

# **A Probe into the Coordinated Development Path of Chinese Martial Arts in the Process of Modernization**

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**Keywords:** Chinese martial arts, Modernization, Innovation, Coordinated development

**Abstract:** Chinese martial arts is an organic part of Chinese civilization, as a treasure of traditional Chinese culture, it bears the burden of fitness and health for the whole nation and is a prominent symbol of human sports culture throughout, as the Chinese martial arts has rich national culture, which has a strong national history and culture, and also integrates fitness, health, competition, fighting, leisure and entertainment. It has high value of spiritual function and cultural value. Based on the perspective of Chinese martial arts modernization, this paper explores the development of Chinese martial arts innovation coordination, sorting out the existing problems in the development of Chinese martial arts projects, and the difficulties as well as challenges encountered by the Chinese martial arts in the prevailing context of the Western sports, which seeks to be in the context of sports modernization, a new path for the sustainable development of Chinese martial arts.

## **1. Introduction**

Chinese martial arts is rooted in the people and plays an irreplaceable role in the people's lives. In the "Internet +", the sports industry has been in a developing process, providing a broad space for the Chinese martial arts, and under the guidance of the "Chinese Dream", people are now aware that realizing the great rejuvenation of the Chinese nation cannot be separated from the inheritance and development of the Chinese martial arts [1]. According to relevant research, the phenomenon of population aging in Sichuan is serious, and more people are learning the health care through the study of the Emei martial arts project, such as martial arts Taijiquan, Emei Taiji Sword, Pan Gongmen, Emei Knife, etc. to fully apply the role into life practice, because it provides a favorable opportunity for the development of Chinese martial arts represented by Emei martial arts.

Today, the in-depth development of the internationalization and globalization has become an important symbol of the modern society, the development opportunities of "One Belt, One Road" as it brings more the essences of Chinese martial arts to the world and make the Chinese culture become an international standard. The development of martial arts modernization as a "process" contains a dual dimension: one dimension is the development process that is compatible with the development trend of the world sports modernization, and it is also the process of developing other countries constantly and pursuing the world's advanced level; another dimension is with our society, which is the development process of the modernization of politics, economy and culture [2]. In today's era of rapid development of information technology, the development of economic globalization has brought great opportunities to the modernization of Chinese martial arts, and also provided a new path for promoting the coordinated development of Chinese martial arts.

A new path for the coordinated development of Chinese martial arts in the process of modernization

## **2. Innovation and Development Driven by the National Policies**

In the 21st Chin century, while the social, political and economic development has made great progress, the country has begun to return to the traditional culture of the Chinese nation by promoting the source of social progress and sustainable development [3]. In the face of the development of Chinese martial arts, the report of the 19th National Congress clearly pointed out that "innovation is the first driving force of development." and the construction of an innovative

country requires a comprehensive innovation from the inside out.

Driven by national policies, the sustainable development of Chinese martial arts has ushered in a major opportunity, in the face of the growing material and cultural needs of the people, Chinese martial arts should also follow the footsteps of the social development and vigorously innovate its internal driving mode and sports content that drive other industries. To actively advocate on the development concept of the new era and new ideas, with the five development concepts of “innovation, coordination, green, openness, and sharing” as the guiding ideology, and at the same time, use the “Internet +”, big data, artificial intelligence and other modern scientific and technological means to carry out deeper Industrial integration to achieve the coordinated development of Chinese martial arts and society.

We must make full use of the comprehensive promotion of the Internet, reform and update Chinese martial arts, and let more people know about Chinese martial arts. According to the survey, in the Emeishan area, people promoted the mobile phone app about Emei martial arts, based on the developed games that is related to the Emei martial arts, and used modern technologies such as VR and AR to enable people to try and experience the charm of Emei martial arts, because the Emei martial arts can also make more people feel relaxed, learn and pass on like the Western sports, making it an indispensable part of people's daily life.

In order to achieve innovative development, Chinese martial arts must inject the innovative ideas of martial arts in time for the country's overall innovation and development. On the other hand, we must work from the perspective of Chinese martial arts and strive to combine Chinese martial arts in China. It can only be promoted in the world. Only in this way can the development of Chinese martial arts meet the needs of social development, promote the steady progress of Chinese martial arts, and effectively resolve the imbalance of sports interests in the new era.

### **3. The Integration of Chinese Martial Arts and Tourism**

In China, and in addition to some typical Chinese martial arts tourism projects which have a relatively complete tourism industry chain, as most of the traditional sports tourism products have not yet matured. So the survey shows that Emei martial arts has gradually merged with the tourism industry, because in some of the Emei tourist attractions, there are special performance venues for Emei martial arts, producing tourism products with distinctive Emei martial arts, building a martial arts film shooting base, and filling the Emei martial arts with the success of the tourism industry is in line with the culture and characteristics of Emei martial arts in order to promote the innovative development of tourism in the Emei scenic spot, and promote the Emei martial arts with the human landscape of the scenic spot, as the two complement each other to form an organic industrial chain, which greatly improves on the local economic benefits and tourism.

From this point of view, in the new era, the development of Chinese martial arts can be fully integrated with the local tourism to achieve a two-way chain to achieve a coordinated development; linked to the government's precise poverty alleviation, and to promote the Chinese martial arts market, and also to create a Chinese martial arts tourism brand; The characteristic areas will develop regionally through tourism development, and the corresponding traditional sports projects will be developed into sports culture and tourism towns. The corresponding sports projects will be passed down and promoted through the professional teaching. At the same time, according to the characteristics of Chinese martial arts culture and the characteristics of the content to create a corresponding sports tourism products, such as the construction of sports tourism parks, museums, memorials and so on, the existing large-scale martial arts tourism projects, which provides a step-by-step opportunities for other martial arts projects to enhance the popularity of the traditional sports. Under the encouragement and leadership of the government departments, we will create some specialized sports tourism institutions and make them the backbone of the development of the sports tourism industry. Based on realistic conditions, scientific analysis of local topography and geomorphology will be carried out to build developable tourism resources such as outdoor adventure, cross-country, rock climbing and other sports, Combining the traditional martial arts with the modern sports to form a regional tourism industry chain.

In general, it is a combination of regional tourism, sports tourism products, and Chinese martial arts to form a trinity, with sports tourism as a carrier, in-depth and Powerful inheritance and promotion of Chinese martial arts.

#### 4. Coupling the Development of Chinese Martial Arts, Urban Sports and Western Sports

The urban sports are carried out in the city for exercise activities which aimed at fitness, leisure and entertainment. Since the reform and opening up in China, the urban sports are developing in the direction of socialization, community, family, facilities, diversification and high-end activities [4] as the Western sports have taken an increasing proportion of the international status. The Western sports such as track field and triathlon have been highly valued by the public but the Chinese martial arts are facing an unprecedented crisis, as the personality culture and cultural communication medium, and the Chinese martial arts is unobjectionable, but in the long run, we will discard our own cultural traditions, and the consequences of this crisis will be immeasurable [5]. In order to achieve full and healthy development of the Chinese martial arts, it is necessary to integrate on the urban sports with the Western traditional sports.

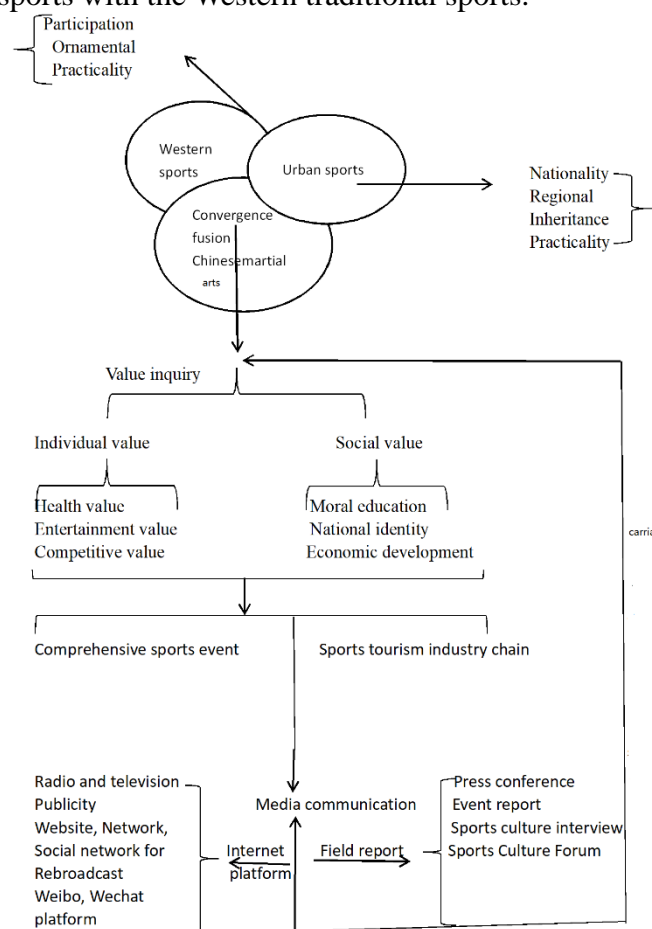


Fig.1 Structure of the Chinese Martial Arts Coordination and Development

As shown in the figure, with Western sports as the carrier, urban sports as the medium, and pay more attention to the Chinese martial arts. When the national or social organizations hold some sports events, they should strengthen the emphasis on the Chinese martial arts events and publicity measures, and properly organize some traditional sports events. At the same time, making full use of the educational resources of colleges and universities, because the Chinese martial arts can also enter the classroom like Western sports, so that generations of young people can fully understand the traditional sports, taking the initiative into the traditional sports, and actively inherit and carry forward the traditional sports. The survey shows that the teaching content of Emei martial arts has been carried out in many colleges and universities, such as Emei Taijiquan and Emei martial arts series. In Sichuan, a series of Chinese martial arts competitions represented by Emei martial arts are

set up in every year, and the dissemination and inheritance of Chinese martial arts is realized through the mass media and college students. The school is the most important and most popular inheritance of the Garden of Eden, because only when the traditional sports are planted in schools and passed down from generation to generation can we give full play to the historical role of developing national sports, carrying forward the national spirit and inheriting Chinese traditional culture. If the traditional national sports represented by the martial arts can be separated from the school's physical education classroom, it will be very beneficial to inherit the national culture and carry forward the national spirit as a national curriculum for every student [6].

The development of Chinese martial arts is an effective protection, inheritance and development of intangible cultural heritage. In this era of rapid development and full of opportunities, if the integration of the three is considered into new idea for the development of modern sports, it will not only realize the continued inheritance of the Chinese martial arts, and it can also promote the vigorous development of China's sports industry to the greatest extent, giving new vitality to the modern Western sports, and realize the West as a medium use in the true sense. Therefore, in the face of the increasingly severe development trend of Chinese martial arts, promoting the coordinated development of Chinese martial arts is the only way for the development of Chinese martial arts.

## 5. Conclusion

With the most unique and attractive glamour, the Chinese martial arts can withstand thousands years of wind and frost without dying, stemming from its rich cultural heritage. Chinese martial arts is the most direct and broadest manifestation of intangible cultural heritage, but it is on the verge of disappearing, this shows that the people's awareness of the protection of the intangible cultural heritage is weak. In today's era of rapid development of social information, Chinese martial arts is facing a huge impact on modern products such as Western sports and new media. Therefore, it is necessary to study the coordinated development of Chinese martial arts modernization that has a strong practical significance in the new era and of promoting the national self-confidence and cultural self-confidence, which is the development of the natural vitality of Chinese martial arts. To fully integrate with the modern technologies such as "Internet +" and mass media, developing the traditional sports tourism industry and realizing the coupling with the urban sports and western sports is an effective way to inherit and develop the Chinese martial arts. At the same time, effective government policy support is also a solid guarantee, as the Chinese martial arts is one of China's most precious national quintessences, because its inheritance and development will continue to develop at any time, and the road to the future is full of vitality.

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