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Coupling and Continuation: A Study on Humanistic Education Thought of Martial Arts in Martial Arts Film and Television

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Abstract:
In recent years, martial arts film and television creation has gradually become prosperous, and excellent film and television works containing rich martial arts humanistic thoughts have emerged. Through the methods of literature and logical analysis, this paper studies the manifestation, deepening and transmission of martial arts humanistic thought in martial arts film and television. The research shows that martial arts film and television is not only the carrier of Chinese martial arts inheritance, but also accumulates rich martial arts humanistic education ideas.

Keywords:
martial arts; martial arts film; martial arts humanistic education thought

Introduction

In the wave of social transformation, in the face of the influence of multiculturalism, the continuous integration of Chinese traditional martial arts and film and television has gradually formed a new field of film and television-martial arts film and television. This phenomenon not only injects new vitality into China 's film and television industry, but also promotes the spread and development of martial arts. In this development process, the humanistic education thought of martial arts is also displayed in martial arts film and television. For example, representative martial arts masterpieces such as ' Shaolin Temple ', ' Huo Yuanjia ', ' Jingwumen ', and some well-known martial arts film stars such as Bruce Lee, Jackie Chan, and Li Lianjie have spread China 's traditional martial arts and the loyalty, righteousness, courage, and sincerity of martial arts to all parts of the world through the display of film and television works. At present, martial arts film and television have important educational value for inheriting Chinese martial arts humanistic thought, carrying forward Chinese excellent traditional culture and cultivating noble humanistic spirit through the depiction of characters and scenes.

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1 Coupling : the manifestation of Wushu humanistic thought

1.1 The humanistic accumulation of Wushu-advocating Wushu and advocating morality

Martial arts, as a cultural heritage with a long history, contains a profound cultural heritage. In martial arts culture, advocating martial arts and morality is regarded as the core values. Chongwu shows deep respect and unremitting pursuit of martial arts skills. Practitioners through martial arts training, aimed at the pursuit of strong body and superb skills. Wu worship is not intended to promote violence, but rather focuses on using martial arts training to cultivate personal courage, resilience and self-confidence. He especially emphasized the core value of moral cultivation. In the field of martial arts, moral standards are the core of the practice of martial arts. As the saying goes, practice martial arts first virtue. As warriors, they should have the qualities of integrity, sincerity, respect and compassion [1]. The core idea of shangde advocates that in the process of improving martial arts skills, we should not ignore the cultivation of personal moral quality, but should closely integrate the two and complement each other. The integration of Chongwu and Shangde embodies the core concept of Wushu 's pursuit of all-round development. It not only attaches importance to physical exercise, but also focuses on the improvement of moral cultivation. In martial arts training, martial artists not only need to master skills, but also need to cultivate self-discipline and respect for others.More importantly, these core values should become the internal guide of their daily life. This profound cultural heritage not only has a profound impact on personal growth, but also shapes the cultural style and value orientation of the whole society to a large extent. It not only breeds people 's tenacity, justice and sense of responsibility, but also promotes social harmony and sustainable progress. For example, the film " Master of a Generation " deeply depicts how Master Ye Wen and Mr. Gong Er, two martial arts masters, stick to and inherit their respective martial arts philosophy, and guard the spiritual world of martial arts under the guidance of different martial arts concepts. Only by cultivating both morality and art can the core spirit of wushu be profoundly reflected.

1.2 The foundation of martial arts-respecting teachers and valuing Tao

Respecting teachers is one of the core values of martial arts, and it is also the foundation of martial arts. In the tradition of martial arts, master not only bears the heavy responsibility of teaching martial arts, but also serves as a model of students ' moral model and code of conduct to guide and cultivate them comprehensively. In the process of martial arts teaching, respect for teachers is reflected in many aspects. First, respect the teacher. Students should hold awe of the master and respect the teacher 's teachings and careful guidance. Master 's experience and wisdom not only constitute the precious wealth of students ' growth, but also lead them to explore the truth and transcend themselves. Therefore, students should uphold humility, actively seek knowledge, and constantly draw rich knowledge nutrients from master, in order to make significant progress in personal accomplishment and professional skills. Secondly, learning etiquette. Students should abide by etiquette and show respect for master. This includes following the rules in training, respecting the opinions of the teacher, and being respectful to the master in daily life. In addition, respecting the teacher also means maintaining the honor and tradition of the teacher. Students should be proud of the teacher, strive to inherit and carry forward the spirit of martial arts, and win honor for the teacher. Finally, respect.Respect for teachers is not only the respect for the master, but also the respect for the entire martial arts community. Martial arts should respect each other, learn from each other, and jointly promote the development of martial arts. For

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example, ' You Fei ', which is based on the growth experience of a young hero, tells the story of the young girl Zhou Fei, under the guidance of her parents and the inheritance of her predecessors, adhering to the fundamental principle of respecting teachers, from an ignorant girl. The story of constantly sharpening herself and eventually growing into a new generation of master with both ability and morality. Therefore, respecting teachers is not only the foundation of martial arts practitioners, but also the key way for them to achieve self-transcendence.

1.3 The spiritual purpose of martial arts-the unity of man and nature

The unity of man and nature is the purpose of Wushu spirit, which embodies the harmony and unity of man and nature. In martial arts, the unity of heaven and man means that the warrior should conform to the laws of nature and integrate with nature. This not only includes the cultivation of skills, but also emphasizes the cultivation of the heart. By practicing martial arts, martial artists seek resonance with nature. They feel the power and rhythm of nature and adjust their breathing and movements to be in harmony with nature. This harmonious state not only helps to improve martial arts, but also calms the heart and achieves the unity of body and mind. The unity of heaven and man is also reflected in the respect and protection of the environment by the warriors. The warriors understand that they are part of nature and should love nature and revere nature. They advocate a green lifestyle and take practical actions to protect our ecological environment. In addition, the spirit of harmony between man and nature has also prompted the warriors to pursue harmony in society. They respect others, are good at cooperating with others, and solve problems with a peaceful and friendly attitude. This kind of harmonious interpersonal relationship contributes to the stability and development of society.For example, ' Tai Chi Zhang Sanfeng ' tells that martial arts master Zhang Sanfeng is a hidden Tai Chi master. He advocates the Tai Chi philosophy of harmony and softness, and upholds the true meaning of practicing Tai Chi. The film shows Zhang Sanfeng 's superb martial arts and unique Taijiquan skills through dynamic martial arts scenes and wonderful fighting scenes. At the same time, the film also reveals the philosophy behind Tai Chi, emphasizing peace, harmony and inner balance. This also reflects his highest understanding of the unity of heaven and man.

2 Edification : the deepening of humanistic education in martial arts

2.1 Values shaping : the demand of Wushu humanistic ideological education

At present, the audience has the following requirements for the humanistic education of martial arts film and television. First of all, the audience wants to know and inherit Chinese martial arts culture through martial arts film and television works. Wushu is a treasure in the traditional culture of the Chinese nation, which carries a rich historical and cultural connotation. The audience is eager to see the profound interpretation and display of martial arts culture through film and television works, including the introduction of martial arts origin, development, genre, technique and so on, so as to promote people 's understanding and cognition of martial arts culture.[2] Secondly, the audience expects to obtain positive life values and moral education from martial arts film and television. Martial arts is not only a kind of physical skills, but also contains the principles and moral standards of life. The audience expects to witness the protagonist 's physical and mental cultivation through the practice of martial arts in the film and television works, and then nurture the spirit of

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perseverance, honest and trustworthy conduct and respect for others, so as to obtain enlightenment and lessons.In addition, the audience also has a high demand for the national spirit and national honor in martial arts film and television. Wushu, to a certain extent, represents the spiritual characteristics of the Chinese nation, such as self-improvement, unity and cooperation. The audience hopes to feel the transmission of this national spirit in film and television works, as well as the cherishment and maintenance of national honor. Finally, the audience also hopes that martial arts film and television can pay attention to social reality problems, present social phenomena and trigger thinking through the perspective of martial arts. For example, martial arts film and television can explore topics such as youth growth, interpersonal relationships, and mental health, and give the audience inspiration and guidance.

To sum up, the current audience 's demand for martial arts humanistic ideological education in martial arts film and television is more diversified and urgent. Film and television producers need to deeply explore the essence of martial arts culture, carefully portray the role and conceive the plot, in order to meet the audience 's desire for knowledge, morality and spiritual pursuit, and then actively promote the spread and continuation of martial arts culture.

2.2 Chinese cultural heritage : the identity of martial arts humanistic thought

Through the collation and research of the literature, it is found that the current audience 's recognition of martial arts humanistic thoughts in martial arts film and television is mainly reflected in the following aspects : First, excellent cultural heritage. Martial arts film and television by showing a variety of martial arts moves and skills, so that the audience feel the profound Chinese martial arts culture. The audience agrees with the presentation of this cultural heritage and is interested in the inheritance and development of martial arts culture. Second, the audience 's values resonate. Martial arts film and television often emphasize the core values of martial virtue, justice, courage and persistence. These values are in line with the inner pursuit of the audience and arouse the resonance and recognition of the audience. Third, the feeling of character growth. Audiences are often attracted by the growth process of the protagonists in the film and television dramas. They experience setbacks, break through themselves in martial arts practice, and finally achieve self-improvement. The story line of this character 's growth is easy to make the audience have emotional resonance and agree with the positive attitude of life conveyed by it. Fourth, convey national pride. As a part of Chinese traditional culture, the display of martial arts in film and television works can stimulate the audience 's national pride. The audience agrees with the Chinese martial arts spirit and national characteristics shown in the martial arts film and television, so as to enhance their self-confidence in their own national culture.Fifth, affect the emotional touch. The emotional elements in the martial arts film and television, such as mentoring, brotherhood, love, etc., can touch the audience 's emotional resonance. The audience will experience the emotional ups and downs with the characters in the play, and deepen the recognition of the humanistic thought of martial arts. Sixth, realistic enlightenment. Some martial arts film and television works will reflect social reality problems through story plots, such as the struggle between justice and evil, and the complexity of human nature. While acknowledging these ideas, the audience can also draw inspiration and thinking from them for real life [3].

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3 Continuation : the transmission of Wushu humanistic education

3.1 Martial arts film and television content innovation, promote the continuation of the spirit of perseverance

In the development of modern society, in-depth excavation of martial arts culture : through the study of martial arts history, philosophy, morality and other aspects, so that the work more cultural connotation. At the same time, the content of martial arts film and television should be constantly innovated, and the spirit of perseverance and martial arts should be continued. The innovation of martial arts film and television content can be reflected in the following aspects : First, health awareness. The martial spirit encourages people to pay attention to physical health, actively participate in physical exercise, and pursue a healthy lifestyle. Tough will. In the face of difficulties and challenges, maintain perseverance and strive to overcome. Second, face bravely. In the face of danger or pressure, stand up bravely, take responsibility, and protect yourself and others. Thirdly, teamwork. Many sports and work scenes require teamwork, and the sense of cooperation cultivated by the martial spirit is very important in these areas. Fourth, self-improvement. Constantly pursue self-improvement and growth, and strive to improve their ability and quality.

The martial spirit not only inspires people to pursue health, bravery, tenacity and self-improvement, but also promotes innovation and enhances cohesion at the social level, becoming a powerful driving force for personal growth and social progress. At the same time, in order to ensure that the martial spirit can exert its positive influence, it should be properly guided and regulated within the framework of law and morality.

3.2 The value of martial arts film and television is reflected, based on the practice of respecting teachers and valuing Tao

The value of martial arts film and television should shape the real character image, let the character show the martial arts spirit and moral character in the story, and let the audience resonate. By digging into the glory of human nature of the characters and combining the skills of martial arts with noble personality, it can not only enhance the artistic connotation of the works, but also convey positive values and guide the audience to be inspired and inspired in the process of appreciation. Such creative techniques not only enhance the appreciation of the film, but also enhance its social influence, and realize the dual output of art and value. Respecting teachers and respecting Tao is an important tradition of martial arts, and it is also the foundation of martial arts. This fundamental value should be reflected in martial arts film and television. It is embodied in the following aspects : First, the attitude of learning. The warrior should hold a lofty heart of respect for the teacher and humbly accept the careful guidance of the master. Careful study, diligent practice, and resolutely avoid perfunctory and slack, in order to reflect the respect and follow the teachings of teachers. The second is the mentoring relationship. There is a special emotional bond between master and apprentice. The apprentice should respect the master and listen to the teacher 's teachings. At the same time, the master should also care about the growth of the apprentice. This relationship of mutual respect and mutual love is the embodiment of respecting the teacher and respecting the way.The third is behavior. In martial arts training, martial arts practitioners should abide by the rules and respect their teachers and peers. Fourth, the spirit of inheritance. The respect for teachers is also reflected in the inheritance of martial arts spirit. The martial arts practitioners should inherit and carry forward the martial arts spirit and values taught by master [4]. Fifth, moral cultiva-

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tion. Wushu emphasizes not only the improvement of skills, but also the cultivation of morality. Respecting teachers and respecting morality helps to cultivate the humility, integrity, benevolence and other moral qualities of warriors. Etiquette culture. There are many specific etiquettes in qin martial arts, such as teacher worship, teacher worship and so on. These rituals reflect the respect for the master and the tradition, and are also the concrete manifestation of respecting the teacher.

Through the subtle portrayal of film and television, it can cultivate the audience 's good moral character and moral concept [5]. This tradition is of great significance to the inheritance and development of martial arts, and also has a positive impact on social harmony and progress. In modern society, we should inherit and carry forward the spirit of respecting teachers, so that Wushu culture can be inherited and carried forward.

3.3 Martial arts film and television spirit transmission, the humanistic pursuit of harmony between man and nature

In the development of martial arts film and television, there should be spiritual transmission, telling in-depth stories, and triggering the audience 's thinking on martial arts humanistic ideas with the plot. Otherwise, it is just a ' show ' performance without a real core. [6] In martial arts film and television, there should be the transmission of martial arts spirit, and the unity of heaven and man is one of them. The unity of heaven and man in martial arts film and television mainly highlights the following aspects : first, the integration of man and nature. By observing nature and imitating the movements of animals, the martial artists integrate the power of nature into martial arts skills. They conform to the laws of nature and use the power of nature to enhance their skills. The second is the inner cultivation of the warrior. The unity of heaven and man emphasizes both internal and external cultivation. The warriors not only pay attention to physical exercise, but also pay more attention to inner peace and harmony. Through meditation, breathing training and other methods, to achieve the connection between mind and nature. At the same time, music and sound effects can be used reasonably to highlight the atmosphere and enhance emotional expression. Once again, film and television focus on picture and action design. Through the fascinating visual presentation, accurate display of martial arts techniques. In the actual combat, according to the changes of opponents and environment, the warriors flexibly use martial arts skills to reflect the random response of the unity of heaven and man and the spirit of conforming to nature.In addition, including martial arts regimen. The concept of health preservation in martial arts is also closely related to the unity of heaven and man. Martial arts pay attention to adapt to the changes of the four seasons, day and night, adjust the training and lifestyle, in order to achieve the purpose of health [7]. Finally, martial arts moral cultivation and cultural heritage. The spirit of harmony between man and nature is also reflected in the moral cultivation of warriors. The warriors respect nature, respect others, follow moral norms, and treat the world in a harmonious manner. At the same time, martial arts as a traditional culture, carrying the philosophy of harmony between man and nature. In the process of inheritance, the warriors pass this spirit to the next generation, so that it can continue. [8]

Based on this, in martial arts film and television works, the spirit of harmony between man and nature should be run through all levels of martial arts, so that martial arts not only become a kind of physical exercise, but also a kind of spiritual cultivation and cultural inheritance. The unity of heaven and man embodies the harmonious coexistence of human beings and nature, as well as the awe and conformity to the laws of the universe. This spirit still has important value in modern society and is worth inheriting and carrying forward.

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4 Conclusion

In its long historical process, the film and television creation of martial arts has played a huge role in promoting the promotion of Chinese martial arts culture on the international stage by virtue of its unique display techniques and attraction, and has profoundly affected the understanding and learning of martial arts and martial arts humanistic thoughts for generations. First of all, the article studies the martial arts film and television highlights the martial arts humanistic education thought of advocating morality, respecting teachers and respecting the unity of heaven and man. Secondly, from the perspective of the audience, it analyzes their demands for martial arts humanistic ideological education. Finally, martial arts film and television should continue to inherit the humanistic education thought of martial arts : first, martial arts film and television should adhere to content innovation and promote the continuation of martial arts perseverance. Second, reflect the value of martial arts film and television, to practice respect for teachers as the fundamental. Thirdly, it conveys the spirit of martial arts film and television and stimulates the audience 's humanistic pursuit of the unity of heaven and man. Therefore, as a special media, martial arts film and television can not only make the audience understand the profoundness of Chinese martial arts, but also promote the inheritance and promotion of Chinese traditional culture.

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