

Ideological and Political Education in College Wushu Teaching

Cong Wang

SSPU Sports Department Pudong New District shanghai china

wangcong@sspu.edu.cn

*Corresponding author

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Abstract: As an important teaching content of college physical education, Wushu contains the excellent national spirit and cultural connotation of our country. From the basic content of Wushu Morality, we need abstract the moral education content that conforms to the ideological and political education of the course, fully penetrating the ideological and political education of the course in the College Wushu teaching, in order to give full play to the positive role of College Wushu in Ideological and political education.

Introduction

Wushu is a unique national traditional sport in China, which has a long history and cultural connotation. Its diversified functions and values are famous all over the world. Besides, Wushu is also an indispensable teaching content in college physical education. College Wushu plays a unsubstitutable role in inheriting Chinese culture and promoting Chinese spirit. It is not only highly unified with the socialist core values, but also suit the idea—the ideological and political education of the curriculum should take moral education as the central link and complete the whole process and all-round education. In the current reforming of Ideological and political in Colleges and universities, College Wushu teaching must seize this opportunity, infiltrate the concept of Ideological and political courses into the process of College Wushu teaching in order to bring the moral function of Wushu into the teaching process.

Contents and Selection of Martial Arts Morality in College Martial Arts Teaching

1.Contents of Wushu Morality in Wushu Teaching

1.1 the Core Value of Military Morality is "Benevolence". The core value of Wushu Morality is "benevolence". The first rule of Shaolin apprenticeship in "Wushu Huizong" is "respect the teacher, respect the way, filial piety first". "One day as a teacher, one life as a father" and "Apprentice equals to father and son" show the ancient tradition of respecting teachers and valuing the morality in Wushu inheritance. ^[1] benevolence is also the core concept of Confucianism. Its essence is to love all people and things with broad and tolerant love. Be generous, generous and forgiving to others, and be loyal and diligent. We should pay attention to the inner strength. Wushu is a kind of fighting skill and the martial arts practitioners have stronger physique .They are required to have the heart of benevolence, so that they won't use their power at will. It must be emphasized that those who are not benevolent cannot teach and those who are kind cannot learn.

1.2 the Basic Requirement of Military Morality is "Righteousness". The basic requirement of Military Morality is "righteousness", which is also the value standard of military morality. "Mencius, from loushang" records: "righteousness, the right way of people." Righteousness means the appropriateness of things,justice and upright ways. The standard of Military Morality is determined to whether practice social justice and conscience. And righteousness is a spirit that people can sacrifice his life for the national interests and honor. "The Analects of Confucius, Yanghuo" said: "gentlemen carry weight of courage .Gentlemen has courage without righteousness brings disaster, villains have courage without righteousness brings usurp." Since ancient times, the

ultimate pursuit of martial arts practitioners has been to uphold justice and defend the country.

1.3 the Basic Principle of Military Morality is "Faith". The basic principles of Military Morality are "faith", "faith, sincerity". We should be honest and trustworthy. Military Morality attaches great importance to "faith", which has become a fine tradition of traditional martial arts. It said that "one word can't be recalled". Integrity is the foundation of life,.Words must be practiced, deeds must be achieved—it is the performance of martial arts practitioners' principles. In the core values of modern socialism, honesty is not only the value criterion of individual level, but also the moral standard and value pursuit that every citizen should establish. In the social background, it is particularly valuable to maintain the personality quality of mutual commitment and respect.

1.4 the Practical Value of Military Morality is "Courage". The practical value of Military Morality is "Yong", which means bravery. Courage with justice attribute is a very important spirit and personality charm. Bravery is the necessary will and character of martial artists. In Zhou Dynasty, the word "Quan Yong" was used to describe martial arts, while in Han Dynasty, martial arts experts were called warriors. In today's society, the meaning of courage is more shown as indomitable, self-improvement, carrying forward the spirit of righteousness, the spirit of righteousness; the courage to help.A society full of justice will be more harmonious and better.

2.The Selection of Martial arts Morality in College Martial Arts Teaching

2.1 Conform to the Socialist Core Values. In December 2013, the general office of the CPC Central Committee issued the opinions on cultivating and practicing the socialist core values, which proposed to advocate prosperity, democracy, civilization, harmony, freedom, equality, justice, rule of law, patriotism, dedication, integrity, friendliness, and actively cultivate and practice the socialist core values. Prosperity, democracy, civilization and harmony are the value objectives at the national level. Freedom, equality, justice and the rule of law are the value orientations at the social level. Patriotism, dedication, integrity and friendliness are the value norms at the individual level of citizens. In the process of rejuvenation of Chinese, maintaining national unity and national unity is the constant leading spirit. In the content of Military Morality, the spirit of national identity and national unity is particularly adhered to.For example, in the long history of our country, many heroes have emerged, who stood up for the country and the people at the expense of their lives. The first goal of the value of life is to protect national and national interests. Martial arts education has a unique advantage in carrying forward the socialist core values. Through martial arts teaching, it can guide the moral standards and codes of conduct of today's college students, which is conducive to the recognition and practice of the socialist core values of college students.

2.2 Meet the Moral Education Value Orientation of Moral Education. The fundamental task of university education lies in "Building Morality and cultivating people". The ultimate goal of education is to cultivate people who have both morality and ability. It is the origin of quality education and the educational idea of Ideological and political education. University education affects students' values and world outlook. The teaching of Wushu in university must be consistent with the value orientation of moral education in University. Wushu, as a national traditional sport, also permeates Chinese traditional culture in its occurrence and development. With patriotism, respect for teachers, honesty, bravery, justice, etiquette and non bullying as the main contents, the military ethics education obviously conforms to the value orientation of contemporary school moral education, and fully embodies the basic requirements of socialist spiritual civilization construction. The moral education contained in the college martial arts education includes patriotism for the people, physical fitness, soul sublimation, emotion cultivation, will honing, moral and aesthetic promotion, so as to cultivate college students to establish a correct outlook on life and a scientific world outlook^[2]. With the charm of the spirit of martial arts, more and more students will understand the profound connotation of martial arts, and at the same time, students can receive more intuitive and vivid moral education content through practice.

Ideological and Political Functions and Approaches of Wushu Teaching in Universities

1. Ideological and political functions of martial arts teaching in universities. College martial arts contains rich and excellent traditional culture in China, and its spirit is mainly embodied in the spirit of martial arts. The education of college martial arts teaching not only includes the guidance and education function of school physical education, but also includes the education goal of ideological and political education for college students. It is not only to promote the ideological and political role of moral education, but also to promote the diversification of ideological and political work in universities in the new era.

1.1 Through the penetration of moral thought and politics, cultivate students' patriotism and dedication. Gu yanwu put forward the concept of "the rise and fall of the world, everyone has a responsibility" in his book "rizhilu zhengshi". The basic requirement of martial morality is "righteousness", which contains a profound patriotic spirit. Defending the country has been a function of martial arts since ancient times. At present, in the construction of the country's prosperity and power, a large number of model workers have emerged in various industries. The infiltration of martial arts thoughts and politics in college martial arts teaching can stimulate students' patriotism and dedication to work.

1.2 Cultivate the Integrity and Friendly Personality of College Students Through the Infiltration of Morality, Ideology and Politics. Honesty and trustworthiness is the moral tradition inherited by human society for thousands of years, and it is also the key content of socialist moral construction. It emphasizes honest labor, keeping promises and treating people sincerely. The friendly personality emphasizes mutual respect, mutual care, mutual help and harmony. The basic principle of Military Morality is "faith". In the Jianghu, everywhere is faith and promise. On the challenge arena, you must obey, practice and observe etiquette. Throughout the history of martial arts, there are many people who are chivalrous, righteous, virtuous and artistic^[3]. In today's Wushu teaching, we should integrate the spirit of morality into the teaching of Wushu, cultivate the integrity and friendly personality of college students, and strengthen the moral code of conduct of college students.

2. Ideological and political approaches in college martial arts teaching. Gu Yanwu put forward the concept of "everyone is responsible for the world". The basic requirement of Military Morality is "righteousness", it contains profound patriotic spirit. Safeguarding the country has been a function of Wushu since ancient times. In the critical period of the country, the national heroes who defend the country with military force constantly emerge. Nowadays, in the construction of the country's prosperity and strength, a large number of labor models have emerged in various industries. They love their jobs and devote themselves selflessly to the modernization of the motherland. The infiltration of morality and politics in Wushu teaching can inspire the patriotism and professionalism of college students.

Summary

Under the current ideological and political concept of the curriculum, the University Wushu teaching should play its own advantages, effectively screen the content of Wushu Morality, integrate and infiltrate with the ideological and political content of the curriculum on the premise of conforming to the socialist core values, and promote the national art and the people of Wushu moral education through diversified Wushu teaching approaches. We should further play the positive role of Wushu in the ideological and political education of university courses, and help the university to further realize the educational goal of cultivating people through morality and all-round education.

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