

Study on the Development Path of National Traditional Sports under the "Belt and Road"

Fuyang He

Xichang University, Xichang, Sichuan, 615000, China

hfy3388@163.com

Keywords: "Belt and Road ", National Development, Traditional Sports, Path Choice

Abstract: National sports have encountered many crises in the process of development, and with the deepening of western sports, the national sports in our country have been seriously impacted. Therefore, the spread and development of national sports under the background of "Belt and Road" is inevitable, the culture of our country is composed of all aspects, sports culture is also an integral part of our culture, and the development of traditional sports in our country has a new development path.

1. Introduction

The development of national sports is closed to a certain extent, the path of development is relatively single, and the way of teaching and communication is backward, which cannot meet the needs of development at this stage. And the emergence of "Belt and Road" for sports to build a broad stage, sports exchange has also become an important carrier to show the "Belt and Road" initiative. With the development of the "Belt and Road" economic system and the strengthening of the external guidance mode, the traditional sports culture of our country has been more developed.

2. Necessity for the Development of National Sport

The dissemination and development of national sports can effectively carry forward and develop the excellent traditional culture of our country, and the historical evolution of the "Belt and Road" Silk Road can better show the excellent traditional culture of our country. Taijiquan, a national intangible cultural heritage, takes the traditional Chinese Confucianism, the dialectical idea of tai chi and yin and yang as the core idea, which integrates various functions such as taking care of the nature, strengthening the body and strengthening the body, fighting against the attack and so on. After China's reform and opening-up, part of the original appearance; thus divided into martial arts Taijiquan, tai chi exercises for gymnastics and tai chi pushers. Driven by the "Belt and Road" policy, combining Chinese and Western sports to better realize the all-round development of human beings can well let us understand the development of sports culture in the world, and the development of "Belt and Road" is conducive to the development of traditional Chinese sports, which can bring Chinese traditional culture to the world.

3. The Dissemination and Development of National Sports Can Better Promote Cultural Exchanges Between China and Foreign Countries

"Belt and Road" sports exchanges, never stop, now in the domestic and foreign," Belt and Road "as the theme of sports activities and exchanges more and more. The starting point of the ancient Silk Road Xi'an, there are "Belt and Road" Shaanxi Xi'an Wall International Marathon, runners from the countries and regions along the "Belt and Road" through time and space, running from history to the future, facing Southeast Asia in Yunnan, there is a "colorful Yunnan Belt and Road" international football invitational competition, in the Silk Road town of Xinjiang, there is a "Belt and Road" international table tennis invitational competition. The National Tourism Administration and the State Sports Administration also jointly issued the "Belt and Road" Sports Tourism

Development Action Plan to form a number of boutique sports tourism events, characteristic sports and leisure projects, competitive sports tourism enterprises and well-known sports tourism destinations in the "Belt and Road" related regions.(Chart 1,2) The contestants who were competing were enthusiastic and passionate[1].

The exchange and dissemination of sports is not one-sided, but has developed in the long-term exchanges and interactions. The exchange of sports among countries has improved the blending and development of sports culture, strengthened the friendship among countries and helped spread the excellent traditional sports of the nation, and achieved the innovation and development of national sports and promoted the development of national cultures through exchanges.Sports culture is an important part of the national spirit and the spirit of the times, a powerful spiritual force to inspire people to make progress, and the soul of the leapfrog development of sports.The exchange and dissemination of sports culture can better strengthen the political, economic, cultural and other aspects of communication and cooperation between countries, at the same time, in the process of sports development can better enhance the health of people, encourage people to strengthen physical exercise[2].



Figure 1 Sports competition



Figure 2 Sports gathering

4. Strengthening the Sports Spirit of Ethnic Sports

The second "belt and road" international cooperation summit forum held in Beijing at the same time, as far away as the Hungarian capital Budapest held the world table tennis competition, China ping-pong athletes and "Belt and Road" along the countries and regions, in the field of deep friendship. The 43-year-old Serbian veteran, who suffered a first-round "grand slam" winner, Marlon, soon lost four innings, did not complain about the bad signings, hailed him as "the best athlete in the world" and was delighted to cross it. Malone also admired the veteran and praised his "athleticism". At the same time, to the veteran from the country along the "Belt and Road", Ma Long also has a "sense of affinity", the feeling that the "Silk Road draws closer to each other".

Karakašević, who is also head of the Serbian Table Tennis Association, wants to bring the

Serbian table tennis level to the same level as it used to be, and develop more talented young athletes. "I hope China can help us and bring good coaches to Serbia, which is what we need. In Karakasevich's view, Serbia as a country along the "Belt and Road ", cooperation with China in addition to economic, cultural and other sports exchanges and cooperation is also the meaning of the topic.

The communication and cooperation of "Belt and Road" has strengthened the spirit of sports better, the spirit of sports is a spirit of never losing, falling and then climbing up and then continue, wherever they fall, they all have a spirit of never losing, unity, and common struggle. I think the most sports can bring people is the challenge of their own limits and the spirit of perseverance. This process also brings us spiritual improvement, so that human beings in the face of difficulties to produce great courage and perseverance. This is also an important factor in the continuous development of our human society. This is the infinite spiritual power that sports bring to us. The holding of the world table tennis competition better promotes the national sports table tennis in our country, which not only strengthens the friendship but also promotes the excellent traditional sports culture in our country, more importantly, strengthens the national sports spirit[3].

5. The "Belt and Road" has Strengthened Cultural Exchanges Between China and Foreign Countries

At the forum, Wang Yongshun, a professor of overseas Chinese University, took the issue of alienation in the communication of sports culture at home and abroad as a topic, and put forward that with the more diversified and dynamic form of sports culture communication and media technology, sports news media should upgrade their own dominant communication content and effect technology and values, and play a more positive value in sports communication and international communication of sports culture.(Figure 3)



Figure 3 One area sports theme speech

Sports exchanges between China and Thailand are an important part of the cultural and social contacts between the two countries. "China and Thailand have a long history of sports exchanges, and since the 1990s, Coach Zhang Jiamin has served as a coach to help Thailand improve the overall level of Thailand's weightlifting team, and finally won the Olympic championship. Then there's 'That Volleyball Godfather' Gatipong, who has been coached by Chinese coach Wang Guoyong, and Thailand's famous badminton player Rattano - Indano's coach, Xie Zhihua, who began coaching Thailand in 1992. 'Chinese-Thai sports exchanges are an important part of the cultural and social contacts between the two countries,' Mr. Wang said. 'The exchanges have not been interrupted, and are more frequent and in-depth in the context of the "Belt and Road" construction[4].

The development of sports culture has promoted the cultural exchange between China and foreign countries. At the present stage, the development of sports culture industry is relatively rapid. While the sports culture exchange cannot only improve the comprehensive physical quality of the

whole nation but also promote the cultural development, it is a necessary stage of cultural development, which can promote the cultural development between Chinese and foreign countries and realize the development of culture for a long time. The dissemination of sports culture can develop simultaneously with many industries, establish national sports spirit culture, make full use of the cultural market conditions at home and abroad, form cultural exchanges between countries, and promote the dissemination and expansion of sports culture industry.

6. Conclusion

Through active cooperation and exchanges, we can better achieve the integration of sports, we can use this form to train more good athletes, can strengthen the reserve of national sports resources, through participation in sports activities to strengthen the spirit of sports. Under "Belt and Road ", the country's sports culture dissemination can better promote the traditional culture dissemination, strengthens the regional exchange and the cooperation, the national sports culture should follow the sharing, the dissemination, the development, the innovation way displays in the new manifestation form. With the holding of the Olympic Games in various countries, the state has used the Olympic platform to show the traditional Chinese culture to the whole world, so that the Chinese and foreign sports culture have made a comprehensive contact, so that the world can further understand China. This meeting of Chinese and foreign sports culture is a real cultural dialogue, its influence is two-way, will certainly have a profound impact on the future development of Chinese sports culture and the development of world sports culture, so "Belt and Road" can make us better understand that the spread and development of culture cannot be separated from the exchange and cooperation between each other. Because of the different natural environment, cultural tradition and social and historical conditions in the process of its emergence and development, Chinese and western sports culture have formed very different styles, which has made great contribution to becoming the treasure house of world sports culture.

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