

# Research on the Development Process of National Traditional Sports from the Perspective of Philosophy

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## Abstract

The traditional cultural and sports activities of the Chinese nation began as early as the Xia, Shang and Zhou dynasties. It has strong national characteristics and plays an important role in the history of China's civilization; As the most important thinking means for people to understand the world and transform mankind, philosophy uses philosophical materialist dialectics to understand the problems faced by the development of Chinese national traditional sports, and analyzes the historical process of the development of Chinese national traditional sports from a philosophical perspective, so as to promote the diversification and orderly development of Chinese national traditional sports. This paper analyzes the development trend of China's national traditional sports, finds the problems of national traditional sports from the perspective of philosophy, and makes philosophical thinking on the development of national traditional sports, in order to provide dialectical thinking on the diversified development of China's national traditional sports.

## Keywords

Philosophy; National traditional sports; Development; Process.

## 1. Introduction

With the continuous improvement of the modernization of contemporary society, national traditional sports have encountered many difficulties in the process of development due to their failure to better integrate with the development trend of the times. Some cultural projects have gradually disappeared due to the limitations of inheritance methods or regional culture, China's government agencies and inheritors of traditional sports culture need to fully understand the historical and cultural heritage and social positive role of the development of China's national traditional sports, condense the national cultural spirit, build a socialist harmonious, civilized and prosperous society, and realize the stable, coordinated and sustainable development of the country's society.

## 2. Analysis on the Development Trend of National Traditional Sports in China

As the heritage of national culture, National Traditional Sports permeates all aspects of society and is reflected in people's daily life. For national traditional sports, its development history has experienced thousands of years, has formed a long-standing historical culture and inheritance system, and has a unique national culture representing the country. It plays a vital role in China's history and culture, carries the national historical information, and is a symbol of China's 5000 year civilization.

Western sports were introduced into China from the 19th century. In this more than a century, they have been deeply influenced by western sports. It can be seen from some film and

television dramas Huo Yuanjia and Ye Wen that western culture has already had an impact on China's national traditional sports. At the beginning of the 20th century, the dispute over "indigenous sports" has been fully accepted by western sports until the end of the 20th century, but the current situation of national traditional sports is a difficult and dilemma. Since the development of national traditional sports, if we do not avoid the objective facts, the development of national traditional sports must face such a reality: in the process of globalization, almost the whole world's sports activities are dominated by western sports, almost the whole society is advocating industrial civilization, a high degree of information civilization, and almost all are pursuing Western lifestyle and behavior, so that it imperceptibly affects the national traditional sports with national characteristics. Nowadays, most scholars are studying western sports content and western sports science and sports thought, while the characteristic national traditional sports culture has long disappeared in a wide range of research fields. The national traditional sports projects that can be realized in daily life are rare. Some projects can be carried out in ethnic minority areas and the elderly groups, and it is difficult to get on the hall of elegance.

Since the integration of western sports, the mainstream culture of contemporary society has gradually influenced the connotation, form and content of national traditional sports and cultural projects step by step. If this continues, it is very likely to lead to the gradual loss of national traditional sports in contemporary society. In the future, if we fail to develop the National Traditional Sports reasonably, it is very likely to make the national traditional sports become a history or distort the significance of its own development.

### 3. Problems in the Development of National Traditional Sports

Philosophy is a kind of wisdom that can make people think correctly and become smarter. Put wisdom through the insight of philosophy, and when thinking, you can understand it more thoroughly and comprehensively. Dialectics holds that contradiction is both thought and problem, which exists in all things. The development of national traditional sports can be summarized into subjective and objective aspects. Subjectivity refers to people's thought, consciousness, spiritual realm, etc; Objective refers to the material world or cognitive object outside people's consciousness.

#### 3.1. Subjectivity

First of all, sports itself or national tradition is the biggest factor affecting our development. People often think that national traditional sports can not be an independent and technically complete sports system. They often use the standards and perspectives of western sports to treat China's national traditional sports, and use the methods and regulations of western sports to measure their national culture. As a result of various ways of ruling, regulations and changes, they have long lost the unique significance and value of national culture. There are two main factors in this situation: one is history and culture, and the other is that the concept of "Sports" in China mainly comes from the west, which is greatly influenced by western culture, so that western sports is the benchmark or real standard and model to measure China's national traditional sports. [1] For example, in the modern Olympic Games, almost all national traditional sports must comply with western sports rules if they want to apply for entry into the Olympic Games, so that now traditional sports have many models like western sports. Since the founding of new China, the inheritance and development of Wushu has been pursuing competition, but so far, it has not been integrated into the Western Olympic family. The reason for this is that we have limitations in our cognition of sports, just like the question of whether there was the concept of "Sports" in ancient China.

Secondly, the development of national traditional sports still has the problem that we do not have a comprehensive understanding of the connotation of sports, and we have not ruled out this influence until now. From China's early "military exercises" and "Gymnastics" to the later "Sports", from the establishment of new China to the 1980s, China's competitive sports began to develop rapidly all over the world, but in essence, it has been centered on the development of "Sports", without paying more attention to the inheritance and development of national traditional sports culture. [2] Since the 1980s, the sports circles have carried out extensive discussions on the "meaning of sports". Although scholars have conducted in-depth and extensive discussion and understanding of the essence, function and concept of sports, and have initially formed different concepts of pluralism, integrity and structure in the theory of national traditional sports, competitive sports has always been the connotation or performance feature of sports development, Competitive sports is still a unique symbol to distinguish different sports methods. In a certain sense, if sports have no competition and no competition, it will lose its vitality. There is no value. This concept is still branded on China's sports managers or institutions. People pay more and more attention to the understanding of sports, which makes Chinese sports pay attention to competitive sports for a long time, but ignore the development of national traditional sports.

### 3.2. Objective Factors

Due to the relatively closed communication of China's early culture and the rapid infiltration of western culture, China's national traditional sports and western sports were defeated in the second confrontation, so that the development of national traditional sports has reached the present situation. At the end of the 19th century and the beginning of the 20th century, western industrial civilization, democratic politics and material civilization were introduced into China. With the invasion and expansion, western traditional culture quickly separated from the agricultural era, while China's national traditional sports was still in the cultural form of feudal backwardness at that time. The closed and open forms of China and the West have formed a sharp contrast, so that China's sports have formed a situation of worshipping foreign countries in the rapidly developing 20th century. [3]

For more than a century, the Olympic Games has become the main pursuit direction of western sports and even world sports. Part of China's culture has been westernized, and the comparison of Chinese and western sports has been difficult to develop in a state of near imbalance. In recent years, while accepting western culture, China has been accompanied by the integration of western sports, such as golf. Golf, which the West believes can only be owned by aristocrats, has been integrated into major cities in China. With the progress of urbanization, this sport has been seen everywhere, perhaps due to the blind movement of sports or people's pursuit of higher material and cultural needs, As a result, it is difficult for China's national traditional sports to integrate into the mainstream culture in the development of this century. [4]

## 4. Philosophical Thinking on the development of National Traditional Sports

### 4.1. Understanding National Traditional Sports from the Perspective of Inheritance

The development of traditional culture is not a copy of the past, but to carry forward and innovate in the development process and adapt to the trend of the development of the times. If we use the past form, we will have conservative thinking. If we think about the development of national traditional sports from a regional perspective, we will have two concepts: one is "overall Westernization" and the other is "compromise development". The first concept is in two isolated cultural forms, which is difficult to carry out comprehensive innovation. The

second concept, or mechanical patchwork, is also difficult to achieve benign coupling. National traditional sports should be developed on the cross axis of history and region, Neither history nor regional culture can be lost [5]. The direction of social progress is modernization. In essence, the development of traditional sports is also facing modernization and constantly bringing forth new ones. Although western sports culture now dominates the direction of sports development, national traditional sports should not only integrate with western sports on the surface, but also understand the deep-seated development mode of modernization and maintain the connotation of national traditional sports, "Get rid of the dross" scientifically and reasonably develop the traditional sports culture suitable for the development elements of the times.

#### **4.2. Correctly Define the Connotation of National Traditional Sports**

There are still many problems to be solved in the modernization of national traditional sports. For example, establish the concept of national traditional sports, in other words, what is national traditional sports? Although many scholars in academia have made definitions, which interpretation is more authoritative; Whether the opposition between tradition and modernity is inclusive; Whether the traditional aspect affects the definition and understanding of the modernization of national traditional sports; Nowadays, great changes have taken place in the form of existence. Is traditional sports innovative; Whether innovative national sports can still be called tradition, spline has become today's shuttlecock, martial arts catering to the Olympic Games has become the model of western competitive sports, and whether traditional sports are still traditional after modernization, etc. This series of questions need to be answered by contemporary society. [6]

The scientific definition of national traditional sports has become a problem that must be faced today. From the perspective of culturology, national traditional sports refers to: "the cultural system and cultural concept of sports itself are more sports that are consistent with the mainstream cultural concept of the nation and based on the cultural heritage of the nation". National traditional sports should be a part of national local culture with its historical and cultural heritage. There is another kind of localization culture, but with the passage of time, people gradually forget the foreign history and become the reference of localization.

#### **4.3. Adhere to Pluralism and Integration in the Modernization of National Traditional Sports**

Today's world is in the process of globalization. National traditional sports also need to adapt to contemporary development. We can't arbitrarily and subjectively dominate and stop the process of globalization of national traditional sports, and arbitrarily create the development environment and space of national traditional sports. It is a historical necessity to adapt to and recognize the development of sports globalization. Today, with the internationalization and vigorous development of western sports and national traditional sports, it is also necessary to solve the problem of diversification and integration of cultural friction, which has become an urgent problem to be solved in Contemporary Chinese traditional sports. The understanding and cognition of pluralism and integration in the cultural circle has produced a wide consensus, and its cognition itself is pluralism. Diversity in art is not only reflected in the diversity of specific art forms and schools, but also in the heterogeneity and orientation between value subjects, coordinates and orientations. As we all know, the artistic structure presents an overall appearance based on the national form, which constitutes a unique cultural theme for all nationalities, countries and places. This is a broader social reality based on history. [7]

#### **4.4. Correctly Understand the Duality of National Traditional Sports**

Under the theory of culturology, culture has its dual characteristics, but under the development of globalization, Chinese culture and its national inheritance culture have duality and always exist. Culture also advances with the development of Chinese history. The characteristics of

different cultures are different in different periods, and the culture of the times also has its value and characteristics; Secondly, because of the similarities between different times, it is precisely because of these common points that the characteristics of inheritance from generation to generation have emerged, which can be called the universality of Chinese culture. From the perspective of local culture and nationality, local culture and national culture also have various different characteristics, and different places and different national cultures have specific similarities. That is, because of these similarities and universality, there are also certain similarities between different regions and different national cultures. It is this commonness and universality that human society can form national culture as a whole and develop diversity. In the final analysis, the duality of culture is reflected in the era, nationality and universality, which is also the common characteristic of any cultural form. In the system of national traditional sports culture, duality has very distinct characteristics.

At present, from the current situation of national traditional sports, China is a country with many nationalities, with national cultural diversity, but also reflects the duality of culture. It is not only an integral part of China's national traditional sports culture, but also the evolution and inheritance of regional national culture and social development. Influenced by the advanced culture and socio-economic development of the nation, it not only shows the characteristics of the times, but also shows the inherent mode of production and technical level of the nation and the region. Generally speaking, in the development process of globalization, the understanding of the duality of national traditional sports is very important for us to better analyze and develop its times, nationality and universality in the process of contemporary and future social development.

#### **4.5. The Philosophical Thought of "Unity of Heaven and Man" in National Traditional Sports**

China's national traditional sports originated from Chinese traditional culture and has been influenced by Chinese traditional philosophy of "unity of heaven and man", which makes China's ancient sports pay more attention to ethical education. Ancient sports paid attention to militarization and politicization and ignored its unique value connotation, but it showed a distinct overall characteristic. Man and nature are the two basic elements of the world. They are regarded as a whole, emphasizing "the unity of heaven and man" and "the unity of body and mind". For example, ancient philosophical thought holds that the changes of all things have certain regularity in spring, summer, autumn and winter all year round, and people's living habits and physical training periods should be selected according to the changes of solar terms. Such physical exercise can not only adapt to the changes of the external environment, but also mediate with the body organs. This guided exercise can not only reduce or eliminate the pain of human parts, but also integrate sports and ideas into one and integrate body and mind [8]. China's national traditional sports regard energy and fitness as a complete form, take people's complete form as the starting point and foothold of fitness practice, pay attention to many philosophical thoughts such as internal and external brilliance, dynamic and static cooperation, pay attention to people's all-round development, and gradually form a unique style integrating cultivation and fitness, moral norms and leisure performance [9]. It is under the influence of such philosophy that the unique and profound national emotion has been precipitated in the long-standing development of national traditional sports. It reveals many functions of various ethnic groups, such as entertainment, fitness, performance, cultivation and so on, which endows Wushu with a cultural atmosphere.

## **5. Conclusion**

Combining the principle of philosophical dialectics with the development direction of traditional sports, grasping the internal relationship of things and maintaining the development

and innovation of national traditional sports, we can master theoretical knowledge and sports skills in the development process of national traditional sports, which is also a dynamic process. As the basic weapon for people to understand and transform the world, philosophy tells social development and the scientific method of people's understanding, reflection and dispute settlement. This paper uses the dialectics to state the development of national traditional sports, and analyzes the development of national traditional sports from the perspective of philosophy, which is the need to promote the development of national fitness and the construction of a powerful socialist country.

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