

Study on the inheritance and development of national traditional sports culture in the view of cultural ecology

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ABSTRACT: In the course of the development of culture and sports in our country, traditional sport is always an important part with its realistic meaning and protective value. Traditional sport is not only the organic composition of China's national culture development, but also the precious heritage. Nowadays, there are thousands of traditional sports items in China and many of them are very popular with the masses. In order to develop the cultural and sports career, what we need is to inherit and develop traditional sport culture in a view of cultural ecology, and let it grow with new vigor and vitality in the future. This paper will propose several ways to promote the inheritance and development of the national traditional sport culture with empirical analysis.

Keywords: cultural ecology; national traditional sports culture; inheritance and development

1 INTRODUCTION

The national traditional sports are an important connotation of Chinese culture, the main form with rich cultural expression and attributed with important cultural value and realistic meaning. With the degree of outward opening growing gradually in the process of China's economic development, the inner mechanism of national traditional sports culture is also changed gradually; the survival environment for it is compressed, and its nationality is also disappearing. According to such development solution, we should attach importance to the connotation and value of national traditional sports culture. While developing economy, we should also inherit and develop national traditional sports culture, protecting it in the future and make a contribution to the sports and cultural career.

2 THE CHARACTERISTIC AND VALUE OF NATIONAL TRADITIONAL SPORTS CULTURE IN THE VIEW OF CULTURAL ECOLOGY

2.1 *The multiple features of national traditional sports culture in the view of cultural ecology*

In the perspective of cultural ecology, the main property of national traditional sports culture is its multiple

features, and the reason why it has such strong diversified characteristic is that it is influenced by the social custom and geographic environment in the cultural ecology.

2.1.1 *Differences in social customs*

With the continuous development of China, there are some great differences in different ecological environment; therefore, ethnic groups in different regions have intrinsic different social customs. In such solution, if the ethnic social customs from different regions can be combined with the sports activities in different circumstances, strong regional characteristics in national traditional sports will come into being. Therefore, our national traditional sports culture has functions to record and reflect the national culture from this aspect.

For example, in the long term development of our country, dragon became the main national totem since thousands of years ago. With the continuous development, as the national and mental totem, the totem dragon has gone deep into different domestic regions and minorities. Therefore, dragon dance became an important part of national traditional sports culture. But because the social custom varies in regions, types of the dances are also different. In the south of Yangtze River, people prefer Lotus Dragon, people of Tu minority dance Water Dragon, and minority people in south part will choose the Grass Dragon Dance. All of

these reflect that the differences in social customs bring multiple features to national traditional sports culture in the view of cultural ecology.

2.1.2 *Differences in geographic environment*

Besides the social custom, the differences in geographic circumstance also make the multiple features in national traditional sports culture. For example, some minorities of Yunnan province lived in mountains and valleys; some are in the plateau and grassland, some in the dam nearby the river. Different natural conditions and geographic positions make great differences in living and ways of production, therefore, the national traditional sports items are abundant and various. The Tibetans live in the plateau and grassland, so they have a strong ability to ride the horse and their traditional sports activities are horse racing and archery at the horse back. Those minorities who live in the mountain and deep valley do the sports with mountain national features, and related with their production working, which is to protect their crops and themselves, to hunt and rich their life as well. The Lisu nationality and the Dulong nationality are known as "master of alpine canyon"; the Hani people worship the saying that how high the mountain is, how deep the water would be; and the Deang people are very proficient in martial arts. The Nu people living nearby Nu River, the Pumi people in the plateau of southwestern Yunnan, and the Lagu people in the deep forest of Ai Lao Mountain of Yunnan prefer sports items like shooting jade, wrestling, martial arts, whipping moqiu and Peg-top slingshot and so on. However, in the northeast part of China and Inner Mongolia region, because of the cold weather and wide land, Mongolians like traditional sports such as horserace and wrestling. People in the northeast prefer skating and skiing, and Korean Chinese like gangplank and swing.

From above examples, it can be clearly found that the national traditional sports culture is closely related with different geographic circumstance and affected widely by it. Meanwhile, it is the great difference between different regions that made national traditional sports culture have rich growing circumstance and vivid multiple features.

2.2 *Value of national traditional sports culture*

2.2.1 *Economic values*

Our national traditional sports culture has various items and prominent features. If we combine it closely with tourism, it will attract people to participate in the national traditional sports culture while enjoying the tour. In this way, people could not only feel the sports charm of these traditional sports items, but also have a deep comprehension of the culture of local nationality. Moreover, the local tourism would develop well and bring plenty economic income to the locals. For ex-

ample, traditional sports tourism resource in Yunnan minority has been developed in some degree by making use of minority traditional sport festivals, the tourism sites, holiday villages and hotels.

2.2.2 *Body building and relaxing values*

The main goal of our national traditional sports culture is to build the body and get relaxed. In the process, people will not only exercise their sense organs, but also relax themselves totally, achieving the aim of body building and relaxing.

2.2.3 *Humanistic values*

The national traditional sports culture could reflect the humanistic ideas of different nationalities and their unique value orientations. It could also let different nationalities be more close, enhancing its cohesion and solidarity. Therefore, according to this main feature, the national traditional sports culture is also an important part of present harmonious culture, which will improve the harmonious society and it has strong humanistic values.

3 THE CHALLENGE OF NATIONAL TRADITIONAL SPORTS CULTURE IS FACED WITH WHILE INHERITING AND DEVELOPING

3.1 *Insufficient awareness*

With the degree of outward open growing gradually in the process of China's economic development nowadays, people in many regions lack awareness of the development solution of national traditional sports culture. Therefore, people fail to have a deep and comprehensive understanding of national traditional sports culture, and they could not know its main features, vital values and the function to improve cultural and athletic career. So a reasonable environment for its development cannot be created, which leads many national traditional sports cultural items to disappear in the process of development.

3.2 *Dissimilation*

With the degree of outward open growing gradually in the process of China's economic development nowadays, many western sports have been popular in our country, and even replaced our national traditional sports culture items. Because of being popular widely, the western sports items made the survival space of national traditional sports culture compressed. Many people couldn't understand what the connotation of national traditional sports culture is, and they even cater to the western value while ignoring our country's internal national connotation in the participation of these sports items, and it caused the strong dissimilation in the national traditional sports culture.

3.3 *Insufficient investment*

In the development of the national traditional sports culture, many regions have no corresponding input and lead to unseasonal inheritance and development. Some regions didn't spread their national traditional sports culture, and have no corresponding input, which lead to the dilemma of inheritance and development.

4 HOW TO INHERIT AND DEVELOP THE NATIONAL TRADITIONAL SPORTS CULTURE IN THE VIEW OF CULTURAL ECOLOGY

4.1 *Deepen the awareness*

In order to realize the inheritance and development of national traditional sport culture in the view of cultural ecology, first it needs to deepen the understanding of the related department and their stuff. The sport department should realize the vital value and real connotation of national traditional sport culture, and get to know the important boosting function in China's sport and cultural career. Only by deepening the understanding of national traditional sport culture, a reasonable environment can be created for the further inheritance and development. So to speak, with the deep understanding of national traditional sports, the related department will realize its inheritance and development in the future.

4.2 *Build the protective base*

In order to realize the inheritance and development of national traditional sport culture, related department could take example by the experience of mature animal natural protection zone, and establish protective bases of national traditional sport culture as well. The related department in an area establishes related local protective base in order to protect inheritance and development of local national traditional sport culture. And before establishing the base, the related department should finish the work of site selection that the national traditional sport culture in the base should be comparatively developed and have more population. After being established, the related department should select a group of excellent inherits with great national traditional sport culture, and open up related training lessons inside the base to popularize the national traditional sport culture to the local people especially teenagers. Therefore, after the local teenagers finish their lessons, they will be more interested in the local national traditional sport culture, and have more willingness to take part into the national traditional sport items. In this case, the local national traditional sport culture has a large group of young inherits and they could spread the related traditional sport items. After the national traditional sport culture protective base being established, the local national traditional sport

culture would get effective inheritance and development, and make a positive improving function of deepening the development of local sport career.

4.3 *Rely on system and policy*

The inheritance and development of national traditional sport culture needs related government department to set up related systems and put forward encouraging policies to ensure its fine quality in such guide. Currently, our country has published *Several Provisions of the Law of Ethnic Regional Autonomy*. In this law, it clearly puts forward that our country will hold ethnic sport meeting at regular intervals, and the major leaders of our party and country will present in the opening ceremony, which shows that great attention has been attached to the inheritance and development of national traditional sport culture, and this will form a comparatively sound and reasonable system for its further development. While implementing activities in the ethnic meeting, the related sport department will also systematize and normalize several programs. The national tradition sport culture can't be implemented in a better spread due to several influencing factors, and that is why sport department should rely on related systems and policies to guide positively, giving political support to the national traditional sport culture. In this aspect, our country could learn the working experience from Korea and Japan. These two countries paid greatest attention to their national traditional sport culture under the country's related system, and the national sports items like Taekwondo, Wrestling and Judo are all highly popular in their countries.

While setting up the related system and proposing the policies, it can be more encouraging and based on the features of national traditional sport culture, and should normalize the management of each program of national traditional sport cultural items and systemize the related personnel training. Only in this way can the inheritance and development of the national traditional sport culture be opened up under the related system, thus achieving the reasonable, effective and truly development.

4.4 *Make use of media*

In order to realize the inheritance and development of national traditional sport culture, related department should also concern better ways for the advertisement. Obviously, the power and guiding features of media should not be ignored, and also it needs to make use of the new media as well as the traditional media. Early in 1980s, the movie Shaolin Temple acted by Jet Li made a great success in China. Meanwhile, martial art, the important item of national traditional sport, gained extensive popularity in the whole country. Later, Bruce Lee made his name in China and worldwide, which greatly speeded up the development of the na-

tional martial art and attracted western countries. From these cases, it can be found that media plays an important role in boosting the inheritance and development of national traditional sport culture. Nowadays, the international contests like Olympic Games, World Championship and World Cup will invite mass media to broadcast. Therefore, the situation of contests could be spread worldwide and people get deep impression and more comprehensive understanding of the contests by the constant broadcasting of the media. And then such important contests could be spread and developed in the worldwide.

While setting the items, the excellent national traditional sports items like martial arts, Tai Chi Chuan are included in the national games in order to improve the inheritance and development of national traditional sport culture. The tournament organizing committee will use the media to spread and advertise. Except cooperating with traditional newspaper and TV, the committee also uses the new media positively and spread the situation of national traditional sport cultural items by Microblog and WeChat to attract public's attention, and by this people will realize the value and meaning of these item gradually. It can be concluded that using the media not only attract interests in the national traditional sport culture, but also improve its inheritance and development.

4.5 *Emphasize the school education*

In order to realize the inheritance and development of national traditional sport culture, we should emphasize the educational function of school. School could add related teaching of national traditional sport cultural items to the PE class, let the students take part into the traditional sport items and feel the charm by themselves. From that students will deepen their understanding and also improve their interests, thus helping to promote the development of the national traditional sport culture.

In the PE class, it opened the classes like Tai Chi Chuan, martial arts and appreciation of national traditional sport. Generally, teachers in the class will first make a brief description of the cultural connotation and the basic meaning of national traditional sport. In the participation of these national traditional sport cultural items, the students have become more interested and are willing to join these items. As the school adds the national traditional sport cultural item into the teachings, the students would be able to realize its importance and made a sound base for its inheritance and development in the future.

4.6 *Emphasize religions belief and activities*

In the process of inheriting and developing the national traditional sport culture, we should realize the fact that many of our national traditional sport cultural items are combined with local religious belief and

activities. For example, the national traditional sport culture in Tibetan has an important link with the local temple and Buddhism. Jumping in Tibetan Buddhism is also called Jumping the Religious Texts, which fully reflects the features and connotation of local Tibetan Buddhism. Therefore, in the inheritance and development of the national traditional sport culture, our country should respect and pay attention to the local religious belief and activities, and then the national traditional sport culture could be inherited and developed smoothly.

5 SUMMARY

The national traditional sport culture has strong economic and humanistic value in the process of long term development, and it presents the unique features in the view of cultural ecology. It is an important part of our cultural and sport career. With the opening degree of our country being strengthened constantly, the national traditional sport culture is being strongly challenged, and its developing environment has changed greatly, so it needs our country to inherit and develop correctly. Our country should realize the value and meaning of national traditional sport culture, accepting related strategies to settle the problems it has. For example, it could strengthen the broadcasting, make the related strategies, and pay attention to the school education and so on. After that, our national traditional sport culture could have a promising future for the reasonable inheritance and development.

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