

Research on Origin, Classification, Characteristics and Development Trend of Li Nationality Traditional Sports

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Abstract: In order to promote the joint efforts of schools and society to effectively inherit and develop Li traditional sports culture, the origin of Li traditional sports was explored on the basis of investigation and research. It is preliminarily proposed that Li traditional sports originated from productive labor, games and entertainment, military training and sacrificial dance. According to the event group theory, the traditional sports of Li nationality are classified into five categories: hit category, measurement category, score category and winning category. After combing and analyzing related theories, it is concluded that Li traditional sports have four main characteristics: health, cheapness, liveliness and playfulness. At the same time, it is considered that it has four main development trends: expanding coverage, integrating development methods, popularizing exercise effect and deepening development process.

Keywords: Li nationality, traditional sports, course, development

1. Introduction

Li nationality, a native of Hainan, calls itself "Sai" and is an important member of 56 ethnic groups in China. According to the latest results of the seventh census, the population of all ethnic minorities in Hainan Province is more than 1.58 million, accounting for about 15.70%, among which the largest proportion is Li [1]. The main settlements of Li nationality are Changjiang County, Dongfang City, Baisha County, Ledong County, Qiongzong County, Wuzhishan City, Baoting County, Lingshui County and Sanya City in central and southern Hainan [2,3]. Li traditional sports is a kind of culture created by Li people with collective wisdom in practice, which carries the spiritual strength of Li people. At the same time, in the long course of development, it also gathers the unique temperament of Li culture. To inherit and develop Li traditional sports requires the joint efforts of schools and society, but the exploration of its origin, classification, characteristics and development trend is a necessary prerequisite.

2. The origin of Li traditional sports

2.1. Originated From Productive Labor

Labor is an inevitable event for human survival. Without productive labor, there would be no generation and development of human beings, and it would be even more impossible to have various development achievements of today's human society. For Li people, production is also an indispensable part of survival. Through the collation and analysis of relevant literature [4-6], it can be clearly seen that an important origin of Li traditional sports is productive labor. For example, the items such as crossbow, bow and arrow, and bamboo raft racing in traditional sports of Li nationality, at first, were simply tools for Li people to engage in hunting or transportation. However, with the continuous improvement of productivity, when people don't need to put all their time and energy into labor, archery, crossbow shooting, bamboo raft racing, etc. are regarded as a display of skills and become independent of productive labor. Then, the corresponding rules were established, and finally it gradually became a traditional sport recognized by people collectively.

2.2. Originated from Game Entertainment

After the productivity has been raised to a certain level, the living conditions of Li people have been greatly improved. People are no longer satisfied with the basic survival needs, but have more requirements. They hope to find happiness in life, and games and entertainment can meet such needs. In their spare time, the Li people have invented many games by using their intelligence. After the continuous evolution, these games have become the traditional sports of Li people. For example, "Beating a dog to the slope" is a sport in which the Li people use the readily available branches around the habitat as bats to hit the ball, then weave the coconut of coconut trees into balls for competition and use the fields as venues [7]. During the competition, two teams are divided to compete, and hitting the ball through the other team's goal is the score. The team that gets more points within the specified time wins, and the loser should be punished accordingly. There are many similar competitions, which are very interesting and entertaining, and are also loved by the majority of Li people.

2.3. Originated from Military Training

Military training is also an important way for the origin of Li traditional sports. Because Hainan is separated from the mainland by a strait, there is less communication with the outside world, and the positive impact is very limited. Therefore, production tools and labor methods are relatively backward, and living materials are also relatively scarce. This leads to the battles that arise from robbing the necessities of life and resisting the invasion of foreign enemies, and the weapons used in these battles need constant training to ensure their power. After continuous evolution, these military training programs have also become the components of Li traditional sports. Among them, "Powder gun shooting" and "throwing stones at the mark" are the most distinctive events. It can be clearly seen that although they originated from military affairs, they have gone beyond the scope of military affairs and become a traditional sport with great performance and entertainment. When carrying out these projects, people have abandoned the utilitarian pursuit of war, but fully integrated themselves into the pleasant experience brought by sports.

2.4. Originated from Sacrificial Dance

Sacrifice is a unique belief activity in Chinese culture, which originates from the worship of the harmonious coexistence of heaven and earth. According to the research results of modern anthropology and archaeology [8-10], there are mainly two kinds of sacrificial objects of human beings, one is the sacrifice of heaven, earth and nature, the other is the sacrifice of gods and ancestors. There is a dance performance in every sacrifice, which represents people's admiration for what they worship, and people pray for a better and happier life in the future in this way. Many of the sacrificial dances of Li nationality have become traditional sports of Li nationality. Such as the old ancient dance, which means "breaking through the barriers" in Li language, is also called "telling ancestors", which is derived from the Li people's sacrifice to ancestors [11]. Dances like Old Ancient Dance and Zhaofu Dance, which originated from sacrificial rites at first, gradually became an indispensable member of Li traditional sports with the increase of performance and the decrease of sacrificial rites.

3. Classification of Li Traditional Sports

According to the results of field investigation and literature research [12,13], there are about 50 traditional sports events of Li nationality at present. There are various classification methods for sports events, and different classification standards can divide them into different categories. According to Professor tian maijiu's event group theory, Li traditional sports can be divided into five categories: hit category, measurement category, score category, score category and winning category. (See Table 1 for details)

3.1. Hit Class

Traditional sports of Li nationality, which are evaluated according to the number of hits to a certain target, can be classified as hits.

3.2. Measurement Category

Traditional sports of Li nationality, which are evaluated according to the measurement results of height, speed and distance, can be classified as measurement.

3.3. Classification of

Traditional sports of Li nationality, which are evaluated according to the order of reaching the prescribed scores, can be classified as scoring.

3.4. Grading Category

According to the specific scoring method, the traditional sports of Li nationality whose scores are evaluated by referees can be classified as scoring category.

3.5. Winning Category

Traditional sports of Li nationality, which are evaluated according to the specified absolute victory movements, can be classified as winning.

Table 1: Classification of traditional sports events of Li nationality

category	Item
Measurement class	Climb coconut trees, climb vines and pick flowers, catch the "pig" race, beat wood far, clip betel nuts, etc.
Hit class	Shooting crossbows, throwing stones at targets, powder gun shooting, archery, slingshot, etc.
Grading class	Bamboo pole dance, glutinous rice dance, Zhaofu dance, bullfighting dance, Qian Chuan dance, outing dance, gyro, grass hat dance, Qian Ling double knife, brocade dance, etc.
Classification	Dogs return to slopes, play wooden festivals, wear rattan rings, etc.
Winning class	Turtle pulling, tug-of-war, arm wrestling, back-to-back collision, match-up, etc.

4. The Main Features of Li Traditional Sports

4.1 Health

The traditional sports of Li nationality are mostly evolved from production practice, military training, games and entertainment or sacrificial dances, which have strong health characteristics. Such as jacking stick, jacking bull, gyro, pulling tortoise, tug of war, etc., all have good fitness value and have a strong practical effect on improving people's physical quality. Frequently engaging in these projects can relieve all kinds of pressures brought by modern life, and achieve the purpose of relieving fatigue and promoting health level.

4.2. Cheap

Hainan's superior geographical location and climatic conditions, coupled with abundant products, provide sufficient material conditions for the development of Li traditional sports. For example, the bamboo used in the bamboo pole dance and the coconut pages used in "Beat the Dog to Return to the Slope" can be seen everywhere and easily available. Moreover, the requirements for the venues are not high, and they can be carried out in the fields and at the bottom of the valley in Shan Ye, which clearly shows that the traditional sports of Li nationality have the characteristics of cheapness. At the same time, this cheapness has also laid a good foundation for its development.

4.3. Life

No matter whether the traditional sports of Li nationality originate from productive labor, military

training or games and entertainment, they all come from things closely related to the life of Li people, and they also have very strong characteristics of life. Li people have been growing up in Hainan for a long time. Whether in the deep mountains or in the fields, they all need to have excellent labor skills. The sports that eventually evolved from these skills, such as archery, rice dancing and slingshots, all come from life but are higher than life.

4.4. Playfulness

The traditional sports of Li nationality are the compensation for long-term monotonous and boring life, full of the characteristics of playfulness. Such as "Pig" race, dog racing to slope, turtle pulling, arm wrestling, bullfighting, etc., which were originally a game form, have become the sports we see today after a long period of evolution. When people carry out these projects, their body and mind will be greatly relaxed, and their bodies will be filled with pleasant emotions, which will bring rare joy to life while venting their emotions.

5. The Development Trend of Li Traditional Sports

5.1. Expansion of Coverage

With the support and encouragement of relevant national policies, the traditional sports of Li nationality are developing very rapidly, and its coverage is expanding constantly. In terms of age span and population composition, it is expanding continuously. No matter children, teenagers or elderly people, people can be seen engaging in traditional sports of Li nationality in urban communities or rural streets, and people can feel the state of enjoying themselves.

5.2. Integration of Development Methods

At present, the trend of integration of traditional sports of Li nationality is increasingly obvious. Examples abound of the integration of Li traditional sports and national fitness, Li traditional sports and school sports, and Li traditional sports and mass sports. The integration of these development methods has achieved win-win or even win-win results, which not only promotes the development of related sports, but also provides more effective ways for the inheritance and protection of Li traditional sports.

5.3. Generalization of Exercise Effect

After years of development and popularization, the fitness effect of Li traditional sports has been widely recognized by people. More and more people consciously participate in physical exercise, and their physical and mental health is also improved. According to the relevant survey data, the disease incidence rate of Li people is on a downward trend, and more people have fun playing in traditional sports of Li people, and at the same time they have gained health.

5.4. Deepening the Development Process

The development process of Li nationality's traditional sports is developing in depth. All the survey data show that the number of participants, participation time, participation frequency and other indicators of Li traditional sports are increasing. People's enthusiasm for participating in traditional sports of Li nationality is constantly increasing, especially bamboo pole dance and crossbow shooting, which have a wide range of participants, clear development goals, diverse development paths and obvious reform effects.

6. Conclusion

School and society are the main forces for the inheritance and development of Li nationality's traditional sports culture. Only by making them join forces can we ensure the survival of Li nationality's traditional sports culture. Through literature research and in-depth investigation, this paper puts forward the possibility of the origin of Li traditional sports. After classifying it according to the existing theories, it concludes that the main features and development trends of Li traditional sports are only the basic work of cultural inheritance and protection. What is more important than that is to find

concrete and effective ways and methods of inheritance. Only the intervention of operable means is the most important thing of cultural inheritance and development, and only in this way can we ensure that the source of Li culture is timeless and endless.

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