

Study on the Inheritance and Development of Qiang Traditional Sports Game "Protect Egg"

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Abstract: The main gathering place of Qiang people is on the eastern margin of the Qinghai-Tibet Plateau. The formation and development of Qiang traditional sports games are closely connected with the local human geography and historical development. As a part of Qiang culture, Qiang traditional sports games have a long history and a great variety of traditional sports. They are also an important part in the outstanding traditional sports culture. However, with the historical changes and the huge impact of modern sports, the Qiang traditional sports games are facing severe challenges. This paper mainly analyzes and probes into the inheritance and development of Qiang traditional sports game "protect egg".

1. Introduction

Qiang traditional sports game project has a long history and rich and colorful. At present, with the rapid development of modern society, people's lives and production patterns of the Qiangs have changed. Coupled with the fact that a large number of young and middle-aged Qiang people choose to go out and develop, the inheritance of the Qiang traditional sports games is diminishing. A series of traditions such as "protect egg" Sports have not been well inherited, developed and developed, especially after the Wenchuan earthquake. In this context, the inheritance and development of the Qiang traditional sports game "protect egg" have also been severely affected. Therefore, to study the inheritance and development of Qiang traditional sports games "protect egg" has very important practical significance for the protection of Qiang intangible cultural heritage.

2. A Survey of Qiang Traditional Sports Games "protect egg"

2.1 Qiang "protect egg" game rules

Qiang traditional sports games "protect egg", Qiang called "E catch." The sports game is easy to operate and easy to have. Usually not limited to the venue, the rules of the game: Now draw a circle on the venue, the size of the circle according to the number of games, in the circle placed 3-5 pieces of white stone as an egg before the game to ensure that a preserved egg, and must not leave the ground, so that the egg under the body, using his feet to drive off the egg who, while others are as egg-hugging, find ways to steal the "egg." During the game, if the egg holder is touched by the egg holder's egg, the egg holder is lost. Within the stipulated time, the egg will be taken away and the egg holder will lose. The penalty is also very interesting. For example, Screen bran. This sports game can exercise people's leg strength, eyesight, mental ability, can cultivate people's reflection, flexibility, and has a strong entertainment.

2.2 Qiang "protect egg" game unique and social significance

Qiang traditional sports game "protect egg", showing the Qiang people's living style, reflects the Qiang people live in harmony, love life and friendly competition of the national spirit. In this sporting event, the admiration and admiration for the mountains and Whiteheads are also fully demonstrated.

The traditional sports game "protect egg" also has distinctive national features such as national cohesion and so on, precipitating a very rich cultural heritage and has been used in our country Other ethnic traditional sports is relatively rare. Qiang people protect eggs, not only allow people to Qiang people's national character and social life have a full understanding, but also a vivid image of this culture heritage and development, showing the Qiang people's special sports entertainment sports, but also The cornerstone of the Qiang cultural heritage [1]. Inheriting and developing Qiang traditional sports games like "protect egg" are conducive to the protection and inheritance of the intangible cultural heritage, are conducive to the growth and development of the body functions of the Qiang people, especially children, are conducive to the development of Qiang people's psychological functions and their character, Will, psychological cognitive ability and so on.

3. Qiang traditional sports game "protect egg" inheritance and development of the existing problems

3.1 The Qiang nationality traditional sports "egg holding" lack of knowledge

Qiang traditional sports game "protect egg" is not recognized as a form of sport, the main purpose of the Qiang people to actively participate in them is to increase the festive atmosphere and express religious feelings, as a natural activity, not to It is seen as a kind of sports "culture." Coupled with the younger generation's love of "holding their eggs", they are more interested in some modern sports, such as ball games and track and field. However, they have gradually lost interest in traditional sports and undoubtedly made the Qiang traditional sports " Egg "inheritance appeared a serious crisis, and many Qiang residents did not have a sense of crisis.

3.2 limits of regional conditions and low market level

The Qiang people mostly live in the mountains or semi mountain areas, traffic conditions and economic conditions are relatively backward, in addition to a small number of stadiums and sports facilities outside the stadium, the lack of development and utilization of "China" in the traditional sports resources of the external environment is relatively poor, making the "inheritance and development from the" sports game brings great difficulties. At the same time the Qiang region due to the economic development is limited, many young people have to go out to work, make people more and participate in traditional sports activities from the "less traditional sports game" from the "only to carry out more in Maoxian Wenchuan county urban and rural areas, Weizhou town and yadu Township, other area to carry out" from the Qiang region almost "sports activities.

"From the" Qiang traditional sports project has not yet reached commercial nature, not to mention the industrialization and marketization of the. In fact, a lot of Qiang traditional sports, such as Guozhuang are commercially, market operation, so, can not bring economic benefits directly to the Qiang [2]. Coupled with the Qiang people mistakenly think that the traditional and modern are incompatible and, to some of the local feudal superstition and witchcraft and sorcery, totally rejected the reform and innovation of Traditional Sports Games "young", so that it can not effectively integrate into modern society, can not be the market reconstruction, the better inheritance and development.

3.3 lack of corresponding talents

The traditional sports "from" to realize the inheritance and development of culture, nature cannot do without the relevant professional personnel. According to the relevant research shows that the traditional sports only "push" this one sports heritage, including the "young", have no heritage. At the same time, due to the "5 - 12" Wenchuan earthquake brought great damage to the Qiang, according to statistics, the "content" of the traditional sports expert of the Qiang people, including the elderly, the number of changes to the original 90%, plus the Qiang people mostly devoted to post disaster reconstruction and economic development, human on the traditional sports, nor the financial resources to develop and develop. "From" the sports activities, is also in the Qiang celebration and worship in the show, so that the traditional sports "from the" inheritance and development are

severely affected.

4. The Traditional Sports "Inheritance and Development from The" Proposal

With the continuous progress of social civilization, the rapid development of the current era, the traditional sports games of Qiang nationality is facing crisis, therefore, must be based on the traditional sports culture and its own laws, and according to the practical needs of social development, the inheritance and development of the traditional sports games "to strengthen young".

4.1 Of the "young" enhanced Qiang sports culture value cognition

At present, due to the impact of foreign culture, many people think of the Qiang nationality "from the" sports soil, along with the Chinese government to increase the promotion and protection of it, to a certain extent changed their concept of the past, the value and meaning of the national culture has a certain cognitive, but most of the people understanding of the "young", physical activity is limited to economic activities. Therefore, we must actively in various activities, not only to the "young" sports culture heritage "form", it is necessary to promote the popularization of knowledge of traditional sports culture, let the Qiang people produce a sense of national identity and national pride, so as to do portraits in the inheritance and development of traditional sports "from".

4.2 Make full use of the region to strengthen the development of Qiang Qiang, "from the" sports market

In order to better achieve the traditional sport of "young", must make full use of the geographical and Qiang Qiang, cultural characteristics, and actively develop Qiang China sports market, summarizes the current market development benefits, strengthen the Qiang area transportation, information network and communication facilities, to provide adequate and good space and conditions [3] is effective to open from the sports game market qiang. The traditional sports game "from the" market reconstruction, we should pay more attention to the traditional sports activities "from the Qiang culture itself" characteristics, and fully tap the cultural connotation; secondly, the prominent regional characteristics, focusing on the interaction of folk customs, and focus on the traditional sports "from the" Participatory Development, not only pay attention to a one-way performance, but also make full use of modern information technology, strengthen the promotion of communication, make it become the majority of the people, love, get the people's approval; finally, the government should actively participate in the development of Qiang traditional sports inheritance from "to the overall planning and regulation of resources. And to strengthen the propaganda, expand the market, standardize the management system, to promote the traditional sports" from the "market.

In addition, update and extension of the traditional sports "from the" timely, without changing the unique Qiang "essence of sports based on the transformation from the" update, and we integrate some modern sports elements, to enhance its ornamental entertainment and fitness, expand the people who take part in the body. At the same time, the traditional sports "from the" into the classroom, pay attention to "from" Qiang sports carried out in the National Games, to promote the "young" promotion, increase its influence, so as to promote the "young" inheritance. You can also "Qiang traditional sports culture as the basis, the development of the" young "curriculum resources, make the traditional sports content more rich and colorful, such as" from the "Qiang sports school-based teaching materials, PPT, creative video works, venues and equipment etc. It can not only improve students' interest and enthusiasm in learning, but also enhance students' sense of recognition and pride in traditional sports, cultivate students' innovative ability and love their hometown and love their motherland.

In the process of protecting the traditional sports game "young", with the change of the original ecological environment, is a major threat facing the inevitable decline of traditional sports culture. So, "the inheritance and development of China" should keep pace with the times, to encourage and guide the traditional sports "from the" reasonable variation. The protection of Qiang's traditional sports culture is not to create "reservations", but the pursuit of "original taste" is also unrealistic. We should keep pace with the pace of social development and combine modern civilization.

4.3 The construction of talent team sports 3.3 attention "from the" Qiang area

Qiang area school is the leading force sports talents team construction, from the "bear the burden of the traditional sports talent training. School as the traditional sports talents and knowledge of traditional culture is the cradle of the Qiang people's traditional sports "from the" popularization base [4]. For example, there are plans to make this event into the middle and primary school physical education textbooks, and in schools to create conditions to carry out extensive and promotion efforts, from the baby, let the students contact the traditional sports culture by culture, cultivate national feelings, to cultivate large quantities of talents and make full use of traditional sports; talent advantage and advantages of scientific research of colleges and universities, and strive to cultivate Qiang traditional sports culture professionals, let more people into the traditional sports and art, to carry forward the national spirit; to increase protection efforts throughout the diaspora in traditional sports "from the" inheritance, the systematic formulation of its heritage training plan, the "heritage and the development of China traditional sports games have qualified successors; the training of a group of" Qiang high theoretical level from the "sports talents team Wu, the theoretical research and inheritance of organic combination, make the traditional sports "from the" in the realization of the static protection at the same time, but also the dynamic inheritance and sustainable development. In addition, we must increase the input of funds, shortage of funds is an important factor restricting "from the" traditional sports development, the government should strengthen investment, promote the traditional sports game "from the" inheritance and development to achieve better.

5. Conclusions

In summary, there are some problems in the inheritance and development of the traditional sports game "young", aiming at these problems, should strengthen the "young" Qiang sports culture value cognition, make full use of the region to strengthen "Qiang Qiang from the" sports market development, pay attention to Qiang area "from" sports talent team construction, explore a suitable for the inheritance and development of traditional sports of Qiang "from the" path, promote the traditional sports "from the" inheritance and development, but also to promote social harmony, stability and development.

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