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Reform and Practice of College Wushu Optional Course Based on "Chinese Martial Arts Rank System"

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Abstract: *Chinese martial arts is the main content of attack and defense, routine and fighting as the main form of movement, and pay attention to both inside and outside the Chinese traditional sports. Physical education as a compulsory course is an important part of higher education in China. It plays an important role in improving college students' physique and helping them master sports skills. At present, physical education in colleges and universities in China is generally set up in the form of optional courses, and Wushu is widely set up in colleges and universities as a teaching choice project. Based on the "Chinese Martial Arts Rank System", this paper discusses the reform and practice of Wushu optional courses in colleges and universities.*

Keywords: *Chinese Martial Arts Rank System; Universities; Wushu; Reform; Practice*

Introduction

Wushu is the treasure of the Chinese nation and the historical and cultural heritage of China for five thousand years. Its content is broad and profound. It is the essence of traditional Chinese sports and has the value of physical fitness and education. Wushu has a profound mass foundation and has become an important part of sports teaching in most universities.

Introduction of Chinese Martial Arts Rank System

"Chinese Martial Arts Rank System" was formulated by the State Sports General Administration in 1998 to enhance people's physique, promote the development of Wushu, improve Wushu technology and theoretical level, and establish a standardized national Wushu exercise. The promulgation of the "Chinese Martial Arts Rank System" makes Wushu communication has a unified standardization, so that Wushu has a modern sports project with assessment system, which provides an important theoretical basis for the standardization and systematic development of it (Wang, Li & Liu, 2020).

The "Chinese Martial Arts Rank System" divides Wushu into nine levels according to the years of training, the technical and theoretical level mastered, the research results, the cultivation of martial ethics and the contributions made to the development of Wushu. Primary: Level 1 (green eagle), Level 2 (silver eagle), Level 3 (gold eagle). Intermediate: Level 4 (green tiger), Level 5 (silver tiger), Level 6 (gold tiger). Advanced: Level 7 (green dragon), Level 8 (silver dragon), Level 9 (gold dragon). In 2007, the "Chinese

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Martial Arts Rank System" was revised, stipulating that the first six paragraphs and the first nine paragraphs should be set according to the practitioners' technical skill level, theoretical knowledge and traditional cultural accomplishment. The characteristics of "Chinese Martial Arts Rank System" lie in the emphasis of "martial arts and virtue". It requires the combination of theory and technology, and the promotion of the national spirit, so as to achieve the purpose of cultivating the habit of lifelong exercise by enhancing the interest and curiosity of martial arts practitioners.

The Significance of Promoting "Chinese Martial Arts Rank System" in Colleges and Universities

Colleges and universities are one of the important places for the promotion and development of martial arts, and the introduction of traditional martial arts on campus is of great significance to strong culture in China. The "Chinese Martial Arts Rank System" is a comprehensive and objective rating system for evaluating the level of martial arts, and an important carrier to promote the spread of martial arts. College students are an important group that promotes the inheritance of China's excellent sports culture.

Contribute to the Implementation of the National Strategy and the National Fitness

On October 25, 2016, the Chinese government put forward relevant regulations, taking "Healthy China, National Fitness" as the national top-level strategy, and proposed to vigorously develop popular sports and support the promotion of martial arts, a traditional national sport. On January 25, 2017, the guideline was put forward to "develop traditional sports, rescue endangered traditional sports, and incorporate traditional sports into the national fitness program."

Contribute to the Inheritance of Traditional Chinese Martial Arts Culture

There are more than 2,000 institutions of higher learning in China, with over 30 million students. College students are the future masters of a country, so it is of great significance to promote traditional national sports for college students to inherit national culture. Taking martial arts as the carrier, the promotion of martial arts section system among college students can improve their physical fitness, cultivate their cultural confidence, and thus enhance the soft power of Chinese culture (Zhao, 2017).

Contribute to Inspiring the Learning Enthusiasm of Students

The "Chinese Martial Arts Rank System" curriculum teaching mode integrates martial arts theory and technical learning, highlighting the new teaching concept of "advocating martial arts and morality, combining fighting and training, and promoting the national quintessence". Incorporating the system into the optional martial arts classes in colleges and universities can not only increase college students' interest in martial arts, enrich their knowledge, promote traditional national culture, and cultivate awareness of physical exercise, but also promote the spread and promotion of martial arts and achieve its full popularity (Yang, 2018).

Contribute to the Spread of Chinese Traditional Martial Arts Culture

China has long persisted in opening up to the outside world. With the construction of the “Belt and Road” initiative, more and more foreign students have entered Chinese universities for further studies. As a treasure of China, martial arts is a carrier of cultural integration. At the same time, it provides favorable conditions for the spread of traditional Chinese culture. Promoting the "Chinese Martial Arts Rank System" among international students can provide a great platform for Chinese Wushu to go international.

The Current Situation of Wushu Optional Course in Colleges and Universities

Physical education in Chinese colleges and universities takes "Health First" as the guiding ideology, highlighting the dominant position of college students. Compared with ball games, track and field sports, and cheerleading, martial arts has a lower learning threshold and less exercise intensity. It is deeply loved by college students and is mostly taught in the mode of optional courses. However, in daily martial arts teaching, problems such as single content, outdated and inefficient teaching methods and assessment methods have appeared.

Single Teaching Content of Wushu Optional Courses

At present, the college martial arts optional courses mainly include 24-style Taijiquan, Long Boxing, and the use of short weapons such as knives, swords, and Taiji fans. They do not include other diverse martial arts. The single content, lack of confrontational events, performance events and equipment events, the lack of traditional national sports characteristics of martial arts and theoretical content, all of these conditions to a certain extent, restrict the popularity of martial arts, resulting in passive learning of college students. It is difficult to understand the connotation of martial arts.

Outdated Teaching Methods and Assessment Methods

"Combination movement" is a unique form of Chinese martial arts, so "what teaching method should be used?"It becomes very important. Due to the small number of teachers, Wushu teaching in colleges and universities mainly adopts the traditional demonstration methods, that is, explaining, decomposing teaching and repeating exercises. Due to the lack of modern multimedia assistance, the lack of innovation and interest in teaching methods, the teaching form of dogmatic and boring, college students' learning enthusiasm is not high.

In the way of learning evaluation and examination, college Wushu special courses mainly examine the performance of Wushu combined movements, and pay too much attention to the results, ignoring the comprehensive evaluation of college students in Wushu learning, skill application and moral cultivation. As a result, students only pay attention to the practice and scores of the exam content in class, but fail to fully understand the true meaning of martial arts.

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The Countermeasures of Promoting "Chinese Martial Arts Rank System" in College Wushu Optional Course

The promotion of "Chinese Martial Arts Rank System" in colleges and universities can not only promote Wushu teaching to be more standardized and efficient, but also fully create a good campus atmosphere and help colleges and universities to carry out education more actively and effectively (Wang, 2018).

Promote the Construction of College Campus Culture

Promoting the teaching of Wushu in colleges and universities can promote the inheritance of national sports and traditional culture. The inheritance and development of Chinese Wushu need to progress with the development of the times, and the segment system of Chinese Wushu is the product of Chinese Wushu adapting to the development of the new era (Cai & Cai, 2020). Combining traditional Wushu with optional Wushu teaching in colleges and universities has become a part of campus culture construction. Wushu needs and physical education teaching concepts in colleges and universities complement each other (Luo & Li, 2020), thus promoting the construction of campus culture in colleges and universities. "Rank in Chinese martial arts" in order to better promote the application of the option in the martial arts teaching, universities should advertise in a number of ways, especially in the current network information age, can use the school's official website, Weibo, WeChat of public conduct propaganda, make the broad masses of teachers and students can quickly understand "Chinese Wushu Rank " related content.

At the same time, it is also necessary to focus on publicizing the significance of the "Chinese Martial Arts Rank System" in college optional courses, so that both teachers and students can better understand the important role of the rank system and give full play to the teaching effect (Liu, 2017).

Promote the Reform of College Wushu Optional Courses

As a mark to measure the level of skills, the ranking system has been carried out in many sports events in the world, such as Korean taekwondo, which has already used the ranking system. The launch of "Chinese Martial Arts Rank System" aims to promote the reform of Chinese Wushu.

The physical education course of colleges and universities should use objective and fair way to evaluate the process and result of college students' participation in physical education learning, and change the examination method combining physical quality and skill examination. Curriculum evaluation is not only an important link in curriculum construction, but also related to the implementation effect of curriculum (Yang & Guo, 2018). The pertinence of college Wushu optional course reform should be built on the scientific basis, and it is also a further refinement to judge whether the teaching effect of Wushu is scientific.

The teaching examination based on "Chinese Martial Arts Rank System" can highlight the main position of college students. College students can choose different degrees of difficulty according to their physical quality and ability to cope with the examination of Wushu optional course. Paying attention to the participation of college students with different basic learning levels can better stimulate students' interest in learning, and the

evaluation of learning results will be more scientific.

Wushu education in colleges and universities needs to take moral cultivation as the premise, carry forward the spirit of Wushu, and let the traditional Chinese culture be inherited, followed by the learning of Wushu skills (Zhong, 2020). In the teaching process of "Chinese Wushu section system", corresponding written textbooks should be provided to enrich the content and form of Wushu teaching, combine the knowledge and practice of Wushu together, and give full play to the guiding role of teachers and the principal position of students in learning.

Conclusion

Chinese Wushu, as one of the teaching contents of college sports optional courses, is deeply loved by many college students. It is of great significance for the construction of a cultural power to enter the college campus of Wushu. Wushu teaching should firmly establish the guiding ideology of "health first" and highlight the dominant position of college students in Wushu class. To popularize the "Chinese martial arts section system" is helpful to the implementation of national strategy and national fitness project, to the inheritance of Chinese traditional martial arts culture, to stimulate the enthusiasm of college students to learn martial arts, and to promote the construction of campus culture and the teaching reform of college martial arts courses. Perfecting the examination method of college Wushu optional course can improve the teaching effect of college Wushu optional course, achieve the expected teaching objectives, and better complete the teaching task of college Wushu optional course.

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