Research on the Diversity of Minority Sports in Sanjiang Region

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Abstract

Minority traditional sports culture is an important component of minority culture. As a kind of cultural symbol or cultural activity, it contains the national spirit, the value identity, the psychological mode and the mode of production and life. The minority traditional sports culture development in the presence of heavy athletics and light mass, heavy form of light, heavy and light of the traditional connotation of modernity and ethnic traditional sports inheritance problem. In the face of Chinese traditional sports has always been subject to the Han nationality as the centre part of the shrinking, especially the development of martial arts over the years has been in foreign soil is not a traditional ethnic sports can make Chinese traditional sports with renewed vitality to contribute to the diversification, the diversification of world sport.

Keywords: Sanjiang, ethnic culture, protection, diversity, ethnic minorities

Introduction

China is a multi-ethnic country and each nation has its own unique and excellent national cultural tradition. Under the background of social transformation and cultural system reform in our country, it is an important measure to carry forward the development of the socialist modernization and harmonious development. As an important part of minority culture, the traditional sports culture of ethnic minorities is a precious spiritual cultural heritage that has been inherited and accumulated in the course of the long history. Heritage protect and promote ethnic traditional sports culture, is not only the protection of national cultural heritage, and diversified development of China's sports culture has great value, is an important part of the development ideas of China's "harmonious sports".

The Chinese traditional sports have the characteristics of "the unity of heaven and man", which is mainly embodied in "harmony between man and nature". It has multiple levels: China display of ethnic minorities in Han nationality as the main body of the traditional folk sports are reflected in the cultural pluralism, diversity of national traditional sports as Chinese contemporary sports, Chinese sports culture to enrich the global sports culture contribution. This is the core value of Chinese traditional sports.

Sanjiang is located in the edge of central plains culture, South Asian culture, Southeast Asian culture, Qinghai Tibet Plateau culture. There are 14 ethnic minorities living here, of which the 6 ethnic minorities are unique. Due to the geographical location of the region, but also the plateau mountainous areas, the territory of high mountains and deep valleys, traffic inconvenience, information and other geographical features, so that the 14 ethnic minorities to preserve their own unique cultural diversity.

China's ethnic minority population accounts for 6% of the country's population, but the area is more than half of the land, its sports culture with a strong regional. Because of the wide
The geographical distribution of ethnic minorities, geographical environment and climate have significant differences, political, economic, cultural, ideological, ethnic customs vary, thus forming a rich content, style and form, traditional sports have their own national characteristics. Even wrestling, shooting and other similar sports, its cultural connotation and action skills are greater differences. The minority nationalities live in a remote land for generations, and their distinctive recreational habits and the central plains closed environment formed a strong contrast.

![Minority sports.](image)

**Figure 1.** Minority sports.

**The Proposed Methodology**

**The basic characteristics of traditional sports culture of ethnic minorities.** The traditional sports culture of ethnic minorities is an important component of the national traditional culture, it is the historical accumulation of the production and life of all ethnic groups in a specific geographical environment. Due to differences in living area and living environment, production and life style, cultural accumulation and transmission, by education, entertainment, fitness, worship and other diverse cultural activities constitute the system of rich connotation and characterization of the minority sports culture. In the historical process of the development of ethnic minorities, although the frequent changes of regime, people continue to die and migration, but the minority traditional sports culture in the improvement and inheritance of cultural conflict, constantly communicate with each other, leaving the intangible cultural heritage unique and valuable for Chinese national sports.
The common characteristics of national traditional sports cultures. According to the theory of culture, the nationality of culture is the common character of any culture, and the culture of different nations is unique. 55 ethnic minorities in our country are on both sides of the Changjiang River has its own unique cultural tradition and its characterization, reflects each nation's way of life, existence, religion and national psychology, national identity etc.. The national traditional sports culture is the cultural accumulation of the Chinese people of all ethnic groups in the long-term social practice.

On the whole, the traditional ethnic sports culture is the culture of competitive sports, has its basic features and basic attributes, namely national sports culture, further, the traditional ethnic sports culture is the combination of culture and sports.

The difference of sports culture. Although the different national traditional sports culture is similar, but because of differences in ethnic composition and regional ecology, which has the characteristics of regional and ethnic characteristics of the multi-national sports culture, embodies the unique aesthetic taste and spiritual style, mode of thinking and way of life and customs. For example: the south temperate climate, rivers, water resources, the traditional ethnic minority sports to swimming, dragon boat race and other water sports. In the north, people are good at riding, archery, wrestling. Southeast minority long lived in lofty mountains and steep hills, with hunting, hunting, all good at running and jumping, climbing, climbing skills. The cold climate in Northeast China provides a good environment for all kinds of ice and snow events.

The basic characteristics of minority sports culture. Minority sports activities are the embodiment of the national culture, which is the crystallization of the collective wisdom of the people of all ethnic groups, including their unique aesthetic taste, spiritual value and mode of thinking. In the long history of the evolution of the continuous development of the process of the gradual formation of a variety of forms of work based on entertainment, education for the purpose of the national traditional sports.

Religious sacrificial activities. The religious sacrificial activities are the primitive and important national ceremonies of all ethnic groups. The national traditional sports is one of the important contents in the sacrificial activities. A long and strong religious practice will be a combination of cultural activities and traditional sports culture, forming a specific form of national sports culture. Generally speaking, religious worship is a religious belief, the specific cultural form of totem worship ethnic expression, and characterization of it to convey specific cultural symbols or actions of the national spirit beliefs, values and world outlook.
sports cultural activities often become the main ceremony of sacrificial activities. In the sacrificial activities, this kind of sports activity is characterized by symbolic language and body movements, which contains rich and profound cultural value and spirit.

**The significance of the inheritance and development of national traditional sports culture.** As an important component of the national cultural system, the traditional ethnic minority sports culture is an important foundation for the development of all ethnic groups. The performance of the overall national culture content for the national production and life, and the deep connotation of the specific cultural activities or cultural elements embodied yearning, for the national spirit of psychological mode, thinking mode and value identity, is a national survival and evolution of the soul. Therefore, it is of great significance to inherit and develop the cultural traditions of all ethnic groups, which is of great significance.

**National economic development.** From the perspective of economic development, compared with the current number of ethnic minority regions have gradually formed a national traditional culture as the core resources of the mode of economic development, and contributed by the traditional culture of the new model of economic development is a characterization of the development of national culture, can be said that this is the market economy blending traditional and modern culture, and a new national culture. Therefore, the relationship between national economy and national culture is symbiotic. That is, the national economy is based on the national culture, and the inheritance and development of the national culture is based on the national economic development model.

The traditional ethnic sports culture is a symbol of national history and traditional ethnic culture, the extent of their identity or not, reflects a nation in a certain historical period, with the change of society and ethnic cultural assimilation, exchange and integration of the nation's vitality and strength development. The inheritance and development of national traditional sports culture is the embodiment of national cultural identity and the result is the basic of national identity. As mentioned above, the inheritance and development of sports culture is actually the concrete form of the inheritance and development of national identity. It should be emphasized that it is more prominent in the current social transformation of the cultural background, it is no longer the original cultural heritage process, but a subjective conscious process.

**The cultural value of Chinese sports.** Over the years, China's sports industry formed a subconscious, that western modern sports is authentic, then this is equivalent to the sports athletics, athletics is equivalent to the Olympic Games, the sports become medal competition. This will result in the Chinese sports unit, homogenization, simplification, and ultimately will lead to rigid, loss of vitality of sustainable development. According to the anthropological theory of culture, each nation has its own unique cultural traditions and values.

Cultural diversity is the diversity of values. To promote diversity, it is to allow the existence of different values based on the culture at the same time, respect for diversity, diversity compatible. If the development of human beings is not rich and diverse, the value of human nature will be lost. In the face of economic globalization, culture must be diversified and localized. The original ecological national sports culture can avoid the alienation of modern sports and improve the richness of sports culture genes.

Twenty-first century is the century of the revival of oriental civilization, but also the further integration of eastern and Western cultures. National rejuvenation is the recognition of national culture and the promotion of cohesion, which first of all let our sports workers consciously accept and recognize the value of traditional sports.

National traditional sports include sports attribute and cultural attribute. They are not only the way of fitness, sports and entertainment, but also an important carrier of the Chinese nation's
religious beliefs, customs, festivals, language costumes, national psychology and national culture. The government is the main body of the material culture protection, which plays an important role in the protection of the minority traditional sports culture. If there is no policy support, the national sports culture will be unlimited marginalization. It can be said that the establishment of the government leading mechanism means that the government has the responsibility to protect and support the national traditional sports culture. This requires the government in the relevant data mining, collection, collation, research, investment in the necessary special funds.

Conclusion

The national traditional sports cultural heritage belongs to the type of words and deeds, most have not written. In the traditional national sports today, governments at all levels should increase investment, and actively carry out the collection of traditional ethnic sports, investigation and finishing, on the verge of disappearing of traditional sports, preserved in the form of text and pictures. Only in this way can we lay a good foundation for the development and promotion of traditional sports in the future. This kind of excavation and protection work can provide a variety of choices for the national fitness campaign. In the process of modernization, the harmonious development of the traditional sports culture of ethnic minorities should take advantage of the nature, transform nature and adapt to the natural environment. In order to meet the requirements of the process and the development of modern society, realize the harmonious development of national traditional sports, in the transformation of traditional ethnic sports in the scientific and rational spirit of harmony between man and nature and the western culture combined with Chinese natural consciousness, forming new concept of nature.

References