

# **The Influence of He Long Sports Thought on the Development of Characteristic Sports in Wuling Mountain Area**

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**Key words:** He Long sports thought, Wuling Mountain area, sports development

**Abstract:** He Long as one of the older generation of revolutionists, military strategists, is one of the founders of the Chinese People's Liberation Army and is also a pioneer in Chinese sports. It is him that lays a solid foundation for the development of Chinese sports. His adherence to the combination of practice and theory is very conducive to the development of special Chinese sports. There are more than 100 kinds of folk sports in Wuling mountain. If you want to develop the characteristics of Wuling Mountain sports, you need to analyze the status quo of sports development in Wuling Mountains and identify countermeasures for the development of sports characteristics. This article explores the development of He Long sports thought and the development of characteristic sports in Wuling Mountain area, and puts forward scientific and reasonable suggestions.

He Long's life has closely related to the establishment and development of Chinese sports, and has gradually formed a comprehensive and special He Long sports thought. To further inherit He Long sports thought, it's necessary to analyze the basic characteristics of He Long sports thoughts in detail, and acquire inheritance direction from his sports thought. Ethic culture in Wuling mountain area is colorful. In order to realize the development of sports in Wuling Mountain area, it is necessary to excavate the national sports project in Wuling Mountain area. At the same time, it's also necessary to add the modernized sports in Wuling Mountain area to make the special sports better develop.

## **The Basic Characteristic of He Long's Sports Thought**

In the period of the revolutionary war, He Long still insisted on the implementation of the revolutionary sports, and devoted himself to transform the sports into a tool and a means of keeping fit and serving for communism. During the War of anti-Japanese war, He Long made it clear that the sport is to defeat Japanese fascists, so he often carried out sports activities in the army to strengthen the physical quality of the soldiers. Therefore, the fighting force of the entire army improved. Sports serves for the revolutionary war and anti-Japanese war and is also the basic tools to serve for the majority of the people. He Long said: "If you want to improve people's health, you need to develop sports and show the significance of sports to people." He believes that the people is the main component of sports, so it must promoted that the masses should participate in sports, so as to the construction of sport and national defense.

The great man who grows in different regions has different sports thoughts. It is formed under the influence of local national culture and ideological culture. It has a very distinctive national color.

With the gradual development of revolutionary war and socialist construction, He Long sports ideas naturally have a strong national characteristics. In order to take off the hat of “Sick Man of East Asia” of our country, He Long was determined to change the current situation of sport and rejuvenate our nation together, and to speed up the national renaissance by strengthening national cohesion. This is also the national purpose of He Long sports thought.

He Long sports thought comes from practice, so it is scientific to some degree. He Long practiced martial arts since childhood and did sports and military training in the army, which laid the foundation for the development of He Long sports thought. Its scientificity shows in three points: the combination of popularity with improvement, develop sports according to local specialties and scientific training. He Long concluded some principles through continuous summaries: the three come from a big, three not afraid, five strong abilities, and required specialized construction of military sports team to develop China's sports industry.

In order to improve the physical quality of the whole nation, it's necessary to encourage masses people to be involved in sports activities, while the universality in He Long sports thought just meets this requirement. He Long proposed that every warrior should keep health through training in the process of national defense. Therefore, he carried out rich sports activities in the army. He adopted various methods to let people involved in sports activities actively and let people become interested in sports activities, so as to improve the physical fitness of the whole people

### **The Inheritance Direction of He Long 's Sports Thought**

Education is the ideal direction of promoting sports wisdom. Through the systematic study of the main deeds of He Long and his spirit, people can have a better understanding about his sports thought so that his sports thought can be inherited better. The inheritance of He Long sports thought needs to develop leading people, that is, to cultivate young people to inherit He Long sports thought. In the period of adolescence people begin to study the correct Chinese traditional culture, establish the correct ideas, grasp the theory of He Long sports thought in depth and have their own unique insight for He Long sports thought, so it can develop He Long sports thought into a higher level.

Nowadays, the mass media has become the most powerful propaganda and platform, of course, is also an important way to inherit and develop He Long's sports thought. By media network, not only can He Long sports thought penetrate into every corner of the people's life, but people are easier to accept and take the initiative to inherit He Long sports thought. The inheritance of He Long sports thought can be realized through the media network, such as the development of online education platform and the red education website, etc.. In order to improve the intensity of publicity, it's advisable to establish a comprehensive research website about He Long sports thought. By these means He Long sports thought can spread widely.

Cultural system has great influence in popular culture resources of our society. The development of socialist culture and the construction of spiritual civilization is an indispensable part of China's socialist construction. A sound cultural system can promote people to participate in sports actively, which indirectly accelerates the development and the inheritance speed of He Long sports thought. His sports thought has been identified as excellent cultural construction, so it needs to be effectively combined with the practice so that it guides the masses thinking and behaving. As long as a positive social linkage mechanism can be formed, the development of He Long sports thought can be promoted effectively.

## **Development of Characteristic sports in WuLing Mountain Area**

People are the subject of inheritance of He Long Sports thought. In recent years, development speed of ethnic sports quicken gradually, and a lot of sports in the WuLing mountain areas are included in the project of national games, which makes sports in the WuLing mountain areas get the characteristic development. In addition, part of the WuLing mountain area surrounding the school made also ethnic sports included in students' compulsory courses and elective courses, and students have professional ethnic sports teachers for their teaching, making it in the form of competitiveness gradually towards the world.

In recent years, with the gradual improvement of people's living level, people's health consciousness is also gradually rising in the WuLing mountain areas. Everyone in the WuLing mountain areas is doing sports that he likes, such as QingJiang dance, which is a dance that has the ethnic characteristics of WuLing mountainous. And with the gradual increasing of the number of characteristic sporting events in the WuLing mountain areas, there was a climax of development of characteristic sports in the WuLing mountain areas. In addition, there are some physical competitions in the WuLing mountain areas in the annual Spring Festival, Dragon Boat Festival and other major festivals, and the majority of tourists were attracted to the WuLing mountain areas by its reputation. Therefore, characteristic sports of the WuLing mountain areas get a better development.

To get a better development of characteristic sports in the WuLing mountain areas, they built the large national stadium. Since then, they have their own national sports center. Starting with around 2000, the national sports project around WuLing mountain areas built and perfected constantly, and they elected most excellent teachers for strength training, hoping to be able to further improve the characteristic sports base in the WuLing mountain areas. People in WuLing mountain areas are dense. If ethnic sports base can be established here, it not only can indirectly promote the development of characteristic sports of WuLing mountain areas, but also can directly increase the competitive level in the WuLing mountain areas.

## **Development Prospects of Characteristic Sports in WuLing Mountain Areas**

In order to further study characteristic sports culture in the WuLing mountain areas, we need to analyze the potential national traditional sports culture in the WuLing mountain areas, and gradually turn it into a social wealth, making it more systematic, scientific, social, which is more conducive to the development of characteristic sports in the wuling mountain areas.

Competition, as a kind of incentive mechanism, is the important means to promote the development of sports. To make characteristic sports of WuLing mountain areas have a better development, we need to let it go to competitive road. On the basis of keeping original traditional features of the WuLing mountain areas, we need to enrich its connotation, and gradually add more deep economic colors. For example, high racing program can be used as a characteristic athletics event in the WuLing mountain areas.

We need to continuously strengthen talents construction of characteristic sports in the WuLing mountain areas, train strong specialists in the field of theory and practice, and adopt talents who should be familiar with the rules of national sports events to improve constantly sports teachers' teaching quality and level in WuLing mountain areas. It not only can improve the quality of physical teaching, but also can enhance soft power of characteristic sports in WuLing mountain areas, contributing to its development.

Teenagers are an important part of developing characteristic sports in the WuLing mountain areas. And the most representative part in it is the campus sports. Teenagers have strong ability to accept things and have higher curiosity. If the characteristic sports of WuLing mountain areas want to have a better development, start from the development of teenagers

There are very rich tourism resources and non-material cultural heritage in WuLing mountain areas, which means a better way to develop characteristic sports of the WuLing mountain areas and blend characteristic sports of WuLing mountain areas in the tourism industry of WuLing mountain areas, which can add new contents and the development prospect to it and be conducive to promote the development of characteristic sports in the WuLing mountain areas. On the unique travel line of WuLing mountain areas, TuJia waving dance can be combined with scenery in TuSi city, which adds more travelers to the characteristic sports activities in the WuLing mountain areas when they enjoy the beautiful scenery in the WuLing mountain areas, conducive to the development of characteristic sports in the WuLing mountain areas.

Today, the impact of modern sports on national sports is inevitable, so we should turn national sports into more scientific, social, industrial characteristic sports as soon as possible. At the same time, we should strengthen the publicity capability abroad to make the WuLing mountain areas get a certain international influence, which in turn helps characteristic sports in the WuLing mountain areas have a better development. In addition, in the context of national traditional sports in WuLing mountain area, gyro and tall racing are certain international competitive sports. As long as the two projects can be regulated and strengthened, they can be popularized to the international stage as a characteristic sport of in the WuLing mountain areas of sports performances and then act on international convention, making more people understand characteristic sports in the WuLing mountain areas. Naturally, it can promote the development of characteristic sports in the WuLing mountain areas.

## **Conclusion**

To sum up, this paper analyzed the development of characteristic sports of WuLing mountain areas in detail from the inheritance of HeLong Sports thought. To inherit HeLong Sports thought, we should study it deeply, and carry on HeLong Sports thought and spirit by all kinds of ways and means. Meanwhile, we should develop characteristic sports in the WuLing mountain areas from multiple aspects. Specifically, start from propaganda, education and other aspects to gradually increase awareness of characteristic sports in the WuLing mountain areas, then it can be get a better development.

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