

# A Brief Study on Life Classroom Teaching of Martial Art in Universities

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**ABSTRACT.** *the university stage is the important period for students to establish right outlook on life, right outlook on value and right outlook on the world. As a traditional Chinese culture, martial art has the important influence on the physical and mental development of college students. Therefore, martial art is involved in the college courses. The paper mainly explores the new mode of life classroom teaching of martial art in universities.*

**KEYWORDS:** *college martial art, life classroom*

## 1. Introduction

As a traditional Chinese culture, martial art is deeply loved by people. In universities, students can not only enhance their qualities by learning martial art, but also they can reduce their burden, so it is of vital importance to the physical and mental development of college students. However, in the teaching of martial art, it insists on the ideal of life classroom, it aims to let both the teacher and the students get integrated in the atmosphere of martial art, letting the students learn it more positively and fall in love with in, in addition, they can apply the spirit of martial art into their lives and let martial art be inherited.

## 2. Ideal of Life Classroom

Life classroom means that both the teacher and the students regard the classroom as the important part of their lives, it is a new type of teaching mode that

meets to the development of the era<sup>[1]</sup>. In the entire process, the teacher and students can cooperate and communicate with each other, they can not only enrich their knowledge system, enhance their qualities, but also they can express their life value in a comprehensive way. Meanwhile, in the ideal of life classroom, classroom is the place for the teacher and students to study and explore knowledge, in the entire teaching process, the teacher and students should enrich their emotions, they bring education life, what's more, life classroom can change the traditional teaching method, which is that the teacher teaches knowledge in the whole class, on the contrary, students can develop themselves in an all-round way. Therefore, teachers should not only pay attention to the contents of the knowledge that they are going to teach in the class, but also they should pay attention to the development of each student, at the same time, in the process of teaching, they should obey the life growth laws of students, letting students get a comprehensive development in classroom teaching.

However, the application of life classroom ideal in the martial art teaching in universities means that to endow students with the initiatives in the classroom, making the students the leader of the classroom, and it is the biggest different point to traditional teaching. In the traditional teaching, teachers mainly teach knowledge to students, the students listen to the knowledge points and finish the tasks that their teacher teach them to do, however, in the life classroom, students need to learn positively, they are no longer inputted negatively, in the whole process of teaching, the effect of the teacher is to assist students to learn, when the students come across with difficult problems, the teacher needs to enlighten them to learn by themselves and to find out the solutions on their own, and then finish their tasks. In China, there are many martial art workers who have made explorations on Chinese martial art teaching, there is also a lot of literature that involves the problems and situations of martial art teaching in universities. It means that in our country, the martial art teaching in universities needs to be altered. Meanwhile, the teaching method of martial art influences the physical and mental development of college students, in addition, it influences the dissemination of Chinese martial art culture, as a consequence, many scholars put forward that in the teaching of martial art, teachers should insist on the ideal of life classroom, and make an all-round way education of martial art.

### **3. Practice of Life Classroom Teaching of Martial Art in Universities**

#### ***3.1 Life Classroom Teaching of Martial Art--Basic Skills in Martial Art***

As Zhuangzi said: if the accumulation of water is not thick, then its ability to bear a boat is also weak. Therefore, if the students want to learn good martial art, they must learn the basic skills in martial art very well, and they need to have solid base, so that they can learn the successive skills of it. The basic skills of martial art are quite rich, for instance, there are many kinds for the students to learn the practice of basic physical parts. While as for life classroom teaching of the basic skills of martial art, first of all, the students should know why they learn martial art and which is the essence of it. The college stage is the important period for students on their physical and mental development, martial art can help students strengthen their physical health and practice themselves, besides, as a part of sport teaching, martial art is of vital importance for those who want to get a better sport grade. Secondly, different basic skills need different teaching methods. For instance, the methods of kicking and out kicking, and bouncing of legs and front kicking and so on, students can search for some videos on the internet to learn by themselves, and then they can perform what they learn in the class, the teacher should teach some key points according to the performance of the students, after teaching, the teacher should perform the actions, then students can grasp these actions by combining some relevant teaching materials. At the same time, teachers should teach students in accordance with their aptitudes, the word "aptitude" here doesn't only refer to the physical quality of the students, it also includes their interests on martial art. The teacher should require students to get to the standards according to their interests on martial art together with the physical quality of them. The teacher should require the students in the same level, they should let them learn according to their own interests.

#### ***3.2 Life Classroom Teaching of Martial Art--Action Combination of Martial Art***

After learning the basic skills of martial art, students need to connect these actions according to certain standard, it is the action combination of martial art. The practice of the action combination of martial art needs the relative cooperative

practice of the body, hands and feet, which shows the coordination of martial art. Meanwhile, several combination of martial art shape the set of skills of martial art. Therefore, in the teaching process of life classroom of martial art's action combination, it needs the combination of action essentials, body coordination and the spiritual condition of practicing martial art, reaching to the effect of the combination between action and spirit<sup>[2]</sup>. In the whole process, the teacher needs to tell the students about some basic principles and shows them some actions of martial art, letting students understand the integrity and accuracy of martial art, then the students need to experience and taste all the other things. Therefore, the teacher needs to ask students to practice and after continuous practice, they can grasp the strength and speed and then reach to the coordination and beauty of actions.

### ***3.3 Life Classroom Teaching of Martial Art--Theoretical Knowledge of Martial Art***

Everything needs the support of theory. Thus, as for martial art teaching which based on actions, it also has its basic knowledge and professional theories. First of all, students need to know the production and developing history of martial art in the five thousand years' history of Chinese culture. Secondly, philosophy lists in the top of all the other subjects, so students need to have a general understanding of the ideals and thoughts of martial art as well as its philosophical basis. Therefore, in the process of life classroom teaching, the teacher can find out some relevant videos to deepen students' understanding on this subject. At the same time, the teacher can share his or her stories with martial art according to the experience, letting students not only limited in those fixed and single actions, students can have their own understandings on martial art and fall in love with the traditional Chinese culture through the teaching of the theoretical knowledge of martial art.

## **4. Conclusion**

In conclusion, as for the teaching of martial art, life classroom ideal means that teachers need to support students learn by themselves in each circle of learning,

letting students have their own emotions and tastes in the self-learning process, and then reach to the aim of an all-round way development.

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