

An Interpretation of Shadowboxing from the Perspective of Perceptual Phenomenology

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Abstract: On one hand, this paper applies spatial phenomenology theory, using the method of literature and logical analysis, the cultural structure of Shadowboxing as the research object, through in-depth analysis on Shadowboxing culture body structure, to promote awareness of Shadowboxing culture on the one hand, the practice, on the other hand, interpretation of Shadowboxing Culture on people's life guidance and practical significance. Put forward: in the space theory of phenomenology, Shadowboxing Cultural Space mainly for static space, perception, thinking that connects all three dimensions.

1 Introduction

Phenomenology of perception is the coexistence of human body and the original relationship of the world. However, "The common experience of the body and the world leads to the direction of the world" ^[1] has given the true meaning of the existence of the body. It highlights the importance of scientific theory and practical experience of discipline culture life, also lets the consciousness of space and the presence of detached natural world belong to the real life of people in the world, then returns to the relationship between field and body perception. Physical culture is reflected by its own ontology activities with an inside and outside of the unique cultural heritage, Shadowboxing is an important element of physical culture and the essence of traditional culture has China, across time and space time significance and mysterious implication, and more and more modern people's favor and appreciation. However, from the existing research results, we can see that there is little research on Shadowboxing. Therefore, this article from the perspective of perceptual learning, its value lies in clarifying the relationship between the body and the body from the essence, the realization of Chinese Shadowboxing body culture and analysis.

2 The Spirit of Quiet: Shadowboxing Meditation Space

Static in the behavior of human beings in the distribution of a unique external temperament and internal meaning, is to stabilize and sort out the emotional and psychological state of human factors such as the cultural foundation. As one of the most valuable heritage carriers of Chinese traditional culture, Shadowboxing, which is in the understanding and experience of human existence and life attitude, maintains the homology and consistency with the "static" characteristics. "Five words" opening on the road: "one said: calm heart is not quiet is not only a show of hands around all directional, so to calm."^[2] To some extent, silence is the basic element and logical origin of Shadowboxing culture. Static is the prerequisite for observing and observing oneself. The pile in the Shadowboxing, namely the use of a relatively static state to maximize the care between the feeling and the relationship between the body and all the limbs and bones, outside. This is the "bones" training on the more and more attention to "bones", feel the static and awareness in skeletal support in the static state pile. Consequently, the static muscle training, in fact, is through the observation of the muscles in the training of awareness. University said: "the importance should be taken lightly, should be ignored, but it is not," is a special concern. Through the cessation of external activities

will be reflected into the inner, and gradually find their own thoughts and feelings, as well as to eliminate the distractions of their own interference and influence.

Figure 1: Tai Chi standing for training, respectively, from the children, adolescents, young, middle-aged and elderly each elect a Wushu beginners, systematic training in a month for them, test them in a certain environment and underground standing time.

Display: Through the physical training so that the main body and brain's self-control ability is improved and enhanced, to achieve a fast static state.

Research object	Children	Teenagers	Youth	Middle Age	Old Age
Before Training(Time)	1m	3m	5m	6m	5m
After Training(Time)	3m	6m	10m	11m	9m

3 Mind Domination: The Thinking Space of Shadowboxing

In the external technical training of Shadowboxing, for the body's muscles, the human body should be gradually deepened through the conscious thinking, so that the natural body to achieve the training of physical and mental awareness of internal awareness training. In the actual combat of Shadowboxing, especially its outer layer is loose and slow and slow, so that the conscious mode of thinking can be displayed vividly. On the contrary, it is also the guidance and control of its internal consciousness, the attack and defense behavior and action through a specific opportunity to show, in order to highlight the real and intense Shadowboxing action. In actual combat, the two hands of the hands of the Tai Chi push each other's physical contact and induction are random fleeting, the rule of the rule of the body for its domination. That is, in a brief contact with the gradual amplification and slow down, get the strength of the opponent's size, direction and change, and even psychological changes, and then it will be integrated into the blood and bone marrow, in order to attack and defeat opponents. As "he is fretting, his first move", the expression of the consciousness is so, he is restricted by the micro external causal chain and time and space conditions, namely after the fretting of their opponents occurred as a result of unpredictable. The main body of the first move, for it follows the meaning of the operation, the result is that the outcome is expected before the opponent exposed. Therefore, the operation of the meaning is beyond the time, time is an illusion, the need to support the illusion, will show the results of the forecast. The use of Tai Chi Chuan is in line with the operation of the meaning and internal expression.

Figure 2: choose a long time practicing Wushu Tuishou and without learning beginners, for beginners before training and two months after the training of Shadowboxing competition practice test.

Display: after the practice of the body and the attack and defense activities, students get a sense of space thinking awareness, improve the awareness of fighting.

Research object	The other issue or challenge to the ground, (3points)	The other hand, one kneemoment additional support(2points)	Weightlessness shift position of other side(1points)	Total score	Analysis on the result of attack and defense consciousness
Before beginners training	0	0	1	1	Weak sense of attack and defense
After beginners training	3	4	3	10	The consciousness of attack and defense is obviously improved, and it is strong

4 All Things Connected: The Space of Shadowboxing.

"The development of anything can not be divorced from the social environment," [3], Shadowboxing is also so. Shadowboxing is a tangible phase boxing to highlight the formless Tai Chi Road, the Shadowboxing practice and thinking about the harmony between man and nature and gradually achieve the mastery and awareness to reach a realm of harmony. To pay attention to and emphasize the association between the observation and understanding of everything around, such as changing the relationship between itself and all the limbs and bones between contact with an opponent, and the relationship between the external environment and the nature of heaven and earth. Shadowboxing through slow training and the coordination of ideas, so that the correct understanding of the operation of the body to relax and slow state to achieve rapid attack. Confucius stressed that the so-called "is known, the prophet dead plain attitude", people should learn to observe and experience in social life, through awareness and insight into filial piety, couples, friends, relationships between the experience, and ultimately to harmony between man and nature of the truth. Visible, so is everything, when people really get enlightenment from the experience, through the surface phenomenon through the appearance of things, see the relationship between each other and their positions. So, Qi and blood of human mind and body will return to a whole, people will naturally become accepted and become calm, blind behavior will fade, and every move at this time is a natural reaction to the law of things.

Figure 3: through the analysis of the body, mind and body and mind in Shadowboxing. Choose a year without practicing martial arts for beginners to learn, three years of training, for beginners from the three aspects of the practice exercise test.

Display: In the process of Shadowboxing's physical activity, people's understanding of the external environment and the performance of the actual combat gradually change, and ultimately to achieve their own physical training.

training time Research method	First year	Second year	Third year
The scope of all things	Only the relationship between all the limbs and bones	The changing relationship between rival contacts	The harmonious relationship between human and external environment
Beat the opponent	Eye contact and body contact	To understand each other's intentions through awareness	Through the body's slow training and the domination of the mind
External reaction and psychological performance	Slow reaction, psychological stress	Quick response, mental stress	Beyond that, cool and relaxed state of mind
Level of training	Body level	Consciousness level	Unity of body and mind
Success rate	30%	70%	90%

5 Summary

As one of the cultural elements in the history of thousands of years, the cultural thought of Shadowboxing has a profound impact on human life and development. Bathed in the philosophical wisdom of the cultural space of Shadowboxing, people have a deeper understanding and understanding of Shadowboxing culture. Shadowboxing is regarded as a kind of people and as a balance of all things in the world and the ruler and norms, but also in the real life of the principles of doing things. In the hearts of people, it will become an indispensable spiritual contract in people's lives. Shadowboxing as the Chinese nation proud of the national traditional arts, in different cultural space shows the survival of mankind and the way of life. It can be said that Shadowboxing theory for cultural pursuit and longing, not only the original fight comes from violence and competition, and gradually move toward harmony, and let the Shadowboxing culture gradually recognized and accepted by the whole world.

Reference

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