

Inheritance Measures of Wushu Culture in Wushu Education under the New Era

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Abstract: Chinese Wushu culture is broad and profound. It is the crystallization of wisdom of the Chinese nation for thousands of years and runs through the whole process of Wushu education. School is an important channel for the infiltration and dissemination of Wushu culture. Wushu education is of great significance for the inheritance and development of Wushu culture. Wushu education strategy is directly related to the inheritance and development of Wushu culture of the young generation, so we need to invest too much energy in Wushu education. Therefore, schools should formulate and implement reasonable and scientific strategies for the inheritance of Wushu Culture in combination with their own development characteristics and the reality of education, so as to provide assistance for the better inheritance of Wushu Culture in Wushu education.

1. Introduction

As an inseparable part of Chinese traditional culture, Chinese Wushu Culture shines brightly in today's international society in a unique cultural form. Through Chinese Wushu culture, it reflects not only the unique artistic charm of Wushu itself, but also the artistry and philosophy contained in Chinese traditional culture. Therefore, in the face of the gradual marginalization of Chinese Wushu culture, in order to achieve the inheritance and development of Wushu culture, the country need to emphasize the important role of Wushu education in the inheritance of Wushu culture. In order to give full play to the bridge function of Wushu education, the country needs to pay more attention to the inheritance of Wushu culture based on the Wushu education environment, and realize the inheritance of Wushu culture with a series of practical educational countermeasures.

2. The Specific Cultural Content of Wushu Cultural Inheritance

Firstly, realizing the inheritance of traditional philosophy. In Chinese Wushu culture, since ancient times, the idea of "the integration of Yin and Yang, the unity of natural and human" has been emphasized, highlighting the importance of self-cultivation. For people who practice martial arts, on the basis of mastering martial arts movements, they can achieve the role of self-cultivation and physical fitness, and can realize the philosophical connotation on the basis of understanding its connotation and artistic conception. Therefore, to realize the inheritance of Wushu culture, we can inherit the philosophical and cultural thoughts contained therein. Secondly, realizing the inheritance of morality and etiquette. In Chinese martial arts culture, people who practice martial arts need to have basic martial ethics. Chivalry and justice are the basic qualities that martial artists need to possess. Therefore, in the process of practicing martial arts, we can also improve the cultivation of martial artists while practicing exquisite martial arts, realize the inheritance of traditional Chinese morality and etiquette, and highlight the true nature of the country of Chinese morality and etiquette. Thirdly, realizing the inheritance of aesthetic art. Martial arts combines movement and stillness. Each move has its own characteristics, but it needs to be coherent. It has a strong sense of rhythm like flowing clouds and water, so it also has a certain appreciation. The aesthetic and artistic value contained in it is one of the keys to inherit martial arts culture.

3. Take Wushu Education as a Bridge to Realize the Advantages and Functions of Wushu Cultural Inheritance

3.1. Advantages

School is the position to impart cultural knowledge, and education is the bridge to improve the national quality. In order to realize the inheritance of Chinese martial arts culture and even Chinese traditional culture, we need to practice it with the help of school education. Through the teaching of systematic knowledge and culture, we can ensure the complete and systematic inheritance of martial arts culture, and lay the foundation for the innovation and development of martial arts culture. At the same time, political principles and policies guide the development direction of educational activities. At present, inheriting Chinese traditional culture and carrying forward the national spirit are the new requirements of the party for education in the new era. Martial arts education has become a bridge to inherit martial arts culture, which is also an inevitable demand under the development of social politics and culture. In addition, in order to carry forward Wushu Culture in the process of inheritance, it is necessary to ensure the continuous expansion of the number of people with this culture, and Wushu education faces the successors of socialist construction, so it naturally has an absolute advantage to realize the inheritance of Wushu Culture in the position of Wushu education.

3.2. Functions

In martial arts education, the realization of martial arts inheritance can promote martial arts practitioners to achieve the role of physical fitness in the process of practicing martial arts movements, and because of the strict requirements of martial arts movements for martial arts practitioners, such as the most basic squat horse step, can realize the training of martial arts practitioners' willpower. At the same time, in the process of practicing martial arts, martial artists need to repeatedly ponder actions, understand the connotation of martial arts culture, constantly improve their cultivation, and have the etiquette literacy that martial artists should have, so as to cultivate sentiment and purify the soul. In addition, it can also promote martial arts practitioners to systematically master martial arts culture in the process of receiving this education, and have the spirit of self-improvement and never say die while fully investing in it, so as to lay the foundation for cultivating contracted martial arts cultural inheritors to promote martial arts culture.

4. Problems Faced by Wushu Culture Inheritance in Wushu Education

4.1. Unilaterally Emphasis on Competitive Wushu while Ignoring the Inheritance of Wushu Culture

Whether Western powers invaded China in modern history or under the trend of national cultural integration, the Chinese people "forgot their roots" under the strong "invasion" of western culture. The same is true in China's education. The gradual westernization of educational ideas and contents has led to the gradual marginalization of traditional cultural education. In the current martial arts education, the trend of interests urges martial arts education to focus on "competitive martial arts", and presents a stage development trend, which makes martial arts culture difficult to inherit and carry forward in this process.

4.2. The Weak Faculty

For Wushu education, as the main position for the inheritance, innovation and development of Wushu culture, in order to realize the role of this bridge, we need to be supported by sufficient teachers. However, from the current situation of actual teaching, most martial arts teachers come from relevant majors in physical education colleges. Although they have a good cultural foundation, the foundation of martial arts is very weak. The lack of martial arts skills makes it difficult to undertake the corresponding educational tasks in actual teaching. To some extent, Wushu practical teaching has become a form. The martial arts move of "showy but not practical martial arts" is difficult to achieve even the most basic function of strengthening the body. How can we talk about

the inheritance of Wushu culture and spiritual connotation. Coupled with the lag of the existing personnel training concept and mode, it is unable to provide the necessary support for the inheritance of Wushu culture.

4.3. The Reduced Number of Martial Arts Practitioners and the Core Content that is Difficult to Present in Education

On the one hand, under the impact of current multiculturalism, people's values are slowly changing, and under the erosion of western culture, the phenomenon of worshipping foreign countries and fawning on foreign countries gradually appears. Many times, most people will choose Taekwondo, Yoga and other content, which not only meets the value and aesthetic needs of modern people, but also can make a living in society and become a career choice direction and outlet. However, the number of people who practice martial arts is slowly decreasing, and gradually showing a trend of marginalization. The rise and fall of a culture largely depends on the number of people who have this culture, which leads to the gradual decline of martial arts culture. On the other hand, in Wushu education, teaching materials are scarce, teaching content is single, and the core content of Wushu culture is not given full attention. Many times, Wushu education unilaterally emphasizes the teaching of skills, ignoring the value and role of cultural connotation, making it difficult for Wushu culture to be effectively inherited.

5. Ways to Realize the Effective Inheritance of Wushu Culture through Wushu Education

5.1. Realizing the Comprehensive Interpretation of Wushu Culture and Strengthening the Policy Support of Wushu Education

In order to realize the inheritance of Wushu culture with the help of Wushu education, we first need to pay more attention to Wushu Culture in ideology, and interpret the connotation of Wushu in order to realize the accurate positioning of Wushu. In addition to the characteristics of sports, Wushu also has rich cultural connotation and profound philosophy and artistry. In today's global economic and cultural integration, national culture, as one of the important components of a country's comprehensive national strength, needs to give full play to the inherent value of Wushu culture, avoid the impact of Multiculturalism and emphasize the importance of Wushu cultural inheritance. At the same time, in order to realize the inheritance of Wushu culture with the help of Wushu education, we need to strengthen the policy support for this education at the national level, so as to improve the status of Wushu education, gradually develop Wushu education into a brand in Chinese culture education, and promote the renewal of Wushu education concept from the perspective of Wushu culture inheritance.

5.2. Strengthening the Construction of Teaching Staff and Improving the Ability and Quality of Wushu Teachers

Martial arts teachers, as the "preacher, educator and dispeller" of martial arts education, in order to realize the inheritance of martial arts culture with the help of martial arts education, we need to solve the problems of weak teachers and low ability and quality of teachers in current martial arts education. In the process of practical practice, it is required to strengthen the training of Wushu teachers. While setting up Wushu Professional Education, we should pay attention to the unification of cultural courses and skill courses, so as to ensure that while improving the basic skills of Wushu teachers, teachers can have a perfect knowledge system of Wushu culture and become a qualified Wushu Teacher to serve the inheritance of Wushu culture. On this basis, we should strengthen the training of Wushu teachers to ensure that the existing Wushu teachers can achieve the "unity of knowledge and practice" and "be a model for others" in teaching on the basis of further improving their theoretical and practical ability, so as to lay a foundation for cultivating excellent Wushu practitioners and carrying forward Wushu culture. In the film *IP MAN*, IP man, as the inheritor of Wing Chun boxing, has all the good spiritual qualities that people who practice martial arts should have. It is based on this that his disciples are like teachers, and his martial arts are superb. At the

same time, he has won the respect and admiration of the world with his martial arts ethics, and people once again deeply appreciate the charm of Chinese martial arts.



Figure 1 Wing Chun in the film *IP MAN*.

5.3. Increasing Publicity to Increase the Number of Martial Arts Learners and Improving the Content of Martial Arts Education

Based on the current situation that the number of people practicing martial arts has decreased sharply, it is necessary to strengthen publicity, show Chinese martial arts in various forms in front of the public, and attract more people to join this team with the charm of martial arts. To convince people with the charm of martial arts culture and promote them to join the martial arts team again, martial artists can correct their mentality, establish a correct value orientation, and lay the foundation for cultivating qualified inheritors. At the same time, teachers should further improve the content of martial arts education, fully tap the internal of martial arts culture, and integrate it into the content of martial arts education, so as to realize the renewal and improvement of teaching materials. Teachers should also innovate the educational content based on the actual needs of students, so as to attract students' interest and mobilize students' subjective enthusiasm, and promote students to naturally understand the connotation of Wushu Culture in the process of learning Chinese Wushu, and become an excellent inheritor of Chinese Wushu culture while improving their own ability and accomplishment.

6. Conclusion

To sum up, based on the background that the current Chinese martial arts culture is gradually marginalized under the impact of multiculturalism, in order to achieve the inheritance and development of Chinese martial arts culture, we need to build a bridge of martial arts education to achieve the inheritance of martial arts culture. In the process of practical practice, the state needs to increase policy support for Wushu education on the basis of a comprehensive interpretation of the connotation of Wushu culture, strengthen the construction of Wushu education teachers, increase the publicity of Wushu culture, and improve the content of Wushu education, so as to promote Wushu education to lay the foundation for the inheritance and development of Wushu culture.

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