



第三届中国·上海国际太极健康研讨会
暨第十六届中国·上海国际气功科学研讨会

**3rd China-Shanghai International Taiji Health Symposium
& 16th China-Shanghai International Symposium on Qigong Science**

主办单位: 上海中医药大学 上海市中医药研究院

Hosted by Shanghai University of Traditional Chinese Medicine
Shanghai Academy of Traditional Chinese Medicine

承办单位: 上海中医药大学上海市中医药研究院太极健康中心
上海市气功研究所

Organized by Taiji Health Center, Shanghai University of TCM
/Shanghai Academy of TCM
Shanghai Qigong Research Institute

会议时间: 北京时间 2021/10/16-2021/10/17 9:30-12:00, 13:00-16:00

Time: (UTC+8) Oct.16th – Oct.17th, 2021 9:30-12:00, 13:00-16:00

会议地点: 上海青松城大酒店; 网络 ZOOM 会议号: 876 7958 6674

Venue: Pine City Hotel, Shanghai;

ZOOM ID: 876 7958 6674

会议主题: 太极·融合·健康

Theme: Taiji Integration Health

直播观看:

Live:



2021/10/16

时间 Time	内容 Content	讲者 Speaker
上午场 Morning Session	大会开幕式 Opening Ceremony	主持：李洁 Host: Li Jie
9:30-10:00	◇ 上海中医药大学领导致欢迎辞 Speech by Headmaster of Shanghai University of Traditional Chinese Medicine ◇ 希腊驻华使馆代表致辞 Speech by the representative of embassy of Greece in China ◇ 西班牙巴塞罗那太极健康分中心负责人致辞 Speech by the director of Taiji Health Center in Barcelona, Spain ◇ 希腊雅典太极健康分中心负责人致辞 Speech by the director of Taiji Health Center in Athens, Greece ◇ 上海市健身气功协会领导致辞 Speech by the leader of Shanghai Health Qigong Association ◇ 上海市卫生与健康委员会中医药管理局领导致辞 Speech by the leader of TCM Administration of Shanghai Health Commission ◇ 《中医气功常用术语辞典》(西汉对照) 新书发布 Book launch of <i>Dictionary of Common Qigong Glossary (Spanish-Chinese)</i>	主持：李洁 Host: Li Jie
10:00-12:00	大会主旨论文交流 Essay and Qigong Presentation	主持：李洁 Host: Li Jie
10:00-10:20	Teaching-Learning “Health prevention with Chinese Medicine and Qigong” to students of Medicine at Lyon University 里昂大学医学生《中医气功健康防病》教学体会	Michele & Marceau (法 FRA)
10:20-10:35	中医导引传承创新与实践 Inheritance, Innovation and Practice of Daoyin Therapy of TCM	房敏 Fang Min
10:35-10:55	新时代太极拳和健身气功传承发展的思考 Thoughts on the Inheritance and Development of Taijiquan and Health Qigong in the New Era	王会儒 Wang Huiru
10:55-11:10	太极气道与人类健康新境界 Taiji Qi Dao and New State of Human Health	霍用灵 Huo Yongling
11:10-11:40	东亚文化圈文化传播与嬗变 Trans-Regional Cultural Transmission and Evolution in East Asian Cultural Circle: A Case Study of Qigong Health Science in Japan	廖赤阳 Liao Chiyang
11:40-12:00	气功锻炼要切实可行、持之以恒	蔡剑

	The Practice of Qigong Must be Applicable and Persistent	Cai Jian (西 ESP)
下午场 Afternoon Session	大会主旨论文交流与功法展示 Essay and Qigong Presentation	主持: 许峰 Host: Xu Feng
13:00-13:15	从自发功谈到太极学入盘 Discussion From Spontaneous Movements in Qigong to Entering <i>Pan</i> of Taiji	许 峰 Xu Feng
13:15-13:40	身松、心通、神融——太极健康的关键内涵 Relaxation of the Body, Non-obstruction of the Awareness and Detachment of the Mind: the Core Connotations of Taiji Well-being	郝 斌 Hao Bin
13:40-13:55	Teaching-Learning Baduanjin and Fangsonggong to students of Lyon University 里昂大学学生八段锦和放松功教学体会	Marceau Chenault (法 FRA)
13:55-14:10	太极拳辅助治疗帕金森病 Taijiquan as an Adjuvant Therapy to Treat Parkinson's Disease (PD)	郭昌武 Guo Changwu
14:10-14:15	功法展示: 杨氏太极拳 Presentation of Yang Style Taiji Quan	肖斌 Xiao Bin
14:15-14:30	Qigong Craving Addictions PHRC QICA: Opening of a new field of research 气功与成瘾的戒断——法国首个公立医院气功研究项目, 开启 全新研究领域	Nathalie Plet (法 FRA)
14:30-14:45	Translation in the Field of Qigong 气功领域的翻译	Estel Vilar (西 ESP)
14:45-15:00	Effect of Qigong and Taiji Quan on Treating Chronic Spinal Pain 气功与太极拳对治疗慢性脊柱疼痛的作用	Spyridon Sotiropoulos (希 GRC)
15:00-15:15	Clinical Observation on Prevention and Treatment of Elderly Depression by Supervision and Exercise 监督锻炼防治老年抑郁症观察	Alexandris Sideris (希 GRC)
15:15-15:30	太极健康理念与技术服务中国的现状调查与实践路径研究 Investigation on Current Situation of “Taiji Health” Service under the Background of “Healthy China”	陆 颖 Lu Yin
15:30-15:45	传统功法在维护心脑血管健康中的应用与实践 Application and Practice of Traditional Qigong in Maintenance of Cardiovascular Health	李 洁 Li Jie
15:45-16:00	回春功套路习练三“悟” Three “Enlightenments” of Practicing Huichun Gong	沈 鸣 Shen Ming

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9:30-9:45	Taiji Health and Psychology: Common Goal and Potential Integration 太极健康与心理学：共同目标与结合	卢善元 Sebastian C. Anggaswara (印尼 IDN)
9:45-10:00	Qigong lifestyle in Europe—stories by former students of Shanghai Qigong Research Institute 功法展示：欧洲气功生活方式——上海市气功研究所学生们的故事	瑞典、法国、俄罗斯等 SE, FRA, RUS, etc.
10:00-10:15	《引书》膝关节导引术式分析 Analysis of Knee Joint Exercise in Yinshu	胡伟民 Hu Weimin
10:15-10:30	从传统与现代对比的角度解析太极健康的“筋、膜、气”锻炼 Analyse the Exercise of "Tendon, Fascia and Qi" of Tai Chi Health from the Perspective of Traditional and Modern Comparison	孙磊 Sun Lei
10:30-10:40	功法展示：理筋操 Presentation of Lijin Exercise	孙磊团队 Sun Lei Team
10:40-10:50	为无为，乐恬淡——试论《内经》所载静观法对情志生克法的超越 On the Transcendence of the Mindfulness Therapy Contained in NeiJing over the Therapy of Five Emotions' Growing and Restraint	叶阳舸 Ye Yangge
10:50-11:00	Natural Harmony Qigong in Australia 功法展示：澳大利亚自然和谐的气功	Simon Blow (澳 AUS)
11:00-11:15	一指禅功点穴疗法治疗儿童学习障碍一例 An example of Treatment by Finger meditation qigong acupoint therapy to Cure Learning Disabilities in Children	日色雄一 Hihiro Yuichi (日 JPN)
11:15-11:35	《黄帝内经》之导引疗法探析 Analysis of the Daoyin Therapy in Huangdi Neijing	赵丹 Zhao Dan
11:35-11:55	从拉班/芭特妮芙动作体系看中国传统运动疗法 Perspectives on Traditional Chinese Movement Therapy: from Lanban/Bartenieff Movement System(LBMS) View	丁洁 Ding Jie
下午场 Afternoon Session	大会主旨论文交流与功法展示 Essay and Qigong Presentation	主持：何江 Host: He Jiang
13:00-13:20	Kikō in Practice: Localization of Qigong in Japan from the	黄信者

	Perspective of Embodiment 实践中的“气功”——从具身化经验的视角来看气功的日本化	Huang Xinzhe
13:20-13:25	功法展示：武当太极十八式 Presentation of 18 Movements of Wudang Style Taiji Quan	宋相辉道长 Song Xianghui
13:25-13:40	明目功干预青少年视功能初步研究 A Preliminary Study on the Intervention of Mingmu Gong on Visual Function in Adolescents	陈昌乐 Chen Changle
13:40-13:50	功法展示：青少年近视防护操——明目功 Presentation of Mingmu Gong: a Prevention Exercise for Juvenile Myopia	陈昌乐团队 Chen Changle Team
13:50-14:10	一指禅功改善视力的个案考察 A Case Study of Improving Vision through Yi Zhi Chan Gong	郭维 Guo Wei
14:10-14:25	功法展示：内功八段锦 Presentation of Neigong Baduanjin	赵晓霆 Zhao Xiaoting
14:25-14:45	中医学导引气功防治时邪瘟疫的文献梳理及其历史经验的总结与启发 Literature Review and Historical Experience Summary and Enlightenment of TCM Qigong in the Prevention and Treatment of Plague	沈晓东 Shen Xiaodong
14:45-15:00	功法展示：简易八段锦 Presentation of Simple Baduanjin	沈晓东团队 Shen Xiaodong Team
15:00-15:15	太极理论与经络的关系及其运用 The Relationship Between Taiji Theory and Meridian and Its Application	陈春艳 Chen Chunyan
15:15-15:20	功法展示：孙氏太极拳 Presentation of Sun Style Taiji Quan	孙氏太极团队 Sun Style Taiji Team
15:20-15:35	太极灸法 Taiji Moxibustion Method	张丹峰 Zhang Danfeng
15:35-15:40	功法展示：小学生神气小因五行操 Presentation of Spirited Five Elements Exercise by Primary School Students	沈晓东团队 Shen Xiaodong Team
15:40-16:00	闭幕式 Ending Ceremony	主持：何江 Host: He Jiang