Study on the Characteristics of School Physical Education in Ming and Qing Dynasties

Xiang-Chuan SONG¹,a, Ming-Hua ZHOU¹

¹Physical Education Institute, Luoyang Normal University, Luoyang, Henan, China

*a.songxiangchuan@163.com

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Abstract. During the Ming Dynasty, based on talent demand, Zhu Yuanzhang require schools to cultivate both civil and military personnel, at all levels of the school building fire garden, archery, and establish the evaluation standard. But due to "ride and shoot" sports content eventually did not enter the scope of the imperial examination, has not been able to officer students' attention, unsettled finally. In the Qing Dynasty, the rulers of the Qing Dynasty based on the social and political needs, riding and shooting education is one of the basic contents of the Eight Banners, riding and shooting will be closely integrated examinations, powerful promote the development of riding and shooting for the Eight Banners school.

The Rise of Physical Education in the Ming Dynasty Official Education

Zhu Yuanzhang's Concept of Talent Is the Root Cause of the Rise of School Physical Education in the Ming Dynasty

If compared with other dynasties of China's feudal society in the period, in the Ming Dynasty, the rulers paid special attention to the sports such as archery and resisting. The school physical education can use the word Renaissance to evaluate, the rise of school physical education is closely related to the talent view of Zhu Yuanzhang.

Zhu Yuanzhang hope to get both civil and military personnel service to the nation in the process of building the Ming. As early as before or the king of Wu, Zhu Yuanzhang opened the imperial examination in order to obtain the talents of both civil and military "Wu first year (1367) in March, ordered set up the civil and military imperial examination to obtain scholars." and that the two side with. "I want to follow the ancient system, set up the civil and military imperial examination, widely seek excellence”[1]. "Because of the warlords melee, the imperial examination did not successfully held, but deep shows the Zhu Yuanzhang' talent view of both civil and military. And lay the solid foundation for the rise of the Ming Dynasty official school shooting subjects establishment and school physical education.

The School of the Ming Dynasty Set up Department Instruction, Ensure the Status of "Archery and Ride" In School Education Status

Zhu Yuanzhang to get a lot of civil and military personnel at the time of the court service, the fundamental way from school. In addition to the countries at the beginning of the construction, need talent, it is urgent to set up schools to train officials and hence in Hongwu in October by the edict of "The ancient emperors select talents through established schools. Since Hu Yuan entered the Chinese barbarians Xingshan pollution Huaxia school breakdowns, of course...... today I dominate the world, China..." "command counties set up schools" and the provisions of the official education content has poor scholars cures, ritual, music, shooting, driving carriage,writing and calculus. Division Teaching, obtain talents. "[2] By relevant
records not ugly out of the Ming Emperor Zhu Yuanzhang aspiring to restore in the pre Qin period of six arts education mode, the implementation of teaching, by force to Cultivate Civil and military personnel. This mode of education should be and the adaptation of the demand for talent in the early Ming Dynasty. In order to meet the requirements of national policy, at that time the school generally built a fire garden, to meet the requirements of students, learning to shoot.

The Combination of the Rites and the Archery Ensures the Position of the Shot in the School Education

The statutes of the listed in the ceremony of the eleven volume history of the Ming Dynasty ritual ceremony and the attention of the Ming Dynasty official education on the radio are inseparable, shooting is not only a kind of physical exercise, etiquette is an important part. In some degree, it is shot and organic combination leads to "shoot" the skill in the Ming Dynasty, the rise. According to <history of Ming > contained "big shot, later don't speak. The Hongwu three years. Where rural temple worship, in advance, archery, the municipal fire Hou is."

"Taizu and the first king of archery long waste, sagittal accustomed to Beowulf, and Scribes many unknowns, but Zhao Sinology and county Shengyuan all make learning to shoot, award ceremonies in the world. Syzygy is in konkai or busy learning. The official school shooting instrument, imitate the big shot kill the ceremony. 

[3] from the aspects of" ritual "of, Zhu Yuanzhang once again stressed the" shoot "Very prominent importance. Hongwu three years, initially for school radiation meter, shooting position only thirty steps; and to the Hongwu 25 years again revised shoot instrument, 30 to 90 steps, where the winner wine tours, "the three Jue, collecting the Jue". By the school shooting instrument of change can be seen, first of all, at this time the official school learning shot emphasizes the hammer hit the Swan skills, and the etiquette requires less, with a strong military purposes, the "shoot" and light "ceremony" of the military in nature; secondly, archery range extended, will require that the Archer has more strong power and related physical quality, will supervise the official student members more seriously treat And shoot related courses, and devote more time and energy to practice.

Physical Education Teaching Time Was Fully Guaranteed In the Ming Dynasty Official Education

Sequence learning in early Ming Dynasty official education, not only provides the ritual, music, shooting, royal, the book, the number of branch of teaching, but also to "shoot, royal" teaching and practice time also has clear provisions. According to Hebei Shenzhou found "Ming Hongwu school format monument records”. It recode: “In the morning, explain the classics, history, and science of law. After the meal, book, learn ritual, willing to learn, learn. 1 to 3 p.m, learning shot crossbow, teaching is good, give play. 

"The monument records not only the learning shot time also provides other and sports related content, such as weapons, sticks and strength exercises. This finding reflects the early Ming Dynasty official students to participate in physical exercise and The ruler's attention to the school sports. In addition to the physical training time in a day of learning process of regulations and also requires a monthly syzygy two days to learn to shoot. Such as "Hongwu twenty-five years in February, hygienists school life and learning to shoot and the number of books." 

[4]The physical exercise time guarantee of the school sports at that time should be a great role in promoting.
Daily Assessment and Examination to Further Promote Students Pay More Attention to the Archery

In the early days of the Ming Dynasty "firing, the Royal" is not only a clear time and practice content and very strict routine examination and early in the Ming Dynasty the provisions of the scientific content.

Task, riding and shooting, including all over the Ming Dynasty official academic assessment is very strict, assessment content, not only on a test and exam season and the old exam, and exam results will directly affect the students in the official school in treatment, not by official students not to take seriously, such as Ming gauge "Shou Ling monthly test hygienist, view their retreat kneel worship Festival, listening to the speech should appropriate, back read the classics, history, and speak through righteousness questionings legal test executions, politeness containment of ancient and modern office informal format, pronunciation Xiang learning music, radio check the back strength, righteousness." [5] not only so, the Ming Dynasty imperial examination requirements. In the Ming Hongwu three early design of imperial examination Exhortation, convenient book four books of "initial field tests and ambiguous, <= meaning; the second field theories for a road; three policy." [6]"after ten days with five things to try, said the horsemanship and archery based law, riding the gallop, spotlight and view in the amount of books to Liuyi based to nine, the law on the judgment." [7] in view of riding and shooting at the time expedition in position, so some local officials in Zhu Xi shot said: "countries held six families, and generations, and bow and arrow weapon all in learning. Based on the state, armed with arbitrary phase storage material, eternal and flood regulations also."

The Gradual Decline of the Official School Physical Education in the Ming Dynasty

Changes in the content of the imperial examination contributed to the decline of the Ming Dynasty school sports, Hongwu issued three years of imperial examination content including archery, but to the Hong Wu seventeen years re enactment of the content of the imperial examination, horsemanship and archery related content has been canceled. Besides the content changes of the imperial examination, was the official school education in the riding and shooting sports teaching content also differ from intention of Zhu Yuanzhang. Zhu Yuanzhang is to Cultivate Civil and military personnel, shoot weight training military and light etiquette, shot in no complicated etiquette, military atmosphere heavier. And Confucian culture of the goal of talents is gentleman, instead of puissant In the main square, interspersed in Beowulf, so shoot in the actual implementation process is greatly distorted into heavy manners and light shot, shot into the culture of etiquette means in shooting a lot and etiquette related content, shoot the military nature greatly weakened. This change is with Zhu Yuanzhang request runs counter to, perhaps it is because of this change, it leads to the Hongwu seventeen years of imperial examination content without Royal radio shadow. The Ming Dynasty in the late, with the imperial examination system become more and more stylized, hygienist for life only learning by the inherited the pitch our good to win fame. Because of the imperial examination and no of archery assessment, diligently to fame and wealth of scholars Don't pay much attention to the training content, the scholars attention in the imperial examination, and ignoring the physical exercise, the once booming temporary fire garden or barren, or as its way. That learning to shoot gradually lax. Shoot Royal branch teaching eventually lost eight stocks take the disabilities, under the comprehensive function of many factors, the Ming Dynasty official study education in sports content tends to neglect.
The Characteristics of the Qing Dynasty—Manchu Language and Ride, Archery

General Official School, the Dominant Position of Neo Confucianism

Chong Zhuxi test in addition to the hundreds of history. The schools of the Qing Dynasties, "follow system of the Ming Dynasty imperial said Sinology, straight, said the government, state and county. Learn the four books and the five classics, and Tong Jian Zhu Shu, and thirteenth, 21," every day ", G Jin Tang Mingtie word.[8] daily learning and season and monthly exam, and exam content" with the four books and five classics". From the above content is not difficult to see, there is a generation of school education in the classics, there is no clear sports content, even if there are, it may be negligible part. And the rulers of Qing Dynasty statue for example, Kangxi" Su Cheng, Zhu, deep talk, the book < Jixia Riding and shooting arrows, relying on the Beowulf Zhu Xishi comment with Zhu Yu >, the inquire deeply, although Su Ru sage, Mo can pry ". "the journal will < Daquan >, < sub > book and other books. "[9] So that those of Zhu Xi and substandard views of the book is banned in schools. The scholar Zhu Xi's main idea is half day sit, half day reading, science thought of Qing Dynasty is very deep. At the beginning of the famous educator Yanyuan in pointed out that Zhu Zi valuing literature while ignoring Wu unconsciously. Its legacy to today, the hat of shame and tooth, the scholar, the countryman all surprised, even children armed, father and brother will be head."[10] This sentence should be a reflection of the true portrayal of the time.

The Deep Reason of Carrying out the Riding and Archery Education in Eight-Banners School

Officer, but the phenomenon is a common school education. In Qing Dynasty also has a large number of banners children as the main object of teaching schools at all levels, both in the royal clan as the object of case study, feeling; also to ordinary banner men and garrison at around eight flag soldiers sons as the teaching object of the Eight Banners official school board of rites. Compared with other ordinary school, a prominent feature in the Qing Dynasty, the Eight Banners official education always emphasized strengthening maintains its national martial arts customs. Since the beginning of the educational institutions of the eight banners was establish, the Qing government stipulate the riding and archery as one of the main contents of the Eight Banners education.

The Qing Dynasty emperor very much because of the attention Qishe development has deep social reasons and political considerations. The Qing Dynasty rulers of the life of the ancestors in the northeast, nomadic, mastery of horsemanship and archery skills can be said is a necessary condition for them to maintain life. Eight of its accession to the WTO, has become the ruling class, living conditions become superior, from nomadic life into a life settlement, the change of living environment will inevitably lead to changes in behavior, as the ruling class they do not have again to get enough food and go horse riding, archery, and over time, as the Manchu characteristic "Qishe" have the danger of losing. However, in order to protect to the national characteristics and population accounts for the vast majority of Han phase difference, that the nation's the characteristics of the horsemanship and archery became the emperor of the Qing Dynasty is an important task.

Liget of national subjugation and horsemanship and archery, horsemanship and archery, so by the Minister of education in.[12] Jiase Longxing and that is in addition to social factors, the ruling class to consider more political purposes. The Qing Dynasty rulers in Qing Dynasty, the establishment of horsemanship and archery has a very close relationship, "I looked into
the ETIM, to Wu things Kaiji", [11] "week to open our country to the sagittal world, what a waste, Wu?" Huang Taiji said: "our soldiers, at the beginning of a geometry, Xian in horsemanship and archery field g, siege is taken. Huang Taiji to has a very deep understanding of respect for the country, and to the Jin Dynasty as an example to educate I histories, King Sejong Zhen Xianjun.[12] like riding and shooting. To easy to imitate. Sejong ascended the throne, fear of children of Han Chinese, the oracle to forget one's ancestors, practice riding and shooting, later don't obey to receipt to perish. China's Xian riding and shooting attack to attack, to buck reached assorted sea recalcitrant I Manchu clothing from the Han system. However, I undress Bo sleeves, will waste riding and shooting, when my body, it wouldn't change their descendants to forget, waste and effect of Han, hereby considered Yan, Haier knowledge so that the ruler, riding and shooting is not only a national tradition, more important is that they rule the world tool. In order to continue to maintain their dominance, riding and shooting is absolutely cannot be discarded, lost the riding and shooting Skills are likely to lead to the loss of the world.

When the book Zhu Han may by the request of thinking: the inevitable trend of national integration of the ruler of the Qing Dynasty Qishe attention, and then also has a very important relationship. Eight banners through customs, ethnic fusion, Han culture of bannermen had a very deep influence, resulting in the Qing Dynasty ruling class was very anxious and nervous. If Junji eleven years "to the Oracle generation I Xi Han, Han into the vulgar, gradually forget Manchuria Dynasty. In front of the house, the rites, the establishment of religion, so that the clan children reading the, sent learning full of books, the Xi Han book, listen to its. This thought not only learning full of books, you can translate all kinds of view to play, a permanent stop the acquisition of Chinese characters, the post-secondary learning full of books." [13] Course, this is only an extreme example, indicating that was ruler of anxiety and uneasy, the banner men gradually forget Manchuria Dynasty is fraught. And in fact, the post-secondary learning full of books, never stop learning Han did not maintain for a long time.

In order to keep a good "riding and shooting" this national characters, ruler of the Qing Dynasty take the many measures, for example in history's most famous "Mulan hunting", is the emperor of the Qing Dynasty many times a mammoth hunting behavior, also has the very strong nature of training a large number of horsemanship and archery practice. But history shows, to make good a tradition handed down from generation to generation; school education is a way the most important. Therefore, after the establishment of the Qing Dynasty, the emperor of the Qing Dynasty promulgated the number with riding and shooting related to the teaching of the decree.

The education of riding and shooting is a fundamental content of the Eight-Banner school

In the Qing Dynasty, no matter are the children of the imperial clan as teaching objects of the elite schools, or in ordinary banner men teaching objects in ordinary schools, riding and shooting are a very important content of the teaching. The fate of Manchuria children learn "Shunzhi two years was the eight banners, divided into four, each with his ten, with teaching and learning. The ten day trip to invigilate class. In the spring and autumn play shoot, once every five days, on the practice. In order to store information and military, utility." [14] Qing Shunzhi ten years of the establishment of religion also stipulates that "any letter of the clan children over the age of ten, into the club, learning to read. Yongzheng two years custom, the left and right flanks design full, Sinology the, king, the public, general and idle of the clan children 18 years old the following, entry points Xi Qing, Han, and archery." [9]
And for the teaching and learning of horsemanship and archery, not just and learning so simple, since the Eight Banners through customs began, the emperor of the Qing Dynasty to horsemanship and archery education has a very clear understanding: "the Emperor Huang Taiji early make reading, except to explain the meaning of physical, loyalty Pro for training. Don't waste martial also. Our founding, beginning's banner men prison reading, set up the official school, KaoLu through literal are attached in the Shuntian and Han with the provincial examination. The credentials of Mandarin, step shot horse shot, and struggled to study, the bias is indolent in martial arts literature, will receive careful and precise ". [15] Here clearly reflects a meaning, that is on horseback, martial arts emphasis still ringing in our literature, if preference literature and don't have a good habit of generals be punished.

Associated with riding and archery teaching is strict appraisal of it, the Eight Banners official students regulations agreed the imperial banners Tongzhi 95 volume attached to the Imperial College clearly recorded in the examination of the Eight Banners official student members: "officer students outside of class, the teaching assistants, learning monthly classes a, Han hall students an essay, Meng Tong endorsed a, Manchuria, Mongolia hall students the translation together. And bow teacher the students out of the city in conjunction with the assistant led the school to try a shot." [14] for the cases of student members similar to the Eight Banners official science, but focuses on the proposed "an examination of every month, academic Qishe good, ordinary, less than, respectively, ranking to declare the registration. Each of the two seasons and the house, pro test academic advantages of outstanding archery." [16] In order to further urge the Eight Banners school students to practice archery, the rulers of the Qing Dynasty also provides banner men in expedition must try riding and shooting, "26 year of Kangxi, Chao with various Chinese test, search customization. The township, try horse arrow, riding and archery should be qualified. The chambers and the permanent system of military might." [10] So that the riding and shooting become an important part of the expedition. Emperor Kangxi 28 years, further emphasized "obtain Jinshi lifts, horsemanship and archery, if will be unbearable to take in and arrow prison officer and Chinese people together with impunity." [15] after Kangxi Yong Zheng and Qianlong two dynasties, have all made similar provisions. Fully reflects the degree of attention to the emperor of the Qing Dynasty.

Anyway, ruler of the Qing Dynasty based on social, political and military considerations, riding and shooting on the Eight Banners school practice attaches particular importance to and take the many kinds of measures. The horsemanship and archery teacher candidates, daily study and examination have detailed and strict requirements, to promote then flag eight school archery education and ethnic traditions, in the maintenance of positive role.

Summary

The development of school sports in ancient China since the Qin Dynasty, in different historical periods with different characteristics, its prosperity and decline device was social, political, economic and cultural influence. Like the Song, Ming and the school physical education in Qing Dynasty, with the clear military objectives, the main factor in promoting the Song Dynasty martial arts founded is due to unfavorable the war in Northern Song Dynasty and Tangut, caused the was civilian group to reflect the cultivation system of military officer, which led to the establishment of the military academy system, its purpose is to cultivate the generals.
In the early days of the Ming Dynasty, riding and archery was attached importance in school education. The main reason is Zhu Yuanzhang's view of talents and social reality. In the early time of the Ming Dynasty, the state has no complete reunification, Zhu Yuanzhang need civil and military personnel to deal political affairs, so archery education in school of Ming Dynasty, its military significance is very strong.

To the Qing Dynasty, rulers for political, military purposes and in order to maintain the national characteristics, in the Eight Banners school vigorously promote archery education. And closely combining horse archers and personal interests, such as expedition and a knighthood inheritance are subject to influence personal good riding and shooting skills. In view of was limitations of rulers, horsemanship and archery education carrying out only in the school.

Although the school physical education in ancient does not have the full meaning of modern school sports, but the development characteristics and its influencing factors still on the current school sports development has reference significance. Through the characteristics of the development of school physical education in the Ming and Qing Dynasties can find out, one of the important factors that influenced the school physical education was the imperial examination. In the early Ming Dynasty, because Zhu Yuanzhang pay attention to riding and archery, and it is the important content of imperial examination, thus caused the rise of school physical education in the early years of the Ming dynasty. In Qing Dynasties, eight-banners school’s riding and archery education continue a long time, the main reason is the rules stipulate Eight Flag Youth must passed the examination of riding and archery if they want to take part in the imperial examination.

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