

# Research on School Traditional Wushu Teaching and Traditional Culture Inheritance

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**Keywords:** Traditional Wushu, Traditional culture, school, teaching, inheritance

**Abstract:** Traditional Wushu is typical representative of Chinese culture, it contains the connotation and momentum of Chinese culture, become a window for China to show its culture soft power and for the foreigners to understand Chinese culture. Students in school are the main force in the society competitive in our country in future, they can spread the traditional culture of our country to all corners of the world .Current the traditional Wushu operate in school have the problems such as understanding deviations, weak development. It should be solved from teaching content, teachers, comments ect.

## 1. Traditional Wushu and traditional culture

Traditional Wushu refers to the Chinese traditional physical activity overall characterization, which organized and developed from the farming civilization background, with organic activity content of routine, free Sparring including Especial Training, to improve the skill of fighting as the main value, and also pay attention to physical exercise[1].Traditional culture refers to national culture which evolutes and formats national characteristics and national style and feature, it is the overall representation standing for national style and feature of the ethnic characteristics forms from a long term development of the nation. After thousands of years development, China's traditional culture has been characterized by generations, ethnic characteristics, long history, and profoundness.

## 2. Traditional Wushu contains rich traditional culture connotation

### 2.1 Philosophical thought

Traditional Wushu not only pay attention to body norms , but also pay great attention to the unity of spirit and body, search for the internal and external integration, reflects the philosophy of the overall view. Tai Ji's original intention is to assign the origin of all things, and it is the basic of all thing in heaven and earth. TaiJiQuan is a unique special boxing in traditional Wushu culture , It can be circulated in China and abroad because of its profound philosophical thought[2]. TaiJiQuan performance with combination of movement and static, rigid and soft, advance and retreat, opening and closing, etc. The five elements originally meant five substances: metal, wood, water, fire, and earth, illustrate the unity of the origin and diversity of all things in the universe from an ancient Chinese thinker[3], form and will boxing fully utilized its dialectical theory of mutualism. “ Dao”is the most fundamental boxing theory of traditional Wushu, “Qi” is regarded as a force in traditional Wushu, the theory of “ Dao” and “Qi” is the main thinking of Chinese ancient philosophical thought.

### 2.2 Chinese medicine knowledge

Traditional Wushu and Chinese medicine have the same theory since long time ago, are considered as an organic whole spiritual activity that is unified with human body physiological function and natural environment. Though the practice of “physical body” such as muscles and bones, to achieve the “self-cultivation inside and outside” of cultivating sperm, regulating breath, and good spirit, and It is almost all the purpose of Chinese traditional Wushu.

### **3. The necessity of Inheritance traditional Wushu**

Traditional Wushu which is consider as one of the fourth quintessence, play an important role in the traditional culture. The students are the main force of our country and the successors of our country; Traditional Wushu included in the school teaching can improve the students' physical quality, enrich students' cultural life, and also promote and develop China's traditional culture. For traditional Wushu, it also finds a suitable development way.

#### **3.1 Promote our traditional culture.**

Chinese nation have 5000 years of excellent traditional culture, we must innovate on the basis of inheritance and let excellent traditional culture be inheritance and sublimated our generation. Protecting and inheriting our traditional culture have irreplaceable functions on maintaining national cultural security and improving the status of the country[4]. China is a huge culture country, and the economy has developed speedy, at the same time , The culture soft power in our country cannot match with it[5].School which is an important and widely inheritance place ,can better fulfilling the historical mission of carrying forward the national spirit and inheriting Chinese traditional culture though children inheriting the traditional Wushu in school[6].

#### **3.2 Beneficial to traditional Wushu development**

Competitive Wushu is mainly aimed at cultivating athletes, it is not suitable for the practice of ordinary students. Traditional Wushu take traditional Chinese culture as the center, and there is no strict stipulate for the angle and range of action. It can be based on individual characteristics and understanding, exercise different pattern, so it is suitable for most of people. While operate Wushu in school, achieving standardization of student movements is easy to come out, cannot abbeey the exercise principle of traditional Wushu, help students to learn Wushu well at the beginning[7]. Operating traditional Wushu in school , not only created a new approach for traditional Wushu development , but also facilitated the dissemination and popularization of traditional Wushu.

### **4. The Strategy of inheriting traditional culture in traditional Wushu teaching**

#### **4.1 Enrich traditional Wushu teaching content**

The teaching content of traditional Wushu can select a certain type of boxing combining with some local characteristics in the popular boxing[8] such as Tai Chi, Shaolin, Nan Quan and other boxing, and then then boxing teaching content according to the primary, intermediate, and advanced routines in different sections. The teaching content of traditional Wushu can add some boxing exercise ,such as "peace Wushu ",to cultivate spirits also improve the hyperactivity problem. "soft Wushu" can increase the range of motion and stretch of muscles. The offensive and defensive meanings of traditional Wushu are very rich. The meanings of offensive and defensive of traditional Wushu is very rich, and should teach some practical offensive and defensive movements during routine teaching.

#### **4.2 Cultivate and invite traditional Wushu professionals**

Traditional Wushu join the school,the key problem is Wushu teacher source, school can adopt the two ways simultaneously strategies ,they are cultivating and introducing traditional Wushu professionals. In the early stage of traditional Wushu, such schools that have the ability can invite some professional traditional Wushu teacher or folk boxer, the most effective way is to provide short-term training for physical education teachers so that physical education teachers can operate Wushu traditional courses.

#### **4.3 Focus on the penetration of students into traditional culture**

Cultural education in traditional Wushu teaching is of great value.it should promote the infiltration of traditional Wushu teaching culture and education by kinds of ways ,can make the operating of traditional Wushu teaching become more scientific and reasonable. The three part which are

adjusting teaching concepts, creating a cultural atmosphere, and incorporating traditional cultural studies into evaluation systems, are the perfect unify of process and result.

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