

Research on the Inheritance and Innovative Development of Chinese Martial Arts Culture under the Background of Cultural Confidence

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Abstract: The excellent Chinese martial arts culture created by the millennium development of the Chinese is not only the permanent spiritual wealth of the Chinese, but also the foundation of the country's development process. It is necessary to enhance the confidence of young people for culture, guide students through traditional cultural education, promote the inheritance, innovation and development of traditional culture, and view the development strategies of Chinese martial arts from the perspective of cultural confidence. In view of the realistic dilemma faced by the healthy culture of traditional martial arts in the new era, this paper proposes effective ways to enhance the confidence of traditional martial arts in the future.

1. Introduction

Since the 18th National Congress, General Secretary Xi Jinping has raised the issue of the inheritance of Chinese traditional culture in his speeches at several important conferences and expressed his recognition and worship of the traditional cultural value system. He believes that the core value of inheriting and developing traditional culture in the new era is "cultural confidence." To fully display the Chinese culture and people's spirit, we must enhance the cultural confidence of China. The health culture of martial arts is an important part of China's excellent traditional culture and will surely win in the new era. In order to continue to inherit and develop, fully reflect its extensive and profound spiritual connotation, give play to its functions of traditional cultural education, national fitness, foreign cultural communication and the value of the times, we can establish a new cultural confidence standard for the inheritance of health culture of martial arts in the new era. Since the reform and opening up, more and more foreign sports culture have been recognized. As a traditional sport, Chinese martial arts have a relatively low popularity in China and are difficult to be widely accepted by Chinese. Objectively speaking, Chinese traditional martial arts culture is seriously affected by foreign culture. Thus, in the development of the new era, a large number of Chinese people do not trust the traditional martial arts cultural projects of developing countries. In order to change this unfavorable situation, the Chinese people must establish cultural confidence in the new era. We need to understand the difficulties in the development and inheritance of Chinese martial arts and formulate new guidelines for the future.

2. Martial Arts Culture and Cultural Confidence

2.1 The Combination of Chinese Martial Arts Culture and Cultural Confidence. In the new era, cultural confidence is the most critical confidence in the road, theory and system confidence proposes by General Secretary, Xi Jinping. Cultural confidence itself has a broader meaning, and includes a broader meaning. It represents the full affirmation and positive practice of a country, a political party and even a country's cultural values. General Secretary Xi Jinping once said: "if a country does not cherish its own ideology and culture, it will not believe in its own culture. No country or nation can recover it, no matter how strong its cultural connotation." China has a long cultural and economic tradition, and today, China has made great progress in cultural and social development. Thus, China should develop step by step, continue to promote development and strive for new achievements in social development. The development and promotion of Chinese culture in

the framework of economic and social development has laid a solid foundation for cultural self-sufficiency. Certainly, "cultural confidence" is neither a slogan nor empty words. For the great Chinese nation, we have the deepest and gentlest cultural power. When we advocate the development of "cultural confidence", we have a solid foundation for realizing this in reality. Besides, cultural construction continues to break through, strives to optimize and improve, and establishes the cultural confidence.

2.2 Obstacles to the Development of Chinese Martial Arts Culture. To study the inheritance and development of martial arts for Chinese martial arts, we must first cultivate Chinese people's confidence and consciousness of martial arts culture, and enhance their confidence in its study and criticism. Moreover, in the process of inheriting martial arts, we must continue to develop, adhere to the long-term vision, combine with foreign sports, innovate Chinese martial arts forms, and build a good martial arts culture confidence. Strictly speaking, the lack of confidence in traditional martial arts culture is due to the lack of confidence in professional martial arts practitioners, amateurs and even the whole nation. This is mainly because Chinese martial arts culture is different from other cultural forms, systems, structures, paths and inheritances, and it is also influenced by similar cultures in other countries. More and more people begin to pursue and learn foreign sports such as taekwondo, karate and yoga, but fail to inherit more from the national martial arts culture. We have not considered the importance of Chinese martial arts from the aspects of inheritance, region, project, and practicality, and neglected the cultivation and spirit of Chinese traditional martial arts. In brief, they regard martial arts as a self-defense technique rather than a self-cultivating gymnastics. Fighting seriously violates the spirit of traditional Chinese martial arts culture, which makes its inheritance and development in our country slow at the present stage, and the number of practitioners is decreasing year by year, making it difficult to inherit. Thus, in the new era, the Chinese people still need to regain the confidence that Chinese traditional martial arts culture has long lost from the height of culture. On the basis of re-recognition, we must re-recognize the relationship between Chinese traditional martial arts culture and socialist ideology. The new development trend in the new era is to adhere to cultural confidence, promote cultural innovation, re-bloom its spread in China, with the brilliant martial arts culture to make it continue to develop and grow.

2.3 The Relationship between the Inheritance of Traditional Martial Arts Culture and the Enhancement of Cultural Confidence in the New Era. To realize the construction of cultural confidence system and the continuation of Chinese martial arts culture, we must first understand the inevitable relationship between its inheritance and the promotion of cultural confidence in the new era. Under the background of global economic integration, cultural exchanges between east and west are frequent. In the process of communication, Chinese traditional martial arts culture also has its own advantages of globalization, but also has given it a certain function of communication value, that is, cross-cultural spreading and communication between eastern and western cultures. However, from the current situation of the development of Chinese traditional martial arts culture, competitive martial arts are in the process of independent performance. In addition, the number of industry participants is still very small, most people do not have access to the environment, and the understanding of martial arts is only in the screen cultures. Thirdly, the development of campus martial arts is slow and teachers are scarce. At present, few schools offer martial arts educational courses, and it is extremely rare for martial arts to be listed as a compulsory or selective course in schools, even for amateur martial arts associations. Moreover, public martial arts have been replaced by square dance, various music, chess, painting and calligraphy and other literary and art groups, and few people participate in the mass learning activities of martial arts. Fundamentally speaking, this aspect lies in the high learning threshold, long cycle, difficult practice, complex content, high degree of difficulty, strict requirements and so on. In society, Japanese karate, judo, Korean taekwondo, Brazilian judo and American boxing are more popular. Thus, the development environment of Chinese martial arts is constantly being squeezed and compressed, and its social status is constantly marginalized. The inheritance of martial arts culture and the improvement of cultural confidence are mutually beneficial, and the relationship of injury is gradually blurred. Thus,

from the perspective of their relationship, they have not been able to take history as a mirror and deeply integrate into the philosophy of historical materialism and dialectical materialism.

3. The Effective Path of Traditional Martial Arts' Inheritance and Its Culture Confidence's Improvement in the New Era

In the new era, the goal of traditional martial arts' inheritance must be firm and clear, and the work content must be rich and varied. We should think about how to enhance Chinese cultural confidence from various aspects, and then use the confidence to promote the prosperity and development of traditional martial arts, so as to build a harmonious relationship between them. On this basis, this paper proposes a multi-point development path to guide the two advances together.

3.1 Developing in Criticism and Innovating in Development. It is the source of Chinese traditional culture to establish confidence in Chinese martial arts and to realize development and innovation in criticism. Its basic development goal is to cultivate martial arts culture and make friends. Chinese martial arts culture contains important meanings such as communication, self-cultivation, and improvement of patriotism. Traditional martial arts are not as practical and aggressive as foreign martial arts. As the true successors of traditional Chinese martial arts, we must constantly strengthen our trust in key environments, and believe that traditional Chinese martial arts have many connotations. These rich connotations will be reflected in the communication between people and mutual understanding through strengthening cultural trust between people and people, people and things, thus reflected in the exchange of martial arts, to solve the different opinions of different groups on traditional martial arts culture. In the process of development and inheritance of traditional Chinese martial arts culture in the new era, people have put forward new requirements. On the basis of correct criticism, we should establish and enhance cultural confidence and develop steadily in the process of martial arts teaching.

3.2 Promoting Martial Arts Events and Spreading Chinese Martial Arts Culture. We should take a long-term view, because the improvement of confidence in Chinese martial arts culture does not happen overnight. It also requires the Chinese to take a long-term view and stick to the two legs to achieve effective dissemination of traditional martial arts culture. In other words, it is necessary to adhere to the inheritance system of traditional martial arts culture, which is dominated by the people, assisted by the government, and actively carries out the development of martial arts competitive sports and mass fitness. Of course, the biggest problem in the construction of the martial arts culture system is to clearly define the development boundary, which may lead to deviations between the two paths of martial arts' inheritance and cultural confidence' improvement. Thus, we believe that traditional martial arts should also clarify their own values, behavioral norms and environmental image, establish an internalized cultural development system, and constantly standardize and improve its development content. Based on the existing policy environments and the depth of policy contents, we should explore the market-oriented development mechanism of traditional martial arts' projects and extend it from the traditional education and communication fields to the market field. Only in this way can we realize the parallel development of economy, and cultural education, and continuously promote the standardization and internationalization of traditional martial arts' projects. At present, all parts of the country are constantly thinking about the construction and practice of various events related to traditional martial arts culture. High level professional martial arts talents as well as amateur enthusiasts and even students have access to participate in this competition. In the competition, they use martial arts to make friends and emphasize the importance of martial arts cultural communication. We hope that people who participate in the activity can take a long-term view and pay more attention to this cultural exchange activity itself, rather than the success or failure. Fair exchange of martial arts is a kind of spread of martial arts culture, which does not contain any competitive mind, but more mutual respect between players. Thus, more competitions like this are needed in China to attract people to participate in martial arts sports and enhance their own and national cultural confidence.

3.3 Improving the Inheritance and Innovation of Chinese Martial Arts Culture. The soil for the development of traditional Chinese martial arts lies in China. Thus, in the new era, the

inheritance and development of martial arts culture and the establishment and promotion of cultural confidence should emphasize more on enhancing the foundation. Martial arts education must be regarded as the lifeline of its development and the important foundation of the improvement of Chinese people's cultural confidence. Combining these two aspects, we should develop martial arts education in schools and urge schools to strengthen the hardware training facilities of martial arts teaching. Meanwhile, we should follow up to improve the software teaching ability, realize the reform of martial arts teaching and research, achieve the effective improvement and innovation of its training equipment. On the other hand, we should also compile multi-level and multi-item martial arts school-based textbooks and conduct comprehensive education and promotion based on martial arts education itself. We can build "martial arts training base" in schools to guide more students to participate in martial arts teaching activities, understand and learn this culture in study, and cultivate their own good martial arts cultural confidence from childhood. From another point of view, to take root and enhance the development soil of traditional martial arts, to strengthen this culture education, we must learn more from the current new media communication mode, and pay attention to the extensive promotion of education contents of martial arts. These measures are not only in schools, but also outside the schools. For example, schools can organize and guide professional martial arts personnel to conduct the traditional martial arts cultural lectures, professional martial arts knowledge lectures, martial arts cultural exchange clubs and so on. Through the various forms of school education, we can publicize Chinese martial arts and its traditional culture, and show students more artistic TV works, Internet contents and cartoon contents related to martial arts culture. Moreover, we can organize professional martial arts personnel to organize various martial arts performances on campus, and use their excellent martial arts performances to attract more students to participate. In this way, students can deeply feel the richness of martial arts culture and guide them to become inheritors of martial arts culture, and enhance students' martial arts cultural confidence subtly.

4. Conclusion

"Integrating the Chinese dream and promoting the national soul." The foundation of traditional martial arts culture inheritance should be in the broad masses of society. This is because the Chinese martial arts is most concerned about the spirits of patriotism, collectivism, socialist innovation and mutual help, which are the concerns of most people in the community. Thus, in the process of spreading traditional martial arts culture and inheriting cultural connotation in the community, Tai Chi, kendo and other forms of martial arts that are easy to be accepted by the public should be spread and promoted. Meanwhile, the community should actively promote the education themes of the Chinese dream, and the national soul. In this way, we can use martial arts culture to publicize and educate people in the community to learn some philosophy of life, understand some traditional virtues in martial arts culture, and carry forward the connotation of national and times spirit under the background of traditional martial arts culture. Combining with the inner world of the most ordinary people, we can promote the development of cultural confidence and enhance the overall soft power of national culture.

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