

太极拳申遗成功 焦作更加国际化

文/焦作市文化广电和旅游局 图/焦作市文化广电和旅游局 全景



焦作市是太极拳的发源地。2020 年 12 月 17 日，经联合国教科文组织保护非物质文化遗产政府间委员会评审通过，太极拳列入联合国教科文组织人类非物质文化遗产代表作名录。中国共有了 42 个非物质文化遗产项目列入联合国教科文组织非物质文化遗产名录（名册），居世界第一。

太极拳是基于阴阳循环、天人合一的中国传统哲学



思想和养生观念，以中正圆活为运动特征的传统体育实践。太极拳注重意念修炼与呼吸调整，以五步、八法为核心动作，以套路、功法、推手为运动形式。太极拳习练者通过对动静、快慢、虚实的把控，达到修身养性、强身健体的目的。

太极拳自 17 世纪中叶在中国一个叫陈家沟的村庄，由陈王廷创编以来，世代传承，在陈氏太极拳的基础上发展出以其他姓氏或姓名命名的杨氏、武氏、和氏等多个流派，现有 80 多套拳术、器械套路和 20 多种推手方法，在全球 150 个国家和地区有近 4 亿太极拳爱好者，其文化意义和社会功能得到不断丰富，见证了人类的创造力。目前，太极拳已成为国际文化交流与人际交往的纽带。太极拳列入代表作名录将在全球进一步提高保护传承太极拳的共识，彰显太极拳对人类可持续发展的意义。

焦作市近年来大力弘扬太极文化，以打造“世界太极城”为目标，围绕打造“太极圣地”文化品牌，深入实施“太极拳文化+”战略。焦作市每两年举办一届“国家太极拳交流大赛暨云台山旅游节”，来自全球各地的太极拳爱好者及游客云集焦作，切磋太极，游览山水。不断加大太极拳对外传播，提升太极拳的影响力，近年来，与加拿大桑德贝市、韩国忠州市分别签署了太极拳友好合作框架协议，桑德贝市还在苏必利尔湖畔建设了太极公园，分别在洛杉矶、雅典、伦敦、皮蒂利亚诺等地设立太极拳发源地焦作文化旅游宣传推广中心，为扩大太极文化走出去提供了支撑。成功策划组织“共享太极·共享健康”世界百万太极拳爱好者共同演练活动、世界百城千万人太极拳展演活动、“一带一路”太极行活动以及在希腊、英国开展的中国太极功夫文化旅游“一带一路”万里行、在印度新德里举办的“太极遇见瑜伽”文化旅游推介会、在美国纽约时代广场举办的太极功夫表演等一系列走出去活动，向全世界展示太极文化的独特魅力，逐步提升传播力影响力。

太极拳从焦作温县陈家沟走向世界，近年来，陈家沟从一个普通的村庄建设成为了集旅游观光、文化交流、太极功夫比赛的旅游度假区。先后引进了投资 23 亿元的陈家沟太极文化国际旅游养生基地、投资 36 亿元



院”、《印象·太极》大型实景演艺等项目。特别是全国第一所太极拳专业高等院校——河南太极拳学院在陈家沟的正式落户和张艺谋团队打造的大型实景演艺项目《印象·太极》正式启动。大型精品舞台剧《太极传奇》已在国内外上演百余场次。电视剧《太极·道》之《太极宗师》、宣传片《太极拳 人类的共同财富》、纪录片《盛世太极》、好莱坞大片《龙之诞生》等影视作品相继拍摄上映，为在向全国乃至世界推广焦作陈家沟太极拳文化发挥了重要作用。

练习太极拳可以强身健体，在今年全球范围内的新冠疫情战“疫”中，太极发挥了正能量。钟南山院士团队研究发现，打太极拳对改善慢阻肺患者功能状态方面的效果与传统肺康复锻炼相当。疫情以来，陈家沟太极拳优秀传承人公益教学，太极“网练”掀起热潮。美国、意大利、法国、日本等多个国家的太极拳爱好者纷纷认真习练太极拳并分别用中文高喊“中国加油”！2020年4月初，中国太极名家陈炳在太极拳发源地——陈家沟录制了一组太极拳视频，通过各地焦作文化旅游宣传推广中心发布，向意大利、英国、希腊等国家的太极拳



爱好者送去了支持和问候。

太极拳申遗成功，焦作市举办了热烈丰富的庆祝活动，来自太极拳各大流派传承人在焦作探讨太极拳的未来发展传承，为今后太极拳的可持续更好发展提供路径。太极拳申遗成功，为焦作联通世界打开了大门，焦作市将继续大力弘扬太极文化，展现太极魅力，为世界和谐美好贡献力量。

Tai Chi inscribed among World's Intangible Cultural Heritages, making Jiaozuo City go global

Article/Jiaozuo Municipal Bureau of Culture, Radio, Television and Tourism
Image/Jiaozuo Municipal Bureau of Culture, Radio, Television and Tourism, Quanjing



Jiaozuo City is the cradle of Tai Chi, or Taijiquan. Chinese Tai Chi was inscribed on the United Nations Educational, Scientific and Cultural Organization (UNESCO) Representative List of Intangible Cultural Heritage of Humanity on December 17, 2020 with the approval of UNESCO's Intergovernmental Committee. With the latest round of additions, China now leads all countries with 42 officially recognized "intangible cultural heritages."

Characterized by circular movements, Tai Chi is a traditional physical practice based on the traditional Chinese philosophy and regimen, such as a cycle of Yin and Yang, which are two complementary forces making up all aspects and phenomena of life, and the harmony between men and nature. It works in harmony with breath regulation and cultivation of a righteous mind. Taijiquan's basic movements center upon 5 steps and 8 techniques with a series of routines, exercises and hand-pushing skills performed with a counterpart. Practitioners can cultivate their minds and build up their bodies by mastering Tai Chi's movements.

Tai Chi dates back to the middle of the 17th century. It was created by Chen Wangting in Chenjiagou Village, China. Being passed down for generations, Tai Chi evolves into various styles on the basis of the Chen style, such as the Yang style, the Wu style and the He style. There are over 80 movements and weapon routines as well as 20-odd gestures. Nearly 400 million Tai Chi fans come from 150 countries and regions. Tai Chi's cultural significance and social functions are further enriched, which proves the creativity of human beings. At present, the sport has become a bond for

exchanging international cultures and a bridge for communication. Inscribed on the UNESCO Intangible Cultural Heritage List, Tai Chi will facilitate the consensus on protecting and inheriting the sport, and indicate Tai Chi's significance for promoting the sustainable development of the mankind.

In recent years, Jiaozuo City carries forward the culture of Tai Chi. For example, it aims to establish a World Tai Chi City by creating a holy land of Tai Chi and conducting "Tai Chi Culture +" strategy. China Jiaozuo International Taijiquan Exchange Competition and Yuntai Mountain Tourism Festival are held every 2 years in Jiaozuo City. Tai Chi fans and tourists across the world crowd into the place to practice the sport and go sightseeing. The city continues to promote Tai Chi overseas and increase its influence. In recent years, Jiaozuo City has signed friendly cooperation framework agreements of Tai Chi with Thunder Bay, Canada and Chungju, South Korea respectively. An International Taiji Park lies by Lake Superior in Thunder Bay. Jiaozuo Culture and Tourism Promotion Centers are built in Los Angeles, Athens, London and Pitigliano, which enables Tai Chi culture go global. Besides, a series of events were successfully planned and organized to present the uniqueness of Tai Chi culture to the world and gradually increase the culture's influence, including "Enjoy Taijiquan, Enjoy Well-Being", Taijiquan Performance by



millions of Taijiquan fans around the world, the Belt and Road China Tai Chi Culture World Tour, "One Belt and One Road Long March" held in Greece and Britain, Henan Culture and Tourism Promotion hosted in New Delhi, India, and Tai Chi performance in New York's Times Square.

Tai Chi originated in Chenjiagou, Wen County, Jiaozuo City and now goes global. In recent years, Chenjiagou has become a tourist resort for sightseeing, culture exchange and Tai Chi competitions. Plenty of projects have been introduced to this place, including Chenjiagou International Wellness Tourism Base of Tai Chi Culture worth 2.3 billion yuan, Chenjiagou Ecological Park of Tai Chi Culture with the investment of 3.6 billion yuan, Taijiquan Academy in Physical Education College of Zhengzhou University and a large-scale tourism performance project named Impression · Tai Chi. Henan's Taijiquan Academy is China's first professional institute of higher learning for Tai Chi, Impression · Tai Chi has been officially launched by Zhang Yimou's team, and the large-scale stage play Legend of Tai Chi has been performed at home and abroad hundreds of times. Film and television works have been released one after another to promote Chenjiagou's Tai Chi culture domestically and overseas, such as a TV series Tai Chi Master of Tai Chi · Dao, a promotion video Taijiquan: The Common Wealth of the Mankind, a documentary Tai

Chi of the Prosperous Era and a movie from Hollywood named Birth of the Dragon.

Tai Chi helps to build up your bodies, which has played a positive role in combating COVID-19 in 2020. After a series of researches, Academician Zhong Nanshan's team found that Tai Chi is as good as traditional pulmonary rehabilitation exercise when they are adopted to improve the health of patients with chronic obstructive pulmonary disease. Inheritors of Chenjiagou Tai Chi have taught students for free since the outbreak of COVID-19. Many people start learning Tai Chi online. Fans of the sport are diligent in Tai Chi and chant "Cheer up, China" in Chinese. Chen Bing, Chinese master of Tai Chi, shot a Tai Chi-related video in Chenjiagou, cradle of the sport, at the beginning of April, 2020. This video released by Jiaozuo Culture and Tourism Promotion Centers has greeted and encouraged Tai Chi fans in Italy, UK and Greece.

Tai Chi has been officially included on the Representative List of the Intangible Cultural Heritage of Humanity. A grand celebration was held at Jiaozuo City. Inheritors of different Tai Chi styles were discussing Tai Chi's future and trying to figure out a path towards more sustainable development in the celebration. The success of Tai Chi opens a door of the world to Jiaozuo. The city will continue to carry forward Tai Chi culture, display the sport's glamor and help build a harmonious and wonderful world.





洛杉矶荣获“2020最佳体育城市”称号

文/洛杉矶会议及旅游局 图/全景

每年年末,《体育商业期刊(Sports Business Journal)》都会就年度最佳体育赛事和行业未来展望等诸多话题对其读者进行问卷调查以了解体育消费者的心声。2020年调查结果近日新鲜出炉,洛杉矶被评为“2020最佳体育城市(Best Sports City 2020)”。

荣耀归属洛杉矶,可谓实至名归:洛杉矶湖人队(Los Angeles Lakers)和道奇队(Los Angeles Dodgers)分别获得了NBA总冠军和美国职业棒球大联盟世界大赛(World Series)冠军,SoFi体育场(SoFi Stadium)盛大开幕,全美女子足球联赛的天使城足球

俱乐部(Angel City FC)球队成立,以及2028洛杉矶奥运会与残奥会会徽的发布正式开启了迈向2028年的旅程。

《体育商业期刊》的出版商兼执行编辑亚伯拉罕·麦库(Abraham Madkour)表示:“在令人难以置信的变化时期,这个评选过程让我们能够回顾一下过去一年里的体育赛事和行业活动。当然我们面临许多挑战,因为在这么多杰出的候选名单里,每个类别中只能选出一名优胜者。在这充满挑战的一年中,体育领域还是发生了许多创新。”

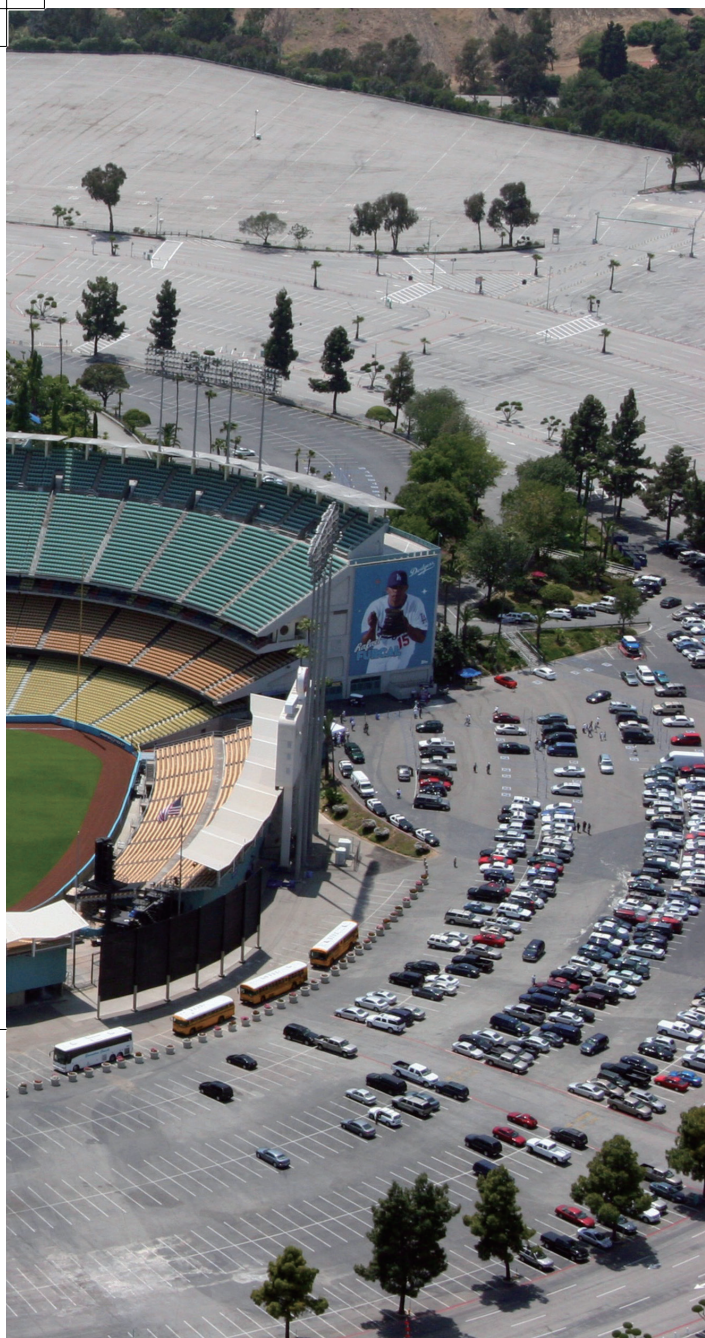
Los Angeles named Best Sports City 2020

Article/ Los Angeles Tourism & Convention Board Image/Quanjing

The Sports Business Journal (SBJ) receives opinions from sports consumers through questionnaires on the best sports event of the year and the future of the sports industry at the end of every year. Result of the 2020 was announced recently. Los Angeles was named Best Sports City in the year of 2020.

Los Angeles deserves the honor. The Lakers and Dodgers have achieved ultimate greatness by winning their respective championships in NBA and World Series of the Major League Baseball. The SoFi Stadium has had a grand opening, the National Women's Soccer League established its own team—Angel City FC, and the 2028 Olympic Games and the 2028 Paralympic Games launched their emblems, starting the preparation for the year of 2028.

Abraham Madkour, SBJ's publisher and executive editor, said, "This process allowed us to look back at an incredible period of change in sports business. We were certainly challenged to pick just one winner in each category because there were so many outstanding candidates that speak to just how much innovation has taken place in sports during this challenging year."





渥太华

Ottawa

