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Inheritance and Development of Guangxi Zhuang Boxing in Higher Vocational Physical Education

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***Abstract**: Culture is the soul of a country and a nation. If culture prospers, the country will prosper, the culture will be strong, and the nation will be strong. Without a high degree of cultural confidence and cultural prosperity, there will be no great rejuvenation of the Chinese nation. Zhuang boxing is a kind of sports with national characteristics spread in Guangxi Zhuang region, and it is the intangible cultural heritage of Zhuang Traditional Sports. Physical education is a compulsory course in higher vocational colleges. This paper explores the inheritance and development of Guangxi Zhuang boxing in Higher Vocational Physical Education under the background of cultural confidence.*

***Keywords**: Cultural confidence; Zhuang boxing; Higher vocational physical education; Inherit; Development*

Introduction

Strengthen cultural confidence and promote the prosperity of socialist culture. Cultural confidence is a kind of recognition and esteem of one's own culture, and is the soul of a country's ideological and cultural construction and national development (Wang, 2018). Cultural confidence is the confidence in China's advanced socialist culture, and it is also the foundation for realizing the Chinese dream of great rejuvenation of the Chinese nation. Sports culture is an important part of social culture. Promoting the development of sports culture is conducive to promoting the development of socialist culture (Liu, 2019). National traditional sports is a treasure of Chinese culture, an important core part of Chinese traditional culture, and also a key part of Chinese sports culture. Cultural confidence is to have a strong sense of pride in China's excellent traditional culture including sports culture, which is the theme of the times for the inheritance and development of national traditional sports culture.

The national traditional sports culture is produced in the specific historical conditions and represents the long-standing traditional culture of a region and a nation. According to the sixth national census of China, the current population of Zhuang is about 16.93 million, which is the most populous ethnic minority in China. Wushu is the cream of the Chinese traditional sports. Zhuang boxing is a traditional martial arts of Zhuang nationality, which is spread in the Zhuang Nationality Area in the Guangxi Zhuang Autonomous Region. It is a typical representative of Zhuang culture. It embodies the obvious regional characteristics and the brand of Zhuang culture, and is one of the excellent traditional martial arts in China.

Zhuang boxing has a long history. It is recorded in Huashan mural of Ningming County, Chongzuo City,

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2000 years ago (Yang, 2010). Zhuang boxing moves are mostly pictographic movements, which are easy to understand and have unique health care effect, reflecting the distinctive characteristics of Zhuang nationality (Xiang, 2009). Zhuang boxing originates from the production and life of the Zhuang people. The fighting skills that appeared in the war between the Zhuang and foreign nationalities are the embryonic form of Zhuang boxing. Zhuang boxing weapons include not only commonly used knives and sticks, but also work tools such as poles and benches. In modern times, Zhuang boxing was once used as the training content of the Zhuang soldiers, and then with the mass use of weapons such as knives, swords, and spears, Zhuang boxing gradually evolved into a performance item in Zhuang festivals and sacrifices.

In the 1980s, the State Sports Commission at that time organized various provinces, autonomous regions, and municipalities to excavate and rescue the cultural heritage of martial arts. The Wushu Excavation Team of Guangxi District sorted out Zhuang boxing and included it in the book Guangxi Boxing and Weapon Records. In the fourth national minority traditional sports meeting held in Nanning in 1991, men's Zhuang boxing was included in the formal competition. In the fifth national minority traditional sports meeting held in Kunming in 1995, women's Zhuang boxing was also included in the formal competition. In the three Guangxi National Games held in Wuming, Guilin and Hechi at the beginning of this century, in order to reflect the fitness value of Zhuang boxing and expand its influence, Zhuang boxing was regarded as an optional performance item in the opening ceremony (Wang & Li, 2019). At present, it is mainly practiced among the Zhuang people in Nanning, Liuzhou, Baise, Chongzuo and other cities in Guangxi (Li, 2013).

Wushu is the treasure of the Chinese nation, and is the 5,000 year old historical and cultural heritage of China. Its content is broad and profound, and is the cream of the Chinese traditional sports. It has strong physical fitness and educational value. It has become an important part of the sports teaching in most universities.

Introduction to Higher Vocational Physical Education

According to the Ministry of education's "National College Physical Education Curriculum Teaching Guidance Program" in 2002, the Ministry of education and the State General Administration of sports issued the "students' physical health standard (Trial Scheme)" and "students' physical health standard (Trial Scheme) implementation measures", and the Ministry of Education issued the "basic standard of college physical education work" in 2014 As a compulsory course for college students, physical exercise is the main means, and the main purpose is to improve the health of students. No less than 108 class hours are offered in freshmen and sophomores. The guiding ideology of "health first" should be set up in Higher Vocational Physical Education. Through the teaching of physical education, college students can master the basic sports technology and skills, master the basic scientific exercise methods and new ideas, constantly improve the students' physical health level, and lay a solid foundation for Lifelong Physical Education.

Physical education in Higher Vocational Colleges shoulders the mission of improving the physical health level of college students and helping the construction of healthy China. At the same time, it is an important carrier to enhance China's cultural confidence, inherit and develop China's excellent traditional sports culture. As a compulsory course in higher vocational colleges, physical education is mainly carried out in the form of sports elective course, which plays an important role in promoting the physical and mental health of college students.

The Theoretical Basis for the Inheritance and Development of Zhuang Boxing in Higher Vocational Colleges

Wushu has a deep mass foundation and has become an important part of sports teaching in most vocational colleges. It is of great significance for the inheritance and development of our national traditional sports culture and the construction of a cultural power in our country to select Zhuang boxing as the teaching content in Higher Vocational Sports Wushu class, cultivate the national pride of higher vocational students and strengthen cultural confidence. On October 25, 2016, the general office of the CPC Central Committee and the general office of the State Council issued the "healthy China 2030 planning outline". "Healthy China, national fitness" has become the top-level strategy of the country. The outline clearly proposes to vigorously develop the sports that the masses love and support the promotion of Wushu, a traditional national sport. On January 25, 2017, the general office of the CPC Central Committee and the general office of the State Council issued the "opinions on the implementation of the inheritance and development project of Chinese excellent traditional culture", which proposed "developing traditional sports, rescuing endangered traditional sports, and bringing traditional sports into the national fitness project."

Guangxi Zhuang Autonomous Region is an ethnic minority autonomous region with the main population of Zhuang nationality. It is a region of Yao, Miao, Dong, Mulao and other ethnic groups, and it also includes more than 40 ethnic groups, such as Manchu, Mongolian, Bai and Tibetan. Guangxi has become a multi-ethnic cultural fusion area, with profound ethnic culture and numerous traditional ethnic sports (Chen, 2018). Combining Guangxi's rich and colorful national sports resources and culture with regional characteristics, integrating them into sports classroom, extracurricular sports competition and campus culture construction, with the help of campus sports culture communication platform, it will be beneficial to promote Guangxi's national culture to college students from all over the country, create Guangxi's national sports business card, and enhance the confidence of Guangxi's national culture. It is of great strategic significance to use Guangxi’s proximity to ASEAN and the country’s “One Belt One Road” strategy to spread to the world.

In order to fully implement the decision of the CPC Central Committee and the State Council on deepening education reform and comprehensively promoting quality education, give full play to the important stage of physical education in Colleges and universities, firmly establish the guiding ideology of "people-oriented, health first", actively respond to the call of the state for the inheritance of national physical education, and strengthen cultural confidence. As the first batch of national traditional sports into the campus of the pilot area, Guangxi Zhuang boxing, which has a unique geographical, national charm of minority sports into the teaching of higher vocational sports martial arts. It is an important way to enrich and improve the teaching content of physical education to integrate the thinking of "physical education + education", formulate the Zhuang Boxing Routine suitable for higher vocational students, and give full play to the function of teaching in entertainment of traditional minority sports. It is necessary to promote the inheritance and development of Zhuang boxing project, to create a good atmosphere of national sports culture communication, to enhance the recognition of traditional culture of our country, to stimulate the enthusiasm of students' study, and to achieve the teaching effect of strengthening their physical fitness.

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The Inheritance and Development of Zhuang Boxing in Higher Vocational Physical Education

Physical education in Higher Vocational Colleges in China takes "health first" as an important guiding ideology, highlighting the dominant position of college students in physical education. In the new era, China's higher education takes "moral cultivation" as the fundamental task. Wushu, as the essence of China's traditional culture, embodies the indomitable sports spirit of the Chinese people, and is an important part of higher vocational education. The main purpose of the martial arts curriculum in higher vocational colleges is to help college students understand and master the basic skills and basic knowledge of Chinese Wushu through Chinese martial arts teaching, constantly improve their physical quality, guide them to establish lifelong sports awareness, cultivate their team cooperation ability, strong will quality and noble patriotism spirit, and finally promote the overall development of college students (Duan, 2021). Compared with ball games, track and field, cheerleading and other sports, Wushu has lower threshold of participation and less intensity of sports, which is deeply loved by college students. As colleges and universities in Guangxi, the integration of Zhuang Traditional Sports into higher vocational physical education is conducive to the promotion of Zhuang culture to students from all over the country.

Zhuang Boxing Enriches the Teaching Content of Martial Arts in Higher Vocational Colleges

Teaching content is the main information that is intentionally transmitted in the process of interaction between learning and teaching. The choice of teaching content is the beginning of completing teaching objectives. In addition to offering traditional Taijiquan and Changquan in Higher Vocational Wushu classes, we should combine the local characteristics of colleges and universities to offer some national traditional Wushu as teaching content, such as Baduanjin, Nanquan, Guangxi Zhuang boxing, etc. Nowadays, the physical quality of college students is declining. The physical education teachers of Higher Vocational Colleges incorporate Zhuang Wushu Zhuang boxing into the teaching content of physical education in higher vocational colleges. Taking physical education as the carrier of Zhuang boxing inheritance and development is of great significance to the inheritance and development of Zhuang boxing in Higher Vocational Colleges. It can not only let college students understand and master Chinese martial arts like Zhuang boxing, but also can In order to deepen the recognition of university students to the traditional Chinese culture, and enhance the University confidence in the traditional Chinese culture.

Improve the Sense of National Identity of College Students

In the current ideological education, due to the rapid development of science and technology and the rapid spread of diversified ideas in the world, college students' thoughts are vulnerable to all kinds of impact. Traditional culture plays an important role in college students' Ideological and moral education and awakening their national spirit. As General Secretary Xi pointed out, "cultural confidence is an identity and praise of its own culture, and the soul of the construction of national ideology and culture and the development of the nation." Wushu, as the treasure of traditional culture in China, contains the national spirit and patriotism. In the teaching of martial arts in Higher Vocational Physical Education, it can not only

enhance the students' physical quality, but also improve the internal cultivation of college students and the sense of national identity. As an excellent representative of martial arts, Zhuang boxing can not only enable college students to exercise their bodies and temper their will, but also inspire their cultural self-confidence through the teaching of physical education in higher vocational schools.

Improving Teachers' Martial Arts Professional Ability

The PE teachers in higher vocational colleges are responsible for teaching and educating people. Socialism with Chinese characteristics has entered a new era. The level of social productivity in China has improved significantly, many scientific and technological achievements have reached the world's advanced level, and the people yearn for a better life. For college students, it is the most urgent hope to accept a higher level of teaching. The yearning for knowledge and skills of college students should be the goal of teachers in higher vocational colleges. As the physical education teachers of martial arts in higher vocational colleges, they should change their ideas, improve their understanding, strengthen their cultural confidence, take pride in inheriting and developing the excellent national culture like Zhuang boxing in higher vocational physical education class, constantly learn new technology, new technology, learn MOOC, micro class, PPT production technology, and apply them to the teaching of martial arts Zhuang boxing, enrich teaching methods and skills. In the teaching process of Zhuang boxing, we should pay attention to the innovation of educational methods, teaching means and assessment methods, create a learning atmosphere of teaching in fun, at the same time, we should often summarize and analyze the problems encountered in the teaching of Zhuang boxing, strive to improve the theory, function and teaching ability of Chinese Wushu, and constantly improve our teaching level (Chen, 2020).

Conclusion

Zhuang boxing is a traditional martial arts of Zhuang Nationality in Guangxi Zhuang Autonomous Region. It is a typical representative of Zhuang culture. It reflects the obvious regional characteristics and the brand of Zhuang culture. It is one of the excellent traditional martial arts of ethnic minorities in China. Zhuang boxing as the content of physical education in higher vocational colleges can improve the physical quality of college students, improve the teaching level of physical education teachers, strengthen the recognition of college students on the traditional Chinese culture, and stimulate the confidence of college students on the traditional Chinese culture.

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