On the Development of Wushu Among Youth In the Context of National Spirit

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Abstract

As one of our country’s quintessence forms, Wushu is an important cultural inherit with rich connotation of national spirit. In recent years, there are more and more attentions people pay to the importance of spreading national spirit, and it is also the vital part of Chinese dreams, the easy approach to Chinese dreams. Youth, an irreplaceable position and function in the country building, will be the important power to facilitate our country. Therefore, our country pays great attention to the physical constitution, and open up Wushu activity could be the important approach to improved physical constitution. This article will analyze the relationship between national spirits and Wushu spirits, and state the meanings and functions of launching Wushu activity among youth. In the end of the article, the article will come up with the approach about developing youth Wushu activity in the context of national spirits.

Keywords: context of national spirits; youth; Wushu activity; development

1. INTRODUCTION

In the context of developing national spirits, the development of Wushu activity among youth should take Wushu spirits and national spirits as the core content and have Wushu education for them according this. In one hand, their physical constitution should be improved, in the other hand, their national identity and national pride also should be arouse, which will make them both physical and mental development go well. So, developing national spirits should be the core and vital content for Wushu activity open up among youth.

2. The relationship between national spirits and Wushu spirits

In the context of developing national spirits, Wushu activity should develop with national spirits. As an excellent traditional culture with profound history and nationality, Wushu, in the process of constant complement and development, has deep Wushu spirits and its shape related with national spirits.

(1) National spirits

The national spirits shows the vitality, cohesion and creation of the nation, and it also reflects the values as well as morality emotion that many members of this nation hold. Some experts posited that our national spirits shows major in the two quotes “The movement of heaven is full of power. Thus the superior man makes himself strong and untiring. The earth's condition is receptive devotion. Thus the superior man who has breadth of character carries the outer world.”, which could represent Chinese national spirits.

In our present stage, the connotation of national spirits could be cored of nationalism which surrounded with unity, peace-loving, diligent, courageous and constantly strive to become stronger. In the fact, the connotations of

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national spirits are extremely rich, thoughts like be selfless for public, be diligent and thrifty or be helpful to the world all could be the important parts of it. The new quotes “eight honors and eight disgraces” and “Chinese Dreams” add new connotations and vitality to our national spirits.

(2) Wushu spirits
The concept of Wushu could be comprehended from two aspects. In the broad sense, Wushu is a technique combined with integrity and practicability, the functions of it are to win over others, to think out Dao, body building, to shape fine quality, to defense oneself and to keep people from aging or so. Wushu based on China’s society and culture, the core of it is boxing technical. And in the narrow sense, Wushu is a traditional punching technique with features of skill technique and fine quality from inside to outside, the function of it is self-defense, and it is the unique technique of China. Whatever which comprehensions you will pick, Wushu reflects Chinese civilization and culture, in the Wushu activities, people could feel such unique spiritual connotation.

The original Wushu was referred to combat and fighting skills. With the changes and development of society, it gradually shapes its own deep cultural connotations, and these connotations are integrated and perfect into Wushu spirits. The cultural features of Wushu spirits represents with emphasis on “Dao”, “virtue”, “harmonious”, “education”, “vigorous”, “dialectical thoughts”, “technique”, “artistic conception”, “entirety” and so on. The spirits Wushu held represent Chinese traditional culture, and its essence connotation is base on the expression of benevolence, righteousness, ceremony, faith and courageous. Traditional Chinese Wushu emphasize greatly on respecting teachers, courageous, to keep words and righteousness, these connotations are coincident with traditional Chinese Confucian culture. So to speak, the Wushu spirits shows the quintessence of Chinese traditional spirits incisively and vividly.

(3) The relationship between national spirits and Wushu spirits
From the connotations of national spirits and Wushu spirits, we could find these two have same point, or we could say that the contents Wushu is going to convey are national spirits. Therefore, Wushu is an important carrier of Chinese national spirits. And nationalism is the core of national spirits, people who exercise Wushu always seek nationalism, like Yue Fei or Yin Warrior. National spirits emphasis Self-Discipline and Social Commitment, and Wushu spirits also emphasis self-discipline by practicing Wushu. Therefore, there are many similarities between national spirits and Wushu spirits.

National spirits runs through Wushu spirits, and it has strong driving force and influence, studying Wushu spirits just like spread the national spirits.

3. The meanings to open up youth Wushu activity
Because Wushu spirits and national spirits form an indivisible whole, spreading Wushu spirits just spread national spirits itself. For youth has a unique position and function in the social development, it is very necessary to develop the nationalism in youth. And Wushu activity is one of important approaches to develop national cognition.

(1) Improve the health and psychological quality of youth
The function of learning Wushu is external and internal cultivation, in one hand, it could improve one’s health, and in the other hand, it could improve the psychological development well, which means realize self-discipline and social commitment of national spirits. Therefore, the direct function of opening up Wushu activity among youth is to improve their health and psychological quality. In the stage of youth, the development of health and psychology are not complete, however, opening up Wushu could facilitate them to the comprehensive development, making a sound base for their future.
(2) Propagate traditional national culture
With the development of social economy, people’s life are going to the trend of entertainment, and the importance of entertainment activity and leisure activity are increasing. People begin to realize the importance of sports to health. However, the most sports people join are foreign production, such as karate, aerobics, Yoga and so on. There are few people join the Wushu learning from their initiative. Our Wushu activity not only has the function of physical health, but also of behaving properly to improve one's character. But it will take a long term to learn and practice Wushu and it also need patience to carry on, some part of it are quiet hard to learn, so this quintessence of China blow over. Many youth are lack in traditional cultural knowledge, opening up Wushu activity among them will increase their knowledge of Wushu and arouse their interest in learning it. It could also facilitate Wushu to spread widely among youth, and let more and more youth take part in the study of this outstanding national culture.

(3) Arouse nationalism of youth
Youth is the hope of country and nation. However, they can’t realize the important meanings of constructing state themselves for lacking comprehensive traditional culture and national spirits. Wushu, as an excellent traditional cultural form, has shaped profound cultural connotation with rich national spirits. After opening up Wushu activity, youth will not only understand Wushu in some degree, but learn the emerge and development of Wushu, knowing the great events of Wushu practice people in history, through these stories and add their own practice, youth will have a deep feeling of the connotation of Wushu spirits, arousing their national cognition. Youth, the original state of forming outlook, world view and value, is the vital timing of arousing national conscious and national spirits. Therefore, it has practical meaning of opening up Wushu activity among youth.

4. The approach to open up Wushu activity among youth under the view of spreading national spirits
When speaking about opening up Wushu activity among youth, school is the important place to develop the teaching. At present, many primary and secondary schools have opened up Wushu teaching, but it usually is the part of PE class, at the same time, because teachers lack the conscious of the important meanings of Wushu education for spreading national spirits, Wushu teaching can’t be open up entirely. And the affect of it also is not that obvious. There are several aspects about how to open up Wushu activity:

(1) Arouse the students’ enthusiasm of Wushu learning
The youth’s enthusiasm of Wushu activity is the base of it, thus, it is important to arouse their interest of Wushu. When designing the plan about Wushu teaching, we could go ahead in the perceptive of students and consider fully about their comprehensive level, the difficulty of teaching should be balance with hard and easy. Teachers could introduce the development and inheritance of Wushu for students appropriately, introducing some famous history figures such as patriotic generals, national heroes and so on, to arouse their studying enthusiasm and then have a deep understanding of national spirits which would arouse their nationalism and national consciousness.

(2) Make appropriate learning goals
The process of Wushu learning is hard and tough, demanding higher quality of their willpower, and it also need long-term patience to wait the fruit. Thus teachers should guide youth appropriately to make periodic studying goals and arouse their studying motivation which could help them stick to learning. The training of these fine qualities is also the vital way to spread national spirits, and students will deepen the understanding and learning of national spirits while long-term study.

(3) Improve the professional quality of teachers
Because youth are still immature, thus teachers should guide them to open up Wushu activity. Therefore, it is important to improve the professional quality of teachers. In one hand, they should realize its functions and meanings while spreading national spirits and in the other hand, they should improve their Wushu quality. We could training these teachers regularly and let them be more professional to meet the command of Wushu activity.

(4) Wushu teaching should adjust measures to different students
Wushu teaching should develop under the practical satiations. The age of youth stage is between 13 to 19 years old, and there must be some quality differences for their different age and growing background. Thus it is necessary to adjust measures to different students while opening up Wushu activity, considering fully about their practical condition and make appropriate sports goals for them, let them learn the real knowledge and Wushu technique. Therefore, we could increase their cognition to themselves and have a deep comprehensive of Wushu connotation and national spirits while learning Wushu.

5. CONCLUSIONS
It has important meanings to open up Wushu among youth. There are many similar points between national spirits and Wushu spirits, the way to learn and protect Wushu is the way to spread and inherit national spirits. Youth is the hope for development and construction of a country, the aiming Wushu activity for them will help them know more about country’s traditional culture and feel the deep national spirits in the process while learning it. In the process of opening up Wushu, we should pay great attention to spreading the important function of education, and arouse their interest in studying, making appropriate aim and then let the Wushu activity develop effectively.

Reference