

Lishi and Xishi in Xinfeng to the development value of Kejia sports in Gannan

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ABSTRACT. *In this paper, through the methods of literature, field investigation, interview and logical analysis, the historical origin and value of lion plowing and lion mat sports in Xinfeng are investigated and studied. "Village sports" is an important part of the construction of spiritual civilization in rural society, "village sports" research is of great significance to the research and development of rural sports, and Gannan Kejia area is also a traditional body to explore the connotation, structural factors and activity characteristics of "village sports" in Gannan Kejia area. This paper expounds the historical origin and value of Gannan Kejia sports culture by means of Lishi and Xishi sports in Xinfeng, analyzes the current development status of Gannan Kejia sports culture, and plays a positive role in promoting the further development of Gannan Kejia sports culture, highlighting the diversity of Chinese traditional sports culture and Gannan Kejia sports culture.*

KEYWORDS: *Gannan Kejia sports culture, Lishi, Xishi, Value research*

1. The basis and significance of the research

Gannan, located in the south of Jiangxi Province, is located in the upper reaches of Ganjiang River, borders with Fujian, Guangdong and Hunan provinces, Wuyi Mountains in the East, and Luoxiao mountains in the West. It is the earliest gathering place for kejia ancestors to move south and the largest gathering place for Kejia people today. It is one of the important birthplaces of Kejia culture and contains rich kejia Festival folk sports cultural resources. Xinfeng County is also located in the south of Ganzhou. In Gupi Town, Xinfeng County, there is an ancient and simple dance. The straw mat with local materials and the beating and clang of gongs and drums express the simple folk customs of the local people and the good wishes of exorcising evil spirits and sending blessings. With the development of economy and the change of modern life style, most people in Gannan are less and less aware of the history of Gannan Kejia sports culture. How to make Gannan Kejia

sports culture develop, inherit and continue is an important issue that scholars must solve. Therefore, this paper takes the theme of lion plowing and lion mat sports in Xinfeng as a case study, analyzes its historical origin and value, and provides reference for the development of kejia sports culture in Gannan.

This paper studies the historical origin of Lishi and Xishi in Xinfeng, explores the value of the development of kejia sports culture in Gannan, and the problems encountered in the development, and on the basis of the existing achievements, explores the kejia sports culture in Gannan, provides reference for relevant management departments to formulate appropriate policies, and provides reference for kejia sports culture in other regions. In order to promote the development and inheritance of regional kejia sports culture, we should provide some scientific and reasonable opinions and suggestions!

2. Theoretical analysis of kejia sports culture in Gannan

2.1 The historical origin of kejia sports culture in Gannan

2.1.1 Production from group labor

The kejia sports culture in Gannan has attracted the world's attention for its simplicity and strong local flavor. The Xishi and Lishi sports in Xinfeng ancient PI are an important local folk activities during the Spring Festival. During the Spring Festival, there are Xishi and Lishi sports in every corner of the village. The reason why the ancient PI Xi Shi and Li Shi movement originated from the group performance in the Xi Shi movement, which needs more than one person to complete at the same time. The lion dance consists of five people. There are three lion dances (one lion head, one lion body and one lion tail), two "very different", and the performance of big gong, small Gong, suona, small cymbal and other musical instruments. The completion of all actions should be integrated with the performance of music, not one or an individual can complete. Its spread and dissemination also depend on the collective behavior to complete, which makes the Xi Shi and Li Shi movement have the collectivization characteristics, so as to achieve the national unity!

2.1.2 Unique culture from regional characteristics

Gannan Kejia sports culture embodies the local characteristics. The unique geographical environment, traditional beliefs and living customs of the region have a subtle impact on the local Gannan sports culture. Both Xi Shi and Li Shi are closely connected with the life and production of farmers. Its image is mainly farmer, ox and plough, and the dance action also comes from the labor scene, which makes the farming activities of ploughing field artistic and has a strong local flavor. The lion's head and tail are made of bamboo and wood, with straw outside and fragrance on the

grass. The lion's "five senses" and lion's tail shape are all displayed by incense fire, and the shape is lifelike. The two straw mats of the lion's body must be connected straightly, and three straw loops must be tied around the mat for the incense to be inserted. Other lions are usually made of plastic, while mat lions are made of bamboo, wood, straw and incense, so they are also called "incense lions". These are the remarkable characteristics of Xinfeng Xi lion and Li lion.

2.1.3 Folk customs derived from Kejia folk religious beliefs

Since ancient times, the lion is the beast to ward off evil spirits of the Han nationality. The Kejia in Xinfeng Gupi are the ethnic group of the Han nationality in the Central Plains. Therefore, the kejas also like the lion, which is considered to be a auspicious thing, and they especially like to pray for good and fortune through the lion to drive away the plague and evil spirits. The lion is also a god beast in Buddhism. According to the record of "the Kalan period of Luoyin", the statue often appears on April 4 to ward off evil spirits. Before the master leads him, he devours the sword and spits out the fire (the master refers to the lion). And lion dance is often seen in Buddhism. In Gupi Kejia, a people with complex beliefs, people believe that lions can drive away evil spirits and bring people health. Through the lion dance performance during the Lantern Festival, Gupi villagers can not only entertain themselves, but also gather people's hearts and strengthen the unity of the ethnic groups, and play a certain role in inheriting the traditional Chinese folk culture of "dragon" and "Lion". The biggest feature of Xi Shi is that it uses a mat to play the role of a lion, and takes Xi as the main prop. It is said that it originated from a Taoist legend handed down by the people. It is said that Lao Tzu, the first ancestor of Taoism, once discussed with Buddha Tathagata about taking charge of the five elements of the world. Finally, the Buddha obtained the earth element. Lao Tzu divided the four elements of gold, wood, water and fire,

There is no place for the curtain to stand alone, so Taoist practices can only be limited to one straw mat. The legend indirectly expresses the characteristics of the Kejia people in Gupi who believe in both Buddhism and Taoism. In the two-day lion dance performances on the 13th and 14th day of the first month, "Xi Shi" and "Li Shi" went door-to-door, walked through the streets, prayed for dance and congratulation, and asked for colorful heads and money. Villagers usually gave them red envelopes. This feature "is exactly an important feature of ancient folk Nuo ceremony." In ancient times, when Nuo ceremony was carried out, people begged for money and property in order to drive out Nuo and get rid of the plague, which further showed the unique and complicated beliefs of Kejia people.

2.2 Development value of Kejia sports culture in Gannan

Everything has certain value, so does Gannan Kejia sports culture. In order to make a better in-depth study, researchers have a general understanding of the basic value structure of Gannan Kejia culture after widely consulting the literature, which are: fitness and entertainment value, education value, social harmony value, cultural

value, etc. Now I will state the specific values included in the Xi Shi and Li Shi movements.

2.2.1 Fitness and entertainment value

Gannan Kejia's Xi Shi and Li Shi sports have better coordination and flexibility. The dancers combine strength, speed and endurance organically, which not only makes the body and mind happy and satisfied, but also exercises and strengthens the body invisibly.

2.2.2 Educational value

Gannan Kejia's Xi Shi and Li Shi movements embody the spirit of unity and cooperation, and have strong national cohesion. They present people's life style and value orientation. The younger generation inherits Xi Shi and Li Shi movements, so it will imperceptibly educate the young people!

2.2.3 Value of social harmony

Gannan Kejia sports culture develops in accumulation, inheritance and innovation. Lions are auspicious animals in the eyes of the Chinese nation, symbolizing good luck. As a symbol of national spirit and value, the movement of mat lion and plow lion is magnificent. Since ancient times, it is a kind of God that can call the wind and rain and eliminate disasters. Therefore, people will use lion dance and dragon dance to pray for the harvest, good weather and peace of the country.

2.2.4 Cultural value

Gannan Kejia's table lion and plow lion culture are loved by people as folk art and promoted by people as folk activities. During the Spring Festival, Gannan Kejia has the custom of lion dance, which integrates dance, music, martial arts and other arts. Through the close cooperation of lion dancers, Gannan Kejia vividly imitates all kinds of lion's movements and deduces the charm of Spring Festival! Ancient PI Xi lion and Li lion are folk sports culture. Through the ancient PI Xi Shi and Li Shi movements, we can understand the historical development of the local people, as well as inherit and develop our traditional folk culture.

3. Feasibility analysis on the development of Kejia sports culture in Gannan

3.1 Establish special management organization and improve relevant policies

In order to implement the policy, the government should establish Gannan Kejia

sports culture research group, clarify their respective functions, and plan for the protection regulations of Xinfeng xi'shi and li'shi sports; focus on strengthening the representative management system of folk custom inheritance, commend the inheritors and inheriting groups of Xinfeng xi'shi and li'shi with outstanding contributions; establish and improve the supervision of Xinfeng xi'shi and li'shi sports as soon as possible Guarantee system, establish dragon and lion Association, strengthen the substantial construction and reform of dragon and lion association!

3.2 Increase financial support

In terms of inheritance and protection of Xi Shi and Li Shi movements, the government's economic assistance policy is essential. The relevant departments should increase the financial support for the inheritance and development of Xi Shi and Li Shi culture. In order to inherit and innovate the culture of Xi Shi and Li Shi, the most urgent task is to implement the cost of making props and the cost of daily management. We should strengthen the protection of the inheriting body, and the government should reward the top talents of the Xi Shi and Li Shi sports and increase the financial support!

3.3 Construction of cultural and ecological protection zone

It is necessary to strengthen the overall protection and maintenance of the areas where the Xi and Li lion cultures are well developed, cultivate cultural ecology, establish management institutions, and guide social personnel to participate in cultural and ecological protection extensively.

4. Conclusion

Taking Gannan Kejia sports as a case study, this paper explores the "Xi Shi and Li Shi" of Gannan Kejia sports. The research shows that Gannan Kejia sports culture originates from group labor production, unique culture with regional characteristics and folk religious beliefs of kejia. The development of Gannan Kejia sports culture has the value of fitness and entertainment, education, social harmony and culture. Therefore, we carry on the feasibility analysis of the development of Gannan Kejia sports culture, and provide the path of inheritance and development!

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