concludes that Chen Wang-Ting initially created Taijiquan; the theory was the most popular among masses, which has been adopted in "Encyclopedia of China".

1.1. Taijiquan Groups and Varieties

Taijiquan is one kind of internal martial art in Chinese martial arts, among traditional T Taijiquan groups, the widely recognized and practiced are Wudang, Chen style Tai Ji, Yang style Tai Ji, Wu style Tai Ji, Wu-style Tai Ji, Sun style Tai Ji and so on, their sub lines are too many to enumerate, as Zongyuemen Taijiquan, Taoism Taijiquan, In-situ Tai Ji, Kunlun Tai Ji, Corresponding channel Tai Ji, Balance Tai Ji, Form and Meaning Tai Ji as well as others. Taijiquan groups and varieties are numerous, which shows Taijiquan development in China is very extensive. Taijiquan is carried on from generation to generation, successors in every generation will have different opinions and comprehension, make improvement on the basis of individual comprehension then new groups generate, but the fundamental thing applies [6].

After 1957, so as to promote and popularize Taijiquan, martial arts research institute of Chinese national sports commission based on Yang style Tai Ji, absorbed Chen style Tai Ji, Wu style Tai Ji, Wu-style Tai Ji, Sun style Tai Ji and other features to successively compile multiple sets of Tai Ji routines, which were mainly eight-form Tai Ji, sixteen-form Tai Ji, twenty-four-form Tai Ji, thirty-two-form Tai Ji, forty-two-form Tai Ji, forty-eight-form Tai Ji, eighty-eight-form Tai Ji and so on.

1.2. Taijiquan Bodybuilding Function

Through some hundred years' development, Taijiquan has constantly perfected in development and gradually developed into a kind of bodybuilding exercises that conforms to human physiological rhythm, regularly exercising is of very good medical healthcare function. By long-term and scientific exercising, it has a beneficial effect on breath system, cardiovascular system, metabolism, nervous system, skeleton health and others, which not only can strengthen people physique, prevent diseases and cure diseases, prolong life, but also can cultivate one's taste and mind.

To achieve well practiced bodybuilding effectiveness, it should conduct scientific exercises according to Taijiquan movements' technical requirements so that can give Taijiquan benefits into play and achieve a multiplier effect.

1.3. Chinese Taijiquan Development Status

Taijiquan has developed for several hundred years in China, is a kind of sports events that can build one's body, combine entertainment, relaxation with boxing, is quintessence of Chinese traditional culture. After reform and opening-up, Taijiquan transmission in the world is very fast that is the period of high development of Taijiquan. According to data analysis, there are over 150 countries and regions nearly 0.1 billion people taking Taijiquan exercises, while Japan has founded Martial Arts Tai Ji league, whose registered members have arrived at 10 million people. However, Taijiquan development in China is not smoothly, drawbacks that hinder Chinese Taijiquan development at present are as following:

Popularization is narrow, popularized ranks have bigger differences: In China, the vast majority of Taijiquan exercisers are middle and aged people or people with weakness physical conditions, while young exercisers are little. Perhaps, it has connections with Taijiquan features of boxing, Taijiquan movements are slow, and soft that causes misunderstanding for many people, who think that Taijiquan is a sport event for the aged. It is a wrong perception, Taijiquan is a kind of boxing that couples hardness with softness, combines motion and stillness, is fit for exercising by people in all ages.

Traditional Taijiquan education approach is backward, faculty level is not high: Up to now, Taijiquan hasn't yet had a set of complete and scientific education approach. Taijiquan is extensive and profound, very few people have achieved, and many people still cannot comprehend its main points by years' practicing. Main causes for the case is that faculty level is limited. It has become one of main obstacles for Taijiquan development, and cultivate high level faculty is imperative.

Lack of exchanging among groups: In the company of three one always find a teacher, which is common sense that we know, and to move forward after arriving at certain levels in one event is very difficult, and exchanging among people of equal levels are a good approach. Taijiquan mainly has basic groups of Chen, Yang, Wu, another Wu, and Sun these five groups and all the five have founded boxing agencies. Directors of the five agencies hold meetings are only for researching on national fitness and developing martial arts undertaking while not carrying out mutual exchanges with boxing, especially for exchanges among famous teachers, all are afraid of influences on groups' reputation. Only by exchanging and mutual learning, making good for deficiency then can impel Taijiquan further development.

Competition levels are not high, impacts are not big: Taijiquan competitions are main path to groups' exchange; due to all groups routines are different, only push-hands competitions can play exchanging roles. At present, Chinese Taijiquan push-hands competitions levels are lower, Taijiquan techniques cannot be really applied, which leads to lower appreciation and few social impacts. Insufficient publicity, imperfect competition rules and lower participants' levels are main causes for such results.

2. CHINESE TAIJIQUAN DEVELOPMENT STATUS ANALYTIC RESEARCH

2.1. Taijiquan Exercisers Groups' Characteristics

We mainly analyze Taijiquan exercisers' basic characteristics from their ages, education background, exercising years these three indicators (as Table 1). According to Table 1 statistical analysis, it can get those Taijiquan exercisers groups' characteristics are as following:

- 1) Age is above 50 years old, more are exercisers in the education background of undergraduate and below undergraduate, and exercising years mostly are below five years;
- 2) Group of people at age of 30 to 40 that take Taijiquan exercises are little;
- 3) Among group of people at the age of 20 to 30, more are taking Taijiquan exercises, and most of them are with undergraduate education background ;

The majority of Taijiquan exercisers are old people.

The number of people between 20 to 30 years old is more than those between 30 to 40 years old.

2.2. Taijiquan Exercising Time Characteristics Analysis

According to investigation, weekly Taijiquan exercises times being above five times account for 73.5%;Morning exercising is 77.4% of total proportions; daily exercising being above 1 hours (include 1hour) accounts for 73.5%. Among Taijiquan activity satisfaction survey, most of people are basically satisfied with activity time. Since regional and boxing practicing years' differences have no big impacts on Taijiquan activity time satisfaction, however exercisers of different ages and education levels have certain differences.

To make further comparative analysis, we take χ^2 test on different ages groups satisfaction with Taijiquan exercises

Table 1. Taijiquan exercisers' age characteristics analysis (n=712).

	Characteristic Index	Number of People	Frequency (%)
Age characteristics	20-30	101	14.18
	30-40	26	3.65
	40-50	88	12.36
	50-60	250	35.11
	Above 60	247	34.69
Education level	High school	340	47.75
	Junior college education	156	21.90
	Undergraduate	170	23.89
	Above undergraduate	46	6.46
Exercising years	Below two years	180	25.28
	2-5 years	240	33.71
	5-10 years	126	17.69
	Above 10 years	166	23.31

Table 2. Different ages and education levels to Taijiquan activity time satisfaction frequency table (%).

	Satisfaction	Very Satisfied	Generally Satisfied	Not so Satisfied	Very Dissatisfied
Age	20-30	19.5	62.3	14.0	4.1
	30-40	40.5	48.3	10.9	0.3
	40-50	43.3	48.5	7.1	1.1
	50-60	46.3	46.9	4.7	2.2
	Above 60 years old	49.5	46.4	3.5	0.6
P<0.05					
Education level	High school	48.2	44.8	5.0	2.1
	Junior college education	45.4	48.9	5.7	0
	Undergraduate	31.0	59.3	7.5	2.3
	Above undergraduate	37.3	45.2	15.1	2.5
P<0.05					

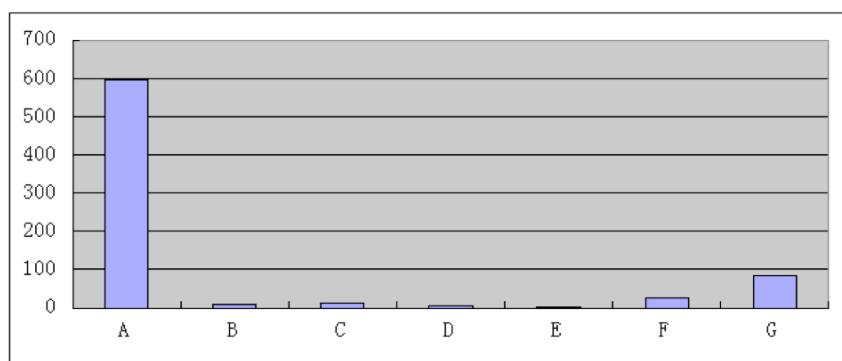
time characteristics, $X^2 = 41.084$, $P < 0.05$, it indicates that different ages groups have significant differences on Taijiquan activity time characteristics (as Table 2), group of people at the age of over 50 have higher satisfaction with time characteristics, while satisfaction from 30 to 40 years old people are the lowest.

Carry out X^2 test on different education levels satisfaction with Taijiquan exercising time: $X^2 = 23.558$, $P = 0.005$. Therefore, it is clear that different education levels have different satisfaction with Taijiquan exercising time characteristics as Table 2. Among them, satisfaction from those people of above undergraduate are lower, groups

of people with high school and junior college education levels are higher. Groups of people at the age of 20-40 are in the developing period of undertaking; sufficient individual time cannot be committed that becomes the main causes for their lower satisfaction.

2.3. Taijiquan Exercising Purposes Survey

By some hundreds years development, Taijiquan leisure fitness values have been gradually reflected, people purposes of taking Taijiquan exercises have gradually deviated from athletics, and gradually tended to relaxation fitness. With the improvement of people's living standards, purposes of participating in Taijiquan are in the diversified development

**Fig. (1).** Taijiquan exercising purposes importance ranking distribution.**Table 3.** Taijiquan exercising activity forms frequency table (%).

Form	Individual Exercising	Spontaneous Collective Exercising	Organized, Free without Professional Instructor	Organized, Free with Professional Instructor	Organized, Charging, with Professional Instructor
Frequency	17.9	40.6	19.9	9.3	12.3

Table 4. Taijiquan learning path investigation analysis.

Path	Number of People	Percentage (%)
Friend	148	11.77%
Physical education teacher	430	34.21%
Taijiquan successor	128	10.18%
Optical disk	192	15.27%
Martial arts master	129	10.26%
Fellow apprentice	135	10.73%
Else	95	7.56%

trend, according to statistics analysis, group of people with physical health exercising purposes account for 93.3%, the ones with cultivating exercising habits purposes account for 70%, the ones with psychological health purposes account for 68.7%, however the ones with entertainment purposes also account for 51.4%, the ones with impelling interpersonal relationships account for 40.7%, while the ones with self-expression and self-realization purposes only account for 16.4%. Though Taijiquan exercising purposes tend to be diversified, it basically still derives purposes surrounding fitness as Fig. (1).

Note:A- physical health;B- psychological health;C-reinforce skill;D- impel interpersonal relationships;

E- self-expression and realization;F- entertainment and cultivate one's taste;G- Keep lifelong exercising habits

2.4. Taijiquan Exercises Spatial Characteristics

According to statistical analysis, Taijiquan exercising in the park accounts for 48.6%, while that in community free place accounts for 40.2%, which in the charging gym only account for 1.6%, which in the road accounts for 9.7%. It is related to Chinese traditional concepts, and also has large

connections with economic income, people still cannot accept to take exercises in charging gym.

The form that people take Taijiquan exercises are mostly in the form of spontaneous collective exercising that is 40.6%;while organized, free but no instructors account for 19.9%, individual spontaneous exercises account for 17.9%, the ones organized, charged and have professional instructors account for 12.3%, and community organized free and with professional instructor account for 9.3% as following Table 3. It is clear that Chinese Taijiquan relaxation humanistic environment is not good, which shows state hasn't yet shifted sports development center towards a popular style.

2.5. Taijiquan Learning Path Analysis

According to Table 4 investigation analysis, we can see that there are many paths to learn Taijiquan, but the proportions are all not so big, Taijiquan exercising main learning path is through physical education teachers that account for 34.21%;secondly is learning according to optical disk that accounts for 15.27%;The ones learning from friends account for 11.77%. Therefore, it is clear for us that main path for people learning Taijiquan is from mutual

Table 5. Taijiquan exercising requirements and classification.

Level	Classification	Classification Requirements			
Low level	1	Relax body and calm the mind	Erect the head and relax the neck	Store Qi in the public region	Being comfort
	2	Lower shoulders and elbows	Harmony and play calmly	Knees external divided	Overcome hardness with softness
	3	Conquer strength with weakness	Slightly falling slightly lifting	tightly close legs and twist waist	Join legs and contract waist
Medium level	4	Use roundness to transform straight	Conquer strength with weakness	Overcome hardness with softness	power walk in spiral
	5	With opening and closing	Clarify voidness and solidness	Slow and quick release	Combine hardness with softness
	6	Remain motionless to wait motions	Loose and separate thighs	Joints coordinating	Strength reach to four tips
High level	7	Strength sources from the public region	Strength starts from foot	Power launched by spine	Revolve waist
	8	Step forward and take cat walking	Quiet and calm	Free flowing	Stretching in never-ending line
	9	Follow heart	Coordinate with spare light	Brisk and flexible	With full spirits

Table 6. Taijiquan exercisers to Taijiquan boxing principle recognition extent investigation and analysis table (%).

	Primary Level	Medium Level	High Level
Basically understand	64.22	27.1	12.86
Partially understand	24.23	35.2	14.8
Don't understand	11.55	37.7	72.34

learning among people, while little utilizes modern transmission tools as Table 4.

2.6. Taijiquan Basic Techniques Recognition and Mastering Conditions Analysis

Taijiquan is Chinese excellent boxing that gradually developing through hundreds years' repeat practicing and continuous experiences summary. Taijiquan not only inherits and carries forward principle of Chinese traditional science of arteries and veins, but also forms into a set of unique health maintenance theory; it not only conforms to human physiological features but also becomes an important part in Chinese classic philosophy theory. Exercisers not only need to comprehend every technical motion essentials, but also should combine theoretical knowledge and techniques so that achieve the purposes of Taijiquan mind cultivation, health maintenance and fitness. Exercisers understanding and mastering extent on Taijiquan basic techniques are the key to Taijiquan exercising results, and also the key whether exercisers can benefit from it or not. It not only decides whether Taijiquan can develop towards the right direction, but also impacts whether Taijiquan fitness and health maintenance values can be given into full play or not. In

order to research on Taijiquan exercisers' understanding and recognition status on Taijiquan, we make analysis and classify into 9 items according to Taijiquan requirements, and divide the nine items into high level, medium level and low level these three levels according to difficulties as Table 5.

By Table 6, Table 7 analysis, it is known Chinese Taijiquan exercisers are basically in the primary level and medium level, on a whole they can master Taijiquan basic technical essentials, but by comparison, it finds that comprehending ability of Taijiquan is in direct proportion to master ability of motions, people with strong comprehending ability can better master motion essentials, while people with poor comprehending ability is relative poor in mastering Taijiquan technical motions. It indicates that our Taijiquan exercising enthusiasts lack of guiding from people with deepen comprehending on Taijiquan.

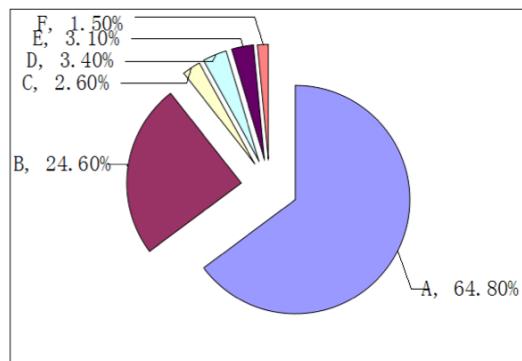
2.7. Taijiquan Exercising Boxing Styles Investigation

By investigation statistics, Chinese Taijiquan exercisers' exercising styles are main Yang style Taijiquan, Chen style Taijiquan, Wu style Taijiquan, Wu-style Taijiquan and Sun style Taijiquan, groups of people that exercise Yang style

Table 7. Taijiquan exercisers to Taijiquan boxing principle mastering extent investigation and analysis table (%).

	Primary Level	Medium Level	High Level
Basically master	70.45	22.77	2.01
Partially master	23.73	28.93	18.35
Don't master	5.82	48.30	79.64

Taijiquan and Chen style Taijiquan are the majority that account for 89.4% of totality as Fig. (2). It mainly has connections with state compiled forty-two-form Taijiquan, which is simple and decent, motions are graceful and easy to learn, learners can easily master, and the popularization degree is accordingly higher.

**Fig. (2).** Taijiquan exercising boxing styles comparison.

2.8. Chinese Taijiquan Development Strategies

By above analysis, we can see that Taijiquan development situation in China is not going well, as quintessence of Chinese martial arts culture, we are obliged to carry forward and continue to inherit it. For propaganda and development of Taijiquan future, the writer has following suggestions.

2.9. Awake People Awareness of Health Relaxation

Modern social development brings along material wealth to people and meanwhile it also brings along pressure and boredom, relieving pressure becomes the purposes of modern people in leisure time, but rare leisure time is spent on video game, television, network and other unhealthy leisure activities. It indicates people healthy relaxation consciousness hasn't yet built without realizing that sports relaxation is the healthiest way to relieve pressure, awaking people healthy relaxation consciousness is the urgent affair and also important conditions to develop Taijiquan.

2.10. Create Suitable Public Taijiquan Routine

By above statistical analysis, it is clear that present middle and aged people are the main groups to exercise Taijiquan, and Taijiquan is a suitable national healthy relaxation event, to innovate and improve on different groups of people's characteristics, such as exercising Taijiquan while can also train push-hands, schoolgirls can train Taiji sword, Taiji fan and so on. It can also connect to art in contents and forms, people's taste cultivation is strengthened while also

can enjoy lingering charm of Taijiquan, it can match to music while young trains Taijiquan, in this way it can intensify interests in Taijiquan. It can also create hierarchical and staged Taijiquan routine according to people recognition law.

2.11. Utilize Modern Media and Network Techniques to Increase Propaganda

Taijiquan bodybuilding functions has been recognized, but how to change people narrow recognition on Taijiquan, let more people to be fond of Taijiquan, the way of by virtue of modern media is imperative. With the advancement of science and technology, computer and network has become important part in people life, it should utilize film and television, books and periodicals, media propaganda and others multiple paths to advertise, and establish perfect Taijiquan network service system with rich information so as to impel Taijiquan exercising and popularization.

Construct modernized network information platform should make full use of network grand functions resources, aiming at serving to public, and provide convenient and rapid Taijiquan exercising fields, teaching approaches, exercising videos information, Taijiquan exercising latest information and other aspects, and establish Taijiquan exchanging platform.

2.12. Taijiquan Traditional Imparting Approaches Reforming, Cultivate High Level Faculty

Chinese martial arts always adopt traditional method that masters pass on knowledge to apprentice, which is not suitable to current society that should reform. To let boxing learners to avoid detour, and comprehend boxing principles and boxing approach in a short time is the emphasis in reformation. It can adopt approach of founding Taijiquan universities to cultivate a high level faculty team. The purpose of setting up universities is to cultivate Taijiquan cultures' transmitters and spreaders, cultivate a high level faculty team and also adopt four years system education as general university. Training courses include health preservation science, human physiology, Tai Ji theory, aesthetics, philosophy, human anatomy, all forms of Taijiquan routine, free combat, push-hands and so on, the purposes are comprehended from all aspects, absorb Taijiquan theories and practical application. School founds Taijiquan scientific institute, gather domestic and overseas famous Taijiquan masters to conduct Taijiquan theory, exercising, propaganda, improvement and other researches.

2.13. Substantialize and Professionalize Taijiquan

State put lots of sports funding investment on Olympic Games key events, while non-Olympic Games infrastructure,

teams' construction and other aspects funding is deficient. Taijiquan as Chinese native sports event quintessence, state should lay enough emphasis on it, and offer sufficient support from state policies, education publicity, funding investment and personnel assignment as well as other aspects. It can hold state Taijiquan arena contest, amend competition rules, and be dedicated to improve Taijiquan appreciation and athletics. And work hard to substantialize, professionalize Taijiquan so that provide good social soil for its development in China.

CONCLUSION

The paper mainly adopts data statistical analysis, literature review, investigation and analysis as well as other methods to analyze Chinese Taijiquan exercisers groups' age characteristics, education level, exercising years, exercising purposes, exercising space, learning path, Taijiquan basic techniques recognition and mastering conditions. Research finds that group of Taijiquan exercisers in China are mostly middle and aged people, and lack of professional Taijiquan guiding, which is bad for Taijiquan development in China. The writer analyzes influence factors that affect Taijiquan development in China and puts forward his own suggestions and hopes to provide references for Taijiquan development in China.

CONFLICT OF INTEREST

The author confirms that this article content has no conflict of interest.

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