

Visual Analysis of Research Literature on Tai Chi Schools Based on CiteSpace

Xiaoyan Bai, Xiuqin Li*

School of Humanities and Management, Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

*Correspondence Author

Abstract: Objective: To conduct a visual analysis of research related to Tai Chi schools, outlining the overall development landscape, research hotspots, and cutting-edge trends in this field. Methods: Literature on Tai Chi schools was retrieved from self-built databases of China National Knowledge Infrastructure (CNKI), Wanfang, and VIP databases up to May 26, 2025. Bibliographic records were compiled using NoteExpress v4.2.0.10240 software, and knowledge graphs were generated for publication frequency, authors, institutions, and keywords using CiteSpace 6.4 R1 for visual analysis. Results: A total of 993 articles were included, showing an overall fluctuating upward trend in annual publications. The literature involved 563 authors and 425 research institutions, including 115 core authors; the most prolific authors were Chen Zhenglei and Liu Qiaofang; the institution with the highest publication output was Beijing Sport University. High-frequency keywords included “Tai Chi,” “inheritance,” “development,” and “Chenjiagou.” Conclusion: Research on Tai Chi schools primarily focuses on historical origins, martial arts techniques and theory, development and dissemination, as well as medical and exercise physiological effects. “Development,” “Chenjiagou,” and “inheritance” have remained persistent research hotspots in recent years. Future studies should further explore their applications in exercise prescription formulation and integration with wellness practices to advance the development of various Tai Chi schools in health promotion and disease prevention.

Keywords: CiteSpace, Tai Chi schools, Visualization analysis.

1. Introduction

Tai Chi Chuan, as a traditional Chinese martial art and therapeutic practice in Traditional Chinese Medicine, integrates the core philosophies of Confucianism, Buddhism, Taoism, martial arts, and medicine, serving as a multifaceted cultural vehicle that combines combat skills, health benefits, and cultural heritage [1]. Throughout its evolution, influenced by regional characteristics, functional needs, and individual practitioners' styles, it has given rise to numerous branches [2]. Regular practice of various Tai Chi styles has been proven to deliver comprehensive health benefits, including improving cardiopulmonary function and metabolic status; enhancing joint stability, balance, and cognitive abilities; alleviating anxiety and depression; and boosting immune function [3–6]. According to the World Tai Chi Blue Book [7], Tai Chi has spread across over 150 countries and regions worldwide. The International Yang-style Tai Chi Association has established 48 Tai Chi centers and 52 affiliated schools globally, while Sun-style Tai Chi has founded 18 development bases abroad. Overall, Tai Chi styles have achieved widespread dissemination and attracted vast audiences, not only facilitating the international promotion of Traditional Chinese Medicine but also enriching its theoretical framework and technical repertoire through diverse developments, thereby advancing its preservation, innovation, and growth [8, 9]. Although research on Tai Chi styles has become increasingly abundant in recent years, existing literature still lacks systematic synthesis. This study employs the CiteSpace bibliometric methodology to select 993 literature articles meeting inclusion criteria from three major databases—China National Knowledge Infrastructure (CNKI), Wanfang, and VIP—covering the period from 1979 to 2025, for systematic visual analysis. By constructing “author collaboration networks,” “institutional distribution maps,” and “keyword co-occurrence and emergence maps,” the study systematically traces the developmental trajectory of Tai Chi school research, identifies current research status, key themes, and emerging

trends in this field, aiming to provide a reference basis for further in-depth research and the preservation and advancement of Tai Chi.

2. Materials and Methods

2.1 Data Sources

The literature data were sourced from three major databases: China National Knowledge Infrastructure (CNKI), Wanfang, and VIP. The search time range covered from the establishment of each database until May 26, 2025. Specifically, CNKI employed advanced search functionality, yielding a total of 2,798 relevant articles; Wanfang utilized specialized search criteria, covering journals, dissertations, and conference papers, resulting in 4,021 articles; VIP employed advanced search, ultimately retrieving 2,659 articles.

2.2 Data Screening and Processing

The literature exclusion criteria included: (1) duplicate publications; (2) studies with inaccessible data; (3) literature types unrelated to the research topic, such as newspapers, news articles, reviews, and general opinion pieces. By eliminating duplicate entries and reviewing the titles, keywords, and abstracts of remaining publications, a total of 993 eligible studies were identified for inclusion in subsequent bibliometric analysis and visualization studies.

3. Results

3.1 Analysis of Publication Volume

Excel software was employed to conduct statistical analysis of the annual publication volumes in the included literature and generate corresponding charts. The results indicate that from 1978 to 2024, annual publications on Tai Chi schools

generally exhibited a fluctuating upward trend. Particularly starting in 2004, the growth rate accelerated significantly, reaching its peak in 2019. Although there were declines in 2012 and 2018, the overall volume remained at a high level (see Figure 1: Annual Publication Volume of Tai Chi Schools).

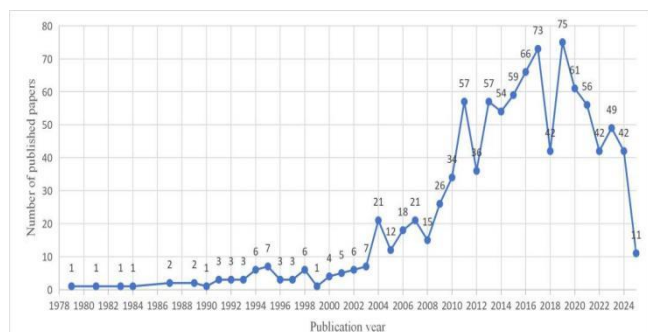


Figure 1: Annual Number of Publications by Taijiquan Schools

3.2 Source Journals

The included literature was published in a total of 225 journals. Among these, Shaolin and Taiji had the highest number of publications (57 articles), followed by Zhonghua Wushu (37 articles) and Wushu Studies (32 articles). In the core journals category, the top three were Lantai World (12 articles), Journal of Beijing Sport University (10 articles), and Sports Culture Guide (9 articles).

3.3 Author Collaboration Analysis

Using CiteSpace software, we conducted a visual analysis of authors' collaboration networks: nodes in the graph represent authors, with node count indicating total author numbers; node size is proportional to publication output, while the number and thickness of edges reflect collaboration intensity (Figure 2). The results reveal that the included literature involved 563 authors and formed 190 collaborative connections. The authors with the highest publication outputs were Chen Zhenglei and Liu Qiaofang (both with 7 publications each).

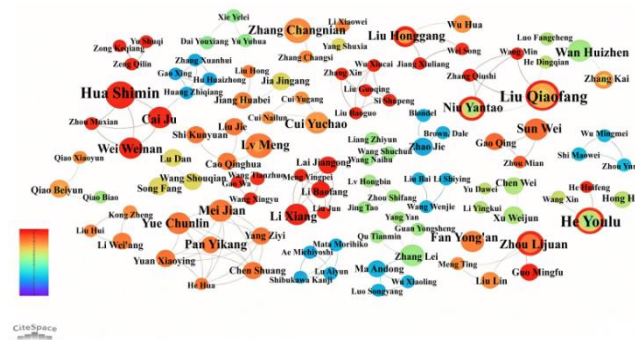


Figure 2: Author Collaboration Network

Based on the calculation of core author distribution using Price's Law [10] (where n_{max} represents the number of papers published by the author with the highest output, and M denotes the minimum number of papers published by a core author), the value is 1.982; M is rounded to the nearest integer, resulting in a minimum publication threshold of 2 papers for core authors in this field. Consequently, 115 core authors

were identified, accounting for 20.4% of the total authors, with a combined publication count of 285 papers. This figure does not yet reach 50% of the total number of Chinese academic publications (993 papers), indicating that a significant core author community has not yet emerged in this field. As shown in Figure 2's collaboration network, core authors in Chinese literature have formed a small-scale collaborative group represented by Liu Qiaofang, Niu Yantao, He Youlu, Mei Jian, Zhou Lijuan, Wan Huizhen, and Lü Meng.

3.4 Analysis of the Issuing Institutions

The collaborative relationships among the research institutions are illustrated in Figure 3. This collaboration network comprises 425 nodes and 121 connections, with a network density of 0.0013, indicating relatively sparse inter-institutional cooperation ties. Geographically, collaborations are predominantly concentrated within the same region, while cross-regional cooperation remains limited. Institutions such as Beijing Sport University, Shanghai Sport University, Henan University, and Guangzhou Sport University have formed certain collaboration clusters, but the frequency of collaborations is generally low and primarily involves intra-provincial cooperation. The majority of nodes are universities, with Beijing Sport University publishing the highest number of papers (48), followed by Shanghai Sport University (46) and Henan University (39).



Figure 3: Collaboration Network of Publishing Institutions

3.5 Analysis of Key Words and Terms

3.5.1 Co-occurrence Analysis of Keywords

Through co-occurrence analysis of keywords, researchers can identify high-frequency terms and their interrelationships within a specific field during a given period, thereby revealing the prevailing research priorities and directions. Figure 4 presents a keyword co-occurrence map for Tai Chi school studies, comprising 711 keywords and 1,034 connections with a network density of 0.0041, indicating strong structural validity. Mediating centrality measures a node's role as a bridge connecting other nodes; higher values signify greater connectivity importance and strategic significance [11]. Table 1 lists the top 10 keywords ranked highest in both frequency and mediating centrality. Those demonstrating both high centrality and frequency include: Tai Chi (241, 0.64), inheritance (41, 0.07), traditional martial arts (29, 0.09), Chenjiagou (24, 0.04), elderly individuals (19, 0.04), fitness (17, 0.05), and health preservation (11, 0.03).

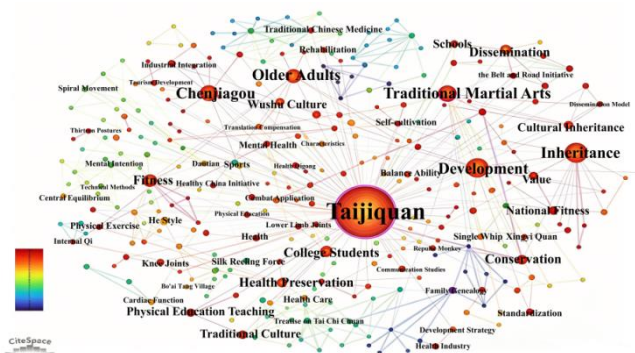


Figure 4: Co-occurrence map of key terms across Tai Chi schools

Table 1: Top Ten Most Frequent Keywords

order number	Keywords	frequency	Keywords	Intermediary Centrality
1	taijiquan	241	taijiquan	0.64
2	inherit	41	Traditional Martial Arts	0.09
3	develop	39	inherit	0.07
4	Traditional Martial Arts	29	immunologic function	0.06
5	Chenjiagou	24	body building	0.05
6	old people	19	single whip	0.05
7	body building	17	Chenjiagou	0.04
8	university student	12	family tree	0.04
9	preserve one's health	11	old people	0.03
10	disseminate	11	preserve one's health	0.03

3.5.2 Keyword Cluster Analysis

Keyword clustering analysis helps clearly delineate the domain scope of research topics, reveals the positions and interrelationships of various keywords within the knowledge system, enables a macro-level understanding of the knowledge structure and framework of the research field, and facilitates the identification of emerging research trends and prediction of future directions. In CiteSpace, the LLR

algorithm is used for keyword clustering, allowing systematic categorization of keywords associated with Tai Chi schools, and further identifying the research topics and categories of Tai Chi schools and their various branches.

Through cluster analysis of keywords, a total of 18 clusters were identified (see Figure 5). The module value (Q-value) was 0.8031, and the average silhouette score (S-value) was 0.9492. Generally, Q-values fall within the range (0, 1); a Q-value > 0.3 indicates significant statistical significance of the clustered structure, an S-value > 0.7 signifies efficient and reliable clustering results, while an S-value > 0.5 suggests reasonable clustering. Both Q-value and S-value in this study are high, indicating robust clustering structure and strong reliability. The top 15 clustered keywords are: Tai Chi, inheritance, martial arts, middle-aged and elderly individuals, fitness, human body, Japanese style, mental focus, human health, Sun Lutang, single whip technique, dantian, boxing theory, schools of thought, and power generation. Based on these keywords, they can be categorized into four major thematic groups (see Table 2): Martial Arts History and Cultural Heritage (#0, #1, #6, #9, #14); Technical Theory and Movement Science (#2, #7, #10, #11, #12, #16); Medicine and Exercise Physiology (#3, #4, #5, #8).

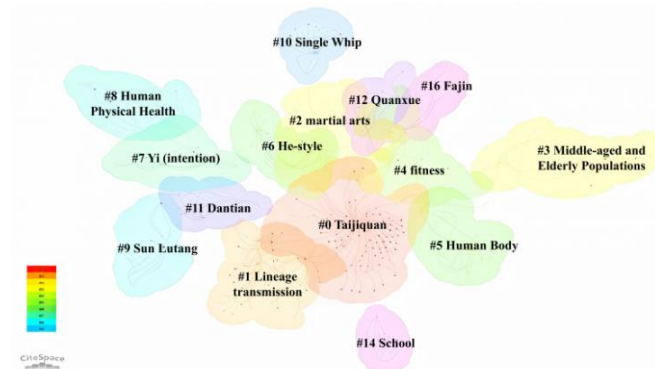


Figure 5: Keyword clustering of Tai Chi schools

Table 2: Clustering Labels for Key Terms of Tai Chi Schools

clustering	Cluster Block Number	Cluster Size	Centrality	Label
1	#0 Tai Chi	120	0.944	Development, dissemination, traditional culture, internationalization, sports Intangible Cultural Heritage; Chenjiagou; Industrialization; Model Analysis; Innovation Research; Yin and Yang; The Book of Changes; Lightness and Flexibility; Huangdi Neijing; Theory of Tai Chi Chuan; Force Application; Transmission Relationships; Compilation; Publication and Distribution; Stylistic Characteristics
	#1 Heritage	54	0.878	
	#6 Japanese Style	23	0.937	
	#9 Sun Lutang	20	0.93	
2	#14 Genre	8	0.998	Technical system; lower limb joints; college students; Thirteen Postures; techniques; mental focus; maintaining central balance; single whip technique; oblique step; white crane spreading wings; white snake expelling breath; free fighting; reverse abdominal breathing method; boxing classics; movement quality; essential principles
	#2 Martial Arts	36	0.948	
	#7 Mindset	22	0.967	
	#10 Single Whip	16	0.995	
	#11 Dantian	15	0.991	
	#12 Boxing Theory	11	0.949	
3	#16 Apply Force	7	0.983	Health preservation, cardiac function, immune function, physiology, disease treatment, meridian theory, physical fitness enhancement, Traditional Chinese Medicine (TCM), comprehensive internal and external cultivation
	#3 Elderly People	29	0.984	
	#4 Fitness	28	0.965	
	#5 Human Body	26	0.941	
	#8 Human Health	21	1	

Cluster #0, #1, #6, #9, and #14 focus on Tai Chi schools such as the Chen, Yang, He, Sun, Wu, and Wu styles, systematically examining their historical origins, technical systems, philosophical foundations, cultural dissemination, and transmission development; Clusters #2, #10, #11, #12, and #16 concentrate on the technical systems, movement principles, and mechanical mechanisms of these schools, covering force generation techniques, mental focus application, and elaborating on core concepts like single whip

movements and dantian energy with internal strength; Clusters #3, #4, #5, and #8 primarily examine the multi-dimensional impacts of Chen-style and Yang-style Tai Chi on human health — including physiological functions, mental well-being, and chronic disease prevention — integrating traditional theories with modern scientific knowledge to explore their fitness principles, technical characteristics, cultural value, and mechanisms of action.

3.6 Keyword Highlighting

The keyword emergence map reveals the dynamic characteristics of research themes from the perspective of “hotspot intensity,” effectively identifying keywords that experience significant surges and sustained attention during specific periods. Building upon keyword clustering in Tai Chi school studies, further emergence detection was conducted (Figure 6), yielding the following results: The keyword with the highest emergence intensity was “development” (6.24), followed by “Chenjiagou” (4.85) and “inheritance” (4.26); the keyword with the longest emergence duration was “Chanshi Jin” (1981–2002). Over the past five years, keywords such as “balance ability,” “national fitness,” and “elderly individuals” have shown significantly increased emergence intensity, indicating a shift in Tai Chi research from traditional school analysis toward health promotion and addressing societal needs related to aging.

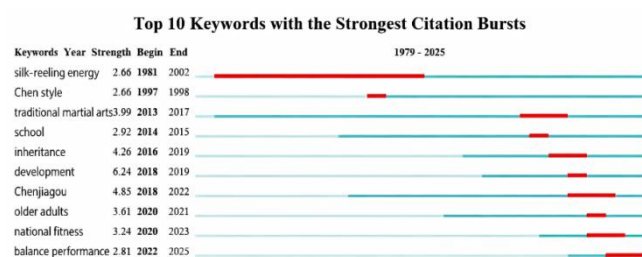


Figure 6: Map highlighting key terms of Tai Chi schools

4. Discussion

Analysis of annual publication volumes and keyword trends reveals that research focuses on Tai Chi schools are closely linked to historical events and policy initiatives. Deng Xiaoping’s 1978 inscription “Tai Chi is excellent” significantly enhanced its international influence and spurred academic exploration. In 2006, Tai Chi was included in China’s first National Intangible Cultural Heritage List, and later recognized as a UNESCO Intangible Cultural Heritage in 2020—a milestone that ignited extensive research encompassing historical documentation, terminology translation, and lineage studies, making the development of various schools a prominent academic focus. The implementation of the National Fitness Program has increased physical activity participation, with Tai Chi, renowned for its comprehensive benefits for both internal and external health [12], becoming a key component of public fitness initiatives. The target targets for the sports industry scale outlined in the National Fitness Program (2021–2025) further positioned mass fitness as a central research theme, leading to widespread discussion about the therapeutic value of Yang-style, Chen-style, and He-style Tai Chi. Concurrently, national policies promoting elderly health have intensified research into how Chen-style and Yang-style Tai Chi improve physiological functions and overall well-being among seniors. Furthermore, the 2024 “Letter Responding to Proposal No.02941 of the Second Session of the 14th National Committee of the Chinese People’s Political Consultative Conference” [13] advocated promoting the integration of martial arts and traditional Chinese medicine (TCM) and exploring TCM-based healthcare models. Additionally, the 2025 “Guidelines for the Establishment and Management of Preventive Medicine Departments in Traditional Chinese Medicine Hospitals (Revised Edition)” [14] officially listed

Tai Chi as a preventive healthcare service, further driving in-depth research across various Tai Chi schools, with anticipated continued growth in related publications. Social initiatives have also contributed to this field: Chenjiagou, the birthplace of Chen-style Tai Chi, has organized cultural events and international exchanges since 2018, earning recognition as a National Sports Tourism Demonstration Base in 2022 and remaining a prominent academic focus from 2018 to 2022. Analysis of keyword clustering reveals that current research on Tai Chi schools primarily covers five core dimensions: (1) Historical origins, examining lineage development, key figures, theoretical texts, and philosophical concepts; (2) School inheritance, tracing the evolution of major schools [15, 16]; (3) Key figures, focusing on the lives, techniques, and martial theories of masters like Chen Fake and Yang Luchan [17]; (4) Theoretical works, centered on classics such as *Illustrated Chen-style Tai Chi* and *Quanjing Zongge*; and (5) Philosophical applications, exploring how Yin-Yang theory and Confucian/Daoist thought influence schools like Sun-style and Wu-style Tai Chi. In terms of martial arts techniques and theory, biomechanics and kinematics methods were employed in conjunction with equipment such as the Vicon motion capture system and electromyography devices to quantitatively analyze parameters like joint angles [18] and muscle activation for classic movements such as “Wild Horse Parting Its Mane.” Additionally, technical differences among various schools were compared from dimensions including movement morphology and offensive-defensive principles [19], while technical performances of practitioners at different proficiency levels were analyzed to identify optimization pathways. The technical characteristics and choreographic patterns of competition routines were also examined to inform teaching practices [20]. Regarding development and dissemination, the study investigated both the current regional developments and opportunities of various Tai Chi schools and explored transnational dissemination models under the Belt and Road initiative, English translation practices of classical texts [21], cultural industry applications [22], as well as teaching innovations and modern media dissemination strategies in universities, secondary schools, and social clubs. From a multidisciplinary perspective in medical and exercise physiology, the positive effects of Tai Chi schools — primarily Chen-style and Yang-style — on diverse populations — including chronic disease patients, sedentary individuals, elderly people, and students — were evaluated. These effects encompass improvements in physiological functions (e.g., blood pressure, levels of inflammatory factors IL-6 and TNF- α), disease intervention [23, 24] (e.g., type 2 diabetes, hypertension, chronic obstructive pulmonary disease), and mental health (e.g., stress reduction and enhanced well-being), with comparisons made between different schools regarding exercise intensity and intervention efficacy. In the areas of society, art, management, and space, the study examines the clan-based inheritance mechanism of Chen-style Tai Chi, its socio-cultural adaptation within Chen-style martial arts traditions, and explores its artistic integration with calligraphy and dance [25]. It employs cultural geography and spatial analysis theories to investigate the relationship between Yang-style Tai Chi and its geographical environment as well as the social spatial characteristics of its practitioners. The research also addresses community motivation for practice, sustainable management

of Tai Chi associations, and the practical model of Chenjiagou Tai Chi in contributing to rural revitalization.

Currently, there remain unresolved controversies regarding the historical origins of various Tai Chi schools, and the internal lineage traditions within each school are often unclear. Additionally, some less-known classical texts and documents have not been sufficiently excavated or studied. It is recommended to further advance the development of a digital Tai Chi museum and specialized databases to facilitate the excavation and sharing of historical materials, thereby supporting sustained research progress. At the technical and theoretical level, efforts should focus on enhancing research into the biomechanical mechanisms underlying movements across different Tai Chi schools and their practical applications. By integrating artificial intelligence and big data, models for evaluating and optimizing movement quality can be developed to provide practitioners with scientifically grounded guidance and reduce sports injury risks [26]. In medical and exercise physiology, existing studies predominantly concentrate on short-term intervention effects; future research should emphasize the long-term health benefits of Tai Chi practice, transcending limitations inherent in mainstream schools like Chen and Yang's approaches, and exploring the physiological and psychological impacts of different schools on diverse populations to establish stronger empirical foundations for personalized exercise prescriptions [27, 28]. Regarding dissemination, significant potential exists for integrating Tai Chi with industries such as cultural tourism, wellness, and digital creativity [29, 30]. Concurrently, international communication capabilities must be strengthened to enhance Tai Chi's global influence and recognition. From social and cultural perspectives, Tai Chi—as a deeply rooted cultural phenomenon in daily practice—exerts significant potential functions in fostering social relationship building and advancing the development of civil society organizations. Moreover, the sociocultural significance of its various schools [31–33] warrants greater scholarly attention and exploration.

5. Summary

As a UNESCO Intangible Cultural Heritage, Tai Chi Chuan embodies the wisdom and spirit of the Chinese nation, and its protection, inheritance, dissemination, and development hold significant importance [34]. It is not only a symbol of cultural confidence among the Chinese people but also a vital force in enhancing national cohesion. The sustained development and mutual reinforcement among various schools collectively contribute to the overall advancement of Tai Chi Chuan. Against the backdrop of comprehensively advancing the Healthy China initiative, mass fitness has become a fundamental cornerstone for ensuring healthy living [35]. With its diverse school styles, Tai Chi Chuan allows individuals of all ages—youth, middle-aged adults, or seniors—to choose appropriate practice methods tailored to their needs, thanks to its low venue requirements, strong adaptability, and high potential for widespread adoption [36]. Academician Zhong Nanshan emphasized that physical exercise should focus on the comprehensive improvement of physical constitution and functional capabilities, including key attributes such as strength, speed, endurance, and flexibility [37]. Tai Chi Chuan perfectly integrates these

training objectives, offering both gradual fat reduction and comprehensive health promotion benefits, along with multifaceted physiological and psychological advantages. As one of the representative traditional exercises of Traditional Chinese Medicine (TCM), Tai Chi Chuan demonstrates unique strengths in international dissemination; its movement patterns and cultural concepts are readily embraced by cross-cultural audiences, making it an effective medium for promoting TCM globally [38]. Currently, the rapid advancement of cutting-edge technologies such as artificial intelligence and big data provides new methodologies and tools for systematic research on Tai Chi Chuan schools [39, 40]. With continued policy support and evolving technological resources, research on Tai Chi Chuan schools is poised to embrace even broader prospects in the future. It not only continues to support a healthy lifestyle for the public, but will also play an even more significant role in cultural heritage preservation and international cultural exchanges, serving as a vital window for the world to understand China's culture.

Fund Project

Shaanxi Provincial Social Science Fund Project (2024F002); High-level Key Discipline of Traditional Chinese Medicine (2024XKZD14).

References

- [1] ZHAO Zeren, ZHANG Yun, ZHANG Shan. The inheritance and development of China Taijiquan (1991–2018) [M] // Li Shenming, Li Minrong, Gong Songqi, et al. World Taijiquan Development Report (2019). Beijing: Social Sciences Academic Press, 2020:1–64.
- [2] ZHANG Changnian. A Brief History and Schools of Taijiquan [J]. Lantai World, 2014(27):81–82.
- [3] HONG Yi, WANG Yongbin, SHI Chen, et al. Effect of Shadow Boxing Training on Cardiopulmonary Function and Quality of Life in Patients with Coronary Heart Disease [J]. Practical Journal of Cardiac Cerebral Pneumal and Vascular Disease, 2023, 31(12):129–133.
- [4] LI Baofang, MENG Yingpei, LIU Jun, et al. Effect of Chen Style Tai Chi on Balance Ability in Patients with Chronic Ankle Instability [J]. Fujian Journal of Traditional Chinese Medicine, 2024, 55(08):37–41.
- [5] WU Tingting, WANG Yaqun, LUO Xiangru, et al. Effects of Tai Chi exercise on cognition and health-related quality of life in patients with Parkinson's disease [J]. Chinese Journal of Rehabilitation, 2018, 33(2):95–97.
- [6] WANG Jian, WEI Wen, ZHONG Shan, et al. Application of Chen's Taiji boxing training camp in patients with depression after stroke [J]. China Modern Medicine, 2024, 31(04):58–61.
- [7] LI Shenming, LI Minrong, JING Xianghui, et al. World Tai Chi Development Report (2023–2024) [M]. Beijing: Social Sciences Academic Press, 2024.
- [8] LV Yanqiong. Research on the Evolution of Taijiquan Schools [D]. Shanxi Normal University, 2015.
- [9] WEI Chengcheng. Research on the Historical Evolution and Influencing Factors of the Taijiquan Technical System [D]. Sports Science; Ethnic Traditional Sports, Shandong Normal University, 2020.

- [10] HOU Mingkai, QIN Jinghan, ZHANG Daopei, et al. Visual Analysis on Research Hotspots and Trends of Traditional Chinese Medicine in the Treatment of Benign Paroxysmal Positional Vertigo [J]. *Guiding Journal of Traditional Chinese Medicine and Pharmacy*, 2025, 31(02):131–137.
- [11] CHEN Yue, CHEN Chaomei, HU Zhigang, et al. Principles and Applications of Citation Space Analysis: A Practical Guide to CiteSpace [M]. 2014.
- [12] ZHAO Yujuan. Tijiquan and nationwide body-building plan [J]. *Journal of Henan Institute of Science and Technology (Natural Science Edition)*, 2006(02):122–125.
- [13] General Administration of Sport of China. Letter responding to Proposal No.02941 (Healthcare Category No.226) submitted at the Second Session of the 14th National Committee of the Chinese People's Political Consultative Conference National Sports Administration [EB/OL]. [2025-09-07]. <https://www.sport.gov.cn/n315/n10702/c28154303/content.html>.
- [14] National Administration of Traditional Chinese Medicine. Notice from the General Office of the National Administration of Traditional Chinese Medicine on Issuing the “Guidelines for the Establishment and Management of Preventive Treatment Departments in Traditional Chinese Medicine Hospitals (2025 Revised Edition)” [EB/OL]. [2025-08-25]. <http://www.natcm.gov.cn/zxyjhyssmzyys/zhengcewenjian/2025-07-24/36671.html>.
- [15] WANG Yong, TANG Jingzhi. Research on Wu-style Tai Chi culture [J]. *Sports Culture Guide*, 2015(09):67–71.
- [16] HONG Jingya; LIN Xiaoqun. An Oral History Investigation and Basic Characteristics of the Development of He-style Taijiquan [J]. *Wushu Studies*, 2025, 10(01):64–66.
- [17] LV Meng. Research on Wu Yuxiang's Martial Arts Philosophy [D]. Henan University, 2013.
- [18] ZHOU Muxian, WEI Weinan, Cai Ju, et al. On the Characteristics of Hip Joint Movement in Chen Style Taijiquan—Taking the action of “Lazy Dressing” as an example [J]. *Wushu Studies*, 2022, 7(02):70–74.
- [19] CAI Jinkang. Technical differences between traditional Yang-style Tai Chi and Chen-style Tai Chi and their causes [D]. Zhejiang Normal University, 2023.
- [20] LU Yunhang, LENG Xuan, YANG Hongling. Analysis of Pedagogical Design and Implementation Strategy for Grasp the Bird's Tail of Taijiquan from the Perspective of the Value of Wushu [J]. *Wushu Studies*, 2024, 9(06):65–69.
- [21] ZHOU Fanghui. Translation practice report on “Yang-style Tai Chi Chuan” (excerpt) from the perspective of purpose theory [D]. Xi'an International Studies University, 2019.
- [22] LI Ruipeng. Research on Development Paths of Martial Arts Tourism in Hebei Province [D]. Chengdu Sport University, 2023.
- [23] ZHANG Qiaoli, HU Shugang, WANG Lei. Effect of Tai Chi Training on Home-based Cardiac Rehabilitation of Patients with Stable Coronary Heart Disease [J]. *Chinese Journal of Sports Medicine*, 2022, 41(10):767–772.
- [24] LIU Yi, WANG Chunguang. Clinical Observation on Rectifying Spinal Curvature by Practising Chenshi Hexagram Boxing and Athletic Rehabilitation [J]. *Guiding Journal of Traditional Chinese Medicine and Pharmacy*, 2007(11):42–43.
- [25] LIU Zhexuan. Exploration of the integration between modern dance and intangible cultural heritage Yang-style Tai Chi in the original small-scale dance drama *Yang Luchan* [D]. Liaocheng University, 2023.
- [26] DUAN Dejian, WU Dong, LI Wenbo, et al. A Realistic Review and Future Dimension of Tai Chi Health Promotion Research [J]. *Journal of Beijing Sport University*, 2024, 47(03):145–156.
- [27] SONG Yike, Bu Zhijun, MA Wenxin, et al. Clinical Application of Green Prescription of Traditional Chinese Medicine: Problems and Solution Strategies [J]. *Journal of Traditional Chinese Medicine*, 2025, 66(11):1094–1098.
- [28] CEN Xuanzhen, SUN Dong, SONC Yang, et al. Research on the Innovative Pathways of Integration of Sports and Medicine for National Health Promotion Under the Background of Healthy China [J]. *Journal of Xi'an Physical Education University*, 2025, 42(02):199–207.
- [29] QIN Mengmeng. Research on the Integrated Innovation and Development of Taijiquan Culture and All-for-One Tourism [D]. Tianjin Sport University, 2021.
- [30] DU Changliang, YIN Zijun. Digitization of Chinese Excellent Traditional Sports Culture Under the Background of “Going Global” Strategy [J]. *Journal of Shenyang Sport University*, 2025, 44(04):124–130.
- [31] WU Xuanting, JI Canzhong. Capital, Obstacles, and Solutions to Build a Shared Spiritual Home for the Chinese Nation through Traditional Sports Culture as Seen from Perspective of Collective Memory [J]. *Journal of Wuhan Sports University*, 2025, 59(05):63–70.
- [32] HAO Zesheng. Research on the Participation of Folk Martial Arts Organizations in Rural Governance [D]. Shanghai University of Sport, 2021.
- [33] LUO Xiang-lin, QIU Fen. Space Extension of Traditional Sports into Daily Life: Based on the Field Survey of Tai Chi Practice Group [J]. *Journal of Beijing Sport University*, 2019, 42(04):150–156.
- [34] Guangdong Provincial Department of Culture and Tourism. Intangible Cultural Heritage Knowledge Classroom | The Convention for the Protection of Intangible Cultural Heritage and Its Conservation (Part 2): Key Terms in International Conventions and Domestic Laws [EB/OL]. [2025-08-31]. https://whly.gd.gov.cn/gkmlpt/content/2/2984/post_2984288.html#2628.
- [35] Central Party History and Literature Research Institute of the Communist Party of China. Selected Expositions of Xi Jinping on Building a Healthy China [M]. Beijing: Central Literature Press, 2024.
- [36] JIANG Juan, LIU Zhihua, SUN Aiping, et al. Scientific Support and Path of Tai Chi Helping China's Construction of Health [J]. *Journal of Shenyang Sport University*, 2018, 37(04):126–132.
- [37] LI Qiuli, ZHANG Shaosheng, LUO Liang. Academic Interview with Academician Zhong Nanshan: Exploring

- the “Active Health” Model of Integrating Sports into Daily Life [J]. Sports and Science, 2022, 43(02):1–7.
- [38] YANG Hong. Research on Taijiquan’s Role in Promoting the Inheritance and International Dissemination of Traditional Chinese Medicine Culture [D]. Nanjing University of Chinese Medicine, 2024.
- [39] MA Zhenchuan, WAN Yi, BAI Jinxiang. Functional Mechanisms and Promotion Strategies of Digital Technology Empowering the Protection and Inheritance of Intangible Cultural Heritage of Sports [J]. Journal of Shenyang Sport University, 2025, 44(03):1–6.
- [40] XU Jiahao, CHEN Jiaqi, GAO Kuiting, et al. Logical Mechanism and Normative Approach of Generative AI Empowering the Inheritance and Development of Sports Intangible Cultural Heritage [J]. Journal of Sports Research, 2025:1–21.