

# The strategy of integrating traditional martial arts and modern physical education teaching

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**Abstract:** *This paper discusses the effective integration strategies of traditional martial arts culture and modern physical education teaching, and focuses on analyzing the challenges faced by traditional martial arts in the modern educational environment and their solutions. By exploring the educational value and cultural significance of traditional martial arts, this paper puts forward a series of ways to realize the integration of martial arts and modern PE teaching. The research shows that the implementation of these strategies can not only improve students cognition and interest in traditional martial arts culture, but also enhance their cultural pride, so as to effectively promote the inheritance and development of traditional martial arts in the modern education system.*

**Keywords:** *traditional martial arts culture; modern sports teaching; teaching strategy; cultural inheritance*

## 1. Preface

As an important part of Chinese culture, the teaching and inheritance of traditional Wushu has always been an important issue in the field of physical education. In the context of globalization, integrating traditional martial arts into modern physical education teaching is not only the preservation of traditional culture, but also a manifestation of cultural confidence. However, how to effectively integrate and impart this ancient form of sports in the modern education system to meet the needs of contemporary education is one of the main challenges facing the current educators. Faced with the general lack of students interest in traditional martial arts and the various difficulties in educational practice, it is necessary to explore and design more attractive teaching models and methods. This paper aims to analyze the problems existing in traditional Wushu in modern education, and put forward corresponding solution strategies, in order to provide theoretical and method support for the modern educational practice of traditional Wushu, and then promote its spread and development in the global scope. Through detailed discussions including teaching content innovation, teacher professional development and diversification of teaching methods, this paper will show how to deepen students understanding and interest in traditional martial arts through educational innovation, so as to effectively integrate traditional martial arts culture into modern physical education teaching.

## 2. Analysis of the current situation of traditional martial arts in school modern physical education teaching

Although traditional martial arts is regarded as a Chinese unique cultural heritage, its development is not ideal in the modern physical education system. The teaching of traditional martial arts is still marginalized in the physical education curriculum in most schools, and its cultural value and educational significance have not been fully paid attention to and effectively inherited.

At present, the teaching of traditional martial arts in school physical education is faced with many difficulties. First of all, compared with western sports, such as football and basketball, traditional martial arts have less attraction and influence in school physical education. This is partly because the teaching methods and content of traditional martial arts fail to meet the needs of students interests and modern educational needs. In addition, as a highly skilled and expressive sports activity, Wushu has a steep learning curve and requires a long time of training and practice, which is not consistent with the fast-paced and achievement-oriented teaching mode in the current school education. Secondly, although traditional Wushu has a certain position in the teaching of higher education and professional physical education colleges, it often lacks professional coaches and systematic teaching plans in ordinary

primary and secondary schools. Many PE teachers may not have professional martial arts training, it is difficult to accurately teach martial arts skills and cultural essence. The lack of teaching staff directly affects the quality and effect of martial arts teaching. Moreover, in the modern education system, the evaluation standard of sports performance is mainly based on competitive sports, emphasizing the quantifiable sports performance and skill level, while ignoring the role of sports activities in cultivating students physical and mental quality and inheriting culture. As an activity with deep philosophy and cultural value, traditional martial arts is unique. Educational function is often not fully reflected and utilized in the modern education system. In addition, the modern development of traditional martial arts also faces the contradiction between form and content. In some educational practices, in order to meet the needs of display and appreciation, the teaching often focuses on the performance of routines rather than the practicality and philosophy of martial arts. This bias allows students to have some understanding of the external form of martial arts, but also well aware of its internal cultural significance and practical application

### **3. Specific problems existing in integrating traditional martial arts culture into modern physical education teaching**

#### ***3.1 The Form is greater than the content***

Although modern physical education teaching is incorporated into martial arts courses, it often focuses on the surface movement imitation and routine performance, but fails to deeply explore the cultural spirit and philosophical thoughts behind martial arts. This teaching method leads to the surface transformation of martial arts education. Although students can learn certain movement skills, it is difficult to understand the true connotation and value of martial arts. In addition, the current physical education teaching mode often pursues the perfect in form and the high difficulty in skill, ignoring the deep goal of Wushu as the inheritance of traditional culture. This teaching orientation not only weakens the internal educational function of martial arts, but also makes students cognition of martial arts stay on the surface, unable to truly understand and absorb the life wisdom and philosophical thinking contained in martial arts culture. In terms of curriculum, most educational institutions fail to provide enough cultural background introduction, which makes martial arts teaching a simple physical activity rather than a process of cultural education. Schools often lack appropriate educational resources in the implementation of wushu teaching, such as senior martial arts teachers and sufficient teaching materials, which makes it difficult for wushu teaching to be deeply rooted in people. When teaching skills, teachers may lack enough understanding and attention to the cultural heritage and educational significance of martial arts, which will thus affect the comprehensiveness and depth of teaching. Due to the lack of a deep martial arts culture, by entering the dissemination and popularization, it is difficult for students to obtain a comprehensive understanding of martial arts culture from the classroom, and this lack of teaching is not conducive to the inheritance and development of martial arts culture

#### ***3.2 The professional quality of PE teachers is not enough to support martial arts teaching***

Although physical education teachers generally have basic knowledge of physical training, traditional martial arts not only requires the mastery of skills, but also involves profound cultural understanding and philosophical connotation, which are difficult to cover by general physical education professional courses. Most physical education teachers fail to systematically learn the related courses of martial arts when receiving education, and lack a deep understanding of the cultural background, philosophical thought and practical application of martial arts, so it is difficult to effectively convey the cultural essence and deep value of martial arts in teaching. In addition, the current post-service teacher training and professional development mechanisms are also lacking in martial arts education. Due to the lack of wushu content in the basic education and continuing education system, many physical education teachers can only rely on personal interests and scattered short-term training to obtain wushu teaching skills, which leads them to problems such as inaccurate technical teaching and single teaching methods in teaching practice. Due to the lack of in-depth and systematic professional martial arts training and cultural connotation education, teachers often attach more to form than connotation when teaching martial arts, and it is difficult to stimulate students interest and cognition of martial arts culture. In terms of teaching concept, some physical education teachers still hold the competitive-oriented thinking of traditional physical education teaching, and fail to realize the educational and cultural value of traditional martial arts as a non-competitive sports activity. This cognitive bias makes teachers often ignore the martial arts in their teaching. The cultivation of spirit and culture cannot effectively carry out

cultural inheritance and value teaching

### ***3.3 Students enthusiasm for learning is not high and their learning effect is poor***

In modern physical education teaching, although traditional martial arts have rich cultural value and sports significance, the widespread problem is that students are not enthusiastic about learning, and the learning effect is not good. The causes of this phenomenon are complex, involving the educational environment, students' mentality and teaching content and methods. First of all, the learning of traditional martial arts usually takes a long time of continuous practice to see obvious results, which is inconsistent with the psychological characteristics of contemporary students' pursuit of rapid results. Modern students are faced with great pressure in study and life, and they tend to choose activities that can quickly bring a sense of achievement. The complexity of traditional martial arts and strict requirements for basic skills may lead to frustration in the early stage of learning, which may further affect the sustainability and depth of learning. Secondly, the teaching of traditional martial arts in modern physical education teaching often fails to effectively integrate its rich cultural background and philosophical thoughts. While teaching skills, teachers fail to fully display the cultural value and practical application of martial arts, which makes it difficult for students to realize the significance of learning martial arts from the cultural and practical level. This lack of teaching makes the martial arts curriculum unattractive and persuasive for students, thus making it difficult for students to form an interest in and long-term enthusiasm for martial arts learning. Moreover, with the progress of science and technology and the development of media, students' attention and interest are attracted by a variety of modern entertainment activities. Compared with video games and online media, traditional martial arts may not be attractive enough in terms of visual stimulation and interactivity, which is also an important reason for students' low enthusiasm for learning.

## **4. The path of integrating traditional Wushu into modern physical education teaching**

### ***4.1 Jump out of formalism and emphasize the inheritance and expansion of the essence of traditional martial arts culture***

In order to realize the effective integration of traditional martial arts and modern physical education teaching, the key is to break through the teaching mode of only relying on formalism, and pay more attention to the inheritance of the essence of traditional martial arts culture and the innovation and expansion of its forms. Traditional martial arts is not only a kind of sports, but also an important part of Chinese culture, which contains rich philosophical thoughts and life wisdom. Therefore, the teaching of martial arts in the modern education system should go beyond the teaching of pure skills and routines, and extend to the deeper cultural significance. First of all, educators should pay attention to the educational concept of "both form and spirit" in martial arts teaching, not only teach the basic movements and skills of martial arts, but also deeply explain the cultural background and philosophical meaning of martial arts [1]. Through teaching activities, students can understand the principles of "combining rigid and softness" and "combination of static and static" in martial arts, and how to achieve the harmony and unity of body and mind through martial arts training. This teaching method can help students to establish a deep understanding and feelings of traditional martial arts, so as to stimulate their interest in learning and internal motivation. Secondly, educational institutions need to develop and implement a set of teaching curriculum that combines traditional martial arts with modern educational technology. For example, modern educational means such as multimedia teaching and virtual reality technology can be used to make martial arts teaching more vivid and intuitive. These technologies can not only help the students. To better understand the technical details of martial arts movements, students can also learn and practical experience through virtual confrontation. Moreover, Wushu should be combined with modern sports to explore new ways for the integration of Wushu and other sports skills. For example, the softness and explosive power training of martial arts can be integrated into the training of ball games such as basketball and football, so as to improve the physical coordination and agility of athletes [2]. Through this cross-border integration, not only can enrich the expression form and training content of traditional martial arts, but also can improve the training effect of modern sports. Finally, the teaching mode of promoting training through competition should be strengthened, and martial arts performances and competitions should be held regularly, so that students can have the opportunity to show their martial arts skills and test their learning results in actual combat. Through competitions and performances, students can not only deepen their mastery of martial arts skills, but also can further improve their martial arts level and cultural principles under the

encouragement

#### ***4.2 Strengthen the construction of teachers, urge teachers to carry out the learning of traditional martial arts culture and the knowledge accumulation***

To integrate the traditional martial arts culture into the modern physical education teaching, it is necessary to strengthen the construction of teachers to ensure that teachers can effectively carry out the learning and knowledge accumulation of the traditional wushu culture. The importance of this work lies in improving teachers professional ability and cultural cognition, so that they can better teach the technology and spirit of martial arts, and promote students in-depth understanding and interest in traditional martial arts culture. First, the educational administration department should formulate and implement a series of policies and measures to encourage and support PE teachers to participate in the study and research of traditional martial arts. This includes organizing professional training, seminars and cultural exchange activities to enable teachers to learn directly from Wushu masters and cultural inheritors and have a deep understanding of the historical background, philosophical ideas and its application in modern society [3]. In addition, teachers can be provided with access to cultural resources, such as visiting martial arts museums, historical sites and related cultural activities, to enhance their cultural identity and inheritance responsibility. Secondly, schools and educational institutions should increase teachers learning resources and support for traditional martial arts cultural knowledge. This can be achieved by the establishment of dedicated book resources, online learning platforms, and continuing education courses. Through systematic learning and continuous knowledge update, teachers can accumulate enough professional knowledge and teaching methods, so as to improve in the teaching process. Add confidence in confidence and professionalism, and effectively teach the spirit and skills of martial arts to the students. Moreover, schools should set up special funds or incentive mechanisms to encourage teachers to innovate in teaching and research. On the basis of mastering traditional martial arts, teachers should be encouraged to explore new ways to combine martial arts with modern physical education teaching methods, such as case teaching, situational simulation and other interactive teaching methods, so that students can learn and feel martial arts culture through experience. In addition, the evaluation and feedback mechanism of teachers should be strengthened, and their performance and effectiveness in traditional martial arts teaching should be evaluated regularly. Through student feedback, peer review, and expert guidance, teachers can constantly optimize teaching strategies, improve teaching content, and ensure the quality and effectiveness of teaching activities. Finally, teachers themselves should also have the awareness of continuous learning and self-improvement. Through continuous learning and practice, teachers can not only improve their professional skills, but also pass on the deep value of martial arts culture in teaching, and stimulate students love and respect for traditional martial arts and Chinese culture

#### ***4.3 Stimulate students interest and enthusiasm in learning traditional martial arts culture through various teaching forms***

In the current educational environment, there are multiple challenges to stimulate students interest and enthusiasm for learning traditional martial arts culture, including students lack of knowledge of traditional martial arts, the simplicity of teaching methods and the interference of diversified entertainment in students daily life. To effectively integrate traditional martial arts into modern physical education teaching and improve students learning motivation requires a series of innovative and diversified teaching strategies. First of all, the teaching reform should take cultural guidance as the core, and change the traditional "cramming" teaching method. By enriching the campus cultural life, such as setting up special exhibitions, martial arts culture week and interactive experience activities, students can understand the historical and philosophical significance of martial arts in a relaxed and happy atmosphere. For example, the school can create an exhibition area with martial arts culture as the theme, showing the history of the development of martial arts, the life of famous martial artists and the application of martial arts in modern society, so that students can naturally contact and feel the charm of martial arts culture in daily activities. Secondly, the modern information technology means, such as social media and online platforms, is used to promote martial arts culture, so that students can also access and learn relevant knowledge in cyberspace [4]. Schools can regularly publish martial arts teaching videos, cultural lectures and practical demonstrations on wechat official accounts, school websites and other social media platforms. Use digital resources to attract students attention and interest. At the same time, online wushu challenges and interactive questions and answers can be held to increase students sense of participation and the fun of competition, so as to improve their learning motivation. Moreover, the innovation of teaching content is also critical. Combining the elements of

traditional martial arts and modern sports, a new curriculum is developed that has both traditional charm and is in line with the needs of modern aesthetics and sports. For example, combining the basic skills of martial arts with modern dance movements, the innovative choreography of campus martial arts dance not only trains students physical quality, but also increases the interest of learning. In addition, organizing regular martial arts performances and competitions can not only show their learning results, but also stimulate students enthusiasm for learning. Through the martial arts competition organized by the school, students can test their learning results in actual combat. At the same time, outstanding performers can receive awards and commendations, so as to further improve students participation and interest. Finally, cultivating students cultural pride and inheritance sense of responsibility is also the key [5]. By telling about the unique status and influence of martial arts in Chinese and even global culture, students respect for traditional martial arts can be enhanced sense of pride. At the same time, students are encouraged not only to learn skills, but also to pay more attention to the inheritance and practice of martial arts spirit, such as the cultivation of martial arts morality (Wushu morality), and how to apply the philosophy and strategies of martial arts in daily life

## 5. Conclusion

Modern physical education teaching carries the dual responsibility of cultural inheritance and innovation in the process of integrating into the traditional martial arts culture. Through in-depth study and promotion of the profound cultural heritage of traditional martial arts, it can not only enrich the content of physical education, but also enhance students sense of identity and pride in Chinese culture. Therefore, educators need to actively explore the traditional martial arts teaching methods suitable for the needs of modern education, and effectively stimulate students interest in learning and enthusiasm for participation through innovative teaching strategies and rich forms of activities. In addition, the professional training of teachers is also very important. It is necessary to improve the professional ability and cultural transmission efficiency of teachers in martial arts teaching through continuous professional development and cultural influence. Through these measures, modern physical education teaching will be able to better absorb the essence of traditional martial arts culture, constantly improve its teaching quality and effect, truly realize the modern inheritance of traditional culture, and inject new vitality into the all-round development of students.

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