

A Study on the Challenges, Opportunities, and Promotion Paths of the Development of Traditional Martial Arts Culture in Universities from the Perspective of Sports Power

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[**Abstract**] This article adheres to the important guiding ideology of “making China strong through sports” and is committed to re-examining the value of traditional sports education. This study, through literature review, field investigation, and comprehensive analysis, takes traditional martial arts as the main cultural representative, summarizes the connotation and current situation of the development of traditional martial arts culture in universities, analyzes the main problems in the development process of traditional martial arts culture, and proposes relevant countermeasures, taking into account the root and innovation of traditional martial arts culture, and deeply exploring its functionality and artistry. This study provides reference basis for improving relevant systems and government decision-making for sports functional departments and management departments in universities.

[**Key words**] traditional martial arts; challenge opportunities; path

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Culture is the soul of a country and a nation. Throughout the history of human social development, almost every major change and progress are related to culture. As a spiritual force, culture plays an important role in promoting the development of human society. General Secretary Xi Jinping once pointed out that “the Chinese dream of realizing the great rejuvenation of the Chinese nation is closely related to the dream of a strong sports nation”. The development of martial arts culture is naturally a crucial part of the strategy of building a strong sports nation, in which colleges and universities, as important carriers of education and inheritance of martial arts culture, open the door for students to understand and feel the charm of China’s outstanding traditional culture. But at present, the development process of traditional martial arts culture in colleges and universities can be said to be full of difficult twists and turns. For the martial arts environment in colleges and universities, the content of the teaching of martial arts and so on, there are still a lot of problems. Therefore, to get traditional martial arts out of the development dilemma is an important content that the current development of martial arts education urgently needs to resolve. In the process of “making China strong through sports”, how should we optimize its development in colleges and universities, and take up the historical responsibility and mission of the new era? This is the

fundamental theme that this paper would like to analyze.

1 Connotation of martial arts culture

Traditional martial arts is initially a high-degree technique of self-protection against attacks, and after certain development, on the basis of solving their own security problems, people tend to use it to exercise minds, which is a relatively simple and easy way to improve the physical quality and state of mind, and apply it to daily life, defense, health care, fitness and many other aspects. With its complex content, diverse forms, and thousands of years of historical and cultural deposition, traditional martial arts culture has become an important part of China's outstanding traditional culture, and plays a positive role in promoting the development of socialist traditional culture with Chinese characteristics in the process of creative transformation and innovative development. In the new era, Xi Jinping has put forward the theory of "cultural self-confidence". Culture is the soul of a country and a nation. A nation's fortunes will flourish when culture flourishes, and a nation will be strong when culture is strong. Without a high-degree cultural self-confidence and cultural prosperity, there will be no great rejuvenation of the Chinese nation. Exploring the connotation of martial arts culture effectively responds to the national call of "cultural self-confidence". At the same time, the new era is an era of inheritance and succession. In this decisive stage to build China into a moderately prosperous society and a socialist modernized country in all aspects, the children shoulder the historical mission of the great rejuvenation of the Chinese people. As important carriers of China's excellent traditional culture and main gathering place of China's youth, colleges and universities should be the first to take action. Exploring the road of traditional martial arts cultural inheritance in colleges and universities is inevitably inseparable from the analysis of the connotation of traditional martial arts. Therefore, the connotation of traditional martial arts culture is analyzed as follows:

In a certain period of time, the mainstream thinking in society will inevitably have a certain impact on certain products, and this is also the case with the traditional Chinese martial arts. China has a history of 5,000 years, in the process of historical iteration, there emerges many philosophical ideas. These ideas affect the formation and development of Chinese martial arts to a certain extent. Among them, the main representatives of philosophical thought are I Ching, Laozi (also known as Tao Te Ching), and Zhuangzi, which have the most profound influence on Chinese traditional martial arts. An example is the philosophy of martial arts in I Ching. "Three major internal boxing"—Tai Chi, Eight Diagrams Palm, Xing Yi Quan, are known in martial arts, which are influenced by and combined with the theories of Tai Chi, yin-yang, and Eight Diagrams in I Ching, respectively. In addition, the masterpieces of Taoist thought "Laozi" and "Zhuangzi" advocate the thought of "nothing", emphasizing the removal of all falsehoods and artifices, and pursuit of spiritual "emptiness" and "truth" in mind. Under the influence of this philosophy, many new martial arts were created, such as Tai Chi, which embodies the essence of Taoist thought "nothing in the heart, extremely virtual and spiritual, all in the heart, then neither virtual nor spiritual, only wait for it quietly, and make it both static and dynamic, resulting in unpredictable changes". It perfectly embodies the spiritual realm of "nothing". Contemporary martial arts master Bruce Lee based on his own experience of Taoist philosophical thinking—"no law for law, infinite for finite" to create the Jeet Kune Do, which is famous for its thousands of variations in moves that make the opponent defenseless. Contemporary college students can also learn and perceive Taoist thinking, and in their daily study and life, abandon the hypocritical and superficial ideas of seeking the masses, but pursue their own true inner thoughts, and take the true pursuit of the goal as a guide, and continue to pursue.

Good physical fitness can improve the immunity of college students to a certain extent, and the practice of traditional Chinese martial arts is supposed to be the process of strengthening the body and improving the physical fitness, just as written in "Tai Chi Thirteen-Style Palace Verses", "What is the intention? It is to enable the practitioner to live a long life, making life like a spring that never passes". Martial arts practice has unique effects such as fitness, bodybuilding, health care and longevity. It can improve the bone density and hardness of the

practitioners through the stretching of limbs, and reduce bone fractures and cracks caused by strenuous exercise of college students; as the saying goes, “fitness is above all”, and martial arts, as a kind of low-intensity, long-duration aerobic exercise, can be used in the workout of college students. As a low-intensity, long-duration aerobic exercise, martial arts can improve the oxygen content in blood vessels, increase lung capacity, and consume excess fat during the exercise, which can effectively prevent the risk of chronic diseases among students who have been sitting and standing for long periods of time; “to cultivate one’s own body, one must first rectify one’s own heart”, “behave oneself externally and cultivate one’s own heart internally”. By learning and perceiving traditional Chinese martial arts, on the one hand, college students can maintain a good state of mind under the great pressure of learning, and then overcome the difficulties; on the other hand, the practice of traditional martial arts subconsciously improves the physical quality of the students, and improves the degree of cooperation of the physiological functions of the body. Eventually, the students can achieve “physical and mental repair” and “unity of form and spirit” advocated by Tai Chi.

2 Current situation of the development of traditional martial arts culture in colleges and universities

With the implementation of the strategy of making China strong through sports, China’s sports industry has become more developed and stronger, especially the success in Beijing Winter Olympic Games and Winter Paralympic Games, which has played a positive role in promoting the exchange and integration of Chinese and Western sports culture, enhancing national self-confidence and expanding China’s international influence. The influence of Chinese sports culture is increasing, as an important part of it, traditional martial arts culture has attracted increasing attention. Traditional martial arts culture is the crystallization of the long history of the Chinese nation’s development and evolution. In the process of its development that stretches over thousands of years, it has always been intertwined with the political, economic and cultural aspects of the Chinese society, to form its own unique attributes and essential functions. As far as the cultural development trend is concerned, colleges and universities have become important for inheriting and promoting the traditional martial arts culture.

School is an important place to develop traditional martial arts and promote traditional martial arts culture. However, traditional martial arts courses in schools have long existed in name only, students are keen on basketball, soccer, table tennis and other western sports, while know little about traditional martial arts. From university leadership to students, attention on traditional martial arts needs to be improved. Schools as well as most of the students take martial arts as a course, as long as the teacher meets the requirements, and the students complete the course, the course will come to an end. What they neglect is that this practice is not helpful but harmful to the inheritance and promotion of traditional martial arts culture. According to offline interviews and exchanges, many students are much more interested in Taekwondo, outward-bound development, and Kabaddi. Compared with the traditional nature of martial arts, foreign sports due to its unique characteristics of competitive and interesting, have attracted a large number of students to study the survival space of traditional martial arts caused by a great compression.

For current teaching of martial arts, universities and colleges generally have the problem of emphasizing practice while belittling theory. Of course, the main reason for this is that the teaching hours of martial arts are not enough, resulting in teachers not being able to develop a rationalized curriculum plan to meet the requirements of syllabus and teach the students with the spirit of traditional martial arts culture. As we all know, martial arts culture as a kind of spiritual product is mainly inherited by theoretical teaching. Belittling theory in teaching will not only fail to inherit martial arts culture, but also face the danger of being lost. We need to look at today’s Chinese traditional martial arts with objective facts, after all, the reason why traditional martial arts can develop to today is that traditional martial arts has passed the test and baptism of the long river of history. At the same time, in the process of developing traditional martial arts in colleges and universities, student clubs also play an important role.

Martial arts clubs play a positive role from the member recruitment, daily martial arts training, and martial arts exchanges between colleges and universities. However, no matter from the school curriculum itself or from the point of view of the association, there lack professional martial arts teachers to guide students, and there are many problems in the teaching of martial arts, and the rationalization of the teaching content is the top priority for the development and construction of the traditional martial arts culture in colleges and universities in the future.

3 Realistic challenges to the development of traditional martial arts culture in colleges and universities

3.1 Educational polarization

Martial arts are the essence of traditional culture. They are rich and colorful, and have been following the footsteps of cultural development. We are now living in this era of rapid change, but people's understanding of traditional martial arts culture is still stuck in the past. They consider martial arts as "showy but not practical", but "art comes from life but exceeds life", and so do martial arts. Martial arts education in universities shouldn't only emphasizes the movement while ignores the education and training of students' cultural awareness of martial arts. The ultimate goal of the university to carry out the traditional martial arts cultural education is to enable students to actively inherit and promote the traditional martial arts culture. Therefore, the teacher needs to cultivate students' interest in martial arts culture in the process of teaching to help them understand the cultural connotations of martial arts and let them realize "internalized in the heart, externalized in action".

3.2 Insufficient supporting education

Compared with the time when traditional martial arts education emerges, the current stage of martial arts education in colleges and universities has been fully developed, but there are still many dilemmas in teaching. On the one hand, the supporting materials for martial arts teaching are relatively old-fashioned and monotonous, and the content is relatively old and only emphasizes the standardization of movement, which is difficult to fully mobilize the interest of the students as well as their motivation. On the other hand, some martial arts teachers do not educate students well on the cultural connotation of each move, but simply teach them the skills of movement. With one-sided emphasis on repeated practice of movement, some college martial arts teachers are not professional enough. Furthermore, some colleges and universities themselves do not pay attention to the education of traditional martial arts culture, and allocate less course time for traditional martial arts. As a result, professional teachers can only complete in teaching task, while neglecting the establishment of a rationalized teaching content system. Alike, such a lack of attention will bring less manpower, material and financial investment. Venues and equipment for traditional martial arts education are also therefore limited.

3.3 Insufficient attention to traditional martial arts

For the development of traditional martial arts culture on campus, students as well as schools have the responsibility for the lack of attention to traditional martial arts. In the process of practicing traditional martial arts, students tend to treat martial arts as a public course. Their aim is either passing the course, or thinking about how to try to achieve the teacher's prescribed movement specifications to obtain high scores, while lacking reflections on the development of traditional martial arts, and not being able to take the initiative to understand the cultural connotations of martial arts; most of the institutions do not pay enough attention to martial arts, and there is a lack of professional martial arts teachers at school. Talent team, the introduction of talents, as well as facilities and equipment need more capital investment, but schools did not develop relevant strategies and shortcomings in response to the measures. These will greatly limit the development of traditional martial arts education in colleges and universities.

4 Opportunities for the development of traditional martial arts culture in colleges and universities

4.1 Introduction of relevant policies

Accompanied by the implementation of related policies in National Sports Commission's "Decision on

Strengthening Martial Arts”, China has attached great importance to the development of traditional national sports, which is in line with the trend of cultural development, especially in the context of the initiative “making China strong through sports”. To enhance the development of soft power in national art and culture, the joint efforts of the majority of traditional martial arts culture educators and students are needed. At the same time, the inheritance and promotion of martial arts culture are our responsibility. The government encourages and supports all kinds of traditional martial arts activities to enter the campus, public welfare training, etc. , and incorporates martial arts education into the physical education curriculum of colleges and universities, and even establishes specialized martial arts colleges or clubs, aiming to increase the popularity of martial arts education in colleges and universities, and to promote the inheritance of the spirit and skills of martial arts. Relevant policies have been introduced to create a new environment for the development of traditional martial arts education in colleges and universities.

4.2 Social health awareness

At the level of social health awareness, there are remarkable opportunities for the development of traditional martial arts culture in colleges and universities. With the accelerated pace of life in modern society, people pay more and more attention to physical and mental health, and there is an increasing demand for physical fitness, stress relief and health care. Under the background of college students facing multiple pressures such as coursework and employment, traditional martial arts, as a profound cultural heritage of China, not only contain rich historical and philosophical ideas, but also have unique advantages in strengthening the body and cultivating the mind, which are in line with modern people’s pursuit of a comprehensive approach to fitness and are conducive to the improvement of people’s mental state and quality of life. Therefore, the improvement of social health awareness provides a good social soil and development space for the inheritance and development of traditional martial arts culture in colleges and universities, which helps promote traditional martial arts to enter a broader public vision and be accepted and practiced by more people.

4.3 Cultural awareness environment

Today’s society pays more and more attention to cultural diversity and the protection of national culture, which provides a good social environment for the dissemination and recognition of traditional martial arts. With the enhancement of national strength and international influence, Chinese people’s sense of pride and identification with their own traditional culture is also increasing, which is undoubtedly a positive impetus for programs with deep cultural heritage such as traditional martial arts. College students will be the builders and leaders of society in the future, and their cultural concepts and values are susceptible to the influence of contemporary culture in the process of formation and change. By systematically promoting and educating traditional martial arts in colleges and universities, students can deepen their sense of identification with Chinese culture and enhance their sense of national pride and cultural self-confidence, which is conducive to the inheritance and development of traditional culture.

5 Path to promote the development of traditional martial arts culture in colleges and universities

As the institution integrating teaching and research, colleges and universities have important significance for cultural inheritance and knowledge exploration. In the context of the era of sports power, only when colleges and universities adhere to and develop the traditional martial arts culture, and consolidate the important position of martial arts inheritance, can the traditional martial arts get out of the development dilemma.

5.1 Implement policies and improve regulations

In recent years, China has attached great importance to the development of traditional martial arts, promulgated a series of policies conducive to the development of martial arts, such as the “Decision on Strengthening Martial Arts”, “Development Plan for Martial Arts Industry” and etc. , and increased the implementation of martial arts education with the focus on implementation. Although national leadership has

attached considerable importance to martial arts, the awareness of most school leadership is far from what it should be—take martial arts as an important way to inherit national culture, carry forward the spirit of nation, and strengthen the ideological and moral construction of young people. Enhancing the school leadership's awareness of martial arts is a key part of putting martial arts education into practice. Schools should actively implement relevant policies and prepare guaranteeing conditions. In order to promote the development of traditional martial arts in colleges and universities, the development of education at this stage should be scientifically analyzed, the development plan for traditional martial arts education should be formulated, stage-by-stage development goals with school characteristics should be established, special funds for martial arts education should be set up to meet the needs of the development of martial arts education, a group of leadership committed to the development of the traditional martial arts culture on campus should be set up, and facts should be sought from truth to constantly improve the rules and regulations of martial arts education.

5.2 Stay true to the mission and innovate in development

With the diversified development of world culture, traditional martial arts culture is suffering from the impact of foreign sports culture. Foreign sports culture takes “higher, faster, stronger” as the value of competitive sportsmanship, while China's traditional martial arts culture emphasizes rich humanistic spirits. During the thousands of years of cultural inheritance of the Chinese nation, martial arts has absorbed and penetrated the religion, customs, morality, art, life habits and other contents of the Chinese nation, so that it can embody the classical Chinese philosophical theories, ethical morality, aesthetics, and other rich traditional cultures in terms of content and form. This is the mission colleges and universities need to stay true to when exploring the road of inheritance. We do not need to struggle to learn from the dissemination of foreign sports culture, the most important thing is that we inherit and promote the traditional martial arts culture while not losing our own unique cultural personality. Of course, staying true to the mission is not copying and reproducing the previous martial arts culture, but combining it with the characteristics of the times, and putting forth new ideas from the education concept, education mode and talent training. In the context of the construction of a strong sports country, the public's understanding of culture and the way to receive it become more diversified. Therefore, universities can combine the characteristics of the Internet era, with the help of VR, martial arts teaching APP to build an “Internet+Martial Arts” development mode to attract more students to participate in the study of martial arts. We need to let traditional martial arts culture enter into the colleges and universities in the form of “live”. At the same time, colleges and universities should also seize the opportunity of the times, and strive to build a strong traditional martial arts education.

5.3 Optimize resources and cultivate talents

Based on the development of traditional martial arts culture at the present stage, the teaching section and allocation of resources should be scientifically optimized, professional martial arts talents should be introduced to establish a team of traditional martial arts teachers, the idle martial arts education equipment and waste of resources should be reduced. In addition, we should give full play to the role of student associations, and encourage more and more students to fall in love with traditional martial arts culture and join the ranks of learning traditional martial arts culture. Martial arts teachers are more responsible for actively guiding the development of students' martial arts associations, schools should provide certain financial support for students' associations, which can lead to the traditional martial arts cultural exchanges between universities, and expand the effective influence of traditional martial arts. Teachers should aim at cultivating martial arts talents, emphasizing the combination of theory and practice, and inheriting and promoting the traditional Chinese martial arts culture. These are the most important thing to inherit their “soul”.

6 Conclusion

In the context of sports power era, we advocate to take colleges and universities as important positions to encourage students to inherit and carry forward the excellent traditional Chinese martial arts culture, and educate

students to match Chinese martial arts with the actual life of the community so that the traditional martial arts will gain more and more vitality. Through the continuous development of the traditional martial arts, the development of the traditional martial arts can be comprehensively integrated into the great process of China's construction of a sports power and continue to carry forward the spirit of the Chinese nation.

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