Research Article

Characteristic Analysis of Tai Ji Chuan Standard Action Based on and Perceptual IoT Network

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Taijiquan is one of the first batches of national intangible cultural heritages, which has a history of more than 300 years. It has gradually gained global recognition for its unique healthcare and rehabilitation effects. Studies from countries around the world have shown that bad behaviors and lifestyles, such as smoking, alcoholism, overeating, lack of exercise, and irregular life patterns, have become one of the main causes of chronic, noncommunicable diseases. For example, a lack of exercise can lead to obesity, and obesity can cause various cardiovascular diseases, cerebrovascular diseases, and the occurrence of related chronic diseases. Taijiquan is traditional boxing with the core idea of Taiji and yin-yang dialectics in Chinese traditional Confucian and Taoist philosophy and pays attention to both internal and external cultivation and the combination of hardness and softness. It is the way of Taiji, the principle of nature, the body of Wushu, and the method of fitness. It is the crystallization of the wisdom of the Chinese nation. Taijiquan can improve the balance function of the human body. It not only has an obvious intervention effect on the prevention of falls in the elderly but also has a good rehabilitation training effect on some patients with motor dysfunction. It absorbs the essence of boxing and was organically combined with China’s traditional culture in the long-term development process, forming a philosophy boxing that combines health preservation, fitness, skill attack, self-cultivation, entertainment, and medical body. According to the demand analysis of the current situation of Taijiquan teaching, this paper analyzes the characteristics of Taijiquan standard movement based on perceptual IoT Network motion capture, and it explores the characteristics of Taijiquan cloud hand movement from the perspective of kinematics.

1. Introduction

“Tai Chi” is a general term for the changing laws of all things in the world in ancient Chinese philosophy, and it is the highest state honored by the ancient Chinese Yi culture [1]. The name Taijiquan is named because of the endless changes in boxing methods and the use of ancient Chinese philosophical theories of “yin and yang” and “Taiji” to explain the principles of boxing [2]. It is not only a broad and profound form of Chinese martial arts but also a traditional sport that combines internal and external training with rigidity and softness [3]. It has the functions of competitive confrontation, strengthening the body, cultivating sentiment, and recuperating and prolonging life, and it has a promoting effect on people’s physical and mental health [4]. In the rapid economic development and the fast-paced modern life of urbanization, the fast-paced lifestyle has gradually exposed the subhealth problems caused by work pressure [5]. According to the records in the book of changes, Yi has Tai Chi, which produces Liangyi, Liangyi produces Sixiang, Sixiang produces Bagua, Bagua determines good or bad luck, and good or bad luck produces great cause [6]. Tai Chi diagram is the most primitive world view of ancient Chinese people. The combination of boxing and Tai Chi gradually formed Tai Chi Boxing [7]. Persisting in practicing Taijiquan can strengthen the brain and intelligence, cultivate the body and mind, and be suitable for all ages [8].

The initial challenge is to create an automated recognition method for Tai Ji Chuan key motions to achieve the automatic scoring of Tai Ji Chuan movements by computer.
According to the Tai Ji Chuan game video, this Tai Ji Chuan key movement recognition algorithm can automatically detect the key motions produced by athletes. One of the variables that cause older people to fall is gait instability. According to the American and British Geriatrics Associations, gait instability in the elderly should be considered one of the preliminary screening questions to determine whether there is a risk of falls, and Tai Ji Chuan training should be considered the primary intervention measure to prevent falls in the elderly [8]. The human body is a scientific, complicated, and an orderly unit, and diverse human transformations must be developed in the direction of form and skill unity, as well as the body and mind union [6]. The Taijiquan auxiliary training system based on perceptual IoT network motion capture is investigated in this study. In situ Taijiquan not only has the benefits of traditional Taijiquan but is also not restricted by the size of the venue because of the limited viewing range of the equipment. The workout is simple and straightforward to learn. When comparing the characteristics of the same age groups of 60–64 and 65–70 years old, it is discovered that the group that regularly exercises Tai Chi has a longer stride length, a higher ratio of step length to height, and a higher knee joint when the left foot touches the ground than the nonexercising group. The wider angle may minimize the elderly’s limitations in everyday physical tasks, lowering their chance of falling [9]. It means that the national fitness campaign’s content must adhere to scientific principles rather than haphazardly combining various chaotic behaviors. Otherwise, it will not only fail to attain the goal of excellent fitness but will also work against it. Some sports improve physical fitness or a specific purpose but Wushu should be the most suited in terms of current society’s needs for people’s overall growth and the direction of human self-transformation, the union of body and mind, and the unity of form and function [10]. It has great practicability and may allow all types of individuals to intentionally follow the video learning in their leisure time for independent practice. Spreading Taijiquan is beneficial to preserving national traditional culture, boosting patriotic excitement, fostering a feeling of national identity, and inviting people from all across the country to actively engage. Reference [11].

The innovation of this paper lies in, firstly, detecting the position of athletes by the background difference method. The scoring function of the training system and the restored 3D vision are novel and interesting, which improves students’ interest in learning. Tai Ji Chuan is a martial arts sport that integrates physical fitness and self-cultivation inside and outside [12]. Through the display of vivid 3D 24-type Tai Ji Chuan movements obtained by inertial 3D motion capture, users can get a good Web3d virtual learning experience and realize the design of 3D Tai Ji Chuan learning system in a network environment. Secondly, a perceptron network is designed. The perceptron network recognizes the key action names of Tai Chi according to the three types of characteristics of the athlete’s target area: brightness, contrast, and color information. The system can also intuitively see the feedback data of its own actions, and the computer can give corresponding prompts after finding the wrong actions and finally achieve the goal of students’ autonomous and efficient learning. It effectively avoids the shortcomings of traditional physical education and integrates modern digital information technology with traditional teaching, making teaching easier to interact with and spread.

2. The Function and Method of Virtual Reality in Physical Training

2.1. Principle and Method of Motion Capture Technology. Motion capture technology refers to detecting the trajectory of a moving object or human body in three-dimensional space by sensor equipment, mapping various actions or expressions made by the captured object to a computer for processing, converting it into abstract motion data, and finally driving the virtual model through these data. Competitive sports in Tai Ji Chuan are gradually developing toward scientific training and constantly improving competition rules, and competition is becoming increasingly fierce [13]. Therefore, the research on the special technical characteristics of Tai Chi began to transform from the macroscopic external cognition to the neuromuscular scientific understanding. As a result, the mind can be at ease, the body and organs can be exercised, the vitality can be regenerated, the zongqi can be filled, the essence can be protected, and the body can be strong [14].

The participants ranged in age from 7 years to 25 years and were in excellent health. This study investigates the peculiarities of the lower limb muscle group during the landing stage of the “322b + 3” action, and it expounds the rule of muscle activity while completing the action based on anatomical and biomechanical information, as well as the technical aspects of the action. Taijiquan has been discovered to have varying fitness impacts on different persons. For youngsters, it may help them develop tenacity, physical coordination, and right-brain intellect [15]. The discharge strength of various lower limb muscle groups is directly connected to the stability and success rate of finishing the motion. The excitability of the right leg muscle group, as well as the relaxation and coordination of the left leg muscle group, are thought to be beneficial to the action’s effectiveness. Young and middle-aged persons may improve muscular flexibility, keep Qi and blood flowing smoothly, and sleep better [16]. The movement direction and position data parameters of Tai Ji Chuan are measured using Xsens technology, which is based on MEMS inertial sensing technology. The features of surface electromyography of the lower limbs in five Tai Ji Chuan motions were investigated, and it was discovered that the stress on muscles was reduced while sustaining the Tai Ji Chuan set, and more slow muscles were recruited. Tai Ji Chuan exercises, in particular, have been shown to lower blood pressure, boost vital capacity, improve cardiovascular function, improve flexibility and balance, and improve mood [17]. The motion capture system is often separated into sensors that are fixed at the desired location of the recorded item, and they provide the system with real-time position information. Signal capturing devices, data transmission devices, data processing devices, and
other similar equipment are also available. Figure 1 depicts the structural diagram of a dynamic capturing system.

Firstly, put on the data suit, fix 17 MTx inertial sensors to the performer’s body according to the height and weight of the Taijiquan performer, and mark the Taijiquan skeleton template according to the designated position. Then, turn on the wireless sensor, and design the function, internal structure, and development content according to the demand analysis of the Taijiquan auxiliary training system. The overall functional framework of the system can be sorted and determined through four functions, as shown in Figure 2:

- Test whether the working point is normal, open the MVN Studio software, calibrate the initial coordinate position, and match and respond to the human skeleton. Finally, the performer stretches out his arms, runs, jumps, closes them, and then starts to capture Tai Ji Chuan’s movements and performers’ videos. At the same time, the system records the movement data until the end of the performer’s performance and revises the data. The flexion and extension, as well as the abduction adductor muscles of the lower limb joints, exhibited a greater activity trend while practicing Tai Ji Chuan than when walking, which might compensate for the training impact that walking could not provide. It is demonstrated that Tai Ji Chuan exercise not only has the function of strengthening the body, preventing diseases, and treating diseases but also has great medical care value by the analysis and discussion of Tai Ji Chuan’s fitness principle and the influence of Tai Ji Chuan on the main systems of the human body. During the flexion of the knee joint, the flexor and extensor muscles of the knee joint appeared in the mode of simultaneous contraction of antagonistic muscle groups, according to an EMG test of specific Tai Chi motions. This phenomenon may also be seen in the muscles that govern ankle joint mobility.

2.2. Comparison of the Variation of the Center Rate during Boxing Movement.

Heart rate (HR) is a basic index of the cardiovascular system and a physiological load index of exercise intensity. It is generally believed that there is a linear relationship between exercise intensity and heart rate. The POLAR meter is usually used to measure HR during exercise [18]. Tai chi pile Kung Fu is one of the required piles for boxing learners, and the quality of Gong Zhuang directly affects the performance of routines, just like laying the foundation before building a house [19]. It is inferior to Wuji
Zhuanggong in terms of consciousness training, however, it is superior to the former in terms of physical training. The teaching module of this system is divided into traditional video teaching, which has wide applicability. Users only need a computer or a mobile client to learn through video playback. The flowchart is shown in Figure 3 below.

When the human body is relaxed, the arms are naturally drooping. When the arms are lifted horizontally in a “T” shape, the shoulders are in a state of tightening and lifting [20]. At the same time, the elbow joint should be straight, and the distance from the ankle joint to the knee joint is closer than that from the thigh joint to the knee joint in the groin [21]. In addition, the system will also give the duration of Tai Ji Chuan action, and finally, it will comprehensively consider and calculate the score. The design flow chart of the scoring algorithm is shown in Figure 4.

By comparing the effects of Taijiquan and jogging exercise on the peak time of EMG and neuromuscular response time under lateral posture interference of male elderly people, it is found that after long-term Taijiquan practice, the neuromuscular response of the ankle and the trunk muscles is more rapid to deal with lateral posture interference. However, the improvement effect on muscle contraction efficiency is not significant [21]. When practicing Taiji stake skill, one generally needs to pay attention to the correct posture and never bend one’s hips [22]. According to the different principles of capturing information, it can be divided into two categories: based on traditional computer vision and based on depth map [23]. Motion capture methods based on traditional computer vision can be divided into mechanical, acoustic, electromagnetic, and optical [24]. In Taijiquan, we pay attention to “standing as flat as a wheel,” which emphasizes that when practicing Taiji- quan, we should maintain the stability of the body’s center of gravity on the horizontal plane [25]. As the posture is not correct, it is difficult to pass Qi and blood. Hence, it is not convenient to “clear Qi rises in Baihui and turbid Qi falls in Yongquan.” [26] The center of gravity of the progressive left potential and progressive right potential changes in the Z-axis (vertical axis), with the center of gravity positions of 800.0060.00 mm and 820.0055.00 mm, respectively, according to the results acquired from the motion test. As the lower limbs are constantly in a state of tension because of varying bending force, Tai chi pile practice requires complete focus in spirit and erect posture in movement [27]. It enhances the oxygen content in the blood and speeds up the circulation of the entire body’s blood. To address the possibility that the persons’ posture does not adhere to their physiological structure, it is required to limit the rotation of each joint point aggressively, which may make the model’s produced stance more realistic. Figure 5 depicts the 3D reconstruction module’s design flow.

The mechanical equipment of the mechanical motion capture system is composed of multiple joints and rigid links. It mainly relies on the mechanical equipment installed on the captured object to track and monitor the motion trajectory and complete the information collection of the captured object [28]. The fixed form is to standardize the moves and further conceptualize the “form” and “form.”
Bone generation and Maya model matching is to import FBX files into Maya, select characters to match joint points, use joint points (including motion information) to drive characters, generate bone animation, and then paste materials, light, adjust the camera, bone binding, skin, adjust fine actions, add special effects, and render to complete the three-dimensional animation of Taijiquan. "The two legs should be divided into virtual and real, and the rise and fall are like cat walking," which means that when practicing Taijiquan, we should pay attention to the conversion of virtual and real of the two legs, which is essentially the change of the body’s center of gravity. If the center of gravity falls on the right leg, the right leg is real, and the left leg is virtual, and vice versa.

3. Demand Analysis of Tai Ji Chuan Auxiliary Training System

3.1. System Functional Requirements Analysis. Requirement analysis refers to a detailed analysis of the problems and requirements of users and developers. It adopts Web browser B/S architecture, including user registration, login, and exit modules. Taijiquan’s virtual display module, scene conversion, and control module include the angle of view, character and movement track tracking of each part of character’s body. Root mean square amplitude is the maximum value of muscle discharge amplitude at the same time. The calculation formula is as follows:

$$\text{RMS} = \sqrt{\frac{1}{T} \int_{t}^{t+T} \text{EMG}^2(t) \cdot dt}.$$  

Developers must first establish the user’s requirements before defining the software system’s functionality in the system development process. The body’s center of gravity swings back and forth between the legs, and the real situation differs, confirming the boxing theory’s features of "Yin and Yang alternate, and the actual situation differs." In terms of the average speed of improving the left-right posture exercise, a relatively modest pace may maintain body posture control, as illustrated in Figure 6 below, and the changing range of the center of gravity on the Z-axis.

To more objectively and accurately analyze the movement characteristics of Taijiquan and improve the effectiveness of rehabilitation training, we use the three-dimensional movement capture system to collect the real-time data of Taijiquan movement. To identify the movement change features of Taijiquan standard motions, principal component analysis was used. The average distance between the test action sequence A and the standard action sequence B is calculated by adding the distances between each frame in A and its corresponding frame. The formula for the computation is as follows:

$$D_{\text{Angle}}(A, B) = \frac{1}{n} \sum_{i=1}^{n} D_{\text{Angle}}(B'_i, B_i).$$ (2)

Here, $B_i$ is any frame in sequence B; $B'_i$ denotes that in sequence A, the frame representation corresponding to frame $B_i$; $\theta_i$ denotes the angle feature corresponding to the $B_i$ frame.

In the whole experiment, the American motion analysis three-dimensional motion capture system (cortex 2.1) was used for data acquisition, with a total of 10 high-precision and high-speed cameras.

Generally, the concept of system requirements analysis can be defined from two perspectives: from the perspective of users and from the perspective of developers. The measurement of Taijiquan training intensity organizes training according to the same time and uses different elevated and low frames to test its exercise intensity for comparison. From the perspective of users, the definition indicates what functions, characteristics, or attributes the system must realize and what limits the system in the development process. From the developer’s point of view, the definition is to determine the internal characteristics of the system from the user’s requirements for system functions, characteristics, or attributes. The complete Tai Ji Chuan is decomposed according to the moves, the interactive learning function is provided, and the text information related to the Tai Ji Chuan demonstration is provided to assist the understanding of the
action demonstration. The average angle between the left and right elbow joints is 85–120, which is beneficial to the extension and recovery of the joints, and it can also make the power transmission faster and more effective. If the elbow joints are straightened, it will hinder the release of strength. The changing trend of the joint angles of the backward left stroke and backward right stroke is shown in Figure 7 below.

From the point of view of sports anatomy, various movements can be simplified as the movements of links in seven basic axes of motion, specifically flexion and extension, abduction and adduction, internal and external rotation, and circular rotation. In the calculation of human posture velocity difference, the calculation principle of velocity difference of corresponding frames between sequence A and sequence B is similar. The formula for calculating the speed characteristic distance between sequence A and sequence B is as follows:

$$D_{speed}(A, B) = \frac{1}{n} \sum_{i=1}^{n} D'_{speed}(B'_i, B_i).$$  (3)

Continuous and gentle stretching and flexing movements provide more processing time for the brain to receive and process information from the vestibular system and the visual-somatosensory system, and it can more accurately deal with the contradictions of information between different systems, thereby improving postural control and movement. The ability to control plays a certain role in preventing falls. The scene control designed by the Taijiquan online learning system based on the perception network includes the control of the viewpoint, perspective, and field of view of the Taijiquan three-dimensional display scene.

In the increasing left-hand movement, the activation of the deltoid anterior bundle was greater on both sides. The reason for this is because when the shoulder joint bends forward, the deltoid muscle plays a part in the near-fixed condition, which overcomes the significant resistance. The operating mode is a typical time-consuming lever. Social students’ total response time after low-intensity and skill training is 0.402, whereas their reaction time after high-intensity training is 0.632. When compared to sociable pupils, the response time grows quicker, following low-intensity and skill training. The relevance of demand analysis may significantly minimize the system’s R&D risk and guarantee that it can fulfill users’ demands at a fair development cost. As a result, conducting a demand analysis and clearly training the demands of Tai Ji Chuan groups is a vital step for the design and study of the whole system.

3.2. Analysis of Taijiquan Teaching Needs. By interviewing five groups of people, the main purpose is to understand the experience and existing problems of different groups of people in practicing Taijiquan, help get a better demand analysis, and improve the efficiency of different groups of people in practicing Taijiquan. The human body mainly relies on the visual system and proprioceptive system to complete the control of posture and movement. Next, the distance value is mapped into score through mapping, i.e., if the distance is larger, the score is smaller, and if the distance is smaller, the score is larger. The mapping formula is as follows:

$$S = \alpha \cdot (S - \beta).$$  (4)

Here, S is the angle or speed score; α and β is the mapping parameters. Reasonable values should be selected according to the actual test conditions so that the component energy can be mapped to a reasonable range.

At present, there are many problems for students to practice Taijiquan. For example, it is difficult for different groups of people to practice Taijiquan for the first time, and it is easy to give up halfway. The HR change trend of the boxing frame is basically the same, i.e., the HR increases with the extension of the exercise time. The heart rate response of the low rack is the fastest. Hence, its exercise intensity is relatively large, as shown in Figure 8 below.

If the angle vector of human body is defined as \(R(\theta)\), \(R(\psi)\), and \(R(j)\), then the rotation of spatial coordinate system relative to the geographic coordinate system can be expressed as a function of angular velocity vector.

$$R(\theta) = \begin{bmatrix} 1 & 0 & 0 \\ 0 & \cos(\theta) & \sin(\theta) \\ 0 & -\sin(\theta) & \cos(\theta) \end{bmatrix},$$

$$R(\psi) = \begin{bmatrix} \cos(\psi) & 0 & -\sin(\psi) \\ 0 & 1 & 0 \\ \sin(\psi) & 0 & \cos(\psi) \end{bmatrix},$$  (5)

$$R(j) = \begin{bmatrix} \cos(j) & \sin(j) & 0 \\ -\sin(j) & \cos(j) & 0 \\ 0 & 0 & 1 \end{bmatrix}.$$
repeated many times, and it is easy to get bored with repeated and boring teaching. It requires that in the process of practicing boxing, from the spirit to the body, the whole body should be relaxed, and the muscles should not be forced. Because of this relaxation, it can quickly relieve the fatigue of the human brain and body and can effectively treat various diseases caused by mental stress. To complete the cloud hand movement of Taijiquan with high quality, the above head trunk rotation and upper limb joint flexion must all participate in the movement at the same time and cooperate and coordinate with each other. It has a strong guiding role in the application of Taijiquan to practical rehabilitation training.

For people who have never practiced Tai Ji Chuan before, we use a similar step-by-step approach. We practice circular motion with the upper limbs first and then coordinate with the horizontal rotation of the torso after the upper limbs are adept. Finally, to maintain consistency, we make the head-torso coordinate with the upper limbs. The long-term trained employees had a much faster reaction time than the untrained general exercise personnel. As seen in Figure 9, its response time is quicker, and there is a considerable difference between professional and amateur training.

The large-angle lateral rotation increases the field of the vision of the athlete, and it has a good stimulating effect on the athlete’s visual system and proprioception system in the neck muscles. When the trunk and head rotate, the shoulder joint and elbow joint simultaneously flex and stretch, and the visual system transmits the spatial position, body position, and the action information of the environment to the central nervous system, thus assisting the athlete to control his posture and action. In the practice method, Taijiquan emphasizes “internal three-harmony” and “external three-harmony,” beginning with the entire, following the features of human physiology and psychology, modifying the physiological structure of the human, and accomplishing the dual cultivation of life and life. Individual response times improve in various ways after different Taijiquan training techniques. It necessitates the development of prerequisites for Taijiquan scientific training and training techniques to increase response speed. Figure 10 shows the intensity contrast after low-intensity and high-intensity training.

If the rotation angle corresponding to the elbow joint point is larger than the maximum rotation angle, then it is forced to be the maximum rotation angle. If it is smaller than the minimum rotation angle, then it is forced to the minimum rotation angle. Then, for the elbow joint rotation angle \( \alpha \) obtained by each measurement, there is the following formula:

\[
\varphi = \begin{cases} 
\min \varphi & \text{if } \min \varphi < \alpha < \max \varphi, \\
\max \varphi & \text{if } \alpha > \max \varphi, \\
\min \varphi & \text{if } \alpha < \min \varphi.
\end{cases}
\]

where \( \alpha \) is the rotation angle of the lower half of the arm BC relative to the upper half of the arm AB; \( \alpha_{\min} \) is the minimum rotation angle of elbow joint; \( \alpha_{\max} \) is the maximum rotation angle of elbow joint.

In the left squeezing movement of the left step, the knee joint of the right leg is flexed first and then extended, and the rectus femoris and vastus medialis muscles are contracted eccentrically and then concentrically during the entire movement. As an antagonist muscle, the biceps femoris first performs concentric contraction and then performs eccentric contraction, and the tibialis anterior plays the role of
The head and trunk rotation angle-time curve is shown in Figure 11 below.

The above-mentioned muscle groups provide power in the support stage of the body’s center of gravity and the subsequent stage of kicking the ground. Hence, the activation degree is high, and the left leg mainly plays a role in supporting the body’s center of gravity in the whole movement. The rectus and vastus medialis have a higher degree of activation.

Fitness intensity is usually expressed by physiological indexes. If the amount of exercise in school physical education is measured by heart rate, it is generally considered that the amount of exercise below 110 times/min is small. The correlation coefficient of 110–160 time/head trunk reached 0.883 (p < 0.02), which was consistent with the characteristics of the synchronous movement of the head and the trunk. The absolute value of the correlation coefficient of the left and right shoulder joints reached 0.921, and the absolute value of the correlation coefficient of the left and right elbow joints reached 0.828. There is synchronization between the angle changes of the left and right shoulder joints and the left and right elbow joints: when the angle of the left shoulder joint increases gradually, the angle of the ipsilateral elbow joint also increases gradually, and vice versa. Thus, the action situation of one upper limb stretching and the opposite upper limb contracting is formed. The curve of the shoulder-elbow flexion angle-time is shown in Figure 12 below.

It demonstrates that the shoulder and elbow joints perform the movement style of “left retraction, right opening, left opening, and right retraction” throughout the movement, with the variation range of angle and speed being essentially constant. The level of activity was moderate. Exercise of 160 to 180 times per minute or more than 180 times per minute is excessive. As a result, we should pick the proper exercise intensity in the fitness process based on our personal interests, hobbies, physical strength, and sickness tolerance, which is directly connected to whether the fitness exercise effect is optimal. The demand was collected via interviews, and the expectations of Tai Ji Chuan teaching and users for the auxiliary training system were grasped in light of the challenges that exist in conventional Tai Ji Chuan teaching.

4. Conclusions

This paper studies the Taijiqian learning system based on perceptual IoT Network technology. The Taijiqian key action recognition algorithm based on the perceptron network is used to identify the key movements performed by the athletes in the Taijiqian competition and provide the data basis for the future Taijiqian automatic scoring system. In the process of practicing Taijiqian, reducing the training intensity of Taijiqian and prolonging the training period is helpful to improve the individual’s reaction. We improve the effect of Tai Chi on the human body. Then, based on the motion capture technology, it will give timely corrections to judge whether the postures and actions are standard. From the analysis of the motion trajectory of the cloud hand, its movement is completed by the rotation of the head and trunk in the horizontal plane and the circular arc drawing of both upper limbs in the coronal plane. It has a strong guiding role in the application of Taijiquan to practical rehabilitation training. The changing trend of the body’s center of gravity in the vertical axis (up and down direction) has ups and downs. On the whole, the body’s center of gravity moves up and down along the vertical axis with the flexion and extension of the knee joint during the movement conversion, which reflects the boxing characteristics of Tai Ji Chuan’s “standing as level as a wheel,” which means that the body’s center of gravity keeps relatively stable in the vertical axis during Tai Ji Chuan practice. While reducing the intensity, increasing the exercise training is helpful to further improve the level of individual reaction time.

Data Availability

The data used to support the findings of this study are included within the article.

Conflicts of Interest

The authors declare that they have no conflicts of interest.

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