

Rational Thinking on the Sustainable Development of Martial Art

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Abstract: The martial arts culture is the spirit of Chinese martial arts, logo, and its constant impact on the wealth and development of all aspects of the development of Chinese martial arts. This paper proposed the development of martial arts culture and rich in problems, for questions, suggestions, clarify the impact of martial arts and cultural development and characteristics of the main factors, and indicate the basic direction of martial arts and cultural development, is designed to martial arts the rich culture and sustainable development to provide a theoretical basis, but also for the Chinese martial arts lay a solid foundation of scientific development.

The Main Confusion of the Sustainable Development of Martial Arts

The social transition has become the general feature of the social changes in China today, social modernization and cultural diversity has become the major trend of the development of the times, society as a whole from the traditional to the modern type of changes in all areas of society are in a dramatic change, many things are in destroying the old and establishing the new, inheritance and development. Culture is an important part of social development, these changes will affect the existence and development of social culture inevitably and the transformation of culture is the main problem of the sustainable development of culture.

As an integral part of Chinese culture, Wushu is a unique cultural phenomenon of our nation. Along with the social changes, the martial arts culture is subjected to the impact and the collision inevitably, the development of martial arts is facing severe challenges, some of the areas need to carry out a new change and transformation. Therefore, the transformation and development of martial arts become the main confusion of the sustainable development of Chinese martial arts culture. Especially the system level of martial arts is not only martial arts and cultural transformation of the main confusion, emphasis and difficulty but also the transformation of the modernization of martial arts and its practice process will be difficult and full of confusion. Mainly manifested as: The inheritance mode of Wushu can not adapt to the advanced modern society, it is bound to be broken; Its long - term proud of the traditional martial arts system will also be the changes of the times and cultural changes and the concept of the need to enter a new period of development; As a traditional national sports culture, martial arts culture plays a leading role in the whole of China's sports culture; How to establish and perfect the development mechanism of martial arts itself, such as the establishment and further improvement of its competition system and personnel training system, etc.

It is worth that the culture has a certain independence structure and relativity. To a certain extent, it can be said that the transformation of martial arts culture is also a process of its own characteristics and the development. So, how to use and grasp the complex characteristics and its development rules of martial

arts, and to further development the system, to establishment of a new system to promote the comprehensive development of martial arts? How to establish a comprehensive system, which can not only reflect and maintain the traditional charm of martial arts, but also adapt to the development and needs of today's society, so that the martial arts to become the sports of the world? And how to establish and perfect the mechanism of the development of their own system has become an important issue to be solved for the development of martial arts.

The Influence of Value Conflict on the Sustainable Development of Martial Arts

The modern values mainly take the Western values as the main stream, while the traditional values are mainly based on the Eastern values. In the process of social modernization, the change of values will lead to value conflict inevitably. The conflict between modern values and traditional values is inevitable. The traditional ideological connotation of Chinese martial arts has been greatly impacted in this process, and its spiritual connotation has gradually been covered by the rapid development of modern culture.

Chinese people keep trying and to make the martial arts culture and modern Olympic culture fusion, hope that make the martial arts go out through the Olympic Games with its efficient, fast due to nowadays martial arts mainly depends on the mechanism of modern competitive sports and to make it widely spread around the world. But today, martial arts are still outside the Olympic family. In addition to the Olympic Games "downsizing plan" and other objective factors, it is worth pondering that martial arts culture and the Olympic spirit of this cultural value conflict and how to make the two real things? How to be compatible with the spirit of the Olympic Games on the basis of the culture of the Eastern martial arts? How do martial arts continue to develop in the value conflict of the East and west culture?

The Main Direction of the Sustainable Development of Martial Arts

Martial arts is a dynamic and open system, which is not a static and closed system which is a complete system. It with the development of social politics, economy, culture and continuous development and improvement, and in other social areas such as acrobatics, drama, literature, philosophy, film, biology, medicine mutual connection, mutual penetration. Therefore, it has many characteristics of the system structure: stability, hierarchy and openness. In the three characteristics of the structure of martial arts system, openness (i.e. dynamic and open) plays a very important role in the development of martial arts and its modernization.

During the long development history martial arts constantly draw on the cultural achievements of Chinese traditional culture and other social fields, and constantly enrich and improve the cultural system. Thus in different times have different characteristics and status. Nowadays, in the trend of the global cultural fusion, the openness of martial arts is not only the traditional culture system, but also the different cultural systems in the world. Therefore, the opening of the martial arts has become a major breakthrough in the development of martial arts, but also the basic characteristics of martial arts can continue to develop, but also determines the future direction of the development of martial arts culture.

The development of martial arts needs to establish a basic development direction which is the modernization of martial arts. Only to identify the direction, to adhere, and constantly enrich the development of today's martial arts culture. Modern society is a multicultural world, martial, as a kind of national culture, in its modern development process, by the influence of other cultures, which is the sustainable development of martial laid the objective foundation. Therefore, to adhere to the main idea of the development of martial arts culture is to firmly adhere to the direction of the modernization of martial

arts culture, but also an essential condition for the sustainable development of martial itself.

Secondly, in the continuous development of martial arts culture should continue to absorb the essence of other cultures. The existence of any culture shows that it has its own value. Martial arts in order to develop, you should continue to absorb the essence of other cultures, must also the dross removing other culture, combined with their own development needs, constantly absorbing the advantages of other cultures, make martial arts is more abundant, and has a sense of the times.

All in all, the development of modernization is the basic direction of the sustainable development of martial arts. The sustainable development of martial arts should be adapted to every aspect of modern society, and this kind of "adaptation" should be selective and active. In addition, under the influence of the other cultures of the world, the martial arts culture also has a preliminary cultural blend with the western sports culture, so that the modernization process has achieved some results. However, in the process of its modernization, how to control the opening of the structure of the martial arts system? To make it develop steadily in the change? How to draw on the advantages of other sports culture in the world, at the same time without losing the characteristics of their own nation? How to show the characteristics and charm of martial arts in the new era, so that the process can be carried out smoothly? So it has become an urgent problem to deal with the openness of the martial arts and its modernization.

To grasp the "degree" of the modern development of martial arts refers to the process of the modernization of the martial arts, to grasp what cultural factors can be active, which can not be absorbed by the culture; Grasp what cultural factors can be used for reference, which can not be used for reference; Also refers to absorb the essence of other cultures, firmly grasp the ethos of the martial arts culture itself, not in order to learn the merits of other cultural change martial arts unique ethnic characteristics, selective active development of martial arts. Therefore, in the process of the development of martial arts, we should grasp the "degree" of the modern development of martial arts, so that martial arts can maintain its own national characteristics in the process of enriching itself.

Conclusion

The sustainable development of martial arts is of great significance to the scientific development of Chinese martial arts, and its development needs more and more rational thinking. In the process of the sustainable development of martial arts, martial researchers and practitioners need to constantly clarify the problems existing in the development of martial arts, as well as the characteristics and influencing factors of martial arts. According to the actual situation of martial development and the modernization of martial arts, it should be selective and active in the process of adapting to the modern society. While absorbing the essence of other cultures, to maintain its own national characteristics, to grasp the "degree" of the modernization of martial arts, to promote the modernization of martial arts scientifically and reasonably.

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