

Cross-boundary Hani (Akha) Folk Sports Cultural Exchange and Its Dissemination Strategy

Zhaoxi Li^{1,2*}, Peimin Wang¹

¹Yunnan Open University, Kunming 650500, China

²Bangkok Thonburi University, Bangkok City 10170, Thailand

*Corresponding author: xixi9229220@163.com

Abstract: Folk sports culture is mainly communicated and disseminated through folklore activities, sports programs, sports events, folk organizations, preservation and inheritance, modern media, ecological tourism, square culture and other ways and means. This paper focuses on three aspects: the general situation of the cross-boundary Hani (Akha) people, the current situation of folklore sports activities, and the strategies of cultural exchange and dissemination. Through the investigation and analysis of the exchange and dissemination of cross-boundary Hani (Akha) folk sports in Yunnan, the corresponding strategies in the exchange and dissemination of cross-boundary Hani (Akha) folk sports are proposed.

Keywords: cross-boundary Hani (Akha) people, folklore, sports culture, communication and dissemination strategy

1. Introduction

The cross-boundary Hani (Akha) folk sports culture is colorful, unique, and rich in cultural connotations. Although the Western Olympic culture has gradually become the mainstream culture of sports, it still cannot hide Hani (Akha) folk sports' uniqueness. Because of bordering with many countries, Yunnan, where most of these Hani (Akha) people live, as an important southwest province of China, has become a region of frequent international cultural exchanges. The folk sports activities of the Hani (Akha) people in Yunnan are worthy of attention.

2. Yunnan cross-boundary Hani (Akha people) overview

According to China's sixth census, there are 1.63 million Hani (Akha) people living in Yunnan Province, ranking second in the minority population of Yunnan Province. (Liujin Y, 2013) They mainly live in regions of Honghe, Xishuangbanna, Pu'er, and Yuxi in Yunnan Province. According to incomplete statistics, about 475,000 Hani (Akha) people are distributed in ASEAN countries, including Myanmar (250,000), Laos (100,000), Thailand (100,000), and Vietnam (25,000)[1]. In China, they are collectively called the Hani, and in foreign countries, they are mainly called the Akha. But in Yunnan, a branch of the Hani are also called the Akha around Nannuoshan, Jiangcheng and Menglian counties.

Based on the relevant historical records, during the Warring States period, the ancestors of the Hani (Akha) people called themselves a lineage of "He'yi" and lived mainly along the Dadu River in the southwestern part of the present Sichuan Province, surviving mainly by animal husbandry and primitive farming in the matrilineal clan society. In the Qin and Han dynasties, the "Hani" gradually migrated southward and entered northeast Yunnan Province and northwest Yunnan Province, and then went to Dali Erhai and Kunming Dianchi shoreline (Yan Chen, 2014) [2]. As the matriarchal clan society was weak, it gradually moved towards the father's clan commune. Until the Han and Jin Dynasties, the patriarchy formally replaced the matrilineal clan society, and then the father-son joint pedigree was formed.

From the 2nd century to the 5th century, the Hani (Akha) ancestors who had settled in the hinterland of central Yunnan for hundreds of years were frequently harassed by foreigners. In order to survive and reduce the threat of foreigners, the Hani (Akha) began to go south again and moved into the Liuzhao Mountains and the Liaojun Mountains. In the middle of the 10th century, the ancestors of the Hani (Akha people) were given fiefdoms and established a lordship system because they were instrumental in helping Duan Siping establish the Dali State. with each lord claiming his own land[3].

As the Han, Miao, Yao and other ethnic groups migrated to Yunnan during the Ming Dynasty, a number of them entered the Liuzhao Mountain area, and the proportion of Hani (Akha) people became smaller and smaller. Until the mid-17th century, few Hani (Akha) people remained under the cruel massacre of Wu Sangui. In order to survive, conceal their national identity. By the 18th century, the Hani (Akha) lived in mixed communities in the mountainous areas of Liuzhao. In the 19th century, the Hani, who called themselves Akhas, moved south to settle in Yunnan Province. Due to the struggle between British and French colonial countries and the dominance of other powerful ethnic groups, the Hani (Akhas) were forced to move from the plains to the mountains with dense forests. The Hani (Akha people) have been moving south when they were threatened, and this has formed the current distribution pattern of the Hani. the Hani (Akha) have been moving southward, creating the present-day distribution pattern of the Hani people[4]. Most of the Hani (Akha) currently live in the cross-boundary townships of Pu'er, Honghe and Xishuangbanna of Yunnan Province, with some settling in ASEAN countries.

3. The current situation of cross-boundary Hani (Akha) folk sports in Yunnan

3.1 Status quo of cross-border Hani (Akha) folk sports projects in Yunnan

The cross-boundary Hani (Akha people) have a wide variety of folk sports, which are mainly derived from life, and are the sum of behaviors that have been passed down and developed over a long period of time to defend against foreign enemies, protect the clan, reproduce and survive, strengthen the body, and cultivate self-cultivation. These sports activities are distributed in various Hani (Akha) areas, integrated and attached to the daily life of the Hani (Akha), reflected in customs, festivals and other activities (see Table 1).

Table 1: Yunnan Cross-boundary Hani (Akha) Folk Sports Project

Yunnan Cross-boundary Hani (Akha) Folk Sports Project
Crossbow shooting, Archery, Wrestling, Martial Arts, Spinning Tops, Swings, Climbing Poles, Rock Climbing, Bamboo Tube Dance, Spinning dance, Straw Hat Dance, Bamboo Pole Dance, Race with the Elderly on one's Back, Horse Racing, Grabbing Huapao.

3.1.1 Playing the swings

Swing includes Dang Swing, Mo Swing, Che Swing and Single Swing. It is a unique traditional folk sports of the Hani ethnic group, and is generally carried out in cross-boundary Hani (Akha) festivals.

The Dang Swing is tied by the belt knot. Before the swinging activity, the ceremony is very grand. The "Zhui Ma" presides over the ritual of the rope swing. After the ritual, the "Zhui Ma" swings the swing three times, then climbs on and swings the swing for a few times, and after that waits for the audience who came to play on the swing to swarm up before announcing the beginning of the swing activity. Three days after the swinging activity, the "Zhui Ma" held an ending-swing ceremony[5].

Mo Swing is also called Modan Swing. It is composed of a vertical column and a horizontal wood on the vertical column. It can not only go up and down, but also rotate horizontally. In order to make it playable by young, old, women and children, as well as people of different heights and weights, Mo Swing has a height ranging from one to two meters, and one or two people can sit at each end of the bar.

For Che Swinging, there are four-people swings and eight-people swings. During playing Che Swings, pay attention to sitting firmly and evenly when pushing and turning. When the speed of Che Swing slows down, you should use your strength to hold the swing to ensure that the people on the swing get off safely, and then another group of people get on.

Single swinging is a person swinging on a single rope. The structure is built by four chestnut trees with tops left. And four stumps intersecting must be placed a more than one meter long crossbar. It must be made of a clean red hair tree, which means killing. In the middle of the horizontal wood, a small circle is formed by thick rope or a mountain rattan woven about the size of a human head. When swinging on a single rope, hold the cane or thick rope with both hands to perform a single swing exercise.

3.1.2 Martial Arts

The martial arts of Hani (Akha people) originated from the life, production, labor, hunting, inter-tribal resistance, and military wars of the ancestors of Hani (Akha people) in ancient times. Weapons gradually became the equipment of Hani (Akha) martial arts. With the development of Hani (Akha)

society, Hani (Akha) martial arts has also been continuously improved and gradually matured, becoming a unique traditional sports event for ethnic minority martial arts in China.

3.1.3 Crossbow shooting

Crossbow is a weapon used by the ancestors of the Hani (Akha) people in ancient times for survival, foraging, hunting, fighting against ferocious beasts and resisting foreign aggression. The crossbow does not leave the master and is mainly used to defend oneself as a weapon and hunting tool. Its shape is similar to a bow and can be made from mulberry or pear trees. So far it is still very popular in the Hani (Akha) area, and has always maintained the primitive and simple way.

3.1.4 Wrestling

Wrestling and crossbow shooting are both primitive and ancient sports in the Hani (Akha) area. Because it is not restricted by time and venue, it is generally possible to wrestle on flat places such as lawns, threshing grounds, and beaches. It is a popular sport in festivals. In the cottage of Hani (Akha), many young boys started to learn wrestling at the age of five or six. Hani (Akha) wrestling in the early days was more for food, self-defense, etc. Today, it is highly competitive and enjoyable. Most of Hani (Akha) festival accompanied by wrestling performances or competitions, it is also another way of social entertainment for young men and women.

3.2 The current situation of folk sports and festival activities among the cross-boundary Hani (Akha) people in Yunnan

The cross-boundary Hani (Akha) people in Yunnan live in scattered areas with complex terrain. The content and forms of festivals in each region have their own characteristics. Different regions have different ways to celebrate festivals. Each festival has a deep meaning behind it. Sports activities to express the local people's vision for a better life. Each festival in the cross-boundary Hani (Akha) region is closely connected with sports activities and has corresponding sports items, forming a Hani (Akha) folk sports culture, which enriches the content of cross-boundary Hani (Akha) festival activities even more (see Table 2).

Table 2: Yunnan cross-boundary Hani (Akha) traditional festivals and sports activities

Festival name	Opening time	Sports event
Gatangpa Festival	2 to 5 January	Bamboo tube dance, bamboo pole dance, thread weaving dance, spinning top, crossbow shooting, autumn swing, mountain climbing
Angmatu	First month of the year	Martial arts, bamboo pole jumping, wrestling
Dragon Ritual Day	The second day of February (Lunar Calendar)	Armor gong, cowhide drum, bawu, ukulele
Girls' Day	The fourth day of February (Lunar Calendar)	Swinging, singing and dancing
Amatu	Dragon Day in February (Lunar Calendar)	Rituals, singing and dancing, street feasts
Limazhu Festival	March (Lunar Calendar)	Singing and dancing, wrestling
Hongxiu Festival	Monkey day in mid-March (Lunar Calendar)	Bamboo dance
Miaoaina Festival	Early May (Lunar Calendar)	Bonfire, singing and dancing,
Kuzaza Festival	June	Swinging, Mo swinging
Grasshopper Catching Festival	24 June (Lunar Calendar)	Catching grasshoppers to eat.
Yekuza Festival	July	Swinging, spinning tops, bamboo tube dance, horse racing, wrestling, race with the elderly on one's back, straw hat dance
Wulajie	September	Bamboo tube dance, singing and dancing
Gantongtong (October Year)	October	Spinning tops, wrestling, martial arts,
Misoza Festival	October (Lunar Calendar)	Swinging, singing and dancing
Frontier residents of China, Laos, and Vietnam "Hani Calendar Festival"/"Ancient Banquet of Reunion"	20 December	Swinging, spinning tops, sepak takraw

3.2.1 Gatangpa festival

"Gatangpa" is literally translated as "revival of everything", and it means to welcome the new year. The festival is a celebration of the return of travellers from all over the world. During the festival, young men and women will perform bamboo tube dance, bamboo pole dance and other entertainment programs. And they also play various sports activities such as spinning tops, crossbows shooting, swinging, as well as spring outings. It reflects the recreational nature of folk sports.

3.2.2 Gantongtong (October Year)

"Gantongtong" is the New Year for the Hani ethnic group to say goodbye to the old and welcome the new. It is equivalent to the Chinese New Year for Han people. During the festival, the family kneels and bows down in order of age to pray for the well-being of the family and a good harvest in the coming year[6]. During the festival, Hani (Akha) people dress up and actively participate in sports activities. In addition to sports activities such as martial arts, spinning tops and wrestling, there are also dancing and singing to celebrate the "Gantongtong Festival".

3.2.3 Angmatu

The cross-boundary Hani (Akha people) believe that the village's quietness, prosperity, and abundance of grains depend on the village's gods. Therefore, every year after October, every village has to offer sacrifices to the gods. Angmatu is one of the most important festivals of Hani (Akha). After development and evolution, festival celebrations and religious sacrifices have been integrated. At the festival celebrations in Angmatu, the cross-boundary Hani (Akha people) mainly hold traditional national sports such as martial arts, bamboo pole jumping, and wrestling.

3.2.4 Kuzaza festival

The cross-boundary Hani (Akha) people's "Kuzaza" festival is often held in June when spring ploughing is over and the slack season of the summer is coming. It usually lasts 3-5 days. Sports activities are performed during the festival, such as "Race with the elderly on one's back", "Straw hat dance" and "Swinging". Among them, the "Race with the elderly on one's back" expresses the Hani (Akha) people's respect for the old, and the "Straw hat dance" is a form of male and female dances to express the implicitness and shyness of Hani (Akha) men and women towards love. The dance steps include lunges and horse stances, similar to martial arts. Before the "Swinging", there was a sacrificial ritual. The main event of the ritual is the singing of a birthday song by an authoritative Hani (Akha) elder or "Mopi" who holds a glass of wine and pulls the swing, after which the wine is spilled on the swing and swung a few times before the people can start swinging.

3.2.5 "Hani Calendar Year Festival", "Ancient Banquet of Reunion"

Every year on December 20th, in Qushui Township, Jiangcheng County, which borders on Laos and Myanmar, holds the "Hani Year Festival" and "Ancient Banquet" for the border people of China, Laos and Vietnam. This event has been held for 31 years. The annual "Hani Calendar Festival" and "Ancient Banquet of Reunion" will attract more Chinese and foreign tourists. In order to enable Hani (Akha people) to truly feel the carnival of the festival, folk sports performances between China, Laos and Vietnam will be held. Swing, spinning top, and sepak takraw performances are the main three programs, and the cultural dissemination of China, Laos, and Vietnam is promoted through the exchanges of the traditional national sports of the three countries with their own characteristics.

4. Strategies for the exchange and dissemination of cross-boundary Hani (Akha) folk sports in Yunnan

Hani (Akha) folk sports are mainly reflected in the daily life of the Hani (Akha) ethnic communities in the cross-boundary region, especially in the sports activities on the occasion of folklore festivals. With the economic and social cultural development of Hani (Akha) cross-boundary areas, their folk sports have become one of the media of exchanges between cross-boundary ethnic groups. On the other hand, it is also facing the encroachment of the mainstream culture and the difficulty of preserving its heritage. The predicament of protection and inheritance emerges due to the erosion of the country. Therefore, how to spread and develop the Hani (Akha) folk sports culture in the exchange has become a problem that needs urgent consideration.

4.1 Explore the communication media for cross-boundary Hani (Akha) folk sports and cultural exchanges at home and abroad

Cross-boundary Hani (Akha) folk sports endow different social backgrounds. As a cross-boundary ethnic group, Yunnan Hani (Akha) has a close relationship with Myanmar, Laos, and Vietnam in its traditional culture and customs[7]. At present, in the cross-boundary Hani (Akha people) folklore festivals, sports activities occupy an important position, and present a situation of "no festival and no sports". In the cross-boundary Hani (Akha people) area, folk activities and folk activities are carried out. Sports has become a communication medium for cross-boundary Hani (Akha) folk sports and cultural exchanges at home and abroad.

4.2 Training reserve talents to spread cross-boundary Hani (Akha) folk sports culture

Through investigation and research, the cross-boundary Hani (Akha) folk sports culture has been impacted and influenced by modernization, urbanization and modern sports. In the development of sports activities in villages, schools, and society, the younger generation is more inclined to modern sports activities. , Seldom understands, studies, and participates in folk sports of this nation. The older generation of folk sports culture inheritors are gradually decreasing or aging, and the cross-boundary Hani (Akha) traditional sports reserve talents are invisibly seriously affected. The phenomenon of inheritance faults has gradually become prominent. Therefore, the cross-boundary Hani (Akha) area must focus on the cultivation of reserve talents.

4.3 Broaden the channels for the dissemination of cross-boundary Hani (Akha) folk sports

The exchange and dissemination of cross-boundary Hani (Akha) folk sports culture needs to rely on certain media. Folk sports activities rely on traditional festivals and modern communication media to expand cross-boundary Hani (Akha) folk sports exchanges and Spread the space. In today's society, the channels of communication are becoming more and more diversified, and all kinds of communication channels are fully utilized to expand the spread of traditional Hani (Akha) sports across borders.

4.3.1 Dissemination through museums

At present, the cross-boundary Hani (Akha) folk sports items, equipment, ancient books, history and culture are constantly being lost, and even endangered. In the research process of exchange and dissemination, heritage and dissemination through museum displays, continuous excavation and collation of folk sports items, historical and cultural instruments, publication of related works and videos, inheritance of the culture left by the Hani (Akha) ancestors to future generations, in order to provide reference for Hani (Akha) descendants or researchers in the field.

4.3.2 Dissemination via the Internet

Today is the era of network information, and the intervention of network media provides a broad space for dissemination and communication. Internet dissemination is an important bridge for the exchange of Hani folk sports culture in China with foreign Akha folk sports culture, and it is also an important way to introduce it to home and abroad dissemination. Through the Internet, the space for exchanges and dissemination of folk sports and culture has expanded infinitely, and directly or indirectly promotes the harmonious development of cross-boundary ethnic groups.

4.3.3 Dissemination through festivals and tourism activities

The cross-boundary Hani (Akha people) festivals are colorful and unique. Their festivals and tourism activities are accompanied by their folk sports culture. For example, "the Bag-dropping Carnival" in Jiangcheng County, Pu'er City. This peculiar custom is mainly used to express love and friendship. It has built a cultural carrier for cultural exchange and dissemination, interconnection, mutual trust and friendship for the economy, culture, tourism, education, sports, health, etc. of China's Yunnan, Laos, and Vietnam. In the "the Bag-dropping Carnival", the competition activities of folk sports such as bag-dropping, spinning top, cow body painting contest and sepak takraw are guided by cross-boundary folk sports and cultural activities, and festival activities and sports tourism are used as communication platforms. It has promoted the cultural exchange and dissemination of Hani (Akha people) at home and abroad, maintaining social stability, and promoting tourism and economic development.

4.3.4 Dissemination through school education

School education is the main front for spreading culture. The spread of cross-boundary Hani (Akha) folk sports culture should be closely integrated with schools in cross-boundary areas. Create some projects that are easy to learn and easy to promote with the characteristics of cross-boundary Hani (Akha) folk sports. At the same time, it can be promoted in school physical education and inter-class exercises to enrich school sports and cultural activities, promote national culture, improve moral cultivation, and strengthen physical fitness. To enable students to understand the connotation and skills of cross-boundary Hani (Akha) folk sports culture from an early age.

4.3.5 Dissemination through National Fitness Programs

It is of practical significance to carry out National Fitness Programs in the cross-boundary Hani (Akha) area. In order to popularize and improve the traditional sports of the nation, it is easy to choose fitness, entertainment, and favorite projects on the basis of the original folk projects. The fitness activities promoted in the cross-boundary Hani (Akha) area can activate mass sports activities in cross-boundary areas, enhance national physique and national self-confidence, and also contribute to the exchange and dissemination of national traditional sports culture and the entire people in cross-boundary ethnic areas.

4.3.6 Spread through folk sports performance competitions

The level of cross-boundary Hani (Akha) folk sports performance competitions has been continuously improved with the development of society and the needs of the public. Government departments and non-governmental organizations can hold folk sports performance competitions in the cross-boundary Hani (Akha) area to create an attractive national, international and regional Hani (Akha) folk sports performance competition brand. To attract the attention of cross-boundary regions and the outside world. Let people other than the local Hani (Akha people) learn more about and participate in the folk sports performance competition. Cultivate the interest of Hani (Akha) people and other ethnic groups in folk sports. Discover, train and recommend more Hani (Akha) national folk sports players to participate in major national games. Expanding the influence of cross-boundary Hani (Akha) folk sports performance competitions will help increase the value of sports performance competitions.

4.3.7 Dissemination of intangible cultural heritage

Intangible cultural heritage is the communication and transmission of cross-boundary Hani (Akha) folk sports and cultural information. Today with diversified transmission channels, sports items that have been recorded as intangible cultural heritage include Dai martial arts, Yi wrestling, and Miao blowing guns. The cross-boundary Hani (Akha) sports events such as martial arts, swings, crossbow shooting, and wrestling also have a long history. They have won medals in many democratic games across the country and across the province, and have been qualified for declaration. However, due to insufficient attention, they lost the opportunity to declare again and again. Therefore, the Hani regional government and inheritors of traditional sports culture should actively apply for the entry of intangible cultural heritage items in the near future. Let more cross-boundary Hani (Akha people) and other ethnic groups appreciate the essential charm of Hani (Akha people) folk sports culture and deepen the effect of its dissemination.

5. Conclusion

As society progresses, in the development of cross-boundary Hani (Akha) traditional sports culture, there have been some transformations in form and content, and some items have gradually become endangered and lost. Therefore, it is important to further strengthen the excavation, protection, exchange and dissemination, inheritance, development and innovation of cross-boundary Hani (Akha) folk sports in Yunnan. And through academic activities and sports competitions, there will be a constant exchange with traditional Hani (Akha) sports culture abroad. At the same time, in the process of exchange and dissemination, friendship between China and its neighbours will be enhanced, and the unity, cohesion and pride of the ethnic groups will be further increased either. In this way, cross-boundary ethnic areas will enjoy greater social stability and economic development, and the ethnic and national identity will be strengthened, international cultural exchanges advanced. At the same time, Yunnan's cross-boundary Hani (Akha) ethnic folk sports culture will also be exchanged and disseminated.

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