

Using Tai Chi and Eight Extremities as a Medium - Liaoning University of International Business and Economics Actively Promotes Traditional Chinese Sports Culture

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Abstract: Intangible cultural heritage, as a treasure of human civilization, carries the historical memory and cultural genes of a nation. Bajiquan, as one of the treasures of Chinese martial arts, not only has a profound cultural heritage, but also plays an irreplaceable role in strengthening the body and willpower. Therefore, from the perspective of intangible cultural heritage protection, it is of great practical significance and theoretical value to deeply explore the inheritance of Bajiquan.

Keywords: Intangible Cultural Heritage; Eight Extremes Fist; Inheritance and Development

1. Introduction

Analogous to the acquisition and inheritance of knowledge, Tai Chi and Bajiquan are like precious cultural treasures in universities. Tai Chi, with its gentle and continuous movements, is like steadily moving forward in an ocean of knowledge, cultivating people's patience and concentration. Every move contains the ultimate pursuit of physical coordination and balance, which can help college students learn to regulate their body and mind in busy study and life, and face various challenges with a more calm attitude. The Eight Extremes Fist, on the other hand, is full of strength and fierceness, like the spirit of daring to break through in academic exploration, inspiring college students to dare to work hard, move forward courageously, and not fear difficulties and setbacks.

From practical cases, many universities have Tai Chi and Bajiquan clubs, which provide students with a broad platform for communication and learning. By participating in club activities, students not only exercise their bodies, but also enhance their friendships and cultivate teamwork spirit. Moreover, some students have become more resilient and able to cope with

pressure more calmly after learning Tai Chi and Eight Extremities.

From a theoretical perspective, Tai Chi and Bajiquan are important components of traditional Chinese culture, and promoting them can help enhance the cultural confidence of college students. Allowing college students to understand and inherit these excellent traditional cultures can enable them to deeply understand the profound heritage of the Chinese nation, thereby heating up their love for their motherland and nation. Universities have an obligation to make this precious cultural heritage shine more brilliantly on campus.

2. The Origin, Development, and Current Status of Tai Chi and Bajiquan

Tai Chi originated from the Book of Changes and is said to have been created by Taoist Zhang Sanfeng from Wudang Mountain. It emphasizes using softness to overcome hardness, using stillness to brake, using intention to lead qi, and using qi to move the body. During the development process, Tai Chi gradually formed various schools, such as Chen style, Yang style, Wu style, Sun style, etc. each with its unique style and characteristics [1]. Tai Chi not only focuses on physical exercise, but also emphasizes inner cultivation and mental peace. Nowadays, Tai Chi is widely spread both domestically and internationally, becoming a popular fitness sport and cultural symbol. According to statistics, over hundreds of millions of people worldwide practice Tai Chi, and its influence is expanding day by day. In university physical education courses, Tai Chi is also highly favored by students and has become an important part of cultivating their physical and mental health as well as traditional cultural literacy [2].

Bajiquan also originated from the Book of Changes, and is known for its strength, agility, and speed. Its moves are concise and practical,

emphasizing explosive power and instant striking power. Bajiquan has played an important role in history and is one of the classic martial arts styles in China [3]. In the process of development, Bajiquan has been continuously inherited and developed through apprenticeship and martial arts competitions. Nowadays, although the popularity of Bajiquan is slightly inferior to Tai Chi, there is still a group of loyal enthusiasts and inheritors. In some martial arts competitions and performances, we can still see the wonderful display of Bajiquan. Through interviews with inheritors of Bajiquan, it was found that the current inheritance of Bajiquan mainly relies on folk martial arts groups and individual martial arts schools, facing problems such as a shortage of inheritors and insufficient development funds.

From the current situation, both Tai Chi and Bajiquan are facing some challenges. With the changes in modern lifestyle and the impact of Western sports culture, the audience for traditional martial arts has decreased. At the same time, some people have misunderstandings about traditional martial arts, believing that they are only a performative skill and ignoring their inherent fitness and cultural values [4]. To promote the development of Tai Chi and Bajiquan, we can take the following measures. On the one hand, we will increase the promotion of traditional martial arts and showcase the charm of Tai Chi and Eight Extremities through media, the internet, and other channels, so that more people can understand and recognize traditional martial arts. On the other hand, we should strengthen the education and promotion of traditional martial arts, incorporate them into the school physical education curriculum, and cultivate more inheritors [5]. At the same time, the government and society should also provide certain support and funding for traditional martial arts to help them solve the problems encountered in their development.

3. Opportunities and Challenges Faced by the Inheritance of Tai Chi and Bajiquan

With the continuous improvement of people's health awareness, the demand for traditional sports health preservation and fitness methods is increasing day by day [6]. Tai Chi is deeply loved by the general public, especially middle-aged and elderly people, due to its soothing and gentle characteristics of both internal and external cultivation. Bajiquan has

attracted the attention of many martial arts enthusiasts with its powerful and highly practical style. The increasing demand for traditional martial arts in this society has provided a broad market space for the inheritance of Tai Chi and Eight Extremities [7]. At the same time, the country's emphasis on traditional culture continues to increase, and a series of policies have been introduced to support the inheritance and development of traditional culture, which has also created a favorable policy environment for the inheritance of Tai Chi and Bajiquan.

In universities, Tai Chi and Bajiquan are gradually receiving attention. Many universities have offered relevant courses and club activities, providing students with a platform to learn and inherit traditional martial arts. College students have active thinking and strong acceptance ability, and their participation and promotion will effectively promote the inheritance of Tai Chi and Bajiquan. In addition, the rapid development of the Internet also provides a new way for the spread of Taijiquan and Bajiquan. Through online videos, social media, and other platforms, traditional martial arts can be more widely spread around the world, attracting more people to learn and understand.

The inheritance of Tai Chi and Bajiquan also faces important challenges. On the one hand, the shortage of talent for inheritance is a prominent issue. The study of traditional martial arts requires long-term hard training and professional guidance, and there are relatively few people willing to invest a lot of time and energy in the inheritance of traditional martial arts. Excellent martial arts coaches are scarce resources that cannot meet the growing demand for teaching. On the other hand, the lack of innovation in teaching methods and content is also one of the factors restricting inheritance [8]. The learning methods and needs of people in modern society have undergone significant changes. If traditional martial arts teaching cannot keep up with the times and adopt teaching methods and content that are more in line with the characteristics of the times, it will be difficult to attract the interest of young people.

In order to better address these challenges and promote the inheritance and development of Tai Chi and Bajiquan, we can take the following measures. Intensify efforts to cultivate talents for the inheritance of traditional martial arts, and attract more people to participate in the

inheritance of traditional martial arts through the establishment of special scholarships and the provision of training opportunities. Innovative teaching methods and content, combined with modern technological means, make traditional martial arts more attractive and interesting. Strengthen the promotion and publicity of traditional martial arts, and enhance their visibility and reputation through organizing events, exhibitions, and other activities. At the same time, regulate market order, crack down on the behavior of unscrupulous merchants, and maintain the good image of traditional martial arts.

4. The Innovative Path and Practice of Inheriting Tai Chi and Bajiquan

4.1 Innovation in Education and Teaching

In university physical education courses, increase the teaching proportion of Tai Chi and Bajiquan, so that more students have the opportunity to experience and learn these two martial arts. Adopting diverse teaching methods, such as multimedia teaching showcasing the norms and techniques of martial arts movements, combined with practical exercises to allow students to experience them more intuitively. At the same time, invite professional martial arts coaches to provide on-site guidance to improve the quality of teaching. Through innovative curriculum design and teaching methods, we aim to stimulate students' interest in traditional martial arts and cultivate their awareness of inheritance.

4.2 Cultural Promotion Activities

Organize lectures and exhibitions on Tai Chi and Bajiquan culture, inviting martial arts masters to share the cultural connotations and inheritance stories of martial arts, allowing students to gain a deeper understanding of the historical origins and spiritual values of martial arts [9]. Organize students to participate in martial arts performances and competitions, showcase their learning achievements, and enhance their confidence and sense of honor. At the same time, use the school's publicity platform, such as campus website, WeChat official account, to widely publicize traditional martial arts culture and expand its influence.

4.3 Combining with Modern Elements

Combining Tai Chi and Bajiquan with modern

concepts such as fitness and health preservation, develop martial arts fitness courses and products suitable for modern people. For example, designing health exercises such as Tai Chi and Eight Extremities, incorporating simple movements and breathing techniques, so that people can easily exercise in their spare time. At the same time, with the help of the Internet platform, online martial arts teaching and interaction are carried out to break the time and space constraints, so that more people can learn and inherit traditional martial arts.

4.4 International Exchange and Cooperation

Actively carry out international exchange activities for Tai Chi and Bajiquan, invite foreign martial arts enthusiasts to come to the school for learning and exchange, and select outstanding students to conduct martial arts teaching and cultural dissemination abroad. Through international exchanges, we aim to enhance the understanding and recognition of traditional Chinese martial arts among different countries and regions, and expand the international influence of Tai Chi and Bajiquan.

5. Our School's Practice of Inheriting Tai Chi and Bajiquan

The successful inheritance and practice of Tai Chi and Bajiquan cannot be separated from the respect and inheritance of traditional culture. We need to deeply explore the historical origins, combat characteristics, and philosophical ideas of Tai Chi and Bajiquan, and pass on their essence in its original form. At the same time, we should also pay attention to the integration with modern society, so that Tai Chi and Bajiquan can better adapt to the needs and aesthetics of modern people while maintaining their traditional characteristics [10]. Liaoning University of International Business and Economics introduced Tai Chi in the early days of its establishment in Lushun in 1997. In 2011, all students began learning Tai Chi, and since 2012, there have been thousands of Tai Chi team gymnastics performances at the annual sports meet. In 2023, the Eight Extremities Fist will be introduced to the campus, and a thousand person Eight Extremities Fist team gymnastics training will be organized. A thousand person Eight Extremities Fist performance will be held at the school sports meet, and a thousand person Tai Chi and Eight Extremities Fist team gymnastics performance will be reproduced at the 2024

school sports meet.

6. Conclusion

6.1 Strengthening the Awareness of Inheritance Is Key

Currently, many young people lack sufficient understanding and interest in traditional martial arts, and their awareness of inheritance is weak. But by offering relevant courses in universities and other educational institutions, holding martial arts lectures, competitions, and other activities, it can effectively enhance young people's understanding of Tai Chi and Eight Extremities, and stimulate their enthusiasm for inheritance.

6.2 The Cultivation of Excellent Teachers Is Crucial

Excellent martial arts coaches can better impart the essence of Tai Chi and Eight Extremities to their students. A specialized teacher training system can be established, inviting senior martial arts masters to give lectures and provide guidance, while encouraging martial arts enthusiasts to continuously improve their teaching level. For example, some well-known coaches of Tai Chi and Eight Extremities have cultivated batches of excellent martial arts talents through their own efforts and training.

6.3 Combining with the Needs of Modern Society

Tai Chi and Bajiquan can be integrated into fields such as fitness and health preservation, meeting the modern pursuit of a healthy lifestyle. At the same time, leveraging the power of media such as film, television, and the internet to promote and advertise its unique value to more people. Strengthening the awareness of inheritance, emphasizing the cultivation of excellent teachers, and combining them with the needs of modern society, will surely continue to write brilliant achievements in the new era, allowing these two excellent traditional martial arts to continue to develop and grow in inheritance, and making greater contributions to the inheritance and promotion of Chinese martial arts culture.

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