

# **The promotion of traditional martial arts culture charm in college martial arts teaching**

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**Keywords:** college martial arts; traditional martial arts culture; charm

**Abstract:** The martial arts class in colleges and universities is an important cornerstone for carrying forward the traditional civilization of our country. In recent years, the promotion and development of martial arts classes are not optimistic. The spread of college martial arts culture affects the development of martial arts. This paper analyzes the connotation of martial arts culture and discusses how to carry out martial arts culture education in the process of martial arts teaching. Let students gradually accept the influence of traditional Chinese culture, and thus promote the traditional excellent culture, inspire their national pride, cultivate and build the thoughts and feelings that love the motherland.

## **1. Introduction**

With the intensification of globalization, China's economy and society are undergoing rapid changes. Adapting to the traditional culture of traditional society, the industry is facing the influence of Western sports culture. To a certain extent, the martial arts movement has weakened the strong connotation of its national culture and forgot the unique national health consciousness and values [1]. These will inevitably affect the in-depth popularity of martial arts. In the harsh current era, how to inherit, protect and continue the traditional culture has attracted much attention. Traditional martial arts culture is an important part of China's intangible cultural heritage. It has witnessed the history of China and is an important carrier of Chinese civilization. It contains the unique spiritual values, logical thinking ability, spatial imagination ability and cultural awareness of all ethnic groups in China. College students are senior students who receive knowledge education. Their martial arts cultural connotation will directly affect the future development direction of Chinese martial arts culture. Therefore, if the martial arts culture in our country is to continue, college students must inherit and carry forward the traditional culture of martial arts.

## **2. The connotation of traditional martial arts culture**

Wushu is a project of traditional sports in China. It has the characteristics of both internal and external training, skills and methods on the basis of traditional Chinese culture. In constant development, martial arts combines all aspects of ancient Chinese philosophy. The statement that "wen can be Anbang, Wu can be a country" fully explains the role of Xuewen Xiuwu. At the beginning of martial arts training, children can be inspired, their hearts can be corrected, and their hopes can be realized. From a small point of view, they can kill thieves, calm down chaos and protect villages. At a large level, they can bring peace and stability to the country and millions of civilians and benefit the people. This is the highest goal of the integration of culture and military integration in China through the efforts of many ancestors in the past 5,000 years. It is also the focus of Confucianism education. Wushu culture is one of the best examples of the perfect combination of human and nature in oriental culture. The highest realm pursued by martial arts is that "Heaven and Man are one" is also pursued by Taoism. Martial arts is about man-made. Life between heaven and earth, a breath, always connected with heaven and earth; movement and stillness are things that are always with the heavens and the earth. The requirement of martial arts moral cultivation, selflessness, dedication and diligence is the concentrated expression of Buddhist ideas [2].

The foundation of martial arts is the theory of traditional Chinese medicine. It emphasizes that "the fist starts from the easy, and the rationality is in the doctor." It focuses on and pursues both internal and external repairs. Combining traditional medical theory with martial arts further expands the structure of martial arts theory, promotes the national spirit, and serves human health. The integration of martial arts and medicine reflects this value orientation. Advocating martial arts is a good tradition of martial arts people. "Xiwu's first morality" and "Shangde is not yet strong" are the most rational and intuitive essence of Chinese martial arts culture. The concept of "benevolence" and "harmony" is the central idea of Wood. Man and nature are a harmonious whole. The main body of martial arts, that is, the human body itself, wants to communicate with the universe and nature. Man and nature are a harmonious whole. The concept of "harmony" has penetrated into all aspects of martial arts culture and is the highest standard of martial arts ethics.

Chinese martial arts have the characteristics of Chinese classical aesthetics, embody the charm of oriental traditional art, pay attention to the expression of inner emotions and the expression of inner self-cultivation, and pay attention to the spirit of writing and artistic conception. The charm of martial arts lies in its external performance, such as its unique style, strength, rhythm, body shape, movement, emptiness, masculine, feminine and so on. People have long regarded martial arts as an art. "Wu Dance" is not just a martial arts style, it is also an art way. The charm of martial arts also reflects the fusion of nature and harmony. Therefore, the continuation of martial arts vitality lies not only in martial arts, but also in the ideological connotation of promoting martial arts and self-cultivation

### **3. The Status Quo and Existing Problems of Traditional Wushu Culture in College Wushu Teaching**

#### **3.1 The current situation of martial arts classes cannot meet the students' interest in learning**

Today, popular culture is loved by young people. In the development of campus martial arts, the only one that can show its highlights is the stage performance at the party. Its technical value, conventional value and everyone's aesthetics are reflected in everyone's cheers and applause. In this short period of time, it can be clearly said that the development of campus martial arts is more valuable and widely loved by everyone. However, in the usual classroom, the students expect that the content being taught will not appear. The martial arts that students can learn in the classroom are very different from the expectations of their hearts. This leads to the martial arts classroom not stimulating students' interest in learning. Also, the study of martial arts is a long journey. It is difficult for students to see their progress in learning. It is impossible to learn traditional martial arts culture.

#### **3.2 Heavy "competition" light "culture"**

The development of competitive martial arts in colleges and universities is mainly in the special classes of sports colleges. Its main task is to participate in various martial arts competitions on behalf of the school district. The selection of teaching content mainly includes the mastery and training of basic skills and routines, and martial arts culture is rarely involved. A phenomenon that only focuses on "competition skills" and does not pay attention to "culture" will occur. Students know nothing about traditional martial arts culture. The history, fun, and information content of the martial arts culture that can ease the learning atmosphere in the classroom did not appear, which led to the gradual decline in the only technical training and interest in student learning in the classroom.

#### **3.3 Heavy "outline" light "quality"**

In the physical education class of campus martial arts, the choice of classroom content is mainly based on the syllabus. The knowledge that is not in the syllabus is the content involved in martial arts teaching, and it may also appear in the classroom [3]. For example, the practice of basic martial arts skills. The regular teaching of most teachers in public physical education classes is based on guidance, decomposition and demonstration. Skills in martial arts rarely involve the evolution of

this movement. The teaching process only pays attention to the syllabus and neglects to cultivate the physical quality of students. This is a common problem in college martial arts public physical education. The lack of martial arts quality training is also the reason for the loss of traditional martial arts.

#### **4. Countermeasures for the Promotion of Traditional Wushu Culture Charm in College Wushu Teaching**

##### **4.1 Defining martial arts classes is an important way to inherit traditional culture**

Martial arts teaching is part of the continuation of traditional martial arts culture. The "German" education in martial arts is the inheritance of my traditional martial arts culture, and it is also the embodiment of the value of traditional martial arts culture in the construction of contemporary civilization. It is also the embodiment of the achievements of college education in China. After years of education and edification, college students are high-quality talents in the society. Therefore, colleges and universities should understand that martial arts is one of the important methods to continue the traditional martial arts culture. In the teaching of martial arts, the interpretation of traditional culture is strengthened, and the content of traditional culture is further integrated into martial arts teaching. Therefore, strengthening the martial arts culture teaching culture, making martial arts teaching more traditional martial arts culture connotation, further let students understand the traditional martial arts culture contained in martial arts culture. Raising the proportion of traditional culture in martial arts classes is an urgent task for them to educate effective traditional culture.

##### **4.2 Strengthening Communication and Deepening the Understanding of the Connotation of Traditional Culture**

In the process of college martial arts teaching, the interaction between teachers and students should be strengthened, and effective communication can motivate students' enthusiasm for learning. Teachers should master the learning style of students, guide students to think and understand according to the design plan, and then transform the single-sentence demonstration and imitation education in martial arts teaching. To improve the teaching effect, the main expression is that the content of communication is not limited by the teaching plan, but the experience and feeling of learning basic movements and routine routines.

##### **4.3 Emphasizing Wude Cultivation in the Process of Wushu Teaching**

Traditional martial arts culture has a profound cultural heritage and humanistic concept. quality. Since ancient times, Chinese martial arts has advocated the cultivation of martial arts morality, and the cultivation of martial arts morality should be based on courtesy. Therefore, in the implementation of martial arts teaching, how to cultivate martial arts moral education is very important [4]. First of all, we should pay attention to the full play of the teacher's personality charm in teaching: moral education is not only a process of reasoning and training, but also a process of inspiring emotions and subtle influences. The teacher's reputation is his personality charm. The image of the teacher and the spirit he embodied have a great and subtle influence on the students. The teacher's language expression and the performance of the instruments in the classroom can actually infect the students' beauty and stimulate the students' emotions. Second, we must make full use of teaching materials for moral education. When teaching martial arts culture, you can introduce some excellent movies. Let them know that the protagonist in "Huo Yuanjia" hopes to pursue the goal of loyalty through his own efforts and the essence of martial arts. Develop a moral sentiment that students are not afraid of difficulties, practice hard, improve their self-defense ability, and carry forward braveness and dedication. Then, the infiltration of moral education in teaching: teachers can use a variety of forms of teaching methods to cultivate students with subtle moral education methods. For example, at the beginning and end of the course, teachers and students can walk together to "hit", "greeting each other" and "goodbye". Therefore, it is possible to strongly feel the

intimate feelings between them and carry forward the fine virtues of "respecting the teacher and loving the students." The traditional virtues of modesty, perseverance and courage can be honoured by routine training, competitive competitions and exams before or after the exam, or by paying homage to each other before and after the double practice.

## **5. Conclusion**

College martial arts teachers should know that martial arts is one of the main ways to continue traditional martial arts culture. Strengthen the communication and interaction between teachers and students in teaching, and apply the teaching methods of the new curriculum reform to teaching methods. Vividly and concretely continue the traditional martial arts culture, adapt to the current society, coordinate with the current civilization, maintain national characteristics, embody the spirit of the times, and build a spiritual home for the Chinese nation.

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