

Reform and Countermeasures of Martial Arts Teaching in Colleges and Universities

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Keywords: Colleges and universities, Martial Arts teaching, Status quo, Countermeasure.

Abstract: Chinese Martial Arts is both extensive and profound, and it is a gift that Chinese ancestors left for us. At the same time, Chinese Martial Arts has a special position in Chinese traditional culture. Chinese Martial Arts is rich in content and it has become a representative skill of Chinese people because of the rendering of Martial Arts novels. As a kind of traditional sports with competitive sports characteristics, Martial Arts has a strong role in people's physical fitness activities. The promotion of Martial Arts in colleges and universities can effectively promote the development of traditional culture, which also can make contribution to the improvement of students' comprehensive quality. In order to strengthen the physical exercise of students, this paper takes Martial Arts teaching in colleges and universities as the research object to analyze the current college Martial Arts teaching through a large amount of literature and field visits, and solve the problems which are founded out. It is hoped that this paper can provide more directions on strengthening the reform and development of Martial Arts teaching in colleges and universities, and promoting the spread of Chinese Martial Arts in colleges and universities, which provides a better development platform for the majority of young people.

1. Introduction

As an important part of the Chinese national culture, Chinese Martial Arts has been valued by people for its artistic value and use value in recent years. Compared with other sports, Martial Arts not only has certain competitive characteristics, but its practicality also has been fully affirmed by everyone. At the same time, because Martial Arts is a summary of the experience left by the ancestors for thousands of years, it also has very strong regional characteristics and cultural connotation. In the Martial Arts teaching in colleges and universities, everyone has a higher curiosity and a higher interest in learning about Martial Arts. However, in the process of practice, we found that the Martial Arts teaching in colleges and universities is not able to keep up with the pace of the times, and it has a large misalignment with the current student needs. Many colleges and universities do not offer specialized Martial Arts teaching courses. The reason is because Many colleges and universities do not really realize the significance and role of Martial Arts for students, while Martial Arts as an important component of Chinese heritage, has a great impact on the improvement of students' comprehensive quality. Of course, students also have many problems. Many students are very active when they first come into contact because of their interest in learning. However, as the course progresses, students lose interest in learning during their study time. This phenomenon has led to difficulties in the promotion of Martial Arts in colleges and universities. This shows that the current status of Martial Arts teaching in colleges and universities is very difficult. The necessary reform for the problems encountered in the current Martial Arts teaching has become a major problem that Martial Arts educators are facing now.

2. Problems in the current college Martial Arts teaching

Students have high interest without sufficient practical ability. For the time being, the development of Martial Arts in colleges and universities in China is mostly for students in the first

year of college. This is full of expectations for students, and they are also eager to have Martial Arts practice. However, when they actually face the teaching, they often behave badly. Many students seem to be at a loss in the Martial Arts teaching. They do not have the necessary basic knowledge of Martial Arts, which leads them not to know how to exercise. Even some students totally follow the textbooks for physical training, only a small number of students can follow the teacher's requirements for pre-class preparation, and carefully summarize the precautions in each link, and find practical skills from some extracurricular reference materials. This kind of class mode has a big gap with the students' expectation. It is not a small blow to the students' enthusiasm for learning. At the same time, it also has certain disadvantages for the students' practical ability training, which hinders the teaching of Martial Arts in colleges and universities to a certain extent.

The basic knowledge of some schools is outdated, and the phenomenon of theoretical teaching is more common in colleges and universities. The aging of Martial Arts teaching theory is common in the Martial Arts teaching in most colleges and universities in China. Of course, some teachers have to reduce the practice of some courses because of the progress of the class, and finally students' practical ability is not effectively cultivated. There are also teachers who are afraid of that students can not understand in classes, so they constantly enrich the time of theoretical teaching in the classroom while the cultivation of students' practical ability is neglected. This is contrary to the current educational concept of comprehensive quality training. As for leaders of the school, the construction of Martial Arts classes in colleges and universities isn't paid insufficient attention to, which is extremely unreasonable for students to arrange short courses in the process of Martial Arts basic exercise. This leads to that although students have a strong interest in the practice of Martial Arts, while the teacher wants to help students explore the practice of Martial Arts in a more scientific way, it seems to need more strength. Many schools have strict management of Martial Arts classrooms and equipment, and they are not open to students. Therefore, many students' desires for practical operation cannot be realized. This has a certain impact on the comprehensive development of students, so the phenomenon of theory teaching without practice can be understood.

The unclear teaching objectives and lack of innovation. In Martial Arts teaching in colleges and universities, some students are not clear about the goal of learning. the establishment of Martial Arts courses can not play a real role without directions while learning. Secondly, there is also a lack of innovation in the teaching methods of Martial Arts in colleges and universities. No more new things are added, and the students are not very interested in this. The traditional teaching mode has a great hindrance to the students' divergent thinking training, and the unclear target and the traditional solidified thinking mode have great impact and influence on the students' class efficiency. Under this influence, it is very difficult to make a breakthrough in the learning efficiency of students. As far as students are concerned, interest in learning is the best teacher for students. In the course of practical activities, if this important factor is neglected, it will also have great obstacles to the effective development of the school, which is not conducive to the comprehensive quality development of students, as well as a certain hidden danger for the construction of a harmonious classroom.

3. The countermeasures proposed for the current situation of colleges and universities

Using advanced multimedia technology to help students enhance the theoretical study of basic experiments. Have a good basic knowledge of Martial Arts, can effectively ensure that students can avoid the dangers in the practice teaching of Martial Arts classrooms, and can guarantee the learning effect. However, because some students are weak in the process of Martial Arts learning, they are not skilled enough in the basic operation of Martial Arts teaching. Therefore, teachers can help students build rich Martial Arts teaching content by using multimedia and live demonstration teaching. At the same time, students can recognize the normative importance of basic knowledge to ensure that they are able to learn more specifically. In the actual Martial Arts learning process, students should also pay attention to special circumstances and ask the teacher for help in time. In the process of teaching, the teacher should fully mobilize the students' enthusiasm for learning and subjective initiative, so that students can truly participate in the process of Martial Arts teaching. Through such guidance,

students can build up their desire for knowledge and self-confidence, which can help students deepen their understanding of traditional Martial Arts culture and improve their learning efficiency in the process of learning.

Creating a good teaching environment is the basis for the development of Martial Arts teaching in colleges and universities. The environment is also a very important teacher for students, and students can get a better development in a right environment. Therefore, in daily teaching, teachers must strive to create a relaxed and pleasant teaching environment to help students adapt to the Martial Arts teaching environment through visual impact, and set up various basic Martial Arts knowledge pictures to help students establish a sense of learning Martial Arts and strengthening practice. For example, teachers should respect each student's personalization in daily teaching, and help students re-recognize the world of Martial Arts in various environments, and guide students through subtle ways. In the case of conditions, traditional Martial Arts training methods and attitudes that are good for people can be strengthened, and in this way, students can better grasp the key points of Martial Arts teaching. Through such an atmosphere, children are infiltrated into the teaching of Martial Arts everyday, and through this kind of quiet teaching method, the civilization level of students can be effectively improved, which helps students have a better choice in their future development.

Integrating Martial Arts culture education into daily teaching, brings shorter distance to students through Martial Arts culture teaching. As far as college teaching is concerned, the meaning of term "Martial Arts teaching" only stays at a relatively abstract level. For students, Taiji and Mabu are the basic content of Martial Arts in teaching in colleges and universities. In the process of teaching, most students are still unfamiliar with the impression of Martial Arts teaching in colleges and universities. Therefore, according to the teaching thinking of college and university students, the targeted teaching can improve the teaching quality of Martial Arts teaching in colleges and universities. In daily teaching, we can help students to establish the awareness of Martial Arts teaching in colleges and universities by the realization of the situation or visualization of college Martial Arts through scene demonstration or role-playing. In the process of role-playing, it can close the relationship between students and teachers, and at the same time, which can help teachers understand the learning effect of students in the class better, and more specifically carry out the teaching activities of Martial Arts to help students improve their learning efficiency, which can truly establish the awareness of Martial Arts teaching for the teachers. At the same time, according to the content teaching in the classes, through the form of competitions, the content of college Martial Arts teaching can be adapted and motivated to stimulate students' interest in learning. At the same time, it can promote students' sense of civilized identity and stimulate students' enthusiasm for learning.

Determine the guiding objectives of the students in the classroom teaching. By clarifying the teaching objectives of Martial Arts teaching in colleges and universities, the cultivation of students' core literacy can be promoted. Teachers should encourage students to participate in courses construction through their classes construction and rhythm control, and they need to ensure the effective dissemination of classes teaching knowledge. Classes guidance is mainly to let students clarify the current learning objectives, which can stimulate students' interest in learning Martial Arts, and let students learn related knowledge according to the existing cognitive level. The essence of classes guidance mechanism is to highlight the characteristics of students' differences and to teach students in accordance with their aptitude, and match the students' self-learning reality with the classroom teaching objectives to maximize the subjective initiative of the students.

Fully mobilize students' enthusiasm for Martial Arts learning. Finally, it is necessary to fully mobilize students' enthusiasm for Martial Arts learning. Many phenomena in Martial Arts can be combined with life. Teachers may wish to start from life. For example, when explaining the steps, meditation, and routines in Martial Arts, you can use examples from life. This knowledge can be a good way to connect with some phenomena in life, so that it can mobilize the enthusiasm of the students and let the students be interested in the classes.

4. Summary

With the continuous improvement of China's economic level, China's comprehensive national strength has been improved, but the respect for traditional culture needs to be improved. Although the investment of traditional culture in China is increasing, the development of Chinese Martial Arts has also certainly been promoted, it takes a long way to make the sports industry truly achieve great transformation and development. Just like the development of golfing in China, from the very beginning of the unattended, to today's hot, and even has reached the level of international standards, which has already exceeded everyone's expectations, as the main Martial Arts teaching position, Martial Arts teaching in colleges and universities is also an important form to support China's future development. From a holistic perspective, our country needs to strengthen its current development, and improve the construction of leisure sports and continuously improve the popularity and development of Martial Arts sports.

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