

Research on Inheritance and Development of Minority Family Sports in Heilongjiang Province

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Keywords: Inheritance, Development, Minority family sports, Heilongjiang province

Abstract: In the course of its historical development, Heilongjiang ethnic minorities have gradually formed distinctive national traditional cultures. Family sports culture is an important part of their national traditional cultures; studying the traditional family sports cultures of ethnic minorities is important. It is of great significance to promote the diversified development of China's sports culture.

1. Introduction

A specific region, a specific era, and a specific ecological environment have formed a specific national sports culture. During the primitive accumulation of human national culture, due to differences in living areas and living environment, productive labor and lifestyle, and cultural accumulation and dissemination, many social activities with educational, entertainment, and fitness functions in the national cultural community have emerged, forming a minority. The content and method system of national sports culture have the characteristics of uniqueness, regionality and nationality. Although the regime changed frequently and the nation continued to perish and migrate, the traditional sports culture of ethnic minorities has been continuously improved and inherited in conflict and exchange with other cultures, leaving a very precious intangible cultural heritage for Chinese sports. Inheriting and promoting the traditional family sports culture of ethnic minorities in Heilongjiang Province not only protects the national cultural heritage, but also contributes to the diversified development of China's sports culture.

2. Research on the Characteristics of Minority Nationalities in Heilongjiang Province and the Status Quo of Sports Events

As a province with many ethnic minorities and located in the northeast border of China, Heilongjiang Province has unique climatic characteristics. Many ethnic minorities are scattered in various places in our province. There are 53 ethnic minorities in our province, and its total population accounts for about 5.26% of the province's total population, with a total of about 2.3 million people. Among these 53 ethnic groups, 10 ethnic minorities have lived in our province for generations, including Mongolia, Manchu, North Korea, Hui, Kirgiz, Oroqen, Xibe, Hezhe, Ewenk and Daur.

Among many ethnic minorities, there are a lot of sports games. After a lot of literature review and investigation, according to the characteristics of folk culture and geographical environment, ten ethnic minorities in the province can be excavated as an example. There are more than 100 sports events, including festivals and entertainment games of various nationalities, such as the "Molezhen" of the Manchu, the "Nadamu" of the Mongolian, and the "Urigon Festival" of the Hezhen; More than 30 national traditional sports such as Korean swings, Manchu pearl balls, Mongolian wrestling, Oroqen horse racing, especially the Manchu pearl balls have been called "national traditional sports pearls". The intangible cultural heritage listed in the first batch, in addition, there are seven intangible cultural heritage in the province. Heilongjiang Province has a large number of ethnic sports and rich resources.

3. Connotation of Family Sports Culture

Family sports refer to sports activities that are organized and participated by family members spontaneously, with various forms, projects, venues, and flexibility. The main purpose is to satisfy interests and hobbies through physical exercise activities, enrich family life, and promote family stability. Moreover, family sports usually use physical exercises as the basic means to acquire sports knowledge and skills, achieve leisure and entertainment, achieve physical fitness and promote family stability. With the change of history, the family sports of ethnic minorities in the Heilongjiang River Basin have cultural connotations of “multicultural, diverse forms”, “free form, and focus on entertainment”.

The sports culture of ethnic minority families in Heilongjiang River Basin mainly consists of the following characteristics. First of all, the minority sports culture in the Heilongjiang River Basin has original features. There are many ethnic minorities in the Heilongjiang River Basin, such as the Helunhe Oroqen and Tongjiang Hezhe ethnic groups. Although the family cultures of these ethnic minorities have various forms, the essence is the same. Among many ethnic minorities, their family sports culture has many similarities, and the root of these commonalities is the most primitive manifestation of culture. The second important feature is that the Heilongjiang minority family sports culture is entertaining and interesting. The important core of people's physical exercise is the pursuit of spiritual culture, and the development of minority sports in the Heilongjiang River Basin can be developed to this day. The important reason is that the family sports culture is interesting. People can relax themselves in the process of exercising, and Give athletes a unique visual enjoyment. In addition, family sports culture has obvious regional cultural characteristics, and ethnic minorities in the Heilongjiang River Basin are no exception. For example, in the north of Heilongjiang, people usually choose to exercise in cold weather, which also lays the foundation for China's winter sports to achieve excellent results. The family sports of ethnic minorities in other regions are also closely related to their lives.

4. Research on the Status Quo of Traditional Family Sports of Some Ethnic Minorities in Heilongjiang

4.1 Mongolian Traditional Family Sports

The word “Mongolia” is derived from the name of Mongolian tribes in the Mongolian ministries. Later, with the unification of Mongolian ministries, Genghis Khan established the Mongolian Khanate in 1206. Therefore, “Mongolia” developed from tribal names to ethnic names. The Mongolians originally developed from hunting to a nomadic people who “chased after water plants”. Horses have always been used as a means of transportation and are known for their good riding. Mongolian people's wrestling, archery and horse racing are commonly known as “men's triathlon Nadam”. At the same time, competitions such as track and field, ball games, equestrianism, shooting, martial arts, chess, tug-of-war, etc. were added to Nadam, and artistic performances were also integrated. The sports of the Mongolian people are closely related to their grassland and horse life. On the festive days of Nadam, Horse Milk Festival, Xie'er Festival and Mausoleum Festival, the traditional national sports that participate in performances or competitions are: Mongolian wrestling (beating), camel racing, blu, polo, Mongolian equestrianism, swing harness, rope harness, Mongolian chess, deer chess (Baogenjirige), Guiyouchi, match donkey ... The life of drinking milk tea, drinking horse milk, and eating beef and mutton has created the rough and sturdy personality characteristics of the Mongolian people. They are tall and burly, and they have formed colorful traditional Mongolian family sports in the process of adapting to the natural environment and ecological environment. .

4.2 Manchu Traditional Family Sports

Manchu is the abbreviation of Manchu. The Manchu has a population of more than 10.68 million (1990), second only to the Zhuang, and ranks second in the national minority population. The

Manchu mainly lived in the northeast region, but also scattered throughout the country. In the history of Northeast China, there have been Sushen, Sulou, Buji, Jurchen and other ethnic groups. Jurchen is the direct descendant of Manchu. The ancestors of Manchu lived for a long time in the “White Mountain and Black Water”, and lived long-term hunting, gathering and fishing. They belong to the national economic and cultural type of forest hunting, which has a profound impact on their clothing, food, housing, travel, mentality and entertainment activities. The Manchus in history attached great importance to military physical exercise. In the Qing Dynasty martial arts system, riding and weightlifting were the main contents and played an important role in the external battle. With the decline of the Qing Dynasty, Qiqi gradually weakened. However, weightlifting and wrestling are still popular in Manchu areas because of their simplicity and ease of choice, regardless of venue. The Manchu must hold camel jumping, horse vaulting, pearl ball, saiweihu, kick ball, throwing sandbags, pimps, sticks, skating, slalom ball, Galaha, dancing streamer, hunting, two expensive wrestling every year The Manchu is a people who are good at riding and shooting and can sing and dance, not only advocating martial arts, but also paying attention to cultural cultivation. The pearl ball and kick ball, which are mainly competitive, are the competition items of the 4th and 6th National Minority Traditional Sports Games, respectively. Snowwalking is listed as a performance item of the Minority Games. Some Manchu traditional sports are also related to living environment and transportation. Trojan horses are today's skis, canoes are today's Saiweihu, and dog carts, sledges, and trailers are their transportation with rich ethnic characteristics. Galaha, Sheliu and other entertainment activities reflect the legacy of the original fishing and hunting culture. The music and dance of the Manchus include rash dances and gang dances, etc., but the ancients have more national characteristics. Manchu's traditional family sports have a long history and a wide mass, so they have been circulating to this day.

4.3 Hezhen Traditional Family Sports

The population of the Hezhen ethnic group is more than 4,000 (1990), mainly distributed in the Tongjiang, Fuyuan, and Raohe counties along the Heilongjiang River, and a few live in Ledeli, Susutun, Jiamusi, and Fujin, Jixian, and Yilan. Etc. “Hezhe” has the meaning of downstream and east, and it is the only nation in the north of China that makes a living from fishing. I have been living a fishing and hunting life in a birch boat with a harpoon and a snowboard and a hunt. In 1985, a new national festival was formed among the Hezhe nationality, that is, the “Wugeong” Conference (Literary and Art Sports Conference) held once every three years. During the Uzhigong Conference, the people of the Hezhen tribe are together for sports competitions and literary performances such as boating, swimming, fork grass, and other cultural performances with a strong ethnic flavor. Today's Hezhen tribes perform various sports in the annual festive festivals. The competitions and performances of the project, such as archery, regattas, wrestling, squid, skiing, mountain running, pitchfork ball, grass shooting target, moving sticks, ice skating, Wenji inverse and other national traditional family sports activities.

5. A Study on the Inheritance and Development Strategies of Heilongjiang Minority Family Sports Activities

Change concepts, popularize and improve traditional family sports of ethnic minorities in Heilongjiang. In the past, the ideological basis for various nationalities to engage in sports activities was to “strengthen the body and protect the country”. The strong physical fitness and various skills acquired in sports activities were directly applied to war, production and life. In the new period, all ethnic groups are equal and unified, and there is no discrimination or oppression. Especially the implementation of the strategy for the development of the western region. The purpose is to improve the living standards of the people of all ethnic groups, improve the quality of the labor force, and improve their health. Therefore, it will continue to promote and develop the traditional family sports of ethnic minorities in Heilongjiang. These family activities are mostly carried out in daily life, which not only satisfies people's active and playful nature, but also improves labor skills and physical fitness in the game. It is a glory for them to win, and participation itself embodies the

national spirit and fighting spirit.

Learning experience, attach importance to guiding the traditional family sports of Heilongjiang ethnic minorities. Sports are personal and national first, and then they will become social and world. Throughout the world, all countries have their own national traditional sports events, and some events have far more influence and participation in the country and their own ethnic groups than in the Olympic Games. Such as American rugby and baseball; British cricket; Thai rattan; Japanese sumo; Chinese go, martial arts, and dragon boat races ... Therefore, we must pay attention to the traditional family sports of Heilongjiang ethnic minorities, and strive to let other people understand And participate. Heilongjiang's traditional national sports events have their own characteristics. For example, most of them are based on personal events, which are generally competitions for strength and skills, and have the effect of entertaining others. The venues and equipment of these projects are simple and easy to learn and promote.

Reform and improve the development of the traditional family sports market for ethnic minorities in Heilongjiang. Heilongjiang ethnic minority traditional family sports should be recognized by the society and actively participate. In addition to its own nationality, sports, tradition, fitness and other characteristics, in the competition projects, rules, sports equipment and venue facilities We must reform and gradually improve it in other areas. The development of Heilongjiang ethnic minority traditional professional professionals to do sports market can be carried out through the festival of ethnic festivals, encouraging family members to participate, let other ethnic groups understand, participate and gradually penetrate into the society. Swings, springboards, and wrestlings of the Korean nationality are traditional national projects shared with the people of North Korea, South Korea, and other countries. Mongolian archery, horse racing, and wrestling are the favorite events of the people of Tajik, Kazakh, Mongolia and other countries. Therefore, traditional national sports can also expand the scope of activities and the number of people by communicating and communicating with neighboring countries and the world. Only when the traditional national sports market can be developed and developed can it expand its influence and belong to the world.

In order to encourage more families to participate in physical exercise and develop good exercise habits, community family sports games can be held to increase people's enthusiasm for participating in sports. At the same time, when holding sports games, we must fully respect the cultural customs and ethnic characteristics of various regions, and also consider the basic characteristics of family members. In order to allow more families to participate, appropriate rewards and praises can be made. In addition, you can make full use of advanced information technology, such as publicity through the Internet, TV, radio, etc., so that people deeply understand the importance of building a family sports culture.

6. Conclusion

The traditional family sports culture of ethnic minorities is an invaluable treasure left to our generation by our ancestors, an important means of maintaining national identity, and a potential resource for the development of Heilongjiang's characteristic economy and culture. The traditional family sports culture of ethnic minorities, as an important part of the national intangible cultural heritage and the social undertakings of ethnic minorities, will play an important role in the national fitness activities and school sports work, and should pay attention to its inheritance and protection.

Acknowledgment

Science Project of Heilongjiang Province, NO:19TYB078(Research on the Inheritance and Development of the Sports activities of the Minority families in Heilongjiang Province)

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