

Thoughts on Skill Transmission and Cultural Inheritance of Wushu Teaching in Colleges and Universities

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ABSTRACT

This paper discusses the specific strategies of the integration in wushu teaching skills and the cultural heritage. Wushu teaching is not only the process of skill transfer, but also the process of chinese traditional culture spreading in colleges and universities. In the current teaching of wushu in colleges and universities, it is often focused on skills teaching, but failed to achieve the combination of skills transfer and cultural heritage. We should continuously spread cultural awareness to students, strengthen wushu concept, and emphasize the combination of skill transmission and cultural inheritance in wushu teaching. Only in these ways, can we promote the continuous and healthy development of wushu teaching in colleges and universities in china. In the process of wushu teaching, teachers should cultivate students' holistic view, make them feel the traditional culture of wushu morality, and carry forward the spirit of patriotism in skill transmission, and hone students' mind.

Keywords: *wushu teaching, skill transmission, cultural heritage*

1. INTRODUCTION

The object of wushu teaching in colleges and universities is college students with moral feelings. The goal of teaching is to pass on wushu skills so that students can experience the value of traditional wushu and inherit chinese wushu culture. However, in the current college wushu teaching, teachers tend to focus on the teaching of wushu skills, and ignore the combination of cultural heritage and skill transfer. It is for this reason that wushu teaching in colleges and universities is becoming more and more boring and uninteresting, which reduces the attraction to students, loses the profound cultural connotation contained in wushu itself, fails to achieve the effect of spreading chinese traditional wushu culture, and causes the phenomenon of "emphasizing technology and neglecting culture". Although many college students are interested in chinese traditional wushu, they are tired of wushu courses, which is very unfavorable to the spread of traditional wushu culture. In this paper, from the perspective of the integration of wushu skills and cultural heritage, we explore the specific strategies of the integration of wushu skills and cultural heritage, in order to provide a reference for the development of wushu teaching in colleges and universities in china.

2. The relationship between skill transmission and cultural inheritance in wushu teaching in colleges and universities

According to the content of wushu teaching in colleges and universities, we can divide wushu teaching into two parts: the spreading of wushu skills and the spreading of wushu culture. Wushu teaching is not only the process of skill transfer, but also the process of chinese traditional culture spreading among college students. In the learning process, students need to pursue unremittingly, gradually experience the essence of traditional wushu culture, inspired by life, so as to realize the charm of wushu.

2.1 The generation of wushu skills

Chinese wushu has a long history, with distinct national and cultural characteristics. In the long-term development process of wushu, it has been deeply influenced by chinese traditional culture. The concept of "teaching wushu and educating people" is implemented in the whole process of traditional wushu education. According to the types of wushu forms, we can divide the technical system of wushu into exercise skills and confrontation skills. In the teaching of wushu in colleges and universities, students spend a lot of time and energy in the field of wushu, and internalize the teacher's teaching into their own knowledge, skills and cultivation. At the same time, they show themselves in front of others in daily life with the help of body, appearance, behavior, social interaction, technical skills,

etc. In the process of skill transfer, students can gradually feel the unique charm of Chinese traditional wushu culture, be influenced and educated by Chinese traditional culture, and be influenced imperceptibly, so as to improve their comprehensive quality. The students' initial contact with traditional wushu can be positively influenced by wushu education. Wushu morality requires students to be upright, boxing theory propagates the idea of clearing away knowledge, wushu spirit helps students to establish indomitable character, and wushu etiquette teaches gentleness, courtesy and thrift. Wushu teaching affects college students in many ways, not only to enable them to master the knowledge and skills of traditional wushu, but also to improve their ideology and moral cultivation. In order to facilitate the teaching, memory and training of wushu, wushu experts of all ages in China have created various wushu routines [1]. In the teaching of wushu skills, students can improve their understanding of Chinese wushu culture. For example, the changes of yin and yang in traditional wushu are based on the changes of attack and defense, and the changes of hardness and softness, emptiness and reality, advance and retreat are all related to them. In addition to taijiquan, there is a difference between speed and slowness in most kinds of boxing. In the process of practicing wushu, students need to pay attention to the change of speed, follow the rules of wushu, and deal with the exercise routines artistically, which can show the learners' wushu accomplishment and understanding of wushu skills.

2.2 The inheritance of wushu culture

Wushu is a precious cultural heritage of the Chinese nation, with a long history. Since Song and Yuan dynasties, the traditional culture accumulated by wushu has become increasingly rich and dignified. The theoretical framework of wushu teaching has been deeply influenced by the Neo-Confucianism of Song and Ming dynasties, from the emphasis on strength, personal skills and training system. By the end of the Qing dynasty, Chinese wushu had formed a complete system, which fully reflected the essence of Chinese traditional culture. We should realize that traditional culture is the soul of Chinese wushu and the important foundation for wushu learners to become "wushu people". The cultural essence of wushu makes it different from other kinds of sports. If there is no inheritance of wushu culture, wushu, as a common sport, is difficult to gain the right of discourse in the world. The wushu culture and social life in our country are closely combined and become the pursuit of wushu learners. In the teaching of wushu in colleges and universities, the inheritance of wushu culture can make students deeply experience the charm of Chinese traditional wushu in the campus environment, better understand and understand the methods and technical specifications of wushu learning, and can be used in practice. For example, the principle of wushu techniques has a certain guiding role in the current wushu practice, and also has a strong practical value in the practice of sanda and other confrontation projects [2]. The

principles of wushu skills can also help students better understand the movements and improve the level of practice. In college wushu teaching, the inheritance of wushu culture is even more important than the acquisition of wushu skills. We can't regard wushu as a common sport, but we should think about it from the perspective of the nation and even the whole mankind, and consciously inherit and develop our traditional wushu culture. Therefore, in college wushu, wushu cultural awareness should be strengthened, teachers should actively advocate wushu culture while passing on wushu skills, and establish a wushu teaching system suitable for the goal of college wushu education.

3. THE FEASIBILITY OF INTEGRATING SKILLS TRANSMISSION AND CULTURAL HERITAGE OF WUSHU TEACHING IN COLLEGES AND UNIVERSITIES

Explaining wushu teaching from the perspective of cultural process, strengthening and highlighting the cultural aspect of wushu teaching, can eliminate the misconception that wushu teaching in colleges and universities is only skill passing, and reshape the concept of "taking the overall development of students as the main body". In order to deepen people's understanding of wushu teaching and further optimize the process of wushu teaching, we should theoretically understand the feasibility of the integration of skills transfer and cultural heritage.

3.1 The cultivate wushu concept in the process of teaching by words and deeds

The ultimate goal of Chinese traditional wushu education is "wushu for adults", that is to let wushu learners become people with high wushu skills and complete inner spirit, which belongs to practical teaching, rather than simple skills learning. The teaching method of traditional wushu is the teacher's words and deeds. Teachers use their own words and deeds to teach students wushu skills and concepts. In the practice of wushu routines, students can understand the spiritual core of wushu routines, cultivate their emotions and personalities, effectively integrate specific wushu skills and intangible emotions, acquire wushu character, and become the real "wushu man"[3].

3.2 Grasp the essence of wushu in the process of personal understanding

Compared with modern sports, wushu has a strong traditional Chinese cultural color. Only in the process of students' personal experience can Chinese feel the unique charm of wushu. Wushu learning needs a long time of perception and practice. This close combination of perception and practice embodies the concept of "unity of knowledge and practice" in traditional Confucianism, which enables students to master skills and understand

wushu culture more quickly in wushu learning. If students only pay attention to the practice of skills and ignore the perception in learning, it is difficult to achieve the purpose of wushu learning. In the teaching of wushu in colleges and universities, students' perception and practice are closely combined. After mastering the action essentials and track of wushu, students can gradually understand the coordination of the action rhythm, essence and spirit of wushu and deeply realize the artistic conception and verve of traditional wushu through the process of practice and perception.

3.3 Learn the essence of wushu in the process of continuous training.

Compared with western culture, chinese traditional culture does not pursue publicity, but advocates a middle way. Influenced by traditional culture, the way of wushu training in china is from outside to inside, that is, from body to heart. From the initial learning of simple movements and moves to the mastery of strength and boxing, through continuous practice, wushu learners can achieve the similar bypass of boxing theory, and the movement can be delivered immediately, so that the skills can be effectively improved. The traditional wushu of our country uses flexibility to cover up its rigid side, pursues a harmonious way of existence, and the continuous internal training gradually becomes invisible. Therefore, wushu skills can be taught from the outside to the inside, gradually understand the process. Only through this kind of internal training process, can learners reach a certain level of wushu, and truly absorb the essence of chinese traditional wushu [4].

4. THE INTEGRATION STRATEGY OF SKILL TRANSMISSION AND CULTURAL INHERITANCE IN WUSHU TEACHING IN COLLEGES AND UNIVERSITIES

4.1 Cultivating the holistic view in the process of wushu teaching

The highest goal of wushu cultivation is to realize the harmony between man and nature, which reflects the chinese traditional concept of harmonious coexistence of man and nature as a whole. Chinese wushu culture is deeply influenced by the traditional philosophy of "the unity of man and nature", which originates from confucianism, taoism and buddhism. For example, in the process of pursuing the highest goal of life, wushu culture is consistent with traditional culture, that is to say, the concept of "the unity of man and nature" is advocated. The pursuit of strong body and good spiritual cultivation of chinese wushu requires college teachers to guide students to combine body and mind in the teaching process and realize spiritual sublimation. The "self-cultivation" of

confucianism, the "transcendence of buddhism" and the "purity of mind and lust" of taoism should all be embodied and applied in wushu education. In order to achieve this, teachers should pay attention to the harmony between man and nature in teaching. For example, teachers should apply different wushu training methods according to seasons and natural environment to realize the combination of human body and mind and nature. Teachers should gradually guide students to form a broad mind, cultivate their own temperament, and get edification and enlightenment in the natural environment.

4.2 Feeling the traditional culture in the process of cultivating wushu morality

The process of ideological and political education is a process in which teachers transform the thoughts, political positions, attitudes and moral norms of a specific society into the students' internal thoughts and morals. In fact, it can be said that it is the socialization of thoughts and morals. In the current ideological and political education in colleges and universities, the past "external plastic" moral education has gradually developed into "endogenous" moral education. Wushu morality is an important part of moral education, and it has played the advantages and characteristics of wushu. Our country's military morality mainly comes from the confucian thought, and the emphasis on "not learning etiquette" is untenable. To learn wushu, learners should first learn wushu ethics. Good wushu ethics can help cultivate qualified talents in the field of wushu to adapt to social development. Teachers should pay attention to the cultivation and education of students' wushu morality in wushu teaching, so that they can be influenced by the excellent traditional chinese moral culture. In the teaching of wushu in colleges and universities, it not only includes the component of "teaching", but also pays attention to "transformation". When teaching skills, teachers should not only guide students to master wushu knowledge and skills, but also make students experience and understand life and society through teaching. In wushu teaching, teachers should also pay attention to the guidance of students' will quality, internalize wushu morality into students' own moral cultivation, and realize self-discipline in daily life. All in all, in the process of wushu teaching, teachers should continue to teach students to understand morality, etiquette, benevolence, and promote the all-round development of their moral quality.

4.3 Carry forward patriotism in skills training

In the long history of the chinese nation, it gradually agglomerates the deep patriotic feelings and forms the lofty national integrity and noble character. Warrior spirit is an important source of patriotism. Liang qichao, a modern scholar, once pointed out that china should pay attention to the cultivation of warrior spirit in education,

because "only those who can fight can be reconciled". In the face of national crisis, warrior spirit and patriotism are always closely linked. Since ancient times, the goal of the wushu practice of the chinese scholars of all ages is not only to strengthen the body, but also to protect the family and the country. Wushu learners should be courageous, take the rejuvenation of the country and the nation as their duty, and know how to maintain the dignity and territorial integrity of the country. In the inheritance and development history of wushu, different factions attach great importance to the cultivation of morality and martial spirit. Today's wushu teaching in colleges and universities should also attach importance to this. Patriotism is the most important content of wushu cultural heritage, which helps to strengthen the cultural tradition of the nation, establish self-confidence in national culture, and show the spirit of the chinese nation [5]. In order to cultivate students' patriotism, teachers should adopt reasonable teaching methods and methods according to the characteristics, skills and connotation of wushu culture, gradually cultivate students' sense of pride in the country and the nation, and cultivate their quality of self-improvement, hard work and courage.

4.4 Hone your mind in skill teaching

In the process of wushu teaching in colleges and universities, teachers should pay attention to the physical and mental training of students, let them know how to bear the hard training, and constantly hone their mind in this process, so that they can be fearless and indomitable in front of all kinds of difficulties. The teacher should let the students' training effect in spirit and skill go hand in hand through wushu teaching. Because most of the contemporary college students are only children, they often have weak, pessimistic and other negative emotions under the great pressure of study and life. Although the reasons for this situation are diverse, many college students are unable to get rid of the depressed mental state on their own due to the lack of firm will and strong spirit. Wushu learning is not only the process of skill transfer, but also the process of will training. Teachers should guide students to change their way of thinking, attitude towards life and personality cultivation. Wushu emphasizes the combination of action, strength, breath, spirit and psychology. Through wushu learning, college students can become more strong and tenacious, gradually form self-identity and cultivate self-confidence.

5. CONCLUSION

Wushu teaching is not only the process of skill transfer, but also the process of chinese traditional culture spreading in colleges and universities. In the current teaching of wushu in colleges and universities, it is often focused on skills teaching, but failed to achieve the combination of skills transfer and cultural heritage. Only

in wushu teaching, we can promote the continuous and healthy development of wushu teaching in colleges and universities in china by continuously spreading cultural awareness to students, strengthening wushu concept, and emphasizing the close combination of skill transmission and cultural inheritance. In the process of wushu teaching, teachers should cultivate students' holistic view, make them feel the traditional culture in the cultivation of wushu morality, and carry forward the spirit of patriotism in skill transmission, and hone students' mind.

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