

# Research on the Value Orientation and Development of Contemporary “Martial Spirit”

Ma Xiaochen

Jilin Technology College of Electronic Information, Jilin, Jilin, 13200, China

**Keywords:** Value orientation, Development, Contemporary “martial spirit”

**Abstract:** Chinese martial arts have a long history and a broad and profound cultural background. It is the essence of the Chinese nation's excellent cultural concentration and is respected as China's “national essence”. Through a comprehensive analysis of the historical development and changes of Chinese martial arts, this paper studies the various problems that martial arts have in school education, based on the contemporary people's demand for national culture, and the lack of the “spirit of martial arts” status, I want to wake up to sleep The spiritual wealth that has been in people's hearts for a long time: the “spirit of martial arts” has brought it back to life.

## 1. Introduction

Chinese martial arts is an important part of the excellent traditional culture of the Chinese nation, and it has played an important role in China's military, economy, social culture, and education. Chinese martial arts are not only methods and means of physical exercise, but also the traditional culture of the Chinese nation, which contains the roots and soul of the Chinese nation. Over the past decade or so, ordinary people have started a wave of traditional cultural fevers such as Chinese culture fever, Chinese clothing fever, ancestor worship fever, traditional Chinese medicine health, Chinese character fever, etc. from the cultural forms around them, making people overwhelmed. Some cultural phenomena have not truly integrated into people's daily lives, bringing people righteousness and positive energy. How to give full play to the cultural power of Chinese martial arts, make new contributions to the development strategies of the present era, such as the realization of the Chinese dream, the development of a healthy China, and even the construction of a community of human destiny, and to explain the martial arts perspective for the core values of socialism. An important issue facing the development of martial arts.

## 2. The Core of Martial Spirit

Mr. Liang Qichao believes that the most important connotation of the spirit of Martial is reflected in “country is more important than life, friend is more important than life, duty is more important than life, but promise is more important than life, reputation is more important than life, reputation is more important than life, morality is more important than life.” Zhang Zhijiang, the former director of the Central Academy of Traditional Chinese Medicine, said: “The use of traditional Chinese art not only provides strong fitness, but also resists humiliation, which is both physiological and hygienic, and extremely economical and convenient; regardless of gender, old and young, unlimited time and space, beautiful and interesting, It's easy to exercise and popularize. “The connotation of Martial spirit is expressed on three levels: individual, group, and nation. It is expressed in three aspects. First, in terms of individual survival needs: physical self-defense is the basic spiritual connotation of Chinese martial arts activities; Second, the existence of the group needs: beyond the self is the spiritual pursuit and spiritual realm of the martial arts spirit; third, the survival needs of ethnic groups: the spirit of the martial arts is representative of the integrity of the Chinese nation.

### 3. The Value and Contemporary Significance of the Contemporary “Spirit of Martial Arts”

The martial arts spirit of Chinese martial arts is an important part of Chinese martial arts and one of the important manifestations of Chinese excellent traditional culture. It embodies a series of ideas such as the Chinese nation's self-improvement and virtue in the process of survival and development, and contains rich human survival wisdom. Carrying forward the spirit of martial arts in today's era is of even more contemporary significance.

With the collision of today's diverse cultures, the penetration of Western hegemonic culture into our people's ideology, and the feminine tendencies of national aesthetics, the promotion of the martial spirit is more urgent and urgent. From the perspective of people of different ages, young people promote the spirit of martial arts, they are more able to strengthen their physique, and they are richer in the fighting spirit of building a better future for the motherland; middle-aged people promote the spirit of martial arts, are more responsible, more responsible, and can change the bad cultural atmosphere such as mahjong. It can release and recover from social pressure more quickly; the elderly can promote longevity, prolong life and reduce the country's burden of old-age care. In short, the promotion of the spirit of martial arts in the contemporary era is one of the important means for the formation of positive energy in society.

Innovation is an important driving force for economic development and the soul of national development. The formation of innovative consciousness requires the courage of the people to break through routines and the fashion of the society who dares to show their swords. The spirits of “striving for self-improvement”, “killing oneself to one's own merits, deciding oneself for justice” and “responsibility for the rise and fall of the world” in the spirit of martial arts embodies a life attitude that dares to break through and dare to lead, and is also an important prerequisite for generating innovative thinking.

The spirit of martial arts is a concentrated expression of Chinese traditional martial arts. It has a history of thousands of years of development. It is one of the only cultural manifestations of Chinese civilization that continues to this day, and exudes the oriental charm of ancient civilization. Chinese martial arts is an important carrier of martial arts spirit and has unique traditional cultural characteristics. After thousands of years, Chinese martial arts have been developing continuously and passed on through the relationship of teachers and inheritance. At the same time, it has also opened up a unique way for the inheritance of Chinese excellent traditional culture.

With the ambiguity of the boundary of human living space and the gradual assimilation of human behavior, cultural blending and cultural competition coexist. The biggest competition in the world today is cultural competition. Cultural competitiveness not only brings more and greater living space for all ethnic groups in various countries, but also brings richer economic returns for all countries. Therefore, all countries and nations are trying their best to protect their own national culture, and at the same time regard other national cultures as targets of assimilation and even plunder. Protecting and inheriting traditional Chinese martial arts, defending our traditional culture, and establishing our cultural self-confidence and cultural consciousness are powerful weapons to resist the impact of cultural diversity and cultural hegemony.

National cohesion is the attraction and centripetal force among members of ethnic groups, an important manifestation of the soft power of national culture, and a powerful spiritual drive for the great rejuvenation of the Chinese nation. The spirit of perseverance, self-improvement, poverty alleviation, and homeland sentiment contained in the spirit of martial arts provide endless impetus for the unity of the Chinese nation. Shaolin Temple's chant “Punish and punish evil and loyalty to the country and create national achievements forever”, and “Hongmen Patriarchal Clan”, “The practice of my patriarchal practice is based on patriotic thinking”, the nationalism and patriotism embodied in the spirit of martial arts. The spiritual connotations of doctrine, heroism, and self-improvement are important sources for bringing together the strong cohesion of the Chinese nation.

#### 4. The Development Path of the Contemporary “Spirit of Martial Arts”

Use martial arts to shape a strong body. Martial arts with a long cultural history should also be an integral part of modern sports in the new era. As a sports event, martial arts are traditional Chinese sports events that use martial arts as the main activity and routines and wrestling as the main form of sports, but also focus on both internal and external training. Martial arts have always been an important means and means for Chinese people to strengthen their bodies and improve their physical fitness. They are the oldest national sports events with the longest history and richest content and forms. In contemporary times, to practice martial arts, the most important thing is to achieve the purpose of strengthening body, defending self-defense through this ancient form of sports. To carry out martial arts education in schools, first of all, we should lean towards the value of martial arts for self-defense and fitness, and we should focus on cultivating students' physical fitness and fighting ability. A strong body is the basic guarantee for the healthy growth of teenagers, and the fighting ability can inspire students to be aggressive, aggressive, and of good quality.

Create content for martial arts communication. The content of martial arts has been handed down since ancient times, and has also undergone earth-shaking changes. In ancient times, halberd dance, judging, warping, crossbow shooting, horn landing, etc. have been difficult to trace in modern martial arts. The contemporary forms of martial arts with martial arts are Sanda, short soldiers, long soldiers, etc. The martial arts skills exist in the history of martial arts. The martial arts routines have been created by modern martial arts competitions to form prescribed routines, optional routines, traditional routines, simplified popularization Routine systems such as routines and martial arts rank systems. It is always the focus of martial arts workers to sort out the complicated content system and design a reasonable martial arts communication content system based on the characteristics of contemporary young people 's needs. In 2010, the “National Series of Wushu Aerobics for Elementary and Middle School Students” co-organized by the Ministry of Education and the State Sports General Administration began to be promoted in elementary and secondary schools and secondary vocational schools nationwide. Martial arts aerobics takes martial arts movements as the basic sporting elements. Among them, there are both “shaped” movement characteristics and “meaning” movement names. Each set of martial arts aerobics exercises use Changquan as the basic sporting feature, which incorporates the technical moves and techniques of Taijiquan, Nanquan, Xingyiquan and other boxing types. The movement is stretched, the momentum is round, the rhythm is bright, and the momentum is magnificent. Martial arts aerobics is a new manifestation of Chinese martial arts in the new era. Martial arts fitness operation is a kind of sports. In the promotion of schools, martial arts courses must be combined to spread the martial arts culture and strengthen the education of martial arts. At the same time, the promotion of martial arts requires long-term policy support.

Construct a talent system for martial arts communication. Martial arts teachers are the necessary guarantee for the spread of martial arts in schools. Take martial arts aerobics as an example. Once the martial arts aerobics are promoted, they are loved by the majority of students. There are four sets of martial arts exercises, named after rising sun, young wing spreading, hero youth, and kung fu youth. Compared with radio gymnastics, martial arts aerobics is not only fun, but also able to learn defense knowledge and traditional cultural knowledge. However, the biggest difficulty in the promotion of martial arts aerobics is the lack of teachers. Some schools with opera as their specialty think that martial arts aerobics does not match the characteristics of this school. The existing physical education teachers in primary and secondary schools are relatively lacking, and the physical education teachers who have systematically studied Chinese traditional martial arts for a long time are even lacking. How to quickly build a martial arts teacher team system is the key to the success of martial arts spread in schools. With the advancement of information technology and the transformation of school management methods, there can be many ways to solve the problem of building a talent system. For example, the use of Internet technology to build a Mu class system to allow limited martial arts talent resources to play a greater role. Give full play to the role of martial arts social sports instructors and market martial arts halls, purchase this innovative form through

public education services, and use the martial arts talents in the market and colleges to supplement the shortage of primary and secondary martial arts teachers.

Grasp the pulse of cultural renaissance and create a new era of martial arts culture. A nation without a martial spirit is bound to decline. The Chinese nation stands in the forest of nations in the world and gains respect and awe from other nations, not only because of the rise of cities in China, but also because of the “Shenzhou” spaceship based on the “two bombs and one star”. There are Chinese who have inherited the spirit of “two bombs and one star”, and there is a spirit of martial arts that builds the foundation of Chinese culture. The spirit of advocating martial arts in Chinese culture is not only manifested at the level of will, but at the material level has changed the face and history of contemporary China.

In the new era, with the footsteps of the Chinese cultural renaissance, to create cultural martial arts, the purpose is to pass on the cultural allusions, cultural anecdotes, boxing proverbs, poetry vocabulary and other content contained in the martial arts routines, enrich the cultural cultivation of students, and deepen students’ understanding of martial arts will foster the successors of Chinese martial arts in the new era, inherit the martial arts culture as the younger generation grows, and ferment and sublimate the martial arts culture. As a cultural martial art, its content is rich. The rich cultural connotation can be mapped from a single routine action, or the cultural connotation can be projected from the martial art proverb. School martial arts need to strengthen the excavation of cultural martial arts, so that more students feel the charm of cultural martial arts.

Sublimation of artistic martial arts, opening a new window for cultural dissemination. Artistic martial arts has a far-reaching development history. The martial arts that have sprouted in the process of fighting between humans and animals, along with the development of religious sacrificial activities, artistic martial arts with a sense of ritual and performance have also emerged. “Wu Wu” is a martial arts performance directed for blessing. With the change of people’s aesthetic taste, the aesthetic pursuit continues to improve after civilization, and the expression of artistic martial arts has also changed. Sets of martial arts, tiles, hooks, etc. were born one after another. Driven by the economic role, martial arts routines are becoming more and more artistic, and eventually form an art form that pursues performance and selling. In today’s era, artistic martial arts are expressed in martial arts stage dramas, action movies, variety shows, etc. The development of artistic martial arts not only caters to the public’s pursuit of entertainment, but also promotes the development of the martial arts industry. In the development of artistic martial arts, the connotation of artistic martial arts should be sublimated on the basis of carrying forward the traditional Chinese culture, and the manifestation of artistic martial arts should be innovated. The development of the art of martial arts in Chinese martial arts meets the aesthetic needs of young people of the times, and also satisfies the value of contemporary entertainment supremacy. It opens up a communication channel for art martial arts and opens a new window for the spread of Chinese culture.

Promoting the rapid development of health martial arts Although the core of martial arts is artillery, this artillery is based on the knowledge of life. If you want to know how to break, how to set up a prophet. Those who practice martial arts must learn to keep in good health first. Keeping in good health is also one of the goals pursued by martial arts practitioners. Keeping in good health includes keeping in good health, keeping in mind, and keeping in mind. Keeping in good health through martial arts means that the body, mind and soul can be exercised in the process of practicing martial arts, so as to cultivate their own spirit. Health martial arts is also an important part of Chinese traditional medicine with excellent traditional culture. In the context of restoring cultural consciousness and awakening cultural self-confidence, it is of great significance to quickly promote the development of health martial arts.

## 5. Conclusion

At present, Chinese culture is greatly influenced by Western culture, and the traditional national culture is extremely rare. The “spiritual spirit of martial arts” with thousands of years of history is the essence of Chinese national culture and the carrier of traditional national culture. Spread and carry forward the banner of “spirit of martial arts”. Dangwu spirit is the national spirit of our

country. Only by continuously advancing the spirit of advocating martial arts will individual and society progress.

## **References**

- [1] Long Xingnian. Definition of Wudang Wushu and Wudang Wushu Culture from the Cultural Perspective. *Journal of Wuhan Institute of Physical Education*, vol.10, no.45, pp. 83-86, 2011
- [2] Cai Chuanxi, Tang Lixu. Shang Wen and Shang Wu: A penetrating review of the development of contemporary Chinese martial arts. *Sports Science Research*, vol.5, no.20, pp. 35-41, 2016.
- [3] Li Yuqing, On Chinese Wushu and National Spirit, *Wushu Research*, vol.10, no.7, pp. 21-25, 2014
- [4] Zhang Qiangqiang, Hu Pingqing. An Analysis of the Connotation of the Concept of “Martial Spirit”. *Sports Culture Guide*, vol.12, no.6, pp. 177-180, 2017.
- [5] Li Aihong. On the historical roots and countermeasures of the weakening of the national spirit of martial arts [J]. *Sports Research and Education*, vol.2, no.30, pp. 86-89, 2015.