

# An Analysis of the Applicability of the Tiwu Teaching Method in Wushu Teaching

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**Abstract:** *Based on the concept and practical application of Tiwu teaching, this thesis points out that Tiwu teaching plays an important role in Chinese Wushu teaching. "Tiwu" is an important means to learn Chinese Wushu techniques, the main way for Chinese Wushu to "get on the road with skills" and the important way to feel Chinese Wushu culture. The article also analyzes in detail that the specific application of understanding in Wushu teaching from aspects of Wushu movements, Wushu exercises and boxing knowledge, and holds that Tiwu teaching is very suitable for Chinese Wushu teaching.*

**Keywords:** *Tiwu teaching method; Wushu teaching; suit*

## 1. Introduction

China's modernization is "westernization", which is attached to the western culture under the emergence of modernization. However, western education and teaching theories are not necessarily applicable to China, and blind introduction will only backfire. The Ministry of Education of China now advocates "exploring, sorting out, developing and carrying forward original Teaching theories in China", which shows that embodiment of national characteristics in teaching is the future development trend of Chinese teaching theories. Therefore, Chinese Wushu is the product of the "original ecological" environment in China. Both the external form of expression and the inherent way of thinking have obvious Chinese cultural brand. Therefore, it is a feasible, effective and necessary way to further promote the reform and development of Wushu teaching to explore the nationalized teaching ideas and teaching methods in line with Chinese cultural characteristics.

This article introduces the nationalized teaching theory of understanding into Wushu teaching, explores the rationality and superiority of the teaching theory of understanding of Wushu, and provides some academic reference for the reform and development of Wushu teaching theory, as well as some theoretical guidance for wushu teaching practice.

## 2. The concept of Tiwu Teaching

"Intuition Tiwu" is an important feature of Chinese traditional thinking mode. The so-called "intuition" means illogical reasoning directly recognizes and masters the way of thinking of things; "Tiwu" refers to the self-understanding of the cognitive subject after repeated pondering and thinking in the process of understanding the object. In his works, Zhang Dainian divided human knowledge into two categories according to the standard of whether it can be expressed and communicated: knowledge that can be accurately expressed in language and characters; Knowledge that is difficult to express in words and needs to be understood by cognitive subjects through physical and mental experience. Intuitive understanding, a way of thinking, breaks the limitations of written language and logical reasoning. By mobilizing people's emotions, moods, associations, perceptions and other psychological factors, we can grasp the intrinsic meaning of the object. With years of experience and knowledge, it constitutes two traditional ways to know things in China.

Tiwu teaching is a teaching method based on Chinese traditional thinking mode. There is no conclusion about the concept of Tiwu teaching in academic circles, but there are some generally accepted views. First, it emphasizes students' dominant position in Tiwu teaching, respects students' individual opinions, and teachers only give students some necessary guidance; Second, it is necessary to create a practical situation that meets the teaching content and objectives, so that students can gain insights in the actual experience. Third is the integration of body and mind. Through the perception and

experience of the body, we can understand the intrinsic meaning of the object, that is, “Ti” is the means and “Wu” is the purpose. In fact, the Tiwu teaching has been used in Wushu teaching in China for a long time, and the Tiwu teaching of Wushu is on unique ideas and methods with Chinese characteristics. For example, Zhou Weiliang thinks that “the way to learn Wushu depends on self-understanding”, while He Gang thinks that in order to inherit the traditional Chinese Wushu culture, it is necessary to realize the beauty of Wushu and the national cultural spirit contained in Wushu.

Therefore, “Tiwu teaching” in this article, refers to teaching Wushu by using various methods and means, to guide students to learn Wushu in Tiwu, to deepen students understanding of Wushu skills and Wushu theory, cultivate and develop the students' ability of autonomous learning, cognitive ability, innovation ability and thinking ability of flexible use of for the purpose of teaching activities.

### **3. Tiwu teaching plays an important role in Wushu teaching.**

Chinese Wushu is a manifestation of Chinese traditional culture, which contains rich and profound cultural connotations and philosophical thoughts. Wushu teaching is not only the teaching of traditional skills, but also the historical mission of inheriting excellent national culture. Therefore, Tiwu, as a way of thinking generally accepted by Chinese people and plays an important role in the whole process of Wushu teaching.

#### ***3.1 Tiwu is the key means to learn Chinese Wushu skills.***

Technically speaking, the acquisition process of Chinese Wushu is the process of constantly understanding and improving the skill level, which needs practitioners practice every day as much as possible. “Wu” refers to some enlightenments and insights generated by practitioners in their personal experience of practicing Wushu skills. In turn these enlightenments and insights, lead to the improvement of Wushu skill level, which is an important method to realize “re-creation” of Chinese Wushu skills.

In addition, the diversified boxing schools and cultivation styles of Chinese Wushu are closely related to the common way of thinking of Tiwu. First of all, the invention and creation of many kinds of Chinese Wushu boxing are all produced under the action of the thinking mode of “pictographic meaning”. For example, Eagle Claw Boxing, Monkey Boxing, Mantis Boxing, etc., are all created by imitating the animal forms and attack ways in nature. Secondly, “Intuition Tiwu” is a traditional way of thinking generally accepted and used by Chinese people. Influenced by this, the acquisition method of Chinese Wushu skills is basically empirical and speculative, showing the characteristics of illogical and intuitive perception. It is because of this difference in individual perception and cognition which makes practitioners have different cultivation effects when practicing the same Wushu moves, thus creating the diversity of Chinese Wushu cultivation styles and skills.

#### ***3.2 Tiwu is the main way for Chinese Wushu to “get on the road with skill”***

Laozi once said, “Tao that can be described is not universal and eternal Tao”. Here, “Tao” is not a physical existence, but can often be regarded as one kind of realm understanding. So, how can we achieve this state and understanding? Zhuangzi’s method is that “skills advances to Tao”, from “skills” to “Tao”, that is, through the technical use of tools, the realm of “Tao” can be achieved. As a traditional Chinese skill, although there are some differences in practice style and creative ideas, the pursuit of “Tao” is the same, hoping to achieve the realm of “integration of technology and Tao”. For Wushu practitioners, the “Tao” of Wushu is the practitioner's perception and experience of the meaning of his own life and his pursuit of the realm of “harmony between man and nature”.

To get this “The way to practice martial arts”, Tiwu is the main way to this realm. For example, “mouth-to-heart teaching” in Wushu has become a major way in Wushu practice. Apart from the lack of cultural literacy of the bottom-level Wushu practitioners, the more important reason is that if you want to achieve the realm of “Tao” through Wushu, you can’t do without the self-understanding of Wushu practitioners. As the predecessors have said, “The rules of spells are in the hands of false masters, and the wisdom requires since the enlightenment's knowledge”, which also emphasizes the importance of Wushu practitioners’ inner knowledge of Wushu techniques.

### ***3.3 Tiwu is an important way to understand Chinese Wushu culture.***

Wen carries Tao, Wu also carries Tao. Chinese Wushu, whether as a traditional skill or an art of self-cultivation, contains the ideological essence of many sages and ancients. Wushu is by no means a simple method of physical exercise, but also a unique way for Chinese people to know themselves and realize life. Martial practitioners feel the meaning of life and the value of living through years of hard practice.

As a manifestation of Chinese traditional culture, Chinese Wushu contains many traditional cultural essences such as Confucianism, Buddhism and Taoism. For example, in Wushu, the ideas of respecting teachers and attaching importance to morality, such as “The master only plays a guiding role, and the study and improvement of his studies or skills depends on the efforts of the students themselves”, “once teacher, twice father”, and the spirit of self-improvement such as “learning amazing skills requires hard work” are all concentrated expressions of Confucianism. The mentality of selflessness, emptiness, quietness, freedom, etc., which was emphasized in practicing Zhuang Gong, all reflected Buddhist thoughts. As for the highest realm of “harmony between man and nature” and “Physical and mental integration” pursued by Wushu practitioners, Taoism is fully reflected. The understanding and perception of these thoughts can only be achieved through Tiwu, and then internalized into your own words and deeds.

## **4. The concrete application of Tiwu teaching in Wushu teaching**

As mentioned above, Tiwu plays an important role in Wushu teaching. It can be said that the method of Tiwu runs through all aspects of Wushu teaching stage, and formed a method of Tiwu with Chinese Wushu characteristics, that is, image training.

### ***4.1 Image training is a distinctive way of Tiwu Chinese Wushu.***

In traditional Chinese Wushu training, most of them will realize the process of awakening and understanding with the help of psychological activities such as association, deduction and self-metaphor. Under the influence of this way of thinking, Chinese Wushu has formed a distinctive image training method. Image training, in fact, is a training method for Wushu practitioners under the guidance of teachers, with the help of association, derivation and judgment, etc., on the basis of the subject's understanding and comprehension of object things. Among them, “Image” has a lasting and far-reaching influence in Chinese Wushu with distinctive introverted thinking characteristics.

Wu Gongzao once explained “Image”, saying, “what you mean is what you imagine”. The imaginary object of “Image” here refers to some objects. Chen Xin once said that boxing skill “depends on its image, that is, what it is named after”. That is to say, the named content is the object thing after the subject thinks, which can make people produce self-metaphor and association, and get experience and insight from it, and mobilize the practitioner's existing perception of the object object, thus forming a visual picture that can make people understand and think. It can be seen that, under the guidance of teachers, the image training with the main characteristics of personal perception is full of rich national cultural charm in Chinese traditional Wushu theory.

### ***4.2 Tiwu runs through every stage of Wushu teaching.***

Chinese Wushu, as a traditional skill, not only needs hard practice, but also needs Tiwu to acquire it accurately. The essentials of learning Wushu can be said that Tiwu runs through every stage of Wushu teaching.

First, Tiwu the technical movements in Wushu. Wushu movements are rich and complicated, and the styles of routines vary widely. Teachers should not only guide students to feel the rhythm, speed and amplitude of movements, but also guide students to carefully understand the essence, spirit and spirit contained in each movement. Only by thinking hard and thinking actively can we digest and understand these movements until they are integrated. Second, Students should Tiwu the usage of each martial arts movement under the guidance of teachers. Every movement in Wushu has its specific meaning, either defending or attacking. Moreover, due to the differences of individual height, weight, strength, etc., and the ever-changing opponents, the specific application of Wushu moves will be very different. This requires teachers to guide students to “Tiwu” the application conditions and characteristics of each move through practice constantly in Wushu teaching, until students find their

own application methods and practice methods of moves.

Third, we must “Tiwu” the Wushu achievement method. It can be described as the core link of practicing Wushu skills, which not only helps to keep fit, but also is a practice method to enhance Wushu skills. You need to practice slowly every day to Tiwu and get the gist. Different Wushu factions have different ways to practice their skills. For example, “Squatting monkey pile work” in Xinyi Boxing and “Plum blossom pile work” in Meihua Boxing, each boxing method contains its unique practice characteristics and some general rules, which play a vital role in the formation of the boxing practice style, and teachers need to guide students to practice for a long time and Tiwu slowly in teaching, so as to develop a deep foundation of skills.

Fourth, we should “Tiwu” the abstract and emotional knowledge and essentials of Wushu. Many boxing knowledge and formulas summed up by the ancestors of Chinese Wushu are mostly vague and illogical, and some of them also use a large number of image metaphors, which requires the practitioner to find the feeling and meaning in the long repetitions under the guidance of the teacher, in order to correctly understand and acquire them. For example, Tai Ji boxing emphasized “walking like a cat”, “moving like a reel”, “ups and downs like goose feathers sinking to the bottom” in Dai's heart boxing, and “standing like a pine, sitting like a clock, standing like a chicken”, etc. The mastery of these boxing knowledge requires repeated practice and practice by Wushu practitioners, so as to sum up the usage and rules suitable for them.

Fifth, we should Tiwu the traditional culture contained in Wushu. As mentioned earlier, there are many excellent national cultures in Chinese traditional Wushu, such as resolute and brave character, spirit of self-improvement, and martial morality of respecting teachers and respecting others. These ideological essences are full of ancestors' wisdom which require teachers to guide different Wushu contents in different teaching scenes, so that students can slowly experience and feel in every Wushu training and gradually understand the cultural essence behind Wushu.

## 5. Conclusion

“Intuition Tiwu” is not only a way of thinking generally accepted by Chinese people, but also a national way of knowing Chinese Wushu. Therefore, Tiwu teaching is very suitable for Chinese Wushu teaching. As Professor Zhou Weiliang said, “The way to learn Wushu depends on Tiwu”. “Tiwu” can help students deeply understand and understand Wushu skills and Wushu culture in day-to-day practice, increase their interest in Wushu learning and carry forward Chinese traditional Wushu. It will also make students feel the charm of traditional culture more deeply and enhance their national pride and cultural self-confidence.

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