The Development and Origin of National Traditional Sports in Northeast China

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Abstract. The Northeast is a multi-ethnic region on the border of China, where the unique geographical environment has formed a distinctive sports culture. The traditional minority sports in the Northeast is an integral part of Chinese national culture. In addition to sports, food and fitness exercise are also part of the Northeast sports culture.

Introduction
The "Eleventh Five-Year" plan (2006-2010) of sports was released on July 25, 2006. The mass sports "hard index" pointed out: Our nation should develop the non-Olympic projects and folk traditional sports project, attach importance to the inheritance and innovation of traditional folk sports in ethnic minority regions and extensive traditional ethnic minority sports as well as strengthen the research and promotion of the Olympic project. National traditional sports are an important part of China's sports industry and a valuable cultural heritage of the Chinese nation. National traditional sports as a rich rational culture connotation intertwined with ethnic customs, living environment, culture and national psychology, reflects the national culture of ethnic and regional characteristics. Many excellent national traditional sports, not only have a strong fitness value, but also have a high artistic value and rich entertainment, educational functions.

National minority mainly distributes in southwest, northwest and northeast. All ethnic groups in China have its own unique customs, rich and colorful culture and traditional sports activities. Northeastern Minority Nationality mainly constitutes a Manchu, Korean, Mongolian, Hui, Xibe and Cole Kirgiz ethnic and national. An important feature of the Northeastern Minority Nationalities' traditional sports project is the integration of entertainment, religious beliefs, rituals, traditional art, games and other; another important feature is that some activities are from the long period of labor gradually initiation and development and the formation of sport [1].

Research objects and methods

Research objects
Jilin Province Tonghua area, Qian Gorlos Mongol Autonomous County, Changbai Korean Autonomous County, Fuyu County, Jilin Province, Liaoning Xinbin Manchu Autonomous County minority gathered members of regional ethnic minorities.

Research methods
Literature Review of the relevant information on the northeast national sports and related journals.

Interview Method on the actual investigation of minority families, especially for the minority of the elderly. Face-to-face conversation to understand the impact of folk customs on the impact of national sports.

Forum Listen to the local sports department leaders for national sports professional views on the local area. In combination with the relevant literature on the understanding of the situation were supplemented and modified.
Development of national sports in Northeast China

National sports participation situation

Present situation of Manchu traditional sports of the northeast region

The northeast is the birthplace of the Manchu, with a population of about 7,200,000, accounting for more than 73% of the total population of the Manchu population. Manchu is a nationality that attaches great importance to military physical training. Manchu traditional sports activities can be divided into two categories: a class is dominated by confrontation and competition, such as riding and shooting, weightlifting, vault, jump camel, wrestling, pearl ball, Cuqiu, hunting and so on. In the early Qing Dynasty, imperial examination system was the main content of archery weightlifting and played an important role in the future of foreign combat. Weightlifting and wrestling are simple and do not choose the characteristics of the site. They are still popular in the Manchu people. Another kind is the performance of the game, such as catching marble, tile, shagai, skating, eagles catch chicks, tigers eat children, snow walk, throw the sandbag, taping, tug of war, swing, gyro, ergui wrestling, rawhide, mang dance, dance in the pennant, palm spin to the ball. Mang type dance is a traditional dance of Manchu. When fishing harvest began or people celebrated the new year, the Manchu people always spontaneously performed the "mang type dance" to express the inner joy. And spread so far, folk Yangge and stilt walking are still very popular. Walking on the snow was invented by the Qing Dynasty women in the palace. They competed by walking fast without wet shoes. It has been included in the national traditional ethnic minority sports. [2]. Taping is evolved from the ancient wooden horse. These performances are widely carried out in the areas inhabited by the Manchu nationality. The Manchu traditional sports projects are also connected with the living environment, transport, customs, such as, dog cart, Trojan horses, sledge. The Trojan horse is ski today, and the canoe is now called seville. Dog cart, sledge, Tuochuang have become a beautiful scenery line in the world of ice and snow in Northeast China, and are currently used as a tourism in Northeast project for tourists. These projects are still popular and loved deeply by the Manchu people. Because of the long history and extensive mass, the traditional Manchu sports have got better inheritance and development.

Present status of traditional Chinese Korean sports.

Chinese Korean has a population of 192 million, living in the main ghetto in Jilin Province Yanbian Korean Autonomous Prefecture and Landrace Korean Autonomous County. Mudanjiang, Liaoning Province, Dandong Province, around Heilongjiang province and Jilin city also have more people living in North Korea. Korean people were due to the famine from the Korean Peninsula in the Qing Dynasty, migrating to the northeast region of china. Korean is a highly developed culture and since ancient times the virtues of unity and mutual assistance, cheerful bold on sports were preferred. In every year three pat day, Chuseok Festival, shampoo Festival and Moon Festival celebration, the Korean people held sports performances or competitions such as wrestling, soccer, swing, springboard, top urn walking, outing, play a campfire, Tie Lianji, turn gourd, etc. Swing, springboard. Korean wrestling and Korean chess are traditional sports with national characteristics, popular with the masses[3]. Swing as the national traditional ethnic minority sport contest project is Korean absolute superiority project, and in this project people can often see the Treasures Exhibition of the Korean athletes in the arena.

Present status of Mongolia traditional sports.

Mongolia as a nomadic people, has always been known to be good at riding a horse. Their physical activities such as grazing, hunting and battle have a close contact with battles such as Mongolian wrestling, Mongolian horse racing, the Mongolian horsemanship, swing horses, camel racing, archery, bloom, fly rope performances. In the history, the Mongolia nationality is mainly based on the economy of animal husbandry, which formed the nomadic culture of the grassland. They held the traditional sports competitions and performances in the annual Nadam, mare's milk,
wash-the-on festival and the festival of the mausoleum of the happy day. The wrestling has become an official event of the national traditional ethnic minority sports and has a long history as early as the 13th century which is still very popular now. Unlike other national wrestling, their wrestling competitions differed from the age and weight limit, no time limit [4]. Now in annual Nadam festival also increased the track and field, ball games, horse riding, shooting, martial arts, chess, tug of war and so on, but theatrical performances and the exchange of goods have formed a unique scale in the national sports culture festival.

**Current situation Hui nationality tradition sports.**

Due to the history of the Hui people’s survival, fight for food and clothing, anti-abuse, anti-exploitation, attaches great importance to martial arts, the chivalrous as a "Saint", self-defense, martial arts and other projects is in the Hui can be widely carried out. Now, this exercise enhances physical fitness. Hui in the annual Eid al Fitr, Lotus Hill turn, hill will be the day of jubilation in for a variety of competitions and demonstrations, such as cricket, wrestle trip, whipped cow, martial arts, spindle, hit a rock, play key Mao, tug of war, the stick, jump lattice, cockfighting, skate scooter, throw of the dice, Hui seven potential [5]. Cricket by Hui Teenagers grazing "basket", catch hair ball "and other activities evolved are now listed as official events of the national minority traditional sports meeting. In the national minority traditional sports meeting, wooden ball technique and tactics have been fully developed, realizing the transition from power to speed type, technology type which are more interesting and wonderful.

**Present status of Xibo nationality traditional sports.**

Xibo nationality were mainly engaged in hunting and fishing and agriculture. There are 17 million population, living on hunting and fishing and are renowned for its strong bones, strong physique of fashion, so people have a particular interest in sports activities. Archery, hunting, wrestling, horse racing and other items are very popular in the Xibo people. In recent years, due to the movement to change their living environment and by hunting and fishing, the sports are gradually based on agricultural production. But Xibo people’s personality in the love of sports has not changed. Annual moved west section and discredit festival in Xibo people have held wrestling, hunting, Diaoyang, archery, swing, weightlifting, horse racing, hide and seek, dozen crabs, tile etc. sports activities. Archery has a long history. Qapqal area is known as the "Archery Township." Today, Xibo people improve physical fitness by archery, exercise the will of the sport and make a huge contribution to China's archery movement development. [6].

**The status of traditional sports of Kirgiz**

Influenced by Mongolia nationality, they held annual Oboo meeting. The meeting held sports performances and competitions, such as horse racing, archery, immediately tug, Happy Valley, extract, tug of war and so on, and the winners will receive rewards. Kirgiz people in annual rozi Festival, Kurban Festival, winter seaman Festival, noroz festival hold chasing girls, immediately picked up the silver, wrestling, horse racing, wrestling, tug of war, horse racing go, archery, palace, Diaoyang, sports competitions and performances.

**The form and content of the national sports**

**The national entertainments**

To enrich the national entertainment project for the masses of the northeast minority cultural life and adjust the spirit of the face, the main purpose of the sports is for entertainment, relaxation. Through the activities of mutual exchange, people gain mutual understanding, the formation of a harmonious atmosphere and a life full of joy. In after harvest festivals, people would get together and test and to facilitate learning and generalization, and entertainment content of a wide variety, suitable for different ages and different forms of entertainment sports, such as the palm spin to the ball which are loved by elderly, chess, outing etc.; young people athletics platform lies in such as
weightlifting, wrestling, tug of war, shooting, archery, immediately picked up the silver and so on; and the children liked the eagle catches chicken, Galaha, shuttlecock, hide and seek game, play in the snow and ice sledge etc. Participation in recreational activities are strong and the way is simple, rules are flexible with few constraints; equipment can be local materials or borrowed directly from the production tools, such as Mongolian pastoral area generally horse grazing. So in this region, horse racing and equestrian entertainment are easy to carry out.

**Competitive sports**

They are to maximally improve and play individually or collectively in body, psychological and competitive ability for the manifestation of the traditional ethnic sports. It is in competition of strength, skills and content for the purpose of entertainment. The traditional sports of ethnic minorities in Northeast China are numerous, with a wide range and various forms. According to the number of competitors, there is single competition, such as the Daur, Kirgiz nationalities of archery, shooting Oroqen, Ewenki skiing, and so on; and there is also 2-people confront, such as Mongolian and Korean wrestling and collective participation, such as Manchu pearl ball, Cuju ball, Korean football, Hui playing cricket. From the perspective of athletic skill, there is specializing in skills such as Hui martial arts, the Manchu's ergui wrestling, dance in the pennant, etc.; there is also aerial tricks such as a springboard to Korean, swings and so on. From the competitive space, namely the indoor competition, such as wrestling, chess and other sports; and outdoor competitions such as skiing, hunting, etc. From the athletic equipment, competitors are unarmed by their own ability, such as wrestling, etc.; the use of everyday objects, such as skis, swing ropes, shagai toys; using a variety of weapons, such as archery arrow and shot gun; and movement immediately. From the performance of the form, there are entertainment, there are interesting; there are strong fitness sports and they are universal and have a wide range of popularity.

**Sports connected with festivals.**

Festival is a nationality's unique traditional celebration. The Northeast minority nationalities have their own unique cultural expression as a positive way of cultural inheritance. For example, in Korean Folk Festivals, people would play on swings, on springboards, do wrestling, and play top spinning. At Mongolian Nadamu convention, horse racing, archery, and wrestling are traditional games. In Xibo moving-west festival, Kirgiz of rozi Festival, Kurban Festival, the Ewenki Mikuole Festival, black rice Leng will and other ethnic festivals, people held horse-exercise, wrestling, hunting etc. project competition. There are a lot of projects are often combined with music and dance music in the sports activities in the festival to increase the festive atmosphere.

**The origin of the national sports in the northeast region**

**Regional factors**

China's northeast region, including Heilongjiang, Jilin and Liaoning provinces, accounts for about 8.2% of the country's land area. Three sides of the northeastern area are surrounded by mountains, plains basin contour. The northeast area of the surface structure of semi annular belt is Heilongjiang, Wusuli River, Xingkai Lake, the Tumen River and Yalu River Basin, followed by mountainous and hilly vast Plains, hills, mountains, grassland of the geographical environment. They are the most suitable for the horse gallop, ancient ethnic groups in Northeast China where the horses are the main traffic tools and life partner of Malaysia especially loved hunting, fishing and gathering as an ancient northeast minority life skills have also been inherited such as Seville call, equestrian and archery, hunting, fork fish, lamb, deer hunting. These activities were carried out in daily life and production, both to meet the people’s active and playful nature, but also improve the labor skills in the game. Located in the northeast of the motherland, and which is more than a war area, many ethnic groups, such as Mongolian, Manchu, Korean, Xibe are in different period of fight against foreign invasion, guarding the home and defending the dignity of the nation. Their
traditional sports activities are shooting, horse racing, wrestling, martial arts and other projects. Now, although they have lost the practical significance of the campaign, the popularity of traditional ethnic sports have been handed down as the embodiment of the martial spirit.

**Climatic factors**

The climate environment restricts the ancient national culture, which also influences the development of the national culture. The northeast region is located in the north of China, which belongs to the cold temperate climate, while Jilin and Heilongjiang are cold regions, especially in the northern part of Heilongjiang. Features of the climate in the northeast is that winter is long, cold and dry with the biting cold wind; the summer is short and cool, moist; frost free period is short, frozen for a long time. So skiing and skating become the skills, technology, both adults and children are very good at life. Ice and snow sports, ancient Chinese said ice-playing, that is, playing on the ice which is an important sport in ancient China's northeast, such as Bohai sea ice skating, Hezhen sledge, grinding ice, Manchu ice sports such as [7]. With economic and social development and people's living standards' improvement, leisure time increases, the people will be skiing and skating as recreational activities carried out widely. They are accepted as a physical fitness, exercise which is developed as a tourism become northern winter is really a beautiful scenery. Ice and snow sports not only enhance the people of all ethnic groups, but also cultivate the strong will of the people and the spirit of courage. Moreover they have made tremendous contributions for China and the world sports culture.

**Cultural factors**

Traditional ethnic sports is for fitness and entertainment as the main purpose. People gradually reform and improve in production and daily life, so some activities become standardized sports and have penetrated into the traditional ethnic sports culture, becoming one of the important content of the ethnic festivals. The traditional festivals in the northeast of China are rich in content and characteristics. According to statistics, the Manchu in the past and now has 28 festivals, Mongolian has 22, the Daur nationality has 13, 11 Ewenki, Oroqen has eight, Korean has 13, Hezhen has seven [8]. Among them, the Manchu and Mongolia festivals are the most. Northeast minority live within a small range to mainly inhabited, but other multicultural coexistence and resulting in a national culture of mutual influence and mutual penetration, forming the intertwined and interdependent or family to celebrate the festival, such as the Nadam Festival which is not only a grand festival of the Mongolian, Ewenki, Daur Festival; Mongolian, Ewenki and Kirgiz and so on celebrate the holiday—Festival OBO. Therefore, many ethnic groups have in common, and promote the unity and development of the ethnic minorities in the northeast, but also the formation of the national culture of the share.

**Suggestions on the development of the traditional sports of ethnic minorities in the northeast region**

**Based on reality, self - oriented**

We should practice the traditional sports activity which people still like as a starting point rather than returning to the distant past and go into the morass of conservatism. Mining their own advantages and show their charm. Do not blindly catch up with the modern style and give up their own traditional characteristics, which is highly undesirable, and seize their own style characteristics to carry out and promote.

**Absorb the essence of traditional sports and draw lessons from the modern sports science and technology.**

The modernization of national traditional sports should be based on maintaining national characteristics, and actively learn from the outstanding achievements of modern sports. If people only focus their own tradition and not to actively learn from the modern sports results, it will be to another extreme, on the one hand through the modernization of sports achievement and facilities
can be better to the national sport of promotion and publicity. On the other hand, if your national characteristics can't be widely kept, then one day in the future there will surely be a substantial loss and destruction, so deliberately conservation is wrong. On the maintenance of national characteristics and the absorption of the excellent results of modern sports, people can find the ideal combination of points. For example, the northeast region of ice and snow sports has a highly national characteristic and promotion.

**Oriented internationalization**

National sports are also the world's sports. 2008 Olympic Games were held in Beijing, in this context of national traditional sports comprehensive innovation established a global awareness and spread in the world. Results made now and in the past can be as the platform for further development to build a new sports cultural system of modern sports beyond. In the international political exchanges, we can also use the function of national sports for the political service to carry forward and revitalize national traditional sports [9].

**Summary**

Northeastern Minority Traditional Sports, as a part of national culture, have a long history with distinctive features. They combine the entertainment, religious beliefs, rituals, traditional art, games and other items integrating gradually from the long period of labor. Development and the formation of competing technical strong form of sports have been the most important forms of religion, harvest festivals, weddings and funerals and festivals, production. They have strong body function so that people get physical and mental exercise and regulation in the production life. To promote the implementation of the national fitness program and enhance the people's physique, they have played a positive drive. These sports programs make the people of all nationalities gather together and enhance national self-confidence, pride. They are conducive to mutual understanding, mutual learning, mutual respect and friendship. Traditional sports of ethnic minorities in the northeast are gradually formed, experiencing thousands of years of history and after the continuous improvement and standardization of development, such as the ability to go out of specific regions of the nation. Facing the country and get promoted, they will surely give full play to the northeast minority traditional sports project strength and will make an important contribution to promote the development of sports undertakings in China.

**Reference**


