

# *Research on the Inheritance and Development of Traditional Martial Arts Culture in Universities under the Guidance of Cultural Confidence*

**Dandan Ma**

*Harbin Cambridge University, Harbin, 150069, China*

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**Abstract:** Cultural confidence is a belief, a confident attitude and attitude of a nation towards its own culture, and a manifestation of consciously maintaining and promoting its own culture, protecting and promoting its cultural interests. In the current context of globalization, the inheritance and development of traditional Chinese culture are facing new challenges. Therefore, the inheritance and development of traditional martial arts culture in universities has become an important issue that urgently needs to be solved, and it is also the only way to fix, inherit, and inherit China's excellent traditional culture. This article aims to explore how to promote the inheritance and development of traditional martial arts culture in universities under the guidance of cultural confidence.

## **1. Introduction**

Traditional Chinese martial arts culture is one of the most important intangible cultural heritages in China, with rich cultural connotations and historical significance. In recent years, with the rise of Chinese cultural confidence, traditional martial arts culture has once again received attention and love, and has become a part of the cultural construction of universities. However, due to the influence and impact of various factors, traditional martial arts culture faces many problems and challenges in modern society, such as the lack of cultural awareness among the public and improper inheritance methods. The focus of this article is to explore the effectiveness of strengthening the education and inheritance of traditional martial arts culture under the guidance of cultural confidence, hoping to promote the inheritance, innovation, and development of traditional Chinese martial arts culture.

## **2. Cultural connotation of martial arts**

The cultural connotation of martial arts refers to the rich connotations that martial arts, as an integral part of traditional Chinese culture, possess. The connotation of martial arts culture covers multiple aspects, including sports fitness, martial arts ethics education, art appreciation, and historical and cultural heritage. From the perspective of sports and fitness, martial arts can improve people's physical fitness, enhance physical fitness, and exercise the body to strengthen the spirit. From the perspective of martial arts ethics education, martial arts emphasizes moral construction, traditional moral concepts such as "benevolence, righteousness, propriety, intelligence, and trust", such as loyalty,

bravery, justice, honesty, and discipline. From the perspective of artistic appreciation, martial arts boxing has high artistic appreciation value, including visual effects such as robust boxing sets, smooth movements, and elegant postures.[1] From the perspective of history and cultural heritage, martial arts has a long history and cultural heritage, playing a very important role in Chinese history, especially in wars such as the War of Resistance against Japan and the War of Resistance against the United States and Aid to Korea.

### **3. The significance of martial arts culture in martial arts teaching**

#### **3.1. Promoting the promotion of traditional culture**

Martial arts culture is an important component of traditional Chinese culture and one of China's long-standing cultural heritages. In martial arts teaching, the significance of martial arts culture cannot be ignored. As a unique sports culture, martial arts culture has rich connotations and unique traditional values, which can help students better understand and master the essence of Chinese culture. As one of the important representatives of the excellent culture of the Chinese nation, martial arts culture contains profound historical, artistic, philosophical, and moral connotations, which can help students understand and comprehend the traditional cultural values of the Chinese nation.[2] In addition, learning martial arts culture can not only exercise the body, improve students' physical literacy and sports skills, but also help cultivate students' willpower and spiritual style, enhance students' cultural confidence and national pride. In the current context of globalization and multicultural exchange, protecting and promoting traditional Chinese culture, such as martial arts culture, has become a historical responsibility and a manifestation of cultural confidence of the Chinese nation. Through the education of martial arts culture in martial arts teaching, more people can understand and understand the charm of traditional Chinese culture to promote the development of traditional culture. At the same time, the inheritance and innovation of martial arts teaching also need to be based on respect and understanding of martial arts culture. For example, combining martial arts culture with modern technology, exploring the diversity and creativity of martial arts teaching to better meet the needs of modern society.

#### **3.2. Improving students' own moral cultivation**

Martial arts, as a traditional culture with a long history, reflects the rich spiritual pursuit and humanistic values of the Chinese people, as well as their high concern for morality. In martial arts teaching, emphasizing moral cultivation can help students develop a healthy and upward attitude towards life, and gain additional benefits beyond technical training. Confucius once said, "A gentleman is virtuous, but a villain is despicable." He emphasized that a person's moral literacy is closely related to their social status. Therefore, in martial arts teaching, coaches should pay attention not only to technical training, but also to the cultivation of students' moral cultivation. Coaches can lead by example, guide students correctly, cultivate good moral habits such as justice, helping others, and keeping discipline, so as to continuously improve students' moral cultivation and enabling them to acquire comprehensive humanistic literacy while learning martial arts. Overall, martial arts culture plays an important role in improving students' moral cultivation in martial arts teaching. It can help students develop a healthy and upward attitude towards life and good moral habits, and benefit them for a lifetime.

#### **3.3. Helping cultivate students' national and cultural confidence**

In martial arts teaching, the significance of martial arts culture is not only reflected in exercising

the body and improving sports skills, but more importantly, it helps to cultivate students' national and cultural confidence. Martial arts culture is one of the representatives of Chinese culture and an important component of the excellent culture of the Chinese nation, with profound historical and cultural heritage. By studying martial arts culture, students can better understand and understand the essence of traditional Chinese culture, in order to enhance their sense of identification and confidence in their own culture. The inheritance of martial arts culture also requires students' confidence and identification with their own culture. As a representative of excellent Chinese culture, the inheritance of martial arts culture requires students to have a loyal and supportive attitude. Only in this way can we better inherit martial arts culture and reflect our own innovation and development in it. Due to the impact of globalization and multicultural exchanges, cultural and ethnic confidence are particularly important in today's society. In the process of learning martial arts culture, students will gradually establish cultural and national confidence, which is also a positive impact on improving students' sense of self-worth, self-affirmation, and other aspects.

#### **4. Strategies for the inheritance and development of traditional martial arts culture in universities under the guidance of cultural confidence**

##### **4.1. Strengthening the strength of martial arts teachers and cultivating an excellent teaching team**

With the continuous improvement of cultural confidence awareness, the inheritance and development of traditional martial arts culture in universities has become a very important issue. How to effectively inherit and develop martial arts culture and strive to better meet the needs of students requires various measures and strategies to be taken. Among them, strengthening the strength of martial arts teachers and cultivating an excellent teaching team is a very important measure. Efficient martial arts teaching requires professional teaching staff, who can effectively impart the essence and skills of martial arts culture and stimulate students' enthusiasm for learning martial arts. Therefore, in universities, it is necessary to increase the training and assessment of martial arts teachers, improve their professional skills and teaching abilities. In martial arts teaching, it is necessary to establish a complete and scientific teaching system, and strengthen the adaptability of teaching content and difficulty for students at different stages. Only in this way can students gradually master martial arts skills and spiritual connotations.

In addition, universities need to pay attention to the innovation and optimization of teaching methods, and apply modern scientific and technological means to martial arts teaching through innovative teaching methods to improve teaching efficiency and quality. For example, modern technologies such as virtual reality and information technology can be used to provide students with a richer and more diverse learning experience. Universities need to attach importance to the evaluation and motivation of the teaching staff, stimulate the enthusiasm and innovation of martial arts teachers through teacher performance assessment, reward and punishment incentives, and improve their teaching level and professional ability, so as to promote the inheritance and development of martial arts culture.

##### **4.2. Constructing an education system for martial arts cultural characteristic courses**

In terms of course content, teachers should focus on exploring the connotation of martial arts culture, enabling students to fully understand martial arts culture, and promoting the improvement of students' humanistic literacy. For example, special topics on martial arts culture can be added, integrating the history and inheritance of martial arts culture, the connotation and practice of martial arts spirit, martial arts and life, martial arts and health into martial arts courses, so that students can

better understand and experience the value of martial arts culture. In terms of education and teaching methods and means, a variety of educational means, such as case method and dialogue teaching, are used to improve the quality of education and teaching, and enhance students' self-learning and inquiry ability.

#### **4.3. Emphasizing the extension and expansion of martial arts teaching in and out of class**

In terms of in class extension, teachers can combine martial arts with cultural connotations, introduce the history and inheritance of martial arts, traditional moral concepts and cultural backgrounds of martial arts, and convey the essence of martial arts culture to students. At the same time, it is necessary to appropriately participate in martial arts cultural experience activities, such as Tai Chi Pushing Hands, Knife, Gun, and Stick Techniques, so that students can have a deeper understanding and understanding of the connotation of martial arts culture. In addition, forms such as lectures on martial arts culture and specialized research on martial arts culture can be used to enhance students' understanding and cognition of martial arts culture. In extracurricular expansion, schools can offer various forms of martial arts cultural expansion activities, such as martial arts competitions, performances, cultural lectures, etc., to attract more students to participate in and pay attention to martial arts culture. In addition, schools can also organize students to visit martial arts museums, famous martial arts schools, etc. Through lively practical experiences, students can deeply experience the charm of martial arts culture. In addition, some universities can also invite martial arts experts to give lectures or lectures, allowing students to learn martial arts skills and culture under the guidance of experts, enhancing their interest and love for martial arts culture. Through the improvement of the above two aspects, attention can be paid to the extension and expansion of martial arts teaching both in and out of class, allowing students to have a deeper understanding and experience of martial arts culture, and promoting the inheritance and development of martial arts culture.

Taking Tai Chi as an example, in normal martial arts courses, teachers develop scientific teaching plans, explain the basic postures, movements, practical applications, and moves of Tai Chi, and help students proficiently master Tai Chi techniques. At the same time, multimedia teaching methods, including video teaching, electronic textbooks, virtual reality, etc., can also be used to increase the fun and interactivity of the course, to enable students to better understand the course content.

In terms of extracurricular extension teaching, universities can organize students to participate in Tai Chi competitions and exchange activities, communicate and learn from martial arts education teams of other universities, and invite professional martial arts masters to give lectures and guidance. They can also establish Tai Chi clubs, dance teams, etc., in order to provide more opportunities for students to practice and perform, and enrich their extracurricular life. Universities can organize students to participate in public welfare activities such as Tai Chi in communities and nursing homes, and promote the cultural connotations and fitness effects of Tai Chi to society through forms such as martial arts cultural lectures.

#### **4.4. Gathering cultural identity and develop campus space for Wushu culture inheritance and development**

As an important position for cultural inheritance and innovation, in order to gather cultural identity and develop the campus space for the inheritance and development of martial arts culture, colleges and universities have established a special martial arts hall on campus to provide teachers and students with a professional and safe place for martial arts education and practice. Martial arts schools can offer martial arts courses of different levels and majors, as well as various forms of martial arts competitions, performances, and other activities to enhance students' interest and understanding of martial arts culture. Universities can establish martial arts clubs to provide a platform for teachers

and students to freely practice and exchange martial arts skills. Martial arts clubs can organize various forms of martial arts training, competitions, and performance activities, and can also invite professional martial arts masters as instructors to promote skill exchange and spiritual interaction among students.

Universities can offer martial arts courses in physical education courses, allowing more teachers and students to have access to and learn martial arts culture. They can also incorporate martial arts related content in other courses, such as history, philosophy, sports science, etc., to cultivate students' understanding and cognition of martial arts culture. Universities can hold various martial arts cultural activities, such as martial arts lectures, calligraphy exhibitions, martial arts film screenings, etc., to promote the exchange and integration of martial arts with other cultural forms. They can also showcase the achievements and characteristics of martial arts education in universities through martial arts cultural festivals, martial arts competitions, and other activities, and promote and promote traditional Chinese martial arts culture.

Taking Shaolin boxing teaching in traditional martial arts as an example, universities can build specialized Shaolin boxing training grounds on campus, providing professional, safe, and comfortable places for Shaolin boxing teaching and practice. The Shaolin boxing training ground should have good hardware facilities, such as a flat ground, suitable lighting equipment, and complete training equipment, so that students can better learn and master Shaolin boxing techniques. Universities can organize Shaolin boxing cultural activities, establish Shaolin boxing clubs, and provide a platform for teachers and students to freely practice and exchange Shaolin boxing skills. Shaolin boxing clubs can organize various forms of Shaolin boxing training, competitions, and performance activities. They can also invite professional martial arts masters as instructors to promote skill exchange and spiritual interaction among students.

## 5. Conclusion

With the guidance of cultural confidence, the inheritance and development of traditional martial arts culture in universities have attracted more and more attention and attention. In the process of inheriting and developing traditional martial arts culture, universities should pay attention to the extension and expansion of martial arts teaching both inside and outside the classroom, and construct a unique curriculum education system for martial arts culture, in order to cultivate talents with traditional martial arts cultural literacy, attach importance to the research and inheritance of martial arts culture, and strengthen the protection, inheritance, and promotion of martial arts culture.

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