

A Study on the National Strategy of Wushu for the National Fitness

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ABSTRACT. *Wushu is an important symbol of the Chinese nation, which is deeply loved by people as the traditional sports of the Chinese nation. In the process of the outline of the national fitness program, Wushu has the advantages of strengthening the body and rich forms of expression, which plays an important role in improving the national health level. This paper adopts the method of literature, studies the role of Wushu in the national fitness, and puts forward the corresponding measures.*

KEYWORDS: *National fitness; Martial arts development; Martial arts*

1. Definition of Wushu and national fitness

1.1 The Concept of Wushu

Wushu plays an important role in the development of the Chinese nation. Since ancient times, those who are famous for their bravery are based on loyalty, filial piety, benevolence and righteousness, courtesy, honesty and shame. Martial arts, martial arts: stop fighting for martial arts, arts: think through nature, and act with it. Wushu has a very broad mass base. It is a survival skill with attack and defense consciousness that has been accumulated and enriched by the ancient and modern Chinese people in their long-term life, labor and social survival practice. It is a valuable cultural heritage of our country.

1.2 Proposal and Concept of National Fitness

national fitness refers to the national people, regardless of men, women, old and young, all the people enhance strength, flexibility, increase endurance, improve the ability to coordinate and control all parts of the body, so as to make the people strong[1].In June 1995, the State Council of the people's Republic of China promulgated the outline of the national fitness program. The outline clearly points out that "with the economic construction and social development of our country, new and higher requirements are put forward for the overall quality of the people. In order to further strengthen people's physique and meet the needs of China's socialist modernization, we must take effective measures to carry out the national fitness program and develop mass sports. Strive to achieve the coordinated development of sports, national economy and social undertakings, comprehensively improve the physical and health level of the Chinese nation, and basically build a national fitness system with Chinese characteristics" [2].This is the goal of the national fitness program. According to the requirements of establishing the socialist market economic system and deepening the sports reform, by the end of this century, it is its task to initially establish a national fitness management system that adapts to the socialist market economic system, initially form a mechanism of operation with broad participation of the people and full of development vitality, and establish a basic framework of a socialized, scientific, industrialized and legalized national system.

1.3 The Significance of National Fitness

To improve the physical quality of workers and prevent physical injuries. In carrying out the national fitness activities, making the workers in various industries exercise more scientifically, can effectively enhance their own physical quality, can help alleviate and eliminate the physical and mental fatigue brought by heavy work, and improve their work efficiency; after the exercise process, it can also enhance the workers'own immunity, can improve their ability to resist diseases, and prevent diseases And reduce a variety of common diseases, such as cervical spondylosis, lumbar spondylosis and tertiary diseases. So as to protect the physical and mental health of

workers, reduce the medical burden of companies and families, and save medical resources for the country.

Adjust the functional state of workers and improve work efficiency. It is not only good for the body, but also has a significant effect on work efficiency. From the research of sports physiology, it is known that the functional state of human body will change regularly in a working day. It will go through “work entry period”, “efficient and stable period” and “fatigue period”[3]. According to the law of human body function change, organizing the staff to carry out activities such as body-building exercise, Taijiquan and body-building Qigong can effectively alleviate or reduce the physical and mental fatigue caused by physical and mental work, adjust the functional state of the body, reduce the time of “entry period” and “fatigue period”, extend the time of “stability period”, and then improve the work efficiency and create more wealth.

The national fitness activity is conducive to enhancing the friendship of people's communication and activating the dull amateur cultural life in life. Carry out nationwide fitness activities in the working environment to let more staff join the exercise group. Employees of all departments can take advantage of the opportunity of physical exercise to share common experience and familiarity. They can not only exchange common working experience, but also enhance mutual understanding, establish good interpersonal relationship, enhance collective cohesion and expand the influence of the company. At the same time, it can also guide employees to enrich their amateur cultural life through physical exercise and healthy and healthy entertainment, so that in the process of physical and mental relaxation, it can not only relieve fatigue, but also strengthen the body, but also cultivate sentiment, and establish a scientific lifestyle.

It Can Change Self-Image, Provide Abilities in All Aspects, Resist Anxiety and Depression, and Increase Enthusiasm and Optimism. It Can Delay and Prevent the Occurrence of Chronic Diseases and Other Diseases.

2. The Reason for the National Fitness to Promote Wushu

2.1 Wushu is Easy to Popularize

Wushu is suitable for a wide range of people. There are various contents of Wushu. There are many schools and routines of Chinese Wushu. According to the official statistics of the 1980s, there are about 129 kinds of boxing. In martial arts exercise, people's choice power includes many, no matter the young people who are strong or the old people who are weak and sick, they have a choice of boxing to exercise. Therefore, martial arts is suitable for people of different ages and levels, and their learning content is not easy to choose, with a wide range of adaptive groups. Wushu will be more and more popular. and for people with physical diseases, they can also practice martial arts with low load intensity. No matter in school students or in-service staff can choose martial arts to enhance their physique.

Martial arts do not have high requirements for the venue. When carrying out martial arts, the limitation of the venue is smaller than other projects. When you want to practice, you can engage in martial arts activities as long as there is a flat space on the ground, and you can do it indoors and outdoors. If you encounter stormy weather, you can go indoors. During the practice, it is not affected by time, no matter in a certain period of the day. It can be carried out anytime and anywhere. Because of the variety of martial arts, it can also be carried out without equipment. The requirements for the device will be arbitrary. This is one of the best sports for many people in remote mountain areas who lack sports venues. This advantage in martial arts makes many people devote themselves to martial arts exercises

The consumption of Wushu fitness is low. It doesn't need complicated equipment and expensive consumption to engage in martial arts exercise. It only needs to wear a loose clothes, suitable sports shoes and buy some simple equipment. There is no need for expensive equipment and equipment like other balls, and no need for venue costs. Nowadays, there are free teachers who teach Taijiquan and health preserving skills in the community, school or park, and they don't need to hire part of the cost of teachers in the course of study. In many sports, Wushu practice should be the most advantageous one.

2.2 Wushu Has the Function of Physical and Mental Training

functions of strengthening body and self-defense. In the improvement of people's living standard and the sustainable development of economy, Wushu plays an important role in strengthening the body. One of the original attributes of martial arts is self-defense. Practicing martial arts can not only enhance physical fitness, but also learn certain attack and defense fighting techniques, so that people can master the knowledge and function of self-defense, so that they can use it when they need to. Nowadays, martial arts lovers regard this function of

martial arts as one of the reasons for practicing martial arts. Systematic martial arts training can improve the strength, endurance and speed of the body's muscle tissue, so as to strengthen the individual's awareness of self-defense. In muscle tissue and some physical fitness can have a better role in disease prevention for their own body. In the aspect of physiology, especially for the adolescents in the developing stage, it has a significant promoting effect on the improvement of their cardiovascular system, respiratory system and various physiological functions of the central nervous system. In a reasonable and scientific exercise, it will have a significant impact. In the process of practice, people will form the consciousness of lifelong physical exercise. It can be seen that martial arts practice is not only to obtain a simplified method of self-defense, but also to obtain a kind of thinking and method of health preservation and life extension.

Functions of entertainment performance and self-cultivation. The entertainment function of Wushu plays an important role in the development and evolution of Wushu. No matter martial arts is routine performance or Sanda performance, it will bring people deep experience of beauty. There are various types of martial arts, especially competitive martial arts, which have strong ornamental and pleasant physical and mental functions. When we change roles and become performers, we learn a lot that we can't get from perception. When performing, we can exercise our psychological quality and our courage. After a long time of martial arts training, people will reach a state of self-cultivation. When martial arts shine on the bright stage of the Spring Festival Gala, it gives a shock to people's mind. Because of the profound culture of martial arts, people who are engaged in martial arts training can deeply experience the connotation of martial arts culture in their hard practice, then they will be promoted in their physical health, temperament cultivation and moral conduct. The rich content and wide adaptability of martial arts promote the rapid development of mass sports. Whether practicing martial arts by oneself or watching others, it will give a certain shock to people's feelings. This kind of mood is a subjective attitude, which often makes people in a happy state. Happy mood is the driving force for people to engage in sports.

Exercise will quality and moral fashion. The practice of martial arts has many aspects to the quality of consciousness. In the process of practice, we have to experience a lot of pain in the basic skills and muscles. The practice of martial arts skills is an important aspect, but the long-term practice is also important, it needs perseverance. When learning a new boxing, you will encounter the suffering of difficult movements. After a long time of repeated practice, you will finally overcome the difficulties, so that the practitioners can learn to be brave and fearless in front of the difficulties, and have a strong will in the face of the difficulties. When practicing martial arts, we should first emphasize the morality of martial arts. In the age of the only child, the family protects the children from the slightest degree, so that the children can live in the greenhouse without experiencing difficulties. Then, in the process of practicing martial arts, we can train them not to bow their heads in front of difficulties and learn to overcome themselves in front of fidgety. In the process of competition, they are taught the spirit of not giving up and the moral character of learning modestly. So that they form a kind of hard-working, hard-working, decisive, tenacious, hard-working good habits and moral character." Before learning art, we should learn propriety; before practicing martial arts, we should learn virtue. "Martial arts in the long history of thousands of years has always attached great importance to etiquette and morality." Advocating martial arts and morality" contains a wide range of moral contents. As a martial arts practitioner, we should set up lofty ideals, cultivate strong will and noble quality. In the process of practicing martial arts, we should put the education of martial arts in the first place, "those who are disrespectful can't teach, those who are immoral can't learn." from this sentence, we can deeply feel the importance of martial arts ethics for those who practice martial arts. Therefore, it is very necessary to carry out self-cultivation, self-education and constantly improve self-cultivation in accordance with the requirements of military ethics.

2.2.1 Wushu Enriches National Spirit

National spirit is the spiritual pillar of a nation's survival and development. The birth of martial arts embodies the national spirit and is also one of the excellent traditional culture. Chinese martial arts, Chinese paintings, folk songs, calligraphy and other arts are all excellent cultural heritages of the Chinese nation and the healthy national spirit of our country. With thousands of years of history, Chinese Wushu has developed under the specific social and historical environment and cultural background of the Chinese nation. The patriotism national spirit endows Wushu with strong vitality. For example, in the history of Chinese martial arts, there are many national heroes who have great martial arts and died for their country. Their national spirit of sacrifice for others and for the country has shocked us in today's era. It plays an important role in the development of teenagers. At present, when we carry forward the national spirit with patriotism as the core and the spirit of the times with reform and innovation as the core, we should give full play to the cultural influence of Chinese martial arts, and then promote the great rejuvenation of the Chinese nation.

3. Measures for Wushu to Promote the Development of National Fitness

3.1 Strengthen the Social Guidance of Wushu

From the current situation of martial arts development, there are more and more martial arts lovers, but most of them are self-organized by martial arts lovers, they lack practice with each other, and a small number of people have strong interest in martial arts, and they are forced to give up due to their lack of martial arts knowledge. Make martial arts can not fully play an important role in the national fitness. the vast majority of people know the benefits of martial arts to their bodies, but the lack of teachers'teaching and guidance is a very important aspect. There are also some people who imitate by themselves. in essence, they have no real understanding and correct practice, so they are easy to get into errors. Therefore, they need professional social instructors to teach them, so that they can achieve the idea of scientific, reasonable and lifelong martial arts.

3.2 Make Full Use of Various Media Channels to Promote Wushu

To achieve long-term development in modern society, Wushu can better serve people's health. We need to promote Wushu through various channels and means. It is the most intuitive way to learn how to use network video to promote high-quality martial arts video. Use the development of new software, such as fast hand, shaking sound, to promote martial arts more widely, because these software users are broad, so that people can participate in the long-term viewing. If conditions permit, it can report to the government and organize martial arts events for local people. The events include professional ones and amateur ones, and make their own rules for them. Let everyone be involved in the martial arts training team, negotiate with local TV stations, and carry out large-scale promotion on local channels. For martial arts in the national fitness activities to lay a good mass foundation, making martial arts practitioners more extensive.

3.3 Actively Develop Popular Wushu

In order to make all the people participate in the martial arts exercise, we should choose a relatively simple and easy to learn martial arts program, which is suitable for most people and meets the needs of most people. As a kind of social and cultural phenomenon, popular Wushu has functional changes with the development of society and the needs of the public. Public martial arts have low requirements for external conditions such as practice venues, equipment, etc.,with independent choice and wide range of development. As long as they take the initiative to participate, they can not be limited by external factors. And popular Wushu has various characteristics, such as middle-aged people with good physical quality, muscles and joints, you can choose fast Wushu for physical exercises. Due to the limitation of physical function, the middle-aged and old people can choose slow Taijiquan and Taijijian for exercise. Martial arts can be popularized to all people. In the process of teaching, we can teach students according to their aptitude to different popular Wushu people.

3.4 Improve the Idea of National Fitness

With the rapid development of the economy, most of the people are now mental labor. Because of the heavy work,they are busy in career, pension, livelihood and other aspects, it is difficult to devote their leisure time to exercise, people have ignored the importance of physical exercise, resulting in the emergence of many"sub-health" people. For example, now people often have three high crowd, which is caused by lack of exercise for a long time. Let people feel the sense of urgency to participate in sports. Therefore,we should let people clearly understand the importance of physical exercise when we publicize, let people change their ideas and improve their awareness of physical exercise. We should also start from people's actual situation and let them set up new health concepts. In the process of fitness, mobilize their enthusiasm to participate in sports, let them show their ability in sports, so that they can devote themselves to sports for a long time,let sports become an essential part of their life, firmly establish the awareness of physical exercise, and insist on continuous and long-term physical exercise.

4. Conclusion

To sum up, the development of martial arts has a certain role in promoting the national fitness. It has the function of easy popularization, physical and mental exercise, as well as the ability to exercise people's will quality and moral fashion, and more solid national spirit. As one of the traditional culture of our country, Wushu is the characteristic sports of the Chinese nation, which has a strong national color. People can choose Wushu as a national fitness project, which can promote the progress of national fitness, and in turn promote the development of Wushu, which has important practical significance for people's development. In the process of the implementation of the national fitness program, popular Wushu should be further popularized as a key fitness program, so that it can play a greater role in the national fitness movement. Only when all the people participate in the martial arts, grasp the relationship between the national fitness and martial arts, can we really play the value of martial arts in the national fitness, and can we more effectively improve the implementation effect of the national fitness program. At the same time, it can better develop Wushu sports.

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