

Research on Teaching Content of Series of Skills and Trick in Wushu in National Traditional Sports Specialty

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Abstract—As a bright pearl of Chinese national culture, Chinese martial arts have taken root and sprouted in the thousands of years of Chinese civilization, and have been rooted in the daily life of working people. Originates from people's life practice, Chinese martial arts has been used in various social activities and military wars. In the process of accumulation, the content of Chinese martial arts has more cultural color and social value. Chinese wushu is a traditional sport of the Chinese nation with a long history and profound culture. It has various forms and functions such as fitness, self-defense, self-cultivation, competitive performance and entertainment. This paper will make a detailed analysis of the status quo of wushu teaching in universities and the significance of teaching of martial art series of skills and trick in wushu in national traditional sports specialty. The purpose is to find out existing problems and put forward strategic solutions.

Keywords: *colleges and universities, national traditional sports specialty, series of skills and trick in wushu*

I. INTRODUCTION

With the continuous development of society, wushu, as a folk national treasure of China, has been favored by more and more people in the world. Wushu is a traditional national sport, and an important learning content of national traditional sports specialty in colleges and universities. The integration of different martial arts in national traditional sports specialty can help guide students to learn, help students understand the connotation of martial arts culture and exercise students' willpower. However, in view of the current situation of national traditional sports specialty, many students are zero-based, which makes it difficult to learn martial arts culture and master series of skills and trick in wushu. The teaching of series of skills and trick in wushu is the foundation of wushu teaching. In order to improve students' martial arts professional ability, people should combine the actual situation of students and their professional characteristics to deeply understand and practice martial arts skills, so as to help students accurately master martial arts techniques and improve the quality of students' martial arts learning. This paper will make a comprehensive analysis and research on the teaching content of series of

skills and trick in wushu for national traditional sports specialty.

II. CURRENT SITUATION OF WUSHU TEACHING IN COLLEGES AND UNIVERSITIES

Wushu is a traditional national sport. As a traditional national sport in China, wushu has formed a set of professional technical theories and practice routines in its long development history and has become a specific theoretical and scientific system of traditional national sports. As a traditional Chinese sport, wushu is an indispensable and important component of traditional Chinese culture. It has a special status in Chinese society and is also a practice symbolizing Chinese culture. [1] In order to inherit and develop Chinese excellent traditional culture effectively, it is necessary to carry out Chinese martial arts teaching in national traditional sports specialty in colleges and universities. But the martial arts knowledge imparted in college physical education is generally the movement route and the movement only consists of attack and defense movement. Such education mode will inevitably bring bad influence to the inheritance and development of Chinese wushu culture. In order to effectively explore the development path of wushu, it is necessary to integrate skills and trick in wushu into the education of national traditional sports specialty in colleges and universities. Education should be used to popularize martial arts knowledge and skills, effectively promote the sustainable development of martial arts culture, and let college students become the inheritors and promoters of martial arts.

III. THE SIGNIFICANCE OF SERIES OF SKILLS AND TRICK IN WUSHU TEACHING IN NATIONAL TRADITIONAL SPORTS SPECIALTY

A. It is beneficial to suppress students' negative emotions

For college students, they bear more academic pressure, and many of them face the pressure of various professional exams. Besides, universities are the epitome of society. In the process of daily contact with classmates, students will inevitably encounter a lot of friction, and it is easy to be depressed, and unsatisfied. Martial arts focus on "balance

between Yin and Yang". Active learning of martial arts can help students to adjust their mental state while exercising their moves [2]. Martial arts is an aerobic exercise. Carrying out wushu sports scientifically can improve students' physical quality, and the anti-depression factors produced during the exercise can effectively relieve students' bad mood and inspire students' hope for a better life.

B. It is beneficial to cultivate students' strong will

Martial arts learning and exercise is a long, boring, repeated process. Especially for students who are new to martial arts, it is not only difficult to master martial arts skills, but also uncomfortable when they feel sore and out of breath. However, if you want to master martial arts skills, you need to explore the essence of martial arts in the practice day after day. As the saying goes, "Dong Lian San Jiu, Xia Lian Jiu Fu (No matter it's cold or hot, keep exercising)", only by standing the test of time can people master the martial art. Wushu teaching should be carried out under the supervision and guidance of teachers, so that students can think and practice more, and have a deep understanding of the inner spirit of wushu. Martial arts can not only cultivate students' sentiment, but also help them to overcome their laziness and improve their personal cultivation and willpower.

IV. PROBLEMS EXISTING IN TEACHING OF SERIES OF SKILLS AND TRICK IN WUSHU TEACHING IN NATIONAL TRADITIONAL SPORTS SPECIALTY

A. Students are less motivated to learn

Wushu teaching is a very important teaching content for national traditional sports specialty. However, in the actual learning process, the teaching method carried out by teachers is still in the form of "explanation + demonstration", just like the traditional physical education. [3] In the evaluation of students, more attention is paid to the students' martial arts actions, which loses the real meaning of martial arts learning and leads to the inclination of the pursuit of goals in martial arts learning. On this basis, students gradually lost interest and novelty in martial arts learning, which brought bad influence on the learning of series of skills and trick in wushu.

B. Lack of offensive and defensive skills learning

The main purpose of wushu learning is to integrate wushu into students' life on the basis of training students' physical quality, so as to achieve the purpose of strengthening the body and defending the body. However, the martial arts teaching carried out by the national traditional sports specialty often ignores the martial arts attack and defense, pays too much attention to students' mastery of martial arts movements, ignores the attack and defense at the practical level, and fails to ensure the practicality of martial arts, even completely divorced from the practical value.

C. Excessive emphasis on visual effects

For students majoring in national traditional sports specialty, after learning martial arts, many students will be engaged in martial arts performances, martial arts doubles, martial arts competitions and other work [4]. As a result, teachers can pay more attention to visual effects in the process of teaching. Objectively speaking, wushu teaching is not only to meet people's viewing needs, but also to combine "fighting" with "practicing". Only by fully combining practice with actual combat can students master skills and combine study with practice to show the unique charm of martial arts.

V. THE TEACHING STRATEGY OF SERIES OF SKILLS AND TRICK IN WUSHU TEACHING IN NATIONAL TRADITIONAL SPORTS SPECIALTY

A. Integrating wushu culture and paying attention to cultivating students' interest

Interest is the best teacher for students. In the teaching process of series of skills and trick in wushu, attention should be paid to the cultivation of students' interest, so that students can devote 100% of their interest to the learning of wushu skill [5]. From the ideological level, students should be taught the connotation of "wushu moral education", so that students can set up the correct ideological values, and solemn spirit of honesty, integrity, courtesy, humility, brave, and respect for culture. In addition, in the form of multimedia and Internet, martial arts films and martial arts stories can be incorporated into students' learning before teaching, so that students can have an in-depth understanding of martial arts culture and fully stimulate their enthusiasm to learn martial arts. When carrying out teaching, teachers should integrate diversified teaching contents and respect the law of martial arts teaching. The practice of series of skills and trick in wushu should be closely integrated with wushu competition and wushu practice, so that students can apply wushu movements to actual wushu competition practice while mastering them. And then fully stimulate the enthusiasm of students to learn martial arts, strengthen the students' comprehensive martial arts culture.

B. Combining attack and defense to clarify the teaching route of martial arts

Wushu teaching is not only to strengthen the body, but also to strengthen students' reaction ability, defense ability and self-defense ability. Therefore, more attention should be paid to the guidance of students' knowledge of attack and defense, the nature of attack and defense of wushu movements should be highlighted, and the core values of wushu should be emphasized. According to the psychological characteristics of college students, the series of skills and trick in wushu that meets the defense needs of students is integrated into the teaching work [6]. After making clear the teaching route of wushu routine, help the students to master the key points of movements correctly. For example, in the teaching of "forward front kick", teachers should control the height and strength of students'

kicks. The teacher should set the standard of kicking. If the students fail to kick the forehead standard at the beginning, they can guide the students to press the legs, consume the legs (when you press your legs to the limit of what you can bear, stay still and hold on) and control the legs (stand on one leg and kick the other (side kick) and keep as still as possible) before practice series of skills and trick in wushu. During the training, students should avoid overreacting and acting rashly, and use exercise to strengthen their ability level of attack and defense. Students should practice regularly to achieve qualitative change, and use exercise to strengthen students' ability level of attack and defense. Thus carry out the practice and competitiveness of martial arts learning.

C. Paying attention to intuitionistic gist, and adopting integrated teaching method

The teaching of series of skills and trick in wushu involves the teaching of many combination routines, which brings many problems to students' learning [7]. Then in the process of developing the learning of combined martial arts skills, teachers must guide students to make clear the following levels of content: the number of movements of combined martial arts skills; the route and direction of action implementation; and the rhythm of limb movements and connection skills. In the teaching process of series of skills and trick in wushu, teachers can help students to understand the main points through the form of explanation, let students know the number of movements, movement routes, body rhythm and other contents of series of skills and trick in wushu through intuitive demonstration, and strengthen students' preliminary grasp of wushu routine technology. In addition, wushu is a sport that emphasizes both internal and external training. Teachers should also guide students to combine their inner feelings with mental volitional levels in the process of carrying out the intuitive demonstration of series of skills and trick in wushu. In this way, students can fully integrate themselves into the learning of series of skills and trick in wushu, laying a good foundation for students to exercise and grasp the technical essentials independently.

D. Gradually guiding the students and enriching the performance and competition platform

The learning of series of skills and trick in wushu is not accomplished overnight. It requires students to learn the basic movement well, practice and master the key points constantly, effectively use wushu in practice, and truly make wushu a kind of ability of themselves. [8] Teachers should guide students to implement the principle of gradual progress, encourage students to start from the basic skills, gradually guide students to carry out skill training to enhance students' physical quality and martial arts level. Teachers should arrange the teaching content reasonably: Teachers should first teach the basic martial arts movements, then series of skills and trick in wushu, and then guide students to carry out combined training and encourage them to continue to learn, so as to ensure the quality of martial arts learning. In addition, in order to combine knowledge and practice closely, teachers should also actively provide students with a platform to show their elegant demeanor and enrich students' performance and

competition platform. Teachers should also actively contact the performance platforms and athletic platforms on and off campus to encourage students with a solid martial arts foundation to participate in the martial arts competitions, which can not only improve students' actual combat level, but also create a good martial arts practice atmosphere in the school.

VI. CONCLUSION

In a word, the teaching of series of skills and trick in wushu is an important content of national traditional sports specialty. In the actual teaching process, teachers should take into consideration of the actual situation of students majoring in national traditional sports specialty, summarize the problems existing in teaching, and put forward corresponding solutions. Teachers are also required to integrate martial arts culture, cultivate students' interest, make clear the teaching route of martial arts, use scientific teaching mode to combine knowledge and practice closely, provide students with a platform to show elegant style, effectively guarantee the quality of martial arts teaching, and promote the sustainable development of traditional Chinese culture.

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