

Research on Modernization of Traditional Sports

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Abstract: After the May Fourth Movement, the academic community enthusiastically explored the modernization of traditional sports. With the dissemination and prevalence of Western sports culture in China, its fitness and competitive value has sparked more and more rational discussions among scholars. The development direction of traditional sports, as well as how to transform and innovate according to the needs of social development to play its social functional value, have become urgent issues for sociologists and sports professionals to solve. The modernization of traditional sports aims to boost the morale of the people, enhance their physical fitness, and consolidate national defense. We should standardize and popularize traditional sports, organize and refine traditional sports, and promote the integration of traditional sports and Western sports. The international innovation and development of traditional sports make them an open and inclusive excellent culture, and provide greater space for their own survival and development.

Keywords: traditional sports; western sports; modernization; integration

1. Introduction

Traditional sports culture originated from primitive production labor and social life practice, and is the foundation and important component of various ethnic cultures. After a long period of development, it has become an excellent Chinese culture, but it inevitably has limitations of the times. Therefore, it is necessary to inherit and promote the beneficial parts of traditional sports, and transform and innovate the negative parts that are not suitable for the needs of real social development. The development of traditional sports should adapt to the times, respond to the requirements of the times, accurately grasp the characteristics of modern times seeking to save the country, respond to the requirements of the times, and modernize traditional Chinese sports.

2. Inheriting traditional sports

2.1. Practicing Traditional Sports Diligently to Boost Popularity

To boost the morale of the people, it is necessary to practice traditional sports diligently to cultivate the confidence of the masses and transform "Big China" into "Young China". "However, how to achieve the goal of fitness and self-defense, how to make our nation stronger and stronger, and how to make our country forever exist in the world are the problems that everyone needs to solve. The only way to solve this problem is for the people of the whole country to have a unified understanding, emulate the bravery and wisdom of ancient people, and fully promote traditional sports." [1]. Only by working together throughout the country to diligently practice traditional sports and boost the morale of the people can we shoulder the responsibility of saving the country and the people. Only with the joint efforts of the government and the people, promoting traditional sports, mobilizing everyone, following orderly steps, and intensifying training, can we wash away the decadent trend, enhance the morale of our nation, preserve the essence of our country, and restore the soul of our country. If we can achieve the same goal as the whole country, we will be known for our perseverance and cowardice. The weak will be strong, the strong will grow day by day, the timid will be brave, and the brave will increase day by day. We will strive to resist, defend ourselves, and preserve the status of our nation. We will be able to recover in the near future. The current national crisis will be easily resolved, and we will transform it. It is not

appropriate to turn danger into barbarism, turn danger into safety, and suddenly become one of the strongest ^[2].

2.2. Diligently practicing traditional sports to enhance physical fitness

Traditional sports are rooted in the profound cultural soil of the Chinese nation, and have undergone continuous innovation and variation throughout history, forming a sports form that integrates the unique cultural literacy and philosophical concepts of the entire Chinese nation, and possesses scientific fitness theories. It is the crystallization of the wisdom of the Chinese nation and an important component of Chinese culture, with a unique Chinese style and Chinese spirit. Traditional sports were most suitable for enhancing the physical fitness of Chinese citizens at that time. "Traditional sports are the learning of physical fitness. Although there are various learning methods for physical fitness, they are not superior to traditional sports and are not convenient for traditional sports." ^[3]. In the article "Declaration of the Establishment Conference of the Central Traditional Sports Center", an analysis was made for five specific reasons: "Firstly, traditional sports focus on the exercise of hands, eyes, body, and steps, which is a coordinated movement of four limbs and a hundred bodies. Secondly, the effectiveness of traditional sports exercise can increase vitality, harmonize blood vessels, and have benefits without harm.". Thirdly, Traditional sports are not bound by the economy and have the possibility of being popularized, regardless of age, wealth, gender, number of people, occasion, space and time. They can be practiced anytime. Fourthly, Traditional sports are both physical and practical, capable of strengthening the body and enhancing combat skills. Whether in peacetime or wartime, they can benefit from the benefits of traditional sports, enabling everyone to have the ability to defend their country in self-defense. Fifthly, traditional sports are a beautiful form of exercise that can be easily achieved with just a few steps. The profound and varied nature of the body, hands, eyes, and steps is enough to increase interest and beauty in sports ^[4].

2.3. Diligently Practicing Traditional Sports to Consolidate National Defense

In modern times, many people believe that traditional sports are a product of the Cold Weapon Age, an "old thing" that has no practical value in modern warfare. Scholars have pointed out that traditional sports have not lost their rightful value in modern warfare. Although traditional sports cannot be used for direct confrontation on modern battlefields, they can improve the physical fitness of soldiers. He believes that weapons cannot fight on their own, modern weapons require human operation, and the operation of modern war weapons relies on people with strong physique and firm willpower. He pointed out that without strong soldiers, even if they have firearms, they are useless. It is clear that traditional sports not only have strong benefits, but also greatly increase combat effectiveness. And the ultimate victory is not directly a matter of strengthening the people, but indirectly a matter of strengthening the soldiers. Although it is now the era of firearms, having firearms requires more people to use, and even stronger people to use them. If the weak and sick are given fast guns and cannons, they cannot be competent. It can be asserted that Traditional sports do play a significant role in the military, and those who have practiced traditional sports are always much stronger than those who have not ^[5]. The issue of the role of traditional sports in modern warfare was discussed in the Declaration of the Third Anniversary Commemorative Conference of the Central Traditional Sports Center, He pointed out that in international wars and domestic battles, the ultimate success often stems from the use of various sharp weapons, such as airplanes and cannons, because the use of these weapons still relies on manpower. If one party does not have a strong, brave and lively spirit, and physical strength to support them, then the sharp tools are still not used. When it comes to close combat night attacks and hand to hand combat, all the excellent weapons lose their effectiveness. At this critical moment, it is all thanks to our great courage, skillful skills, brave fighting, always able to charge, always able to kill enemies, and always able to achieve the final victory ^[6].

3. Inheriting traditional sports

At that time, there were enormous difficulties in popularizing traditional sports. The Ta Kung Pao pointed out that "since the lack of the Central Traditional Sports Center in 2017, Jiang has been actively promoting it every day, with the urgent task of popularizing the public [6]. Although funds are tight, this aspiration is somewhat appropriate". From this, it can be seen that both in terms of economic conditions and the prejudice of the people towards traditional sports have become insurmountable difficulties in popularizing traditional sports.

Faced with such a dilemma, it is proposed to popularize traditional sports in the form of gymnastics. The traditional sports are designated as national gymnastics, which are promoted in the military, police, schools, and national sports, and gradually spread to impoverished and remote areas, overseas Chinese border areas, arousing national thinking. Everyone has the skill of self-defense and the spirit of martial arts. The gymnastics advocated is not the military gymnastics that was introduced to China in modern times. Although gymnastics and military gymnastics have similar forms, their purposes and contents differ greatly. He made an in-depth analysis of this in his article "Submitting Traditional Sports to the National Government for National Exercise": "National exercise is different from military exercise. Military exercise is specifically designed for military education and can only be implemented in the field of armed comrades. If it is applied to the whole people, it may be ineffective."; "National exercises, on the other hand, can not only serve as the foundation for armed comrades' military exercises, but can also be practiced freely by scholars, farmers, workers, and merchants. They can be practiced individually, in groups, in wide fields, and in narrow fields. They are both convenient and economical, and have the advantages of both physical and practical use. They are not comparable to Western competitive sports. They are a precious treasure exclusive to our country, and cannot be ignored".

4. Transforming traditional sports

4.1. *Unified traditional sportsacting Traditional Sports Diligently to Boost Popularity*

During the long development process of traditional Chinese sports, influenced by regional customs and culture, numerous schools with different technical characteristics and styles have emerged. The numerous traditional sports schools have promoted the prosperity of traditional Chinese sports in ancient times, and on the other hand, the self isolation of traditional sports schools has become a stumbling block to the development of traditional sports. Zhang Zhijiang pointed out that even if there are different sects or different masters from the same sect, they may each hold their own treasures and keep their secrets. Not only are they old and dead and do not interact with each other, but they also hold a grudge against each other. Those who have been passed down from generation to generation and have never had the hope of reconciliation and kinship are like Bibi Ran. They all belong to the flesh and blood of their fellow countrymen, and are even jealous of each other due to their shared beliefs. There may be times when a martial arts competition is won or lost, and it is a lifelong and traditional honor or disgrace. So, the winner is proud, while the loser harbors a lifelong grudge, and this will be passed down to future generations, with a great deal of unresolved grievances. As a result, it becomes worse and worse, to the extent that hatred is as deep as the sea. The essence, profound meanings and special secrets of traditional sports have disappeared ". The sectarian views have formed an invisible wall between various traditional sports sects, artificially hindering academic exchanges between them. The views of different sects also pose a crisis in the inheritance of traditional sports. Traditional sports are characterized by complex sects, deep views of different sects, each holding their own treasures, each hiding their secrets, and refusing to conduct public research, resulting in careful consideration of gains and losses. It is even more difficult for those who have both the elders of the mainstream to choose from. Moreover, every time a technique is selfish, even if the father is his son, the teacher is his younger brother, they are not willing to teach it as much as possible (gradually reducing it), leaving only the dross. If it is not widely spread throughout the family, brainstorming and using it to (feedback) "If Chinese people work together without studying, this path will decline. What a pity". Based on the above reasons, it is necessary to unify traditional sports. In his article "Prospects for the Promotion and Future of the Unification of Traditional Sports," he pointed out that "the real reason is that there were too many doors and too many factions in traditional martial arts. Although they were all produced in China, no one could fully represent the spirit of the country and the nation. Therefore, we should promote organized, legal, and effective traditional sports, and showcase the beautiful martial arts of the nation to the world." By renouncing traditional sports, we can cure national laxity and seek unity and self-defense. We have advocated traditional sports for several years, and we have courageously advanced towards this goal. We hope that the truly beautiful traditional sports can be realized soon. Therefore, the promotion of the unity of traditional sports is not to be delayed ^[5].

Unifying the connotation of traditional sports includes the following aspects: on the one hand, we need to change the current situation of "self isolation" in traditional Chinese sports and abandon the wall of traditional Chinese sports schools, to eliminate sectarian boundaries, there must be no boundaries when practicing martial arts. Those who learn Wudang should also learn Shaolin, those who learn Long Fist should also learn Short Fist, those who practice Soft Fist should also learn Hard Fist, be familiar with various martial arts, and be proficient in leading angles, swordsmanship, and firearms. On the other hand, it is necessary to ensure smooth academic exchanges among various sects. "Given the past mistakes

and seeking future reforms together, whether it is "Shaolin ", "Wudang ", "Neijia ", or "Waijia ", we should promote sincerity and cooperation, and show mutual respect". The third aspect is to form a theoretical system of traditional Chinese sports science. "The revolutionary strategy for traditional sports should first eliminate sects (boundaries), and the martial arts of each family should be inherited by our ancestors throughout history, not replaced by the national essence left behind. That is, the unique skills of our nation. Each sect and school has their own strengths, and it is easy to promote and help each other, clarify each other, in order to reach out and expand, and carry forward" [4].

4.2. Preservation and organization of traditional sports culture

Traditional Chinese sports exhibit dual characteristics of "sectarianism" and "mentorship" in terms of inheritance. Traditional sports have diverse forms and styles, and there is no unified form. Each sect keeps their own traditional sports secret, and there are no standard textbooks. They only rely on the words and deeds of their masters to teach their disciples, causing great difficulties in the inheritance of traditional sports culture. "However, various publications in the community state that Tai Chi is a complex and unusual art form, with only one discipline and many private tutors. Unlike the old and new styles, other martial arts instruments are not to be underestimated... Old teachers, who were taught by Fu, often only taught it naturally, without understanding its reasons. As a result, they often forgot to delete and modify it, cut their tails and hide their heads, in order to show their treasures". To adapt to modern traditional physical education, we need to use scientific methods, organize courses, and edit textbooks to meet the needs of modern education [7].

4.3. Integration of Traditional Sports and Western Sports

In the 1860s, with the rise of the "Westernization Movement", under the Westernization School's idea of "middle school as the body, western learning as the use", western sports were introduced into China through churches, foreign students and diplomats, and were promoted to a certain extent in the military, schools at all levels and in society. The form and basic theory of Western sports have many differences from traditional sports, so how to handle the relationship between traditional sports and Western sports is a problem that troubles the modern cultural community. Zhang Zhijiang does not reject Western sports, believing that traditional sports and Western sports can coexist and complement each other. In his speech at the opening of the Central Traditional Sports and Physical Education Vocational School, Zhang Jian made a profound discussion on this. "... In our traditional sports field, many people do not know what sports are, or recognize them as foreign or foreign sports. The sports field even disdains to recognize traditional sports as what they are, or recognize them as decaying local products, and even (view) them." In order to be a cold commodity that is not in line with the times, there is a strict barrier between different regions. This kind of deep and stubborn refusal, as well as a mentality of disdain for family treasures, are all one-sided views. In fact, traditional sports and sports do have a mutually beneficial adjustment in today's world, because European and American sports focus on organization and are often not suitable for single person sports. Traditional sports in China are not only suitable for individual sports, but also for group organizations, which are not suitable. Dividing them can lead to two losses, while harmony can lead to two beauties, so we need to break down the two strong barriers between traditional sports and physical education, so that both sides have a genuine understanding and understanding. We must be down-to-earth and cultivate a group of new talents who integrate sports and traditional sports skills. With these new talents, we can open a new era in the history of national sports.

4.4. Fitness and Ambition: Personally experiencing and realizing the value of wushu to awaken national fighting spirit

Zhang Zhijiang has been practicing martial arts since childhood and joined the army in his early years, achieving remarkable military achievements. Later, he was promoted to one of the famous Five Tiger Generals in the Northwest Army. At the end of 1927, due to years of warfare and hard work, he fell ill and left the military to recuperate at home. By chance, his guard Yu Guodong taught him to practice Tai Chi consistently. After a period of time, he recovered from a long illness and regained his former glory; He thus confirmed that martial arts are a treasure of Chinese culture and applied to the central government to rename it "Guoshu" to highlight its ethnic connotation, as shown in Figure 1.

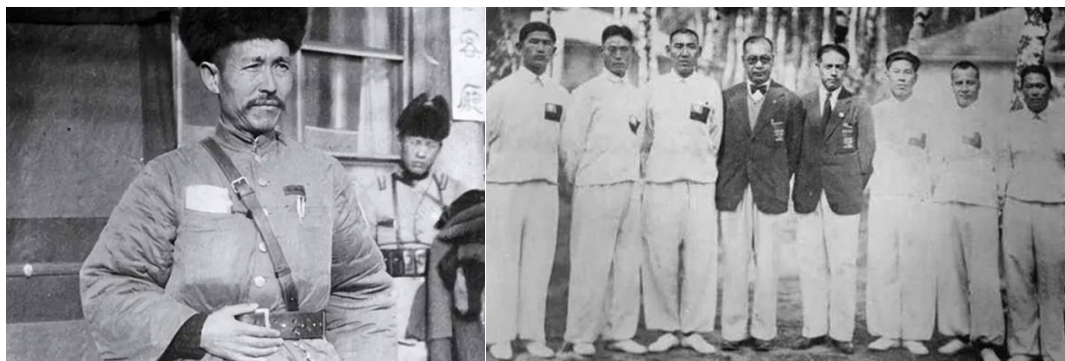


Figure 1: General Zhang Zhijiang

Figure 2: Zhang Zhijiang's "Wushu Representative Team"

Zhang Zhijiang has been actively promoting the Chinese martial arts movement since then. When he reported the Chinese martial arts movement to the Education Bureau, the Ministry of Education believed that Chinese martial arts had been phased out by the times, and bullets were the mainstream. He did not give up his belief in promoting traditional martial arts and established the Guoshu Sports School in 1934, personally serving as the principal. He personally organized martial arts competitions in various regions and schools, promoting the self-improvement of domestic martial arts. At the same time, he personally led martial arts teams to compete with Japanese kendo, judo, and spear, and introduced Western boxing from countries such as the UK, the US, Russia, and the Philippines to enrich the fighting elements of traditional martial arts. He has always attached importance to the martial arts training of the army, stipulating that soldiers must study boxing, cleaving, spear stabbing, and gymnastics. By actively integrating the fitness and competitive resources of Chinese and Western martial arts, he absorbs the essence and eliminates the dross to improve the combat effectiveness of the army. The combat effectiveness of the army has been greatly improved. On the eve of the 1936 Berlin Olympics, Zhang Zhijiang, as the director of the Central Chinese Martial Arts Museum, formed the "Chinese Martial Arts Representative Team" and applied to the German Olympic Committee at the time to perform Chinese martial arts at the opening ceremony of the 11th Olympic Games in Germany. He was approved and demonstrated the charm of Chinese martial arts to the world, becoming the first person to transmit traditional Chinese martial arts to the world, as shown in Figure 2.

4.5. Internationalization of Traditional Sports

Traditional sports are cultural treasures nurtured from excellent Chinese culture, containing rich national cultural information and possessing unique national charm. Traditional sports showcase the confidence of national culture. Zhang Zhijiang promotes traditional sports to the world, promotes excellent Chinese traditional culture to the world, and enhances national confidence. By increasing exchanges with other ethnic sports cultures around the world, traditional sports can become a widely influential culture worldwide, allowing people around the world to enjoy this brilliant Chinese culture together.

In 1930, Zhang Zhijiang personally visited Japan to visit the Far East Games and the Japanese sumo wrestling tournament, taking this opportunity to promote traditional Chinese sports. In 1935, traditional athletes went to Europe and America to study sports and promote traditional sports. On the way back to China, the relevant personnel, as the head of the visiting delegation to Southeast Asia, enthusiastically brought the traditional sports team of the traditional gymnasium and the basketball team of the National Sports College to the Southeast Islands to promote traditional sports. From January to April 1936, they successively visited Hong Kong, Manila, Singapore, Kuala Lumpur, Jinbao, Ipoh, Penang and other places, and finally returned to Shanghai through Hong Kong. In 1936, the 11th Olympic Games were held in Berlin, Germany, and a traditional sports delegation was sent to participate in the Olympic performance events, performing and promoting traditional sports at the Olympics. In 1937, the Hitler government of Germany, in order to express gratitude to friendly countries for their participation in the Olympics, presented the Olympic Medal to individuals with connections from various countries. Zhang Zhijiang, who was the main promoter of traditional sports delegations participating in the Olympics, was also one of the recipients of the Medal^[8].

In the article "National and Traditional Sports in the Past Decade", the achievements of international exchanges in traditional sports are summarized as follows: "The first is traditional Chinese sports, striving to communicate with world sports. There are two obvious achievements: (1) The National Sports

Congress has included traditional sports competitions and specially built traditional sports stadiums in the venue." (2) The establishment of traditional sports colleges in traditional Chinese sports venues aims to facilitate academic communication between China and foreign countries and expand the comprehensive skills of sports. The second is traditional Chinese sports, which has given the world recognition. This can be further divided into two explanations: (1) Regarding the Western aspect: According to Cheng Deng and Wu Wei, who returned from studying in Germany, they published a statement in China Daily, stating that in recent times, the attack and defense of Chinese martial arts were introduced to Europe, and various countries were eager to emulate them. Schools were designated as courses, and military and police officers were required to take them. There were also specialized training centers in society to train ordinary people, even women and women, to learn self-defense skills. Especially after September 18th, there was a news film about the Chinese army's Big Knife team heading west, which gave Westerners a deeper level of attention and understanding. (2) Regarding the Eastern side: According to telegrams, the Japanese naval vessel was involved in the Shanghai Incident and was corrected to use the old Japanese sword during actual combat, which was included in the regulations.

5. Conclusions

The main goal of modernizing traditional Chinese sports is to improve the physical fitness of all citizens, especially in the current situation where the country is poor and weak. Traditional Chinese sports are more conducive to improving the physical fitness of citizens than Western sports. Traditional sports can not only strengthen the body and enhance self-defense ability, but also promote the spirit of sports and enhance social values such as self-confidence. It has important enlightening and guiding significance for us to achieve the inheritance and innovative development of Chinese national sports culture by building a strong sports country.

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