

A Survey of the Value of Chinese Kung-fu on the Physical and Mental Health of College Students from the Perspective of Healthy China*

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Abstract—The introduction of the strategy of health China indicates that China has placed the health of the people in a priority position. Chinese Kung-fu's unique self-cultivation, fitness and performance skills have important links to promoting healthy development for all. Chinese Kung-fu has the characteristics of nationality, the contemporaneity of national development and the entertaining nature of sports. Based on the connotation of the health China strategy, this paper explores the important value of Chinese Kung-fu to the physical and mental health of college students in the new era, and proposes the strategy of developing Chinese Kung-fu in the Guangdong-Hong Kong-Macao Greater Bay Area college in the context of health China.

Keywords—*healthy China; Chinese Kung-fu; college students; physical health; mental health*

I. INTRODUCTION

In October 2017, Xi Jinping pointed out at the party's work report on the 19th National Congress: "Socialism with Chinese characteristics has begun to enter a new era. The main contradiction of our society has been transformed into the growing needs of people for a better life and the uneven development." [1] The report of the 19th National Congress further explained the implementation of the healthy China development strategy, the improvement of the national health policy, and the provision of comprehensive health services for the nationals. As an important part of the development of China's sports undertakings, national traditional sports combine regional culture and national culture, and has a wide degree of inheritance among the masses. It is also an important gem of the development of Chinese traditional culture, which highlights the connotation and value of our national spirit. At the current stage, China emphasizes quality education, and it is necessary to ensure the all-round development of students in the teaching process of colleges and universities. Therefore, Chinese Kung-fu teaching is also an important part of the teaching activities of colleges and universities. In the process of carrying out Chinese Kung-fu teaching activities, colleges and universities naturally integrate Chinese Kung-fu spirit into

the campus culture construction, so that students can fully understand Chinese Kung-fu morality in the learning process, thus ensuring the students' physical quality and moral quality are constantly improved and laying a solid foundation for students to step into the society in the future.

II. INTERPRETATION OF THE STRATEGIC SIGNIFICANCE OF HEALTHY CHINA IN THE NEW ERA

On August 26, 2016, the Central Committee of the Communist Party of China issued the Outline of the "Healthy China 2030" Plan. The outline is a grand blueprint and action plan for promoting healthy China. The meeting held that health is an inevitable requirement for promoting the all-round development of people and a basic condition for economic and social development. Achieving national health and longevity is an important symbol of the country's prosperity and national rejuvenation, and the common aspiration of the people of all nationalities in the country. [2] Chinese Kung-fu has a long history, extensive and profound. It carries the essence of thousands of years of Chinese traditional culture. It contains a profound Chinese national spirit and is a valuable asset of the Chinese nation. Chinese Kung-fu is an important part of China's excellent culture. After thousands of years of precipitation, it not only contains a strong Chinese cultural connotation, but also has an extensive and profound cultural atmosphere. It is irreplaceable in carrying forward the Chinese national spirit and defending the history of Chinese civilization. The study believes that the modernization and transformation of Chinese Kung-fu took place against the social background of slow political reform, enlightenment of ideological emancipation, progress of economy and science, and conflict and integration of Chinese and Western culture. [3] Chinese Kung-fu's unique self-cultivation, fitness and entertainment, competitive performance and other functions have important links with the promotion of the healthy development of the whole people. Therefore, it is necessary to consider the background of the times when discussing the development of traditional martial arts. Based on the development of Chinese Kung-fu in the context of healthy China, this paper analyzes the impact of Chinese Kung-fu on the physical and mental health of college students in the new era. On this basis, it proposes corresponding countermeasures to promote the development of Chinese Kung-fu.

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III. THE STRATEGIC SIGNIFICANCE OF THE DEVELOPMENT OF CHINESE KUNG-FU IN THE CONTEXT OF HEALTH CHINA IN THE NEW ERA

A. *An Important Path to Promote the Construction of Healthy China*

In February 2015, Premier Li Keqiang first proposed in the government report to build a "healthy China." In 2016, the state officially promulgated the "Health China 2030" Planning Outline, pointing out that the strategic theme of Healthy China is "Building and Sharing, Health for All". The core of the construction is centered on people's health, emphasizing the focus on grassroots construction, promoting reform and innovation in the work. In particular, in the improvement of the fitness of the whole nation, it is pointed out that it is necessary to vigorously carry out the national fitness campaign, and vigorously develop sports programs that the current people like, especially to encourage the development of traditional sports with regional characteristics, and to support national folk custom folk sports. In 2017, General Secretary Xi Jinping put forward the "Implementing a Healthy China Strategy" in the report of the 19th National Congress of the Communist Party of China, emphasizing the need to promote the deep integration of national fitness and universal health and enhance the ability of ecological health development. It is necessary to focus on building an ecological resource construction, a health industry new city featuring a healthy service industry and a regional international culture. Through the measures of gathering, attracting, nurturing and integrating, people can open up the talent chain needed for the development of the health industry. The Healthy China Strategy points to the direction of its development in the context of the new era. The work report of the 19th National Congress of the Communist Party of China proposed to implement the Healthy China Strategy and clearly pointed out that people's health is an important symbol of national prosperity and national prosperity. It can be seen that sport is an effective starting point for the construction of healthy China, and Chinese Kung-fu is an important part of the "Healthy China" sports support camp, and has its own unique advantages in the sports camp. First, Chinese Kung-fu is rich in content and suitable for all people. There are Changquan, Xiangxingquan and other exercises suitable for young people to practice, as well as Taichi, Baguazhang and other practical exercises for middle-aged and older people. Second, the study found that traditional martial arts can improve people's cardiovascular function and muscle ability, e.g. Taichi, can improve the cardiovascular adaptability, muscle capacity and body balance performance [4]. Third, Chinese Kung-fu can improve people's mental health. In the process of practicing exercises, Chinese Kung-fu can regulate the inner atmosphere of people and help people relax physically and mentally [6]. As can be seen from the above, Chinese Kung-fu is a multi-directional physical exercise. For those who participate in Chinese Kung-fu exercise, the improvement of their health level is comprehensive. Compared with Western sports, Chinese Kung-fu gives people the most comprehensive, diversified and thorough health value and function [1]. Therefore, the health efficacy of Chinese Kung-fu is an important way to achieve

the goal of universal health, and it has a driving role in the construction of healthy China.

B. *Important Measures to Promote the Construction of a Strong Sports Country*

The report of the 19th National Congress of the Communist Party of China stated that in the next five years, it is necessary to carry out the nationwide fitness activities in a serious and extensive manner, and accelerate the construction of a strong country in sports. The construction of a sports powerhouse is a complex work with multiple dimensions and multiple fields. It not only promotes the development of national fitness activities, but also fosters sports culture and promotes the development of sports industry. Correspondingly, Chinese Kung-fu's role in the construction of sports powers is also multifaceted. First of all, Chinese Kung-fu plays an important role in national fitness activities. China Youth Network shows that as of 2013, China's participation in Chinese Kung-fu fitness has exceeded 70 million. Secondly, China has enriched the content of school sports and promoted student development by establishing the National School Sports League (Chinese Kung-fu) in 2013, highlighting the unique educational effects of Chinese Kung-fu. Third, Chinese Kung-fu has certain industrial potential, and the world-famous film "Hero" is the product derived from Chinese Kung-fu. Finally, Chinese Kung-fu's cultural attributes such as health thoughts, philosophical thoughts, and aesthetic thoughts are a valuable asset to enrich the connotation of sports culture. Therefore, the development of Chinese Kung-fu is of great significance to the promotion of sports power.

C. *An Important Way to Enhance the Confidence of the Whole Nation*

In the report of the 19th National Congress of the Communist Party of China, "If there is no high degree of cultural self-confidence and no cultural prosperity, there will be no great rejuvenation of the Chinese nation. [1] Chinese Kung-fu is a calling card of Chinese traditional culture. Through the Chinese Kung-fu, people can glimpse the Chinese people's unique way of thinking, behavior, aesthetics, value orientation, etc. [7] Chinese Kung-fu's health culture can enhance the national health. Chinese Kung -fu's ceremonial culture can enhance the national civilization. Chinese Kung-fu's advocating sports culture can inspire the national spirit. Chinese Kung-fu has always been a symbol of the Chinese nation, and foreigners even take "Chinese Kung-fu" as a special mark of the Chinese, that is enough to show that Chinese Kung-fu has a special and important significance in carrying forward the Chinese national culture. The study proves that the Chinese Kung-fu culture is also the representative of the influential power of the intangible cultural heritage of China [8]. Therefore, in order to improve the influence of China's excellent traditional culture, let the world feel the profound cultural heritage of China and enhance the confidence of the whole people, people need to pay attention to the inheritance and development of Chinese Kung-fu, and endow Chinese Kung-fu with cultural mission of inheritance and promotion of Chinese national culture.

D. An Important Carrier for Carrying Forward the National Spirit

In the report of the 19th National Congress of the Communist Party of China, Xi Jinping proposed to carry forward the national spirit and guide people to establish a correct view of history, nationality and culture. The national spirit is a concentrated expression of the vitality, creativity and cohesiveness of a nation, and is the core and soul of a nation's survival and development [9]. After 5,000 years of development, the Chinese nation has formed a great national spirit with patriotism as its core, united and united, peace-loving, diligent and courageous, and self-improvement [10]. In the long course of history, people can find many people who practice Chinese Kung-fu, take "self-cultivation, family harmony, country management and world peace" as their life creed, so, through the special form of Chinese Kung-fu, the great national spirit is highlighted. It can be seen that Chinese Kung-fu is an external manifestation of a national spirit. In the new historical stage, using Chinese Kung-fu as a carrier to awaken the national spirit of the Chinese people will help inspire people to struggle for the country and work hard.

IV. EXPLORING THE VALUE OF CHINESE KUNG-FU TO THE HEALTHY GROWTH OF COLLEGE STUDENTS

Through its strong sports system and profound cultural heritage, Chinese traditional sports program Chinese Kung-fu has not only received much attention at home and abroad, but also has extremely important value for improving and reshaping the physical and mental health of college students.

A. Exploring the Value of Chinese Kung-fu to the Physiological Health of College Students

1) *Chinese Kung-fu's value to college students' body movement system:* Chinese Kung-fu action includes flexion and extension, loopback, balance, jumping, churning, lunging, etc., almost all parts of the human body can participate in the exercise, so that the body and mind have been fully exercised. Practice has proved that systematically performing Chinese Kung-fu training can make the joints flexible and enhance the physical quality; combing the meridians and improving the spirit. Chinese Kung-fu sports emphasizes regulating of breathing and mind activities, which is very beneficial for regulating the balance of the internal environment of college students and improving their physical function.

2) *Chinese Kung-fu's value to college students' brain puzzles:* Although the Chinese Kung-fu project is numerous and has different technical movements, it requires both internal and external combinations of hand, eye, body, footwork and essence, vital breath and spirit, and coordination. Chinese Kung-fu is done under the conscious adjustment of the brain. Therefore, it plays a beneficial role in the coordination of the nerve centers that govern the various organs. Chinese Kung-fu is a smart and flexible sport. Therefore, it has great value for college students.

3) *Chinese Kung-fu reduces the value of illness and fitness for college students:* Chinese Kung-fu has a strong

fitness value for college students. In the ancient times, before the Chinese Kung-fu was not produced, the natural environment was extremely bad at that time, people were sick, so people imitated the movement of animals to create Yuanshi Daoyinshu. This has since evolved into an important part of Chinese Kung-fu. It can be seen that Chinese Kung-fu is based on people's demand for fitness. Through the exercise of the eye and the body, people achieve the purpose of cultivating essence, nourishing vital breath, and spirited.

4) *Chinese Kung-fu's value in improving the coordination of college students' body:* Chinese Kung-fu sports can play a good role in the physical exercise of college students, which is conducive to the improvement of the body's speed, strength, sensitivity, coordination and endurance. Chinese Kung-fu is a comprehensive exercise for the body. Chinese Kung-fu's boxing techniques and instruments focus on hand, eye, body and footwork coordination, and pay attention to essence, vital breath, strength, skill and so on. For example, Tanhai Pingheng, to do this action requires excellent coordination of the body, the combination of force and the integrity of the whole body, that is, to achieve the requirements of coordination.

B. Exploration of the Value of Chinese Kung-fu on College Students' Mental Health

1) *Chinese Kung-fu's value in improving the spiritual will of college students:* Chinese Kung-fu helps to cultivate the perseverance of college students, and practicing Chinese Kung-fu is a multi-faceted test of the quality of the will. Practice Taolu, can cultivate the quality of hard work, sturdy and never complacent. Practic Sanda can exercise the courageous, unyielding and unyielding fighting will. The long-term Chinese Kung-fu movement can cultivate the good habits and will of the university students who are diligent, hardworking, courageous, tenacious, open-minded and eager to learn.

2) *Chinese Kung-fu's value in perfecting the moral character of college students:* "First study etiquette, then learn Chinese Kung-fu", Chinese tradition has always listed morality as a prerequisite for learning Chinese Kung-fu. Chinese Kung-fu has always been a ceremonial and ethical person in the history of thousands of years in China, such as respecting teachers and loving friends, mutual learning and mutual learning, through Chinese Kung-fu to make friends, to learn skills, to be polite and trustworthy, to be righteous and courageous. The combination of offensive and defensive techniques and life practice is the embodiment of Chinese Kung-fu's traditional moral values. Preferring Chinese Kung-fu and having sports ethics not only can well cultivate the sentiment of college students, but also greatly improve the character of college students.

3) *Chinese Kung-fu is of increasing value to college students' interest in traditional culture:* Chinese Kung-fu is an important part of Chinese traditional culture. Guangdong and Guangxi people call it Kung Fu. In the early days of the

Republic of China, it was referred to as the national art. It is regarded as the essence of Chinese culture, so it is also called the national quintessence. Due to historical development and geographical distribution, Chinese Kung-fu has derived different sects. Chinese Kung-fu's main content includes techniques such as fighting skills, fighting techniques, offensive and defensive strategies and weapon use. It is divided into two categories: theory and practice. From practice, it brings important functions such as sports, fitness, and Chinese Kung-fu's unique qigong practice and health. The theory brings a lot of experience and boxing records of predecessors. Therefore, it embodies the Chinese nation's understanding of offensive and defensive skills and strategies. Through the accumulation of experience, the self-operation of self-reliance, self-improvement, and physical fitness can show the graceful posture of body movements. In Chinese Kung-fu, Chinese philosophical thoughts, such as the Eight Diagrams doctrine in the Book of Changes, also embody the truth of yin and yang. Chinese Kung-fu often has the cultural characteristics of thought smelting and the characteristics and significance of humanistic philosophy, and has a profound influence on the mass culture of today's China.

V. THE STRATEGY OF DEVELOPING CHINESE KUNG-FU IN THE COLLEGE IN GUANGDONG-HONG KONG-MACAO GREATER BAY AREA IN THE CONTEXT OF HEALTHY CHINA

Chinese Kung-fu knowledge is the focus of college teaching. The main goal of healthy China is to improve the overall physical quality of the whole people, and the Chinese Kung-fu movement is an important way to achieve healthy China. At this stage, there are many young people who are not interested in Chinese Kung-fu. The main reason is that they do not know enough about some basic Chinese Kung-fu knowledge. This led to the fact that young people did not put Chinese Kung-fu into the selection after getting the opportunity to choose courses, which led to the lack of Chinese Kung-fu courses in many universities. Therefore, highlighting the content of Chinese Kung-fu as a characteristic education in Lingnan area is of great significance to the development of Chinese Kung-fu education in Guangdong universities.

A. *Making Full Use of the Unique Cultural Resources of Guangdong-Hong Kong-Macao Greater Bay Area to Develop the Chinese Kung-fu Market*

Guangdong has formed a unique regional culture in the long-term historical evolution. With the deepening of reform and opening up and the rapid development of the economy, this culture has highlighted the spread of high potential energy to the surrounding areas and has become the object of emulation in the Mainland. The Guangdong culture with unique local characteristics, coupled with the factors of ethnic minorities, still retains the national and local characteristics in the development of culture. The characteristics of the Chinese ancient Kung-fu of the ancient Yue people in Guangdong are very full. Therefore, it is necessary to mine, summarize, and sort out the Chinese Kung-fu of Guangdong, which is suitable for the practice of college students. It is widely carried out in

the Guangdong-Hong Kong-Macao Greater Bay Area college and is used in sports teaching and training.

B. *Standardizing the Teaching and Training of Chinese Kung-fu in Lingnan Area in College Sports in Guangdong Province, and Striving to Improve the Status of Chinese Kung-fu*

With the development of sports globalization and competition, Chinese Kung-fu has created competitive martial arts in order to enter the Olympics and to integrate with Western sports. The school Chinese Kung-fu education is also the road to competitive development [11]. Because the competitive Chinese Kung-fu must require the practitioners to have solid basic skills and good physical quality, and this is only a small number of students, which makes the students difficult to learn, difficult to understand, and difficult for teachers to teach. There has been a situation in which students like Chinese Kung-fu but do not like Chinese Kung-fu classes, resulting in the loss of the mass base at the school Chinese Kung-fu. Therefore, the universities in Guangdong-Hong Kong-Macao Greater Bay Area should strongly advocate Chinese Kung-fu based on the local culture of Guangdong. It is necessary to formulate standardized teaching content according to the physical and mental characteristics of students, and strive to enhance the position of Chinese Kung-fu in the physical education of colleges and universities in Guangdong-Hong Kong-Macao Greater Bay Area and the teaching of Chinese Kung-fu.

C. *Accelerating the Modernization of Chinese Kung-fu in Lingnan Area*

Chinese Kung-fu must keep up with the development of the times, adapt to the requirements of the times, and take a path of Chinese Kung-fu that has Chinese characteristics and characteristics of the times in terms of form and content [12]. The Belgian writer Mark Tebun once commented in the article "Chinese Kung-fu and Western Culture": "Most Westerners' understanding of the true meaning of Chinese Kung-fu is quite superficial because its traditional thinking and meaning stem from a culture that is completely different from their own culture. When they interpret Chinese Kung-fu in languages other than Chinese and Japanese, they become less well understood. By participating in physical movement, there is a gradual opportunity to communicate culture mutually." In the past, our research on Chinese Kung-fu culture liked to start from the perspective of connotation. However, its connotation often only makes Chinese Kung-fu self-proclaimed, but most people can't really get close. Not only can't attract more people to participate in it, but it is easy to form a negative impact [13]. The development of the society, the progress of mankind, and the Chinese Kung-fu, which is centered on fighting and fighting, have become difficult to adapt to the lifestyle of modern society. Chinese Kung-fu's leisure, fitness, and education functions have gradually become prominent, and the martial arts fighting function can only become part of Chinese Kung-fu. Therefore, Guangdong Chinese Kung-fu should also keep pace with the times and accelerate the modernization transformation. Chinese Kung-fu teachers at Guangdong-Hong Kong-Macao Greater Bay Area universities must also strive to

adapt to the needs of the times and explain Chinese Kung-fu with modern language and scientific training methods.

VI. CONCLUSION

Building "healthy China" is a long-lasting project. Related to national rejuvenation and the happiness of the people, it requires the multi-faceted efforts of the state, society and the masses. "Healthy China" provides policy support for the inheritance and development of Chinese Kung-fu, which brings new vitality to the dissemination and development of Chinese Kung-fu in colleges and universities. Chinese Kung-fu also added new content to "Healthy China" and played a positive role in promoting the physical and mental health of the university students and the construction of "Healthy China" in the new era.

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