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Research on Education of Miao Ethnic Minority Sports Hand-beating Shuttlecock

Zhang Yanbin[1]*, Guo Jiao[2]
[1]Hunan Arts and Crafts Vocational College, Hunan, China
[2]Yiyang Vocational & Technical College, Hunan, China
*Corresponding author, e-mail: 34073468@qq.com

Abstract: *In recent years, with the rapid development of the economy and the advancement of science and technology, Chinese traditional sports have gradually become one of the focuses of people's attention, especially the traditional sports of Miao ethnic minority in Guizhou. It not only reflects the regional characteristics of Miao, but also reflects the characteristics of the traditional culture of Miao people. And this is of great significance for promoting the diversified development of China's traditional culture. This paper mainly focuses on Miao folk activities - hand-beating shuttlecock. First of all, it analyzes the origin of Miao traditional folk sports, then analyzes the basic definition, characteristics and forms of these sports, and summarizes the cultural characteristics of Miao traditional folk sports. Finally, the paper discusses and summarizes the specific strategies of inheritance and development of Miao folk cultural and sports activities.*

Key words: *Miao Ethnic Minority; Hand-beating Shuttlecock; Folk Activities; Sports Teaching*

As a multi-ethnic and unified country, China often has different national cultures and cultural traditions, which makes our national culture gradually in a kind of diversified development. In recent years, the traditional sports culture has gradually become one of the focus of public attention, and the entertainment sports of the Miao folk activities hand-beating shuttlecock is gradually paid attention to by people, and it is always the focus of people's attention about how to do a good job of Miao folk sports. Therefore, this paper has certain economic value and practical significance to study the Miao folk style activities.

Historical Origins of Miao Folk Sports Hand-beating Shuttlecock

With the continuous development of history, China's traditional culture has become more regional, national, and traditional. For Miao people, as one of national minorities, it also has its excellent cultural tradition. As far as Miao people in South Sichuan are concerned, this relatively ancient and quaint nation has various forms of traditional folk activities, which have spread to the present, and have had a great impact on our national culture. It is also one of the focuses of people's attention at present. As one of the typical cultural and sports activities of the traditional culture of Miao people in south Sichuan, hand-beating shuttlecock is mainly originated from the Tang and Song dynasties. It is not only one of the important components of Miao culture in South Sichuan, but also one of the more ancient sports activities of the uouth Miao people.

According to legend, a long time ago, in the process of seeding rice, Miao people threw and received seedlings. The realization of this process has relatively great inspiration for people, so that hand-beating

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shuttlecock came into being and became an important traditional sports activity for people's entertainment. In the actual production process of hand-beating shuttlecock, mainly Miao girls and lads use corn husks to bind them, and then gradually make them into a printed handle. Wrap and decorate it with lace and embroidered cloth, and insert three chicken wing hairs on the handle to make the hand-beating shuttlecock beautifully shaped.

At the time of the birth of Miao hand-beating shuttlecock at that time, there was not a certain nature of the game. It was only during the festival and farm leisure that the young men and women of Miao ethnic minority mainly resorted to the recreational activity of hand-beating shuttlecock. The hand-beating shuttlecock at that time were just an entertaining activity and social way. With the rapid development of the economy and the advancement of science and technology, the lives of Miao people gradually developed towards richness. At the same time, people at the time re-innovated and transformed the basic entertainment and social activities of hand-beating shuttlecock. Furthermore, the hand-beating shuttlecock at that time had certain competitiveness, and gradually became a typical sport of people as a traditional sport. Nowadays, as a competitive sports activity and performance program, Miao activity is widely spread in various places in China. At the same time, in the traditional sports games of ethnic minorities, hand-beating shuttlecock is also a formal competition, with a certain degree of ornamental, competitive and fitness.

Definition of Miao Folk Sports Hand-beating Shuttlecock

Generally speaking, as one of the traditional sports activities of Miao people, hand-beating shuttlecock is commonly known as Magu in Miao language. In particular, young men and women of Miao ethnic minority in Sandu, Danzhai, and Duyun of Guizhou province have traditionally engaged in traditional hand-beating shuttlecock the Spring Festival. On the second day and the fifteenth day of Spring Festival, Miao men and women wear costumes and perform beating activities in groups of three or five. The tricks are also in various forms. At the same time, the activity of beating often has a certain entertainment venue, also known as "pond".

Along the long river of history, it traces back to the origin of Miao hand-beating shuttlecock. At that time, the ponds in the village were often guarded by the girls. At the same time, young men in the village could not perform hand-beating shuttlecock in the village. However, young people from other villages can enter the ponds to perform activities. This kind of welcoming and polite reception is a custom that has made Miao people widely praised by all nationalities and all walks of life.

On the "pond", guys and girls are paired together. Girls hold the shuttlecock and throw it at guys. Then boys catch the shuttlecock and fight it back to girls to ensure that it does not fall to the ground, which has a certain degree of similarity to playing badminton now. However, this kind of beating activity does not have a screen in the middle, nor does it have a certain field line. During the process of just beating with the palm of your hand, you can also talk about each other and sing with each other, which is conducive to the generation of beautiful love. In terms of its substantive nature, Miao hand-beating shuttlecock is different from Han kicking shuttlecock. To a certain extent, Miao hand-beating shuttlecock is regarded as a teaser to weave beautiful love. With the development of society, hand-beating shuttlecock have gradually undergone innovation and transformation. The copper plate serves as the core of the shuttlecock, and its shape is gradually made into a ball shape with the help of various colors. The colorful pheasant tail feathers were inserted on the mule, and

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tied with the help of colored wool, soaking the girls' ingenuity.

With the continuous improvement of people's material living standards, the cultural process of Miao people is also gradually improved, so that the modern beating activities have gradually become a kind of traditional sports activities with a strong national cultural style. At the same time, it also has relatively rich performance content and diversified performance forms, becoming an important fitness and entertainment project for Miao people in Guizhou.

The Characteristics of Miao Folk Sports Hand-beating Shuttlecock

As an important activity of Miao ethnic minority folk sports, hand-beating shuttlecock is also a traditional item that is more popular among men and women. As far as its essence is concerned, the handicrafts of the folk sports activities of Miao people often have certain characteristics, which are mainly reflected in entertainment, fitness, competitive and ornamental, as follows:

Entertainment

The special form of Miao hand-beating shuttlecock originated from the process of throwing rice and receiving rice during the process of planting rice. People were inspired by this, and they made crickets, and gradually came up with simple movements like thumping crickets. At first, Miao people use corn husks to bind them, and then gradually make them into a printed handle. Wrap and decorate it with lace and embroidered cloth, and insert three chicken wing hairs on the handle to make the hand-beating shuttlecock beautifully shaped. Miao people only use hand-beating shuttlecock as an entertainment activity. They play at the time of farming leisure, so Miao folk sports hand-beating shuttlecock is often a certain kind of entertainment.

Fitness

Hand-beating shuttlecock is an entertaining sports program. Miao men and women pass the shuttlecock by hand and use it as an entertaining sport. This exercise process has a certain positive impact on people's bodies. Miao people through the long-term activities of hand-beating shuttlecock can not only coordinate the various functions of the body, but also ensure the healthy development of their own bodies. Therefore, the Miao folk cultural and sports activities of shuttlecock often have a certain fitness.

Competitive

In general, initial hand-beating shuttlecock activity was just a simple recreational sport. The birth of Miao hand-beating shuttlecock did not have a certain nature of the game. It is only during the holidays and leisure time that Miao young men and women play mainly with the entertainment of the playing game. At that time, hand-beating shuttlecock was only a form of socializing. Therefore with the progress of society, the cultural level and civilization of ethnic groups gradually improve, modern hand-beating activities gradually become a kind of national culture and color of traditional sports activities. People pay more attention to the skill in the process of shuttlecock beating, and try not to let the shuttlecock land, so this kind of hand-beating movement often has a certain degree of athleticism.

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Ornamental

A variety of feathers are used in the actual production of shuttlecock, and the finished thugs have bright colors. The colorful pheasant tail feathers float in the wind, or come to life, or shine in the process of beating. This allows shuttlecock to have a variety of forms and patterns in the process of sports, and has a certain degree of ornamental.

Sociality

Miao lads and girls are paired together. Girls threw it to young man by holding the shuttlecock. Young man caught the shuttlecock and hit it back to girls to ensure that shuttlecock did not fall to the ground, and it has a certain degree of similarity to playing badminton now. However, this beating activity does not have a screen in the middle, and does not have a certain field line. It only hits with the palm of your hand. During the event, everyone can also talk about each other and sing against each other. To a certain extent, Miao hand-beating shuttlecock, as a kind of emotional thing, is conducive to the good love between men and women.

Therefore, this special sport is not only a certain entertainment and fitness, but also a certain competitive and ornamental. With a certain sociality, it is favored by Miao people.

Forms of Hand-beating Shuttlecock for Miao Folk Sports

The main forms of hand-beating shuttlecock for Miao folk sports activities are as follows:

Double fight

As a skillful and all-around sport, Miao hand-beating shuttlecock is very suitable for two-player combat. It is mainly the girl who tossed the mule, and lad received the mule and bounced it back to the girl. This form of thrashing activities often has a certain degree of simplicity. Miao girls and Miao boys simply use the mules as a tool to ensure that the mules do not fall to the ground. Hit the shuttlecock many times, be invincible, and become a winner. This simple form of competition has some fun. At the same time, the form of two-on-one confrontation was favored by the people and became an entertaining comprehensive sport.

Multiple people fight

Multiplayer fights are also a common form of Miao folk sports hand-beating shuttlecock. The multiplayer fight mode is mainly composed of groups of girls and lads. One of the girls is selected for dumping, and the rest can be selected at will. People scramble to grab the mule and pass it to the next one. Compared to the two-on-one fight, the multiplayer scene is relatively large, more lively, and also more fun and casual. This is also conducive to the eyebrow flirting between the girl and the lad, and to form a beautiful love.

All in all, the form of Miao folk sports hand-beating shuttlecock is not limited to the above. In the actual formation and development process, the Miao folk cultural and sports activities are also interesting and competitive. In China, people pay more attention to group competitions between thugs, and then cultivate people's ability to unite and cooperate.

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Heritage and Development of Hand-beating Shuttlecock for Miao Folk Sports

Chinese culture is vast and profound. At the same time, national culture, as an integral part of the essence of our country's culture, deserves much attention. In particular, Miao ethnic minority has more excellent traditions, which has greatly affected the development of China's modern economy. Miao folk cultural and sports activities, such as hand-beating shuttlecock, entertainment and fitness, have long been favored by Miao people. However, with the impact of foreign cultures and the vigorous development of the information age, people's living standards have gradually improved. This traditional folk sports activity hand-beating shuttlecock has gradually been forgotten by people, and even endangered. As to how to do a good job in the inheritance and development of the hand-beating shuttlecock, it has always been one of the focuses that our country needs to pay attention to.

Strengthening the understanding of Miao hand-beating shuttlecock

Generally speaking, in the process of the development of Miao folk sports hand-beating shuttlecock, it is necessary to strengthen the comprehensive understanding of the beaters and integrate the special emotions of individuals. Correctly interpret the relationship between Miao and culture, and give a certain understanding of the integration and development of multiple cultures. In the development of multiculturalism, establish the development position of one's own culture, and gradually integrate it with other cultures, and continuously dig up its related knowledge value. To ensure the uniqueness of the nation and the functionality of the traditional sports culture, so as to make Miao hand-beating shuttlecock comprehensively inherit and develop.

Increase the depth of excavation of Miao hand-beating shuttlecock

With the rapid development of the economy of the times, people's cognition level of knowledge has gradually increased, but the awareness of protection and mining of traditional culture is not strong. To do a good job in the development of hand-beating shuttlecock, we must generally improve people's cultural awareness and correctly understand the social value of Miao folk cultural and sports activities. Strengthen the identity of Miao people ’s religious beliefs and cultural forms such as holiday celebrations, understand their educational value, and build national pride. In addition, continuously digging its entertainment value, injecting new vitality into Miao folk sports hand-beating shuttlecock, is conducive to the construction of a harmonious society, and provides the basic guarantee for the development of cultural and sports public service products.

Construction and development of Miao hand-beating shuttlecock

To promote the inheritance and development of Miao hand-beating shuttlecock, we must do a good job in the construction and development of Miao folk cultural and sports activities. Understand the traditional religious beliefs of Miao people ideologically and give them some respect. In terms of education, schools are used to educate students on the traditional culture of Miao ethnic minority and increase students' interest in sports learning. In the course of practical teaching of physical education curriculum, some competitive and entertaining activities are held to do a good job of comprehensive education of traditional sports for students. In the propaganda, we must use the media to regularly hold competitive competitions, and then show the great charm of Miao hand-beating shuttlecock.

Strengthen foreign exchanges among Miao hand-beating shuttlecock

Strengthen the external exchanges of Miao hand-beating shuttlecock to ensure the integrated development of traditional sports culture of various nationalities. During the continuous evolution of historical culture, the identity of Miao ethnic culture and the humanistic spirit of traditional sports are enhanced. Promote the diversified development of traditional culture, and then promote the all-round development of traditional sports in China.

As a brand-new fitness sport, Miao hand-beating shuttlecock is not only used for teaching promotion and application in college physical education courses, but also can be used as a competitive sport. Take Miao hand-beating shuttlecock as a new social group activity, and use the current network and media to do a good job of propaganda work, and fundamentally create a modern, advanced and universal Miao folk cultural and sports activities.

Conclusion

With the rapid development of China's economy, fitness has gradually become an important form of entertainment for people. Miao hand-beating shuttlecock is a new fitness sport that is not optimistic in the development of our country. At the same time, hand-beating shuttlecock is gradually attracting high attention from relevant people based on the characteristics of flexibility, skill, fitness and competition. Nowadays, this special sports event should be based on the current situation, learn from the advanced experience of the development of thugs abroad, and timely introduce Miao hand-beating shuttlecock into China's current college physical education curriculum. Do a good job in teaching about hand-beating shuttlecock, and in the process of cultivating students' creativity and innovation, promote and develop the movement in China faster and better, and then make the besting movement popular among the people. It is believed that in the near future, Miao hand-beating shuttlecock will become a fitness exercise for the whole people, facing the future and facing the international market.

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