

# *Research on Wushu Culture in Zhuhai City Based on Healthy China*

**Zhou Jicheng**

*Zhuhai College of Jilin University, Guangdong, Zhuhai 519041, China*

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**Abstract:** With the establishment of China's socialist market economic system, the reform of the national sports system, and the transfer of government functions, especially the changes in the unit system, social sports based on unit management began to be restricted, originally undertaken by the government and enterprises. Some functions are gradually changed to the city. Sports attract the general public with its flexible organization, harmonious regional family, convenient practice methods and good fitness effects. It can continuously meet the growing needs of residents for entertainment, fitness and communication, and enrich people's amateur cultural life. This paper explores the martial arts culture of Zhuhai City in the context of healthy China, and it is a force for the inheritance and development of martial arts.

## **1. Introduction**

With the rapid development of China's economy, people's living standards continue to improve, making people participate in sports activities become a need. When people's sports needs cannot be met by the unit, their sports interests turn to the city, and sports activities in their spare time become a new way for people to meet sport's needs. As an effective way to carry out the national fitness exercise, sports have been widely valued by people, and it has become the focus of the majority of sports researchers<sup>[1]</sup>.

## **2. Overview of the background of healthy China's development and construction**

### **2.1 The overall background of healthy China**

"The Outline of the "Healthy China 2030" Plan" states: "Promoting healthy China's construction is an important foundation for building a well-off society in an all-round way and basically realizing socialist modernization. It is to comprehensively improve the health quality of the Chinese nation and achieve coordinated development of people's health and economy and society<sup>[3]</sup>. As shown in Figure 1 below, it is the development trend of China's masses after actively participating in global health governance and fulfilling the international commitments of the 2030 Agenda for Sustainable Development:

It can be seen from Figure 1 that the next 15 years will be an important strategic opportunity for the promotion of healthy China. Maintaining high-speed growth in the economy will lay a solid

foundation for safeguarding people's health. The upgrading of consumption structure will create a broad space for the development of health services. Science and technology innovation will provide strong support for improving health. All aspects of the system will be more mature and more stable. Develop and build a strong guarantee<sup>[2]</sup>. ”

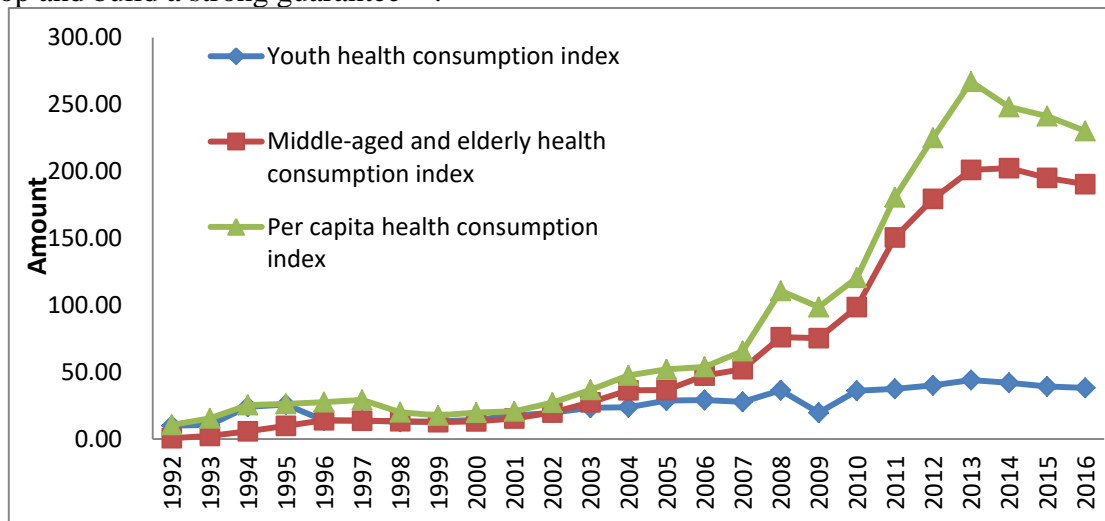


Figure 1: The development trend of mass quality in the context of healthy China

## 2.2 Status quo of the development of martial arts activities in Zhuhai City under the background of healthy China

In the 21st century, health is an inevitable requirement for promoting the all-round development of human beings, a basic condition for economic and social development, an important symbol of national prosperity and national prosperity, and a common pursuit of the broad masses of the people. As a quintessence of national martial arts, Wushu is a long-standing and widely spread activity in China's national traditional sports. It contains profound cultural connotations and has its unique advantages in embodying national spirit, promoting socialist spiritual civilization construction, and building a healthy China. In the context of healthy China, the construction of martial arts culture can promote national traditional sports, enrich the content of sports, prosper martial arts culture, and promote the harmonious development of society. On the other hand, the extensive participation of residents in Zhuhai can broaden the development of martial arts<sup>[4]</sup>. Zhuhai martial arts activities are characterized by time flexibility, autonomy, old and medium-sized, and the venues, places, and facilities. As an important form of sports in Zhuhai City, martial arts attract Zhuhai residents to participate in its unique fitness value, various forms of exercise methods and low requirements for venues.

## 2.3 The application and problems of healthy China in Zhuhai

From the interviews and investigations, the author found that there are still some problems in the construction of martial arts culture in Zhuhai City. Zhuhai residents lack the guidance of martial arts fitness techniques and exercise methods, participate in the aging of exercise groups, singularize martial arts projects, and martial arts activities in Zhuhai City. The reality is not compatible with the richness of Chinese martial arts content. If the relevant departments actively improve the construction of martial arts culture in Zhuhai City, give full play to the role of martial arts activists, and use the fitness venues around Zhuhai residents to earnestly “close the people, convenience, and benefit the people”, you can make martial arts a very attractive The fitness activities have been

widely carried out in Zhuhai City, making Wushu truly integrate into Zhuhai City Sports and become a community sports special project in our city, which will have a positive impact on the development of Wushu culture in our city <sup>[4]</sup>.

### 3. Current development status of Chinese martial arts culture

#### 3.1 Status Quo of Wushu Culture Development in Other Cities in China

The study of martial arts culture is a hot issue in the field of martial arts in the past 20 years. The current research focuses on the following aspects:

- ◆ Research on the concept of martial arts culture.
- ◆ Research on the cultural structure of martial arts <sup>[2]</sup>.
- ◆ Research on the internationalization of martial arts culture.
- ◆ The study of Chinese traditional culture and martial arts culture.
- ◆ The study of martial arts culture and national spirit <sup>[3]</sup>.

At present, although there is no more unified definition of martial arts culture, it is basically subordinated to the category of general cultural theory in terms of connotation and extension. In 1997, the textbook "Basic Theory of Wushu", which was approved by the National Physical Education College Textbook Committee and published by the People's Sports Publishing House, said: "Using the popular three-level cultural theory in recent years can also be a form of martial arts culture. The structure is divided into three levels: 'physical technology layer', 'institutional custom layer' and 'psychological value layer'. 'Physical technology layer' is the material culture level, which is the surface structure of martial arts culture form, which mainly includes martial arts technology. Institutional customs layer' is a relatively invisible middle layer, which mainly includes martial arts organization, martial arts inheritance, martial arts teaching methods, martial arts etiquette norms. The martial arts competition mode and other connotations. The 'psychological value layer' is the innermost or deepest layer of martial arts cultural structure, which mainly includes the national character, national psychology and national emotion reflected in the martial arts cultural form <sup>[3]</sup>.

#### 3.2 Development Status of Wushu Culture in Zhuhai

The local martial arts in Zhuhai have always received attention. In June 2010, Doumen Buddhism was listed in the third intangible cultural heritage of Zhuhai. In 2013, Jiang Haibo of Zhuhai City Vocational and Technical College published a paper entitled "Discussion on the Influence of Document Buddhism on Local Folk Culture". It can be seen that martial arts and martial arts culture have existed for a long time in Zhuhai and have their own cultural heritage.

Teachers from all colleges and universities in Zhuhai have been conducting relevant research, and many papers have been officially published. According to incomplete statistics, it is shown in Table 1 below:

Table 1: Development Status of Wushu Culture in Zhuhai City

Author/Teacher	Title of the paper	Issuing time
Lianzheng Xi	《New Exploration of Wushu Class Teaching》	2010
Dong Liu	《Diversified Promotion Strategy of College》	2013
Tao Cong	《Chinese Martial Arts in National Fitness》	2012

Zhuhai City has always supported the development of martial arts. The infrastructure for carrying out martial arts activities in Zhuhai is relatively complete. The Zhuhai Sports Center can provide venues of sufficient scale for martial arts performances, training and other martial arts

activities. The town squares and parks in each district also provide practice places for the martial arts people. Zhuhai City Wushu Association was established in 1988 with the support of Zhuhai Sports Bureau and Zhuhai Sports Association. This is a milestone in the development of martial arts in Zhuhai <sup>[4]</sup>.

### 3.3 Zhuhai Municipal Government's vigorous promotion and guidance of martial arts culture

With the support of Zhuhai Sports Bureau and Zhuhai Sports Federation, after the establishment of Zhuhai Wushu Association in 1988, Zhuhai Xiangzhou District Wushu Association, Zhuhai Document District Wushu Association, Zhuhai Hengqin New District Wushu Association, Zhuhai High-tech Zone Martial Arts Associations, Zhuhai City Wushu Association Wing Chun Branch, Zhuhai Taijiquan Association and other social groups have been established. These social groups have made great contributions to the development of Zhuhai martial arts and the inheritance of martial arts culture. These associations have successively held large-scale martial arts activities such as the China-Wuhan Wushu Exchange Conference in Guangdong, Taiwan, Hong Kong and Macao, the Zhuhai Macao Cup Traditional Martial Arts (Routing) Open Competition, the Zhuhai City "Chinese Wushu System" initial examination, and the Macau International Martial Arts Conference. The various martial arts training classes that are usually carried out have trained a large number of martial arts talents in Zhuhai. Recently, in order to promote the traditional culture of the Chinese nation, the Zhuhai Cultural and Sports Tourism Bureau, the Zhuhai Education Bureau, the Zhuhai Municipal Committee of Spiritual Civilization Construction, and the Zhuhai Municipal Defense Education Office plan to jointly organize “Sunshine Sports” – 2017 Zhuhai Wushu Campus Junior Youth Martial Arts Annual Tournament <sup>[1]</sup>.

## 4. The value of research on martial arts culture in Zhuhai based on healthy Chinese background

### 4.1 The intrinsic value of Zhuhai martial arts culture research

The study of martial arts culture can reflect the modern value of Chinese traditional culture. The so-called traditional culture refers to the formation and development in the long-term historical development process, and retains a culture with a stable form among every ethnic group. It carries a nation's way of life and gathers the cohesiveness of a nation's self-identity. The progressive table shown in Figure 3 below is the future development of martial arts culture:



Figure 2: The progressive development approach of Zhuhai martial arts culture research

As shown in the progressive relationship shown in Figure 2, in the context of globalization, judging whether a culture has competitiveness and modern value depends mainly on whether the culture has the following three attributes: first, the history of this culture in history <sup>[4]</sup>. It has the ability to provide correct and scientific guidance to the society, which reflects the value of culture, that is, the advanced nature of culture. Secondly, this culture has a distinctive personality and is obviously incompatible with other cultures to a certain extent, and has the ability to protect cultural diversity, which reflects the heterogeneity of culture. Finally, it is the universal adaptability of this culture and the ability to generate new cultural elements in the process of culture, which reflects the universality of culture <sup>[5]</sup>.

## 4.2 The External Value of Wushu Culture Research in Zhuhai

At present, when China is vigorously building a healthy China, healthy China not only requires people to have a healthy body, but also requires people to have a healthy mind. Only physical health and mental health must be grasped, and both must be hard to truly promote the construction of a healthy city in China. The connotation of contemporary martial arts culture has changed from the killing of ancient times to the cultivation of martial arts<sup>[4]</sup>. Pay more attention to the cultivation of Wu Dede and the courtesy between people. The core is self-cultivation. At this time, it is a good opportunity for the development of martial arts culture and the inheritance of martial arts culture. But it also faces many difficulties and has many problems. If it is solved, it can contribute to the construction of healthy China. The construction and development of martial arts culture and the inheritance of martial arts culture can also become the characteristics and highlights of Zhuhai's culture, sports and tourism construction.

## 5. Conclusions

In the 21st century, health is an inevitable requirement for promoting the all-round development of human beings, a basic condition for economic and social development, an important symbol of national prosperity and national prosperity, and a common pursuit of the broad masses of the people. In the context of healthy China, the construction of martial arts culture can promote national traditional sports, enrich the content of sports, prosper martial arts culture, and promote the harmonious development of society. On the other hand, the extensive participation of residents in Zhuhai can broaden the development of martial arts. The field is conducive to the socialization of martial arts and promotes the development and prosperity of martial arts itself. This provides a broader development space for the construction of martial arts culture in Zhuhai.

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