

A Study on the Health-keeping for Longhu Mountain Taoist Traditional Sports of Jiangxi Province in China

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Abstract. Taking the traditional sports health preservation methods and ideas of Longhu mountain Taoism in Jiangxi province as the research object, this paper elaborates on the traditional sports health preservation thoughts, methods and values of Longhu mountain Taoism, the differences between Longhu mountain Taoism and other sects, and Taoist sports health preservation medicine by using the methods of literature, field investigation, interview and mathematical statistics. The article concludes the existing problems of the traditional sports of Longhu mountain Taoism in Jiangxi province, and finally puts forward the countermeasures and suggestions for the diversified inheritance of the traditional sports culture of Longhu mountain Taoism in order to provide theoretical reference for the inheritance and development of the traditional sports of Longhu mountain Taoism in Jiangxi province.

1. Introduction

Longhu Mountain, located in the National 5A Scenic Spot of Yingtan city, Jiangxi province, is one of the birthplaces of the orthodox school of Taoism in China. Longhu mountain Taoism is known as the "ancestral family of Taoism" and the "capital of Taoism" in the world. Longhu mountain Taoism has played an important role in the history of Taoism in China. Its traditional Taoist ideas, culture and cultural relics have been preserved to this day. As a native traditional religion of the Chinese nation, Longhu mountain Taoism has a close connection and similarity with the traditional sports health culture of our country, which accords with the inevitability of their historical development and logical evolution. From the point of view of historical development, Taoist traditional culture and Chinese traditional sports health preservation have common historical roots. Taoist traditional culture and Chinese traditional sports health preservation have something in common in ideology, fitness methods and value system. For example, both of them are influenced by the philosophical thoughts of the pre-Qin philosophers, such as the hundred schools of thought, the book of changes and so on. The traditional methods and ideas of Taoism are an indispensable and important part of Chinese traditional sports. The content of traditional sports health preservation contained in Taoism is developed and enriched in Laozhuang doctrine, Yin and Yang doctrine, Zhouyi doctrine, traditional Chinese medicine, ancient witchcraft and practice activities of immortal prescriptions. At present, our country is in the rapid period of economic and social development. The problem of civilization disease and aging is an important issue to be solved in the current society. Although the public has not yet deeply realized the value of traditional Taoist sports, traditional Taoist sports can relieve the social pressure of fierce competition, strengthen the body and maintain the mind. The important roles of ambition, relaxation and longevity extension will surely emerge.

2. Research object and method

2.1 Research object

This article takes the traditional Taoist sports health-preserving cultural thought, fitness content, social value and inheritance and development of Longhu mountain in Jiangxi Province as the research object.

2.2 Research methods

2.2.1 Literature Method

Through the library of Jiangxi normal college, superstar database platform, Longhu mountain Taoism and other related websites and public numbers, articles, works and research documents on Longhu mountain Taoism, sports health preservation, health preservation thought, inheritance and development of intangible culture are retrieved, and books and papers needed by the research institute are collected for the course. Topic research provides theoretical support.

2.2.2 Field Survey Method

The research group made a field investigation and Research on the birthplace of Taoism in Longhu mountain, Jiangxi province. The research group made a field investigation on Shangqing Town, Sihan Tianshifu and Zhengyiguan of Taoism in Longhu Mountain, Jiangxi Province, during the holidays. The content, origin, development, protection and inheritance of Taoism traditional sports were deeply investigated. Finally, the traditional Taoism sports in Longhu Mountain were acquired.

2.2.3 Interview

In the process of investigation, the research group conducted in-depth interviews with relevant experts and inheritors of Longhu mountain Taoist association and collected various qualitative data for analysis and induction. At the same time, the research group interviewed Longhu mountain museum of Yingtan city, Jiangxi Province, consulted relevant yearbooks and county chronicles, and exchanged relevant personnel of Yingtan city sports bureau and Tourism bureau of Jiangxi province in the study of the inheritance and development of traditional Taoist sports in Longhu mountain.

3. Research results and analysis

3.1 Longhu mountain Taoist Traditional Sports Health-keeping Thought

The Taoist culture of Longhu mountain has a long history. It can be traced back to the philosophy of Laozhuang and Zhuangzi in the warring states period and the Pre-Qin dynasty and the theory of Yin-Yang and five elements. The purpose of Taoism is related to immortality and the attainment of Taoism through immortality. In the classic "Xisheng Jing" which appeared in Wei and Jin Dynasties, "My life is not in heaven, but in the past hundred million years" means that the domination of human life is not heaven, but itself. As long as people are good at self-cultivation, exercise, diet and thought control, human life is in their own hands, the traditional Taoist health-cultivation thought and modern sports science. Coincidence is different from other religions. Longhu mountain Taoism contains many traditional sports health care methods and theories. These traditional sports health care methods have been proved to have the effect of regulating body and mind, prolonging life, improving immunity and strengthening body in the practice of past dynasties in China. For example, people generally misunderstand the concept of health preservation. Taoism believes that spring health preservation, summer health preservation, autumn health preservation and winter health preservation, so Taoism is different from the concept accepted by the public in terms of method, content and diet.

3.2 Ways and Contents of Traditional Taoist Sports in Longhu Mountain

Longhu mountain Taoist traditional sports health preservation is different from our traditional sports health preservation methods such as guiding technique, body-building Qigong Baduanjin, Wuqinxi, Yijin Jing, Tai Chi and so on. Since the founding of Tianshi Zhang Daoling in the late Eastern Han Dynasty, Longhu mountain Taoism has been mainly realized through rituals, in addition to persuading people to be kind and universal to all living beings. The main contents of Taoist sports

health preservation in Longhu mountain include: Fashi (religious services or rituals). The contents of the Fashi mainly include: teaching pedagogy, fasting, limb movements and aura when praying for blessings, paintings, kneeling (sitting on the calf to get through Ren Du's two veins), chanting scriptures, joining Taoist rituals, etc. In these special ceremonies, some movements and methods of physical exercises unique to Longhu mountain Taoism have been formed, and these methods have not yet been popularized in mass physical fitness.

3.3 The Difference between Longhu Mountain Zhengyi Religion and Quanzhen Religion

Zhengyi religion and Quanzhen religion belong to Taoism. The two factions share the same beliefs, but differ in their specific methods and contents of practice. Longhu mountain Taoism belongs to the orthodox school, which is essentially different from the traditional sports health preservation of Quanzhen religion. Quanzhen believers are not married, single, hairdressing, require monks to live in temples, strict discipline, advocate selflessness and selflessness, alchemy, endocrine, meditation, fitness exercises are not suitable for public practice. Zhengyi Taoist priests can stay at home, allow marriage, eat meat (excluding mullet, geese, beef and dog meat, which symbolizes filial piety and loyalty), do not have hair, do not require living in temples, the rules are not very strict. Zhengyi religion mainly relies on symbols, mantras, deity-lowering and ghost-dispelling, and legal acts. It paints symbols and mantras, exorcises ghosts and demons, pray for gods and blessings, and worships ghosts and gods. Therefore, there are a large number of body movements suitable for mass fitness in Zhengyi religion.

3.4 Medicine and Traditional Physical Education in Longhu mountain Taoism

Taoist medicine studies and grasps the changing laws of human life activities by recognizing the changing laws of nature. It also studies the changes of human psychology, physiology and pathology by discovering the relationship between the movement changes of nature and human body. For example, the six natural of wind, cold, heat, dampness and fire, which are called six qi, usually do not cause people to suffer from diseases, and if they are too excessive, they become six yin. Taoist medical methods not only expound the changing relationship between man and nature, but also are widely used in sports health care. Under the influence of Chinese traditional culture, Taoist medicine in Longhu mountain has accumulated a lot of knowledge and content of traditional medicine by pursuing growth and immortality and practicing both inside and outside. These contents mainly include taking food, external Dan and internal Dan (external Dan is a kind of external medicine made from mineral stones in the earth, internal Dan is an internal medicine obtained from the human body's own search for basic raw materials, through special procedures), keeping one's eyes, thinking, mind, breath, fetal breath, guidance, massage, piggu, taking food, in-room surgery, adjusting intake. People say: "ten roads, nine doctors". Taoist medicine is an important school of traditional Chinese medicine. It has connections and differences with traditional Chinese medicine. Its essence has become an integral part of Chinese medicine and its traditional ideas and methods of health preservation are of great value.

4. Countermeasure and Suggestion

4.1 Increase the excavation and arrangement

For many years, the inheritance of traditional Taoist sports in Longhu mountain has basically belonged to the teaching style of words and deeds, most of which have no written records. The local government should increase investment, actively carry out the investigation, collection and collation of Taoist traditional sports, and preserve the traditional sports which are on the verge of disappearance in the form of words and pictures, so as to lay a good foundation for the development and propaganda of Longhu mountain Taoist traditional sports. The author suggests exploring and sorting out the traditional Taoist sports in Longhu mountain from three aspects: the first includes Taoist traditional sports, such as guidance, Qishu, etc; the second includes representative Taoist

health projects in Longhu mountain, such as Dharma, praying, painting, kneeling worship; and the third includes endangered projects, such as thinking, tuning, Neidan, etc.

4.2 Strengthen the Values of Longhu mountain Taoist Traditional Sports

In the aspect of strengthening the values and cultural propaganda of traditional Taoist sports health preservation in Longhu mountain, we can invite relevant experts and scholars to preach the value and function of traditional Taoist sports culture in Longhu mountain, so that people can know what is traditional Taoist sports health preservation, ideas and fitness methods. The local government should give policy guidance and support to the inheritance of traditional Taoist sports health-keeping culture in Longhu mountain, and provide financial support for the development of traditional Taoist sports life-supporting activities. Longhu Mountain Tourism Department and Taoist traditional sports and fitness to carry out Taoist sports and health and other new sports tourism projects, so as to attract the vast number of tourism enthusiasts. Yingtan museum and civil administration department should collect and sort out the books, materials and historical traditions of Longhu mountain Taoist traditional sports for the convenience of inheritance and development. Yingtan city's primary and secondary schools carry out the Longhu mountain Taoist traditional sports health preservation activities into the campus, so that young students can understand what Taoist traditional sports activities are. The news media and the establishment of Longhu mountain Taoism, and the WeChat public number of Tianshi prefecture in the Han dynasty, all associations should hold a Taoist cultural forum to vigorously publicize Longhu mountain Taoist sports and health culture, so as to arouse widespread public concern.

4.3 Enhance the protection of the inheritors

The inheritor of traditional culture is the main body of carrying and inheriting national culture. The decrease of inheritors also indicates that society does not recognize traditional culture and culture will gradually disappear. Therefore, in the process of development and protection, Longhu mountain Taoist traditional sports health culture should pay more attention to the protection of intangible heritage inheritors. Firstly, we should pay attention to the cultivation of Taoist traditional sports health professionals. During the interview, the team found that there are not many inheritors of traditional Taoist sports in Longhu mountain, only a few Taoist priests do things, so as the ancestral family of Taoism, Longhu mountain should train special inheritors of Taoism. Secondly, Yingtan City and Longhu Mountain should attach great importance to the absorption of Taoist traditional sports health-keeping talents, especially the cultivation of Taoist leaders, create various conditions, provide platforms and recruit disciples. Thirdly, we should increase financial support and consciously introduce the "Heavenly Teacher" with noble Taoism and profound Taoism. The disciples should pay attention to their own cultivation and image, wear the robes, speak the "Taoist words" and establish authority. In a word, all government departments should encourage the cultivation and inheritance of Longhu mountain Taoism so that the traditional sports and health culture of Longhu mountain Taoism can be passed on from generation to generation.

4.4 Diversified Development Path of Taoist Traditional Sports Health-keeping Culture

The traditional sports health culture of Longhu mountain Taoism is represented by law and has a strong sense of ritual. All departments should strengthen the display of traditional sports health culture of Taoism. The main way to protect and inherit the traditional sports health culture of Longhu mountain Taoism is to take a diversified road in the display. Firstly, the government should regularly organize propaganda activities of traditional Taoist sports health culture in Longhu mountain, and increase appropriate material incentives to the people participating in the activities so as to encourage more people to participate in traditional Taoist sports activities. Secondly, the policy requires every family to participate in the traditional Taoist sports health project, using holidays for competitions, to promote participation in traditional Taoist sports health. Thirdly, we should teach some contents of Taoist traditional sports in schools at all levels, so that students can actively participate in the inheritance of Taoist traditional sports culture. Finally, to achieve the

combination of Taoism and sports tourism, Longhu mountain's Tourism world civilization, people are willing to ask questions and waters, the creation and performance of "Longhu mountain Tao dance" into the legal ceremony, to create a tourism highlight of Longhu mountain. In addition, with the help of Yang Lan's "Dream Seeking Longhu Mountain", the fairyland scenery of "Thousands of Famous Mountains, Daodou Xianshan" shows a long history. The extensive and profound Taoist traditional sports health culture will surely produce sensational effects and huge social benefits

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