

# The Inheritance and Development of Chinese Traditional Sports Culture

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**Abstract:** National traditional sports culture is a treasure of China's traditional culture and an important part of the world cultural heritage. The inheritance essence of national traditional sports culture is the reproduction of national sports culture. It is the deep accumulation of national consciousness. It is the organic arrangement and combination according to the law and requirements of sports culture adaptation, and finally integrated into a harmonious and orderly system. To promote the development of national traditional sports culture, we should study the theory of national traditional sports from the perspective of the world and from the perspective of development. We should actively learn from the excellent achievements of modern sports culture to realize the modern transformation. The development of traditional sports in the field of mass sports should be the focus and direction of developing the traditional Chinese sports culture. The national traditional sports culture into the school sports, make the Chinese traditional sports more contemporary. The inheritance and development of national traditional sports culture are two aspects of the same process, which should establish a correct view of cultural development process.

**Keywords:** National traditional sports; Cultural inheritance; Development; Chinese culture.

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## 1. Introduction

The existence and development of culture are closely related to the survival and development of human beings. In the early stage of human society, social productivity was very low, and people's understanding of culture was very superficial. It was not until capitalism brought great development of productivity that people began to realize the connection between culture and the survival and development of human beings. Chinese traditional sports culture is an important part of the world cultural heritage. Together with the Chinese civilization, it has thousands of years of glorious and long history, and is the splendid treasure of China's traditional culture. However, with the transformation of the society and the strengthening of the trend of globalization, the survival environment of the traditional national sports has also changed. It has become a realistic problem for us how to better inherit and develop. Therefore, it is necessary to sort out the relationship between the inheritance and development of traditional sports culture, so as to grasp the development of traditional sports culture from the development direction of human culture, so as to learn from each other in the exchange with foreign culture, and constantly improve and develop their own traditional sports culture.

## 2. Inheritance of National Traditional Sports Culture

The accumulation and transmission of culture is one of the basic forms of cultural system operation, and also a basic law of cultural operation. The development and progress of culture are the organic combination of the two. There is no doubt that the traditional sports culture of the Chinese nation affected by the tide of globalization has produced many internal cultural changes. The thinking consciousness of the people of all ethnic groups, especially the value consciousness of the traditional national sports culture, has changed greatly, that is to say, the traditional national sports

culture has undergone modern changes. However, in the field of sports, with the process of the globalization of Olympic sports, western sports culture has gradually become the dominant role of world sports, and the sports culture of all nationalities in the world is in line with the western sports culture. Under the increasing pressure of western culture, the culture of all nationalities in the world has a development crisis, and on the other hand, the national consciousness and national consciousness have been strengthened. To resist the single cultural expansion, strengthen the cultural communication among ethnic groups, and build a new system of world sports culture are the interests of most countries and an important basis for the long-term development of human sports culture. In the tide of globalization, every nation should assume the responsibility of guardian for its own culture. Therefore, the inheritance of national traditional sports culture is also increasingly attracting the attention of the Chinese people. Cultural inheritance refers to the process of culture as a baton among the members of a community of people (such as a nation). This process, restricted by its living environment and cultural background, is mandatory and stereotyped, and finally forms a cultural inheritance mechanism, so that human culture has the characteristics of stability, integrity and continuity in the historical development.

The inheritance of national traditional sports culture is firstly the reproduction of national sports culture. The cultural achievements of each historical period are inherited related to its previous success. The culture of each society has two sources: both the inheritance and retention of cultural achievements in history, but also the creation and development according to the real social conditions. By the wave of globalization of the Chinese national traditional sports since has produced the modern change, so its inheritance also needs to keep on the basis of nationality, absorb external sports culture, must have the accumulation of traditional sports knowledge and experience into sports culture information and symbols, to the new members of

society, and this is the reproduction of the Chinese national sports culture. Secondly, the national traditional sports culture inheritance is not a simple sports culture elements, but according to the rules of sports culture to adapt to the rules and requirements for organic arrangement combination, finally for the national sports culture selection and sports criterion elements accumulation, and integrate these elements into a national harmonious and orderly system. This is by no means the self-behavior of an individual person, but it requires a strong group and integration, and requires the joint efforts of the whole nation. Third, the inheritance of national traditional sports culture is the deep accumulation of national consciousness. Ethnic sports culture is an important feature and a core element; the inheritance of national traditional sports culture is an important mechanism for the formation and development of national sports value consciousness community. Only through the traditional heritage of sports culture, to achieve the spirit of cultural production and reproduction, community of national traditional sports culture reproduction will not interrupt, to make the core elements of the national sports organically melt every member of the deep consciousness, the national traditional sports culture as a stable and lasting, conscious national identity and cohesion.

Human sports culture is diversified, and the diversified sports culture has the national nature, and the national nature of sports culture lies in its inheritance attribute. In the process of world economic integration today, we should have a deeper understanding of the diversity of sports culture, understand own national sports culture and tradition, and defend the national nature of Chinese traditional sports culture.

### **3. The Development of The Traditional National Sports Culture**

In the world of modern sports integration trend obviously accelerated today, modern sports impact on the traditional sports of various nationalities is an indisputable fact, national traditional sports culture is not a single culture, but a variety of cultural blend complex, because of its existence environment will inevitably produce the change of the cultural ontology. In the competitive sports day today, people are all concerned about the future and destiny of traditional sports. In the tide of globalization, each nation bears the responsibility of guardian for its own culture. Efforts to promote the modernization of traditional sports culture, make it prosperous new era fitness entertainment culture, enhance the effective means of national identity, and on the basis of domestic extensive, positive development of mature part to the world, participate in the construction of diversified world sports culture system, is under the condition of globalization of the historical responsibility of the Chinese nation.

The development of history has long proved that the popularization of western sports in China has not replaced the continuous development of traditional national sports in modern China (not excluding the loss of individual sports). Traditional sports such as martial arts not only play an important role in fitness and training, but also have cultural significance and practical value far beyond the scope of sports. In fact, the dozens of competitive events that are currently widely popular and highly valued in the world do not represent the whole sport. To make sports not only a world of a few competitive talents and the majority of the audience, And become a vast world for more practitioners to exercise, We should allow the regional traditional ethnic sports

activities to carry out, Combine traditional sports with international sports activities, To properly inherit and develop the precious cultural wealth of mankind; Promote the national traditional sports to realize the modern transformation adapted to The Times, On the basis of absorbing its own essence and drawing on the excellent achievements of modern sports, a new round of integrated innovation, So it is constantly updated and developed, Without losing the traditional national characteristics, Keep pace with The Times, Develop into an important content of sports culture in the new era. Only in this way can we find the best way for the development road of modern sports. Since the modern sports culture dominated by the western sports culture is not the only mode of the development of the world sports culture, then, facing the future will become the value orientation of the modernization development of the traditional national sports culture. For the future, is to the national traditional sports culture now as the basis, to own essence and modern sports culture achievements creative absorption and reference, especially based on the era of vision of conscious reflection and criticism, grasp the direction, focus on the future development, will now and the past has made achievements as the further development of the base, build a new system of sports culture beyond modern sports culture.

First of all, we should strengthen the research of the basic theory of the traditional national sports, not only from the perspective of pure sports or taking into account its national character, but also to jump out of the perspective of sports and study the traditional ethnic sports theory from the perspective of development from the perspective of the world. Second, national traditional sports culture to adapt to the modern change and development, should be on the basis of maintaining national characteristics, actively draw lessons from the outstanding achievements of modern sports culture, in the technical method using modern sports science theory and method of rational judgment and creation, in the system of modern sports culture successful system rapid development themselves, in the value level of modern sports vigor and competitive value, this is the core of the traditional sports culture modernization transformation. Thirdly, in today's vigorously advocating national fitness, China's national traditional sports have natural advantages that modern sports do not have, and the development of traditional sports into the field of mass sports should be a focus of the development of traditional sports culture of the Chinese nation. But, the goal of national traditional sports culture modernization far more than this, in the era of globalization, we should make full use of the background of globalization, all national culture has a broader development space and development opportunities, in promoting the traditional sports into the national fitness, on the basis of the project with distinctive competitive characteristics of transformation and promotion, draw lessons from the organization system of modern competitive sports and vigor and competition as the core spirit value, realize the function of the fundamental change, with modern sports, to international sports arena, become the common wealth of the people of the world, constitute the modernization of traditional sports culture. Finally, the traditional national sports culture will be integrated into the school sports to make the Chinese traditional sports more contemporary. However, most of the research in China focuses on local and specific fields, and the promotion and popularization of traditional ethnic sports are still far away in schools, and there is no macro and systematic

operation mechanism.

We should realize that to develop the traditional Chinese sports culture, the school is an important practice base and the key. To carry out traditional Chinese sports activities in large, middle and primary schools can not only inherit and carry forward the traditional sports culture resources, but also enhance national unity, establish national confidence and pride, and strengthen national cohesion, which is conducive to creating a good national sports culture atmosphere.

#### **4. The Relationship Between the Inheritance and The Development of The National Traditional Sports Culture**

According to the above discussion on the inheritance and development of national traditional sports culture, we can clearly draw the relationship between the two. On the one hand, the inheritance of national traditional sports culture is not to inherit the tradition intact, but to eliminate and develop it, so as to develop the traditional national sports culture. This is because the culture of any era is inseparable from the inheritance of cultural traditions, and the culture of any nation cannot abandon the national tradition and start again. At the same time, the process of inheriting the national traditional sports culture is a process of gradual absorption, integration and creation. Because with the development of the society, no one will "completely" accept the cultural heritage of the previous generation, always choose, discard, and critically inherit. Furthermore, the identification of traditional culture is the identification on a new basis, and the transcendence of traditional culture is the transcendence in the continuous progress. On the other hand, the traditional national sports culture is developed on the basis of inheritance and inherited in the process of development. Any inheritance and development of culture is based on the reality, focusing on the present and facing the future, so as to adapt it to the needs of modern society and modern spiritual life. Inheritance is the necessary prerequisite of development, and development is the inevitable requirement of inheritance. Inheritance and development are two aspects of the same process. We should establish a correct view of the process of cultural development: bring forth the new from the old, reform and innovate the new, constantly get rid of the old and outdated old culture, and introduce a new culture that reflects the spirit of The Times.

#### **5. Conclusion**

National traditional sports culture is a bright pearl in our

national culture. How to make it carry forward and continue to emit charming brilliance is worth our thoughtful question. Inheriting and developing the traditional national sports culture is not only loyal to the past of the Chinese national culture, but also to focus on the future of the Chinese national culture. In one hundred from the background of the big change, facing the serious challenge of sports globalization, the Chinese nation traditional sports culture inheritance and development in trouble, we should always adhere to the cultural consciousness, seize the development opportunity, with the cultural self-confidence as the foundation, to develop the national traditional sports culture as the center, deep mining of national traditional sports culture connotation, advocating new way of cultural transmission, comprehensive innovation and development path, make the national traditional sports culture and international standards, assume the task of building global sports culture diversified development.

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