

## Study on Traditional Sports and Its Development

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**Abstract:** This paper analyzes the characteristics of Chinese traditional sports culture, and uses the National Games and the National Games as a research carrier, systematically analyzes the Chinese traditional sports in the national folk sports culture and the world's traditional sports culture, and the context of globalization, China Thinking of the development of traditional sports culture, thinking that it is necessary to further strengthen the effective transmission of Chinese traditional sports in school physical education and the effective development of traditional sports in the folk areas in China. It is necessary to take representative traditional sports development as the core and regional Traditional sports and national characteristics of traditional sports to develop common to promote the sustainable development of traditional Chinese sports, so as to better inherit and carry forward traditional Chinese sports.

### 1. Introduction

Chinese traditional sports have a broad spirit, contains a rich concept of harmony, in the world has a strong influence. Therefore, the gradual integration of Chinese traditional sports and even its culture into world sports is not only a theoretical issue, but also a practical issue that needs to be tackled hard. However, with the deepening of globalization, more and more Chinese traditional culture has been invaded by the modern Western sports culture. Western modern sports culture has exposed the traditional Chinese national sports culture to unprecedented challenges and crises. Therefore, in the context of globalization, it is very necessary to inherit and develop the Chinese traditional sports culture.

### 2. Chinese traditional sports culture in the development of folk sports

Chinese traditional sports are deeply rooted in the soil of traditional culture, forming a distinctive Chinese traditional sports culture. In today's world of sports culture is unique in the family, has an irreplaceable role. Its essence is harmony and health. This is not what sports in the West can achieve. However, under the impact of Western sports, Chinese traditional sports have been stuck in a lingering condition and are left at the edge of culture. The process of the modernization of China's traditional sports culture will exist and continue in multiple levels and forms for a long time now and for a long time and will play their own specific functions and present a unique scene in which many states coexist. Traditional sports is a special kind of sports culture. Through the analysis of the development of traditional sports events in all the National Games and the National Games, we discuss the characteristics and existing problems of traditional sports in the national folk sports culture. The National Games are held every four years. Currently, there are 15 competition events and over 100 performance shows, which have far-reaching significance to the excavation, collation, protection, inheritance and development of the traditional sports culture of ethnic minorities and have become a feature of the national fitness exercise. Get the appreciation and love of all ethnic groups. Table 1 shows the performance of all the National Games. From this we can see that from the number of participants, the number of participants from the first 395 participants rose to the eighth session of the 6,381 participants, showing a year-by-year upward trend. From the entry point of view the form of competition and performance mainly in two forms. From the entry point of view, the competition from a minimum of 2 items to the Ninth of the 16 items; performing items from the first three categories to more than 150 items. Judging from the system improvement, since the Third

National Games, the emblem, flag and monogram have been put into use one after another; the scientific rules of competition have been formulated; the national leaders have inscribed inscriptions; the purpose and guiding ideology of the National Games have been put forward; National traditional sports games will gradually become more formalized and perfected on the basis of increasing numbers and projects. A typical Chinese traditional sports martial arts and dragon boat in the National Games be fully reflected.

The National Games is China's highest level, the largest comprehensive Games, held once every four years. Table 2 for the previous National Games a list of traditional sports carried out a list of conditions, we can see that martial arts, wrestling and archery in the three national traditional sports are in the previous National Games both events and performances of two different The archery was always the match item. Wrestling gradually changed from the initial Chinese wrestling to the combination of Chinese wrestling and international wrestling. At the end of the Tenth National Games and the Eleventh National Games, only Wrestling International was retained. China Style wrestling has disappeared. The emphasis on this project has also been greatly reduced everywhere. As a result, the development of the project, competitions and exchanges with foreign countries are in a "miserable" situation. Wushu is replaced by a single form of competition from the original form of competition and performance, and martial arts gradually become a martial arts routine and martial arts Sanda, it is an integral part of the Chinese nation's valuable cultural heritage. In addition, equestrian events in the third session of the National Games had appeared as a form of performance, since the beginning of the equestrian program officially became the sixth race.

### **3. Chinese traditional sports culture in the development of the world's traditional sports culture**

Japan's judo program is a wrestling-based fighting technique, and men's judo was listed as the official Olympic Games event in Tokyo, Japan in 1964. Taekwondo, as one of the representatives of traditional oriental sports, is a legally-based traditional sports project that originated in Korea and was included in the official Olympic Games in the Seoul Olympic Games in 2000. From this we can see that the majority of traditional sports events in various countries are listed as official competitions during the Olympics in their own countries.

As a complement and perfection of human society and culture, national sports culture has its own unique connotation and national cultural characteristics in addition to its general cultural characteristics. Nationality is the basic core of traditional sports development. Inheritance is the inherent law of traditional sports development. Co-adaptability is the root of traditional sports development. Cohesion is the ideological power of traditional sports development and economy is the adjusting lever of traditional sports development. China's taijiquan, martial arts, yoga in India, Japan's sumo, judo, korea taekwondo and so on are developed from the traditional fitness, military and recreational activities of their country and nation. However, Judo in Japan and Taekwondo in South Korea are successively listed in the official Olympic Games. Wushu is a traditional sports project and excellent cultural heritage unique to the Chinese nation. It is also an important part of the world's sports culture. However, at the 29th Olympic Games held in Beijing, China, Wushu has not been listed as an official Olympic Games event. The Beijing Olympic Games did not make the Chinese martial arts truly realize the dream of global sports. But given unprecedented Chinese martial arts awards. Chinese martial arts that are neither performance nor official competitions have allowed the people of the world to get to know and know the martial arts during the Olympic Games with the privilege of competition, demonstrating the charm of Chinese martial arts. This shows that the traditional sports into Austria does not mean that their culture to join the WTO.

All relevant departments should change their concepts, increase their investment in mass sports, and pay more attention to the development of national traditional sports. With the representative traditional sports development as the core, with the traditional sports and regional characteristics of the traditional sports development, promote the sustainable development of Chinese traditional sports. Strengthen the Effective Transmission of Chinese Traditional Sports in School Physical Education. National Ministry of Education to adjust the traditional training of different institutions

to carry out the task of sports heritage. For instance, institutions of higher learning in addition to learning the traditional sports and cultural contents should also carry out projects with ethnic traditional sports and cultural characteristics in the form of electives, activity classes and competitions so as to meet the needs of students of different nationalities and the inheritance of national culture; higher Colleges and universities to represent the contents of traditional sports culture, combined with the characteristics of students of different ages choose to carry out the content, and to strengthen their cultural connotation of learning. The physical education major in normal colleges and universities should take the representative traditional sports culture contents as the compulsory subject and take the traditional sports items as the basic education textbook to adapt to the need of training basic physical education talents and at the same time introduce the sports with regional characteristics Culture and national folk sports culture, increasing understanding of the national traditional sports culture. In addition, in the elective course, traditional projects of ethnic characteristics should be opened to meet the demand of physical education talents in ethnic colleges so as to maintain the needs of the development of national traditional sports culture. Strengthen the traditional Chinese sports and regional traditional sports in the private sector to carry out and heritage. Promote the popularization and national fitness exercise, promote the improvement of national quality, strengthen the traditional sports culture inheritance. Strengthen Chinese traditional sports in competitive sports. Encourage the establishment of traditional Chinese sports clubs, on the basis of popularization, improve the national health quality, and promote the development of competitive sports.

The inheritance and development of the national traditional sports culture is the cause of the entire nation and must be led by all levels of government. The party and government at all levels should further strengthen the emphasis and devotion to the traditional national sports work and implement the preferential policies for the development of the traditional sports culture Provide support and support; functional departments should further increase publicity and advocacy efforts, the traditional ethnic sports activities as the school PE teaching, public physical fitness and tourism development of the main elements; sports, education and culture departments should strengthen the cooperation mechanisms, attention And support the traditional ethnic sports culture research, protection and heritage team building.

Physical education teaching and research institutes should take full advantage of the traditional sports culture of ethnic minorities organize and research work of the main force, the establishment of "ethnic minority traditional sports culture research and inheritance experimental base", carry out regular academic exchanges and cooperation, focusing on the Sichuan national tradition Sports culture resources census and clean-up work to study the ethnic minorities in Sichuan traditional sports culture evolution pedigree (pedigree content including ethnic minority traditional sports cultural heritage types, quantity, distribution, living environment, protection status quo, development prospects, etc.) The Origin, Dissemination and Change Process of Minority Traditional Sports and Exploration of Effective Paths of Inheritance and Protection.

The National Education Commission of Colleges and Universities promulgated by the State Education Commission explicitly put forward the requirement of "combining the outstanding sports achievements of the world and continuing to promote the combination of our national traditional sports", and should appropriately join the ethnic groups in all stages of school physical education Traditional sports education content, through the education platform, the traditional national sports activities as part of the school physical education content, the development of a unified teaching syllabus and specific teaching plan, the establishment of standardized education and training system, widely spread in the young generation.

#### **4. Conclusion**

With the emphasis placed by the Party Central Committee and the State Council on traditional sports for ethnic minorities, the National Minority Sports Games once every four years have been carried out in an orderly manner. The traditional sports events have also been held every four years at the National Games. Folk national sports are also carried out more and more hot. National

traditional sports has become a kind of cultural phenomenon that is accepted and of interest to people. Only by seriously studying the Chinese traditional sports culture can we further promote the new development of Chinese traditional sports culture.

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