

## A Preliminary Study on Developing and Inheriting the Culture of Chinese Martial Arts Soldiers

Meng Fei<sup>1</sup>, Xue Xin<sup>2</sup>

### *Abstract*

*Chinese Martial Arts Soldiers is a modern sport produced by making the sword techniques in Chinese martial arts competitive, and it is a modern confrontation sport of martial arts unique to Chinese people. It did not emerge in the cold weapons era of the Shang and Zhou dynasties, yet its cultural spirit can be traced back to the Western Zhou Dynasty in Chinese history. In the one thousand years after its emergence, it had constantly adapted to the changes of dynasties and the development of times, and had been inherited and innovated in practice and thought, becoming a precious resource of traditional Chinese culture.*

*According to the diachronic word order, this paper analyzes the history and culture of Chinese Martial Arts Soldiers, the generation and reform of modern Chinese Martial Arts Soldiers, the change and transformation of modern Chinese Martial Arts Soldiers, the catching-up and transcendence of contemporary Chinese Martial Arts Soldiers under the influence of modern thoughts, the characteristics of the item and the key problems in its current development, as well as the prospect of the future. From the perspective of cultural change theory and cultural self-confidence, this paper focuses on the analysis of the cultural characteristics of Chinese Martial Arts Soldiers in different historical periods, its response and renewal in the face of foreign cultural impact, and the latest development of contemporary Chinese martial arts short soldiers. By doing so, this paper observes the existence forms and attributes of Chinese Martial Arts Soldiers in the process of cultural change, the inheritance and development of history and culture. At the same time, this paper focuses on the main line of the development of Chinese Martial Arts Soldiers culture, and focuses on the contemporary Chinese martial arts soldier as the research subject. On the basis of a large number of historical studying, research on contemporary practice, interviews and reflection, and through the comparative analysis of the "tradition" and "modernity" of Chinese Martial Arts Soldiers culture, this paper*

---

<sup>1</sup> Doctor of Education (Physical Education), International College, Krirk University, Bangkok, Thailand, 110288333@qq.com

<sup>2</sup> Doctor of Education (Physical Education), International College, Krirk University, Bangkok, Thailand

*systematically uses the relevant theories of cultural change and conducts academic research on the Chinese martial art of weapons. The topic selection and research methods of this paper are pioneering to a certain extent and this study has important academic value and research significance; at the same time, this study has strong practical value and practical significance. The researcher expects that the study of Chinese Martial Arts Soldiers will provide inspiration and practical guidance to the ongoing practice of the inheritance and innovation of Chinese martial arts military culture.*

*Keywords: Chinese Martial Arts; Soldiers Culture; Development; Inheritance; Innovation.*

## **Introduction**

Chinese Martial Arts Soldiers is an important part of Chinese martial arts culture, and it is also an antagonistic sport developed by the Chinese nation in its long-term historical development and social practice. Modern Chinese Martial Arts Soldiers is one of the many Chinese martial arts events that has been redefined as a traditional sport in which two people fight against each other with special short weapons. As a continuation of ancient Chinese fencing activities, it has deep historical and cultural deposits and cultural origins. It is a unique symbol of Chinese martial arts culture, a modern sport produced after the competitive transformation of Chinese Martial Arts Soldiers and Swords, and one of the representatives of martial arts weapon confrontation items in modern Chinese national sports. Chinese Martial Arts Soldiers fully integrates the characteristics of sword, sword and other short weapons, and retains the essence of traditional Chinese martial arts. It is the continuation and development of ancient sword fighting, which not only reflects China's military martial arts technology and national history, but also carries the gene of the Chinese culture. Chinese Martial Arts Soldiers has clear educational significance and special cultural attributes. It is a modern competitive confrontation sport of the Chinese nation.

In recent years, major Chinese martial arts scholars and leaders have initiated the training of long and short soldiers in the Chinese martial arts teachers, organized military competitions, and organized the performance and display of short and long soldiers in the Chinese martial art of weapons so as to promote and spread the culture of the Chinese martial art of weapons, which not only broadens the communication channels for fans of Chinese Martial Arts Soldiers at all levels of society, but also injects more fresh blood into the Chinese Martial Arts Soldiers, and makes Chinese Martial Arts Soldiers active in the historical stage once again to a great extent. At the same time, Chinese Martial Arts Soldiers has rich humanistic value, ecological

value, social value, economic value, entertainment value and fitness value, etc. It is of great value and significance to carrying forward the excellent traditional sports culture of the Chinese nation, enhance the cultural identity of the Chinese nation, realize sports power, and promote the great unity of the nation and the progress of human society, making it a precious cultural heritage of the Chinese nation that cannot be copied.

#### Chapter 1 History and culture of short soldiers in the Chinese martial art of weapons

When we open the historical classics to trace the history and culture of the Chinese martial art of weapons, the term "art of the Chinese martial arts soldiers" or even "Chinese martial arts soldiers" did not appear, and the ancients had not systematically summarized the categories of soldiers. Chinese traditional culture and spirit have a long history, and the spirit of the Chinese martial art of weapons "showing spirit inside, and etiquette outside" has always been embedded in the genes of Chinese people, flowing in the blood of Chinese people.

"Coming from history, entering the true path, and if one wants to reach the great truth, he must first study history." Before discussing the Chinese martial art of weapons and Chinese martial arts soldiers, we must first make it clear that although "art of martial arts soldiers" is a new achievement of the modern instrument and martial arts reform, but in its origin, it has a long history. "Chinese Martial Arts Soldiers" is a new competitive sport which has been modernized and improved in modern instrument fighting, but when exploring its prototype, we must link it with "short soldier" which is a collective and symbolic meaning of all ancient Chinese short weapons.

##### 1.1 The emergence of the Chinese martial art of weapons

Sword culture is an important cultural element of the Chinese martial art of weapons, and also the historical prototype of the Chinese martial art of weapons. The significance of sword culture in Chinese martial arts is multifaceted. First of all, it is an important part of traditional Chinese culture. Due to the influence of war, history and other factors, sword culture has been widely inherited and developed, with very rich cultural connotation and artistic value. At the same time, sword culture also reflects the cultural spirit and moral concepts of the Chinese nation, including many aspects of sword culture containing Zen and philosophy, which is the embodiment of the unity of morality and movements in Chinese martial arts. In addition, sword culture is also an important part of Chinese martial arts. Traditional sword styles and individual fighting methods provide people with more opportunities for rich martial arts performance and inner cultivation, and are also an important expression of skills in the art of martial arts soldiers. In every era, the changes of weapon shape and system had a

significant historical background. These historical backgrounds often involved the wars between different countries and nations in Chinese history, and it is these wars that drove Chinese weapons to constantly change. The emergence of sword culture is also the root of the Chinese martial art of weapons.

#### 1.2 The generation of short soldier culture in the Chinese martial art of weapons

There is no specific time for the origin of Chinese martial arts short soldiers, but we can learn that in ancient times, "short soldiers" generally refers to the integration and technical refinement of all single-handed short weapons such as knives, guns, whip, mace, and swords, which is the collection and representative symbol of ancient Chinese short weapons. "Short soldiers" is only a term used in the classification of ancient Chinese weapons, and did not represent a specific martial arts sport.

##### 1.2.1 The division of short weapons and long weapons in the Chinese martial art of weapons

In ancient Chinese wars, both long weapons and short weapons played a very important role in the war. Long weapons and short weapons refer to different weapon types. In ancient China, the distinction between long weapons and short weapons was made according to their length and scope of action. In addition to their use in wars, long and short weapons were also widely used in other aspects. In hunting, for example, spears were used to hunt large animals; a short knife or dagger could be used to hunt small animals. At the same time, long weapons and short weapons are also widely used in the fields of farming, construction, mining, fishing and other fields in daily life. Nowadays, the importance of long and short weapons in modern warfare has gradually diminished, but they are still an important part of traditional culture. In the evolution of history and culture, the status of long weapons and short weapons is constantly changing, but people's understanding and research on them have never stopped, and they will always be our precious cultural heritage.

##### 1.2.2 The existence form and application attribute of short weapons in the Chinese martial art of weapons

In China, the culture of the art of martial arts soldiers originated from the sword culture. The short weapons in Chinese martial arts originated from swords. Therefore, when studying the short soldier sport, we should study the exact form of the sword. Its application rules mainly include the following aspects: First, their use needs to be fast, accurate and flexible, combatants need to decide the direction and strength of the attack in an instant, and quickly change the direction of the attack. Second, they can be carried and used at any time, and can be used in a variety of positions such as standing,

running, falling and rolling. Third, the use of swords needs to be flexible, free, coordinated and harmonious, and they can be used by any part of the body. Finally, the use of the sword must adapt to the battle situation and the opponent, flexible change, at the same time, the personal specialty and technical level should be fully played. The rules of sword use are summarized and inherited through continuous practice.

### 1.2.3 The consolidation and promotion of the spirit of short weapon culture in the art Chinese martial arts soldiers

Short weapons and Chinese sword worship are inextricably linked, sword culture and sword worship is an important part of the spirit of the Chinese martial arts soldiers. Among all the weapons groups in ancient China, sword is a special existence and has always occupied a very prominent position. To some extent, the sword has become a symbol of all weapons in ancient China. Sword is a very important weapon, not only plays an important role in the war, but also has rich cultural connotations, which are constantly consolidated in the spirit of Chinese martial arts short soldier culture. Since ancient times, the sword has been regarded as a symbol of the warrior spirit, and swordplay and the art of sword also permeated the culture, art and philosophy of ancient China. The ancients regarded jianshu as a difficult skill, and it even became a kind of culture. Its spirit contains multiple elements such as martial arts, etiquette and culture, which are important representatives of traditional Chinese culture. In short, consolidating and promoting the spirit of the short weapon culture is an important part of traditional culture and an important heritage of Chinese civilization. Only by actively inheriting and promoting it can the spirit of short weapon culture continue to flourish in contemporary society.

## 1.3 The prosperity and change of Chinese martial arts soldiers culture

### 1.3.1 The preparation for the rise of modern Chinese martial arts soldiers culture

Modern China was a very turbulent period, the society had undergone drastic changes and transformation. In this period, the position and role of the military were given unprecedented importance, because war and the military became the key to political victory. In this case, martial arts culture developed rapidly, among which, weapon items in Chinese martial arts received much attention.

First of all, the external threat faced by modern China is an important reason for the rise of martial arts short soldier culture. The continuous wars between China and the great powers in modern times made the national security become the primary issue in the development of the country. Therefore, in modern China, the domestic martial arts community called for the introduction of external advanced martial

arts techniques to improve the strength of Chinese martial arts and make it better able to cope with external threats. And the short weapon culture rapidly rose in response to under this demand.

Secondly, the internal instability of modern Chinese society was also one of the reasons for the rise of martial arts soldiers culture. In order to cope with various emergencies, many people began to seek short weapons to protect themselves and their families. As a result, short weapons became popular equipment, and this trend extended to broader social groups.

In general, the rise of Chinese martial arts soldiers culture of modern China was closely related to the social background. External threats, social chaos, and commercial development all played an important role in promoting the development of Chinese martial arts soldiers, and led to its emergence in modern Chinese martial arts culture.

### 1.3.2 The rise and change of Chinese martial arts soldiers

Chinese martial arts soldiers is one of the important schools of Chinese traditional martial arts. It has a deep heritage and a long history, representing China's unique martial arts culture. The prosperity of martial arts soldiers benefits from its unique techniques and cultural connotation, which has aroused great attention and admiration in history. However, with the modernization of China, the status and influence of Chinese martial arts short soldiers have also changed. On the one hand, the inheritance and development of Chinese martial arts soldiers faced many restrictions and pressures; on the other hand, short soldier martial arts also faced the impact of foreign culture and cross-culture, which had challenged the inheritance and development of short soldier martial arts.

In this case, how did the Chinese martial arts soldiers complete its modernization transformation? First, Chinese martial arts soldiers needed to strike a balance between inheritance and innovation. Secondly, Chinese martial arts soldiers needed to constantly try and explore in techniques and innovation, and introduce more practical and modern features of short soldier equipment use. Third, Chinese martial arts soldiers needed to find its own development path in the process of cross-cultural integration.

In short, the rise and change of Chinese martial arts soldiers is an unfinished journey in the transformation of modern culture. Only through the inheritance of innovation and cross-cultural integration to find its own way, can we make Chinese martial arts soldiers continue to develop, so as to inherit and promote the culture of Chinese traditional martial arts.

Chapter 2 The impact and adaptation of Chinese martial arts soldiers in modern China

The late Qing Dynasty and the early Republic of China was an important period in the development history of Chinese martial arts, and it was also a period full of changes and exploration. Especially in the aspect of Chinese martial arts soldiers, the Chinese martial arts in this period had experienced great impact and exploration, and constantly explored, summarized and developed in practice.

#### 2.1 The exploration of Chinese martial arts soldiers under the culture shock

Since modern times, Chinese martial arts soldiers have experienced many cultural impacts. These impacts not only came from Western culture, but also from a series of factors such as cultural changes and changes in social needs within China. All these had a great impact on the Chinese martial arts soldiers, causing it to gradually lose its former glory and status. At that time, the introduction of Western civilization and military technology formed a situation of conflict with Chinese traditional martial arts culture, which also promoted the reform and exploration of Chinese martial arts at that time. At the end of the Qing Dynasty, the Taiping Heavenly Kingdom War and the Boxer Uprising had a profound impact on wushu culture. After that, the emergence and development of emerging military forces provided an opportunity for the innovative research of Chinese martial arts and promoted the in-depth exploration of martial arts short soldiers. These facts show that the short weapon martial arts and the culture behind it were still an important heritage culture in that period, and laid a solid foundation for the development of Chinese martial arts.

In view of these problems, we should explore the value and future development direction of Chinese martial arts soldiers from many aspects. The first is to strengthen cultural protection and provide more publicity and promotion for short-weapon martial arts. The second is to improve it according to the needs of modern people, focusing on application and practicality, and constantly tapping its potential in modern defense. In addition, we can also try to change the form of martial arts competition to make it more adaptable to modern concepts, and provide more opportunities for the display of Chinese martial arts short soldiers.

#### 2.2 Adaptation of Chinese martial arts soldiers under the culture shock

Chinese martial arts has always been one of the treasures of Chinese culture, and short-weapon martial arts is an important part of it. However, with the development of globalization and the intensification of cultural shock, Chinese martial arts soldiers are gradually facing the challenge of adaptability. At the end of the Qing Dynasty and the beginning of the Republic of China, with the continuous emergence of new weapons and the influence of foreign culture, traditional martial arts faced unprecedented impact and

change. The wide use of firearms has gradually reduced the importance of short-weapon skills. At the same time, the introduction of weapons and boxing culture also makes the short weapon wushu culture face great challenges. The introduction of western boxing and East Asian taekwondo brought great pressure to the localization and development of Chinese traditional martial arts. However, through continuous learning, absorption, integration and improvement of their own skills, martial artists developed many unique moves suitable for close combat and continued the short weapon martial arts culture. The emergence of these new techniques opened up a new development direction of Chinese martial arts.

In short, in modern times, although the culture of Chinese martial arts soldiers faced great challenges, it had not been replaced by new cultures. On the contrary, the culture of short weapons was inherited and became a fusion of new culture and traditional culture, creating a more colorful martial arts culture.

### Chapter 3 The change and transformation of the culture of Chinese martial arts soldiers in modern times

With the development of society and the continuous improvement of people's awareness of physical and mental health, short-weapon martial arts items have received more extensive and in-depth attention. Short-weapon martial arts sport can not only cultivate people's physical quality, but also make people more confident in daily life and overcome all kinds of difficulties and challenges in life. In China's modernization, national fitness has become the banner of national development, and Chinese martial arts soldiers, as a part of it, has successfully completed its change and transformation.

#### 3.1 The background of the change of Chinese martial arts soldiers

The emergence of Chinese martial arts soldiers is inseparable from the development of national sports competition in the modern Kuomintang period. The most important point is that the Chinese martial arts short soldier from beginning to end represents the absolute mainstream technical form of Chinese ancient sword technology dominated by one-hand techniques. Since the founding of New China, the types of Chinese martial arts short soldiers have experienced the development and changes in line with the changes of the times, and formed a unique style. In the early days of the founding of the People's Republic of China, Chinese martial arts soldiers mainly used traditional swords, spears, swords and sticks. During this period, martial arts gradually developed from the form of family inheritance and teacher inheritance to the popularization of the whole people, and became a national sport, which was widely developed and disseminated.



With the reform and opening up of society and the continuous development of national sports, Chinese martial arts soldiers made great progress in sports skills, cultural heritage and national fitness, and gained a wide market and development space. With the reform and opening up of society and the continuous development of national sports, Chinese martial arts soldiers have made great progress in sports skills, cultural heritage and national fitness, and have a wide market and development space. We believe that in the future development, Chinese martial arts soldiers will continue to break the limits of itself, innovate and develop, and become an important force in China's sports cause.

### 3.2 The initial exploration of the rise and carrier of "martial arts" and "national art centers"

#### 3.2.1 The rise and debate of Chinese martial arts soldiers

Since modern times, Chinese martial arts had experienced many changes and developments, and the application of short weapons was one of the important developments. In the rise of "Wuxue" and "Guoshu Museum", short weapons have become an important part of Chinese martial arts, making it more diversified and refined. "The learning of martial arts" was an important stage in the development of Chinese martial arts. At that time, Chinese martial arts were influenced by Western culture and technology, and gradually formed the unique Chinese martial arts. At the same time, short weapons are more and more applied to martial arts, enriching the form and connotation of martial arts.

#### 3.2.2 The initial exploration of the practice carrier of Chinese martial arts soldiers

The first was the exploration of Chinese martial arts soldiers in the aspect of equipment. The initial exploration of modern Chinese martial arts soldiers can be traced back to the late Qing Dynasty. At that time, social unrest, foreign powers invaded, and the requirements for martial arts also changed. In this context, martial artists began to study short weapons to meet the realistic needs of combat, such as knives, guns, sticks, etc. These short weapons have their own unique charm and value, reflecting the essence and characteristics of Chinese martial arts, and are of great significance to the inheritance and development of Chinese martial arts.

The second was the exploration of Chinese martial arts soldiers in clothing and protective gear. Since modern times, with the modernization of martial arts, martial arts equipment has also been greatly improved and developed, the clothing and protective gear of short-weapon Chinese martial arts was a highlight. Lightweight metals are being used to produce wrist and hand guards could protect users better than cotton or leather, while also being more durable.

Protective helmets and protective corsets were also developed to provide more comprehensive protection. These devices made the use of short weapons safer and more professional.

The third was the exploration of Chinese martial arts soldiers in terms of the competition rules. There have been short weapon techniques in Chinese martial arts since ancient times, but before modern times, these techniques were mainly applied to actual combat, and regular competitions were rarely carried out. With the development of modern society, martial arts competitions were paid more and more attention, and the competition rules of short weapons were gradually formed. At the beginning of the 20th century, the competition rules of short weapons were not mature. By the 1950s and 1960s, Chinese martial arts gradually entered a period of prosperity. At this time, the rules of short weapon competition had also been greatly expanded and improved. Some martial arts experts in China began to formulate standards for short weapon techniques and competition rules. These standards became the guiding documents for exercises and competitions, which are scientific and operable to a certain extent, and have also laid the foundation for the formulation of short arms competition rules in the future.

### 3.3 The exploration on the transformation of Chinese martial arts soldiers

#### 3.3.1 The transformation of Chinese martial arts soldiers

With the development of the times and the exchange of culture, short-weapon martial arts faced a series of challenges and opportunities in its transformation. First of all, the demand for martial arts in modern society has changed dramatically. Short weapon martial arts need to jump out of the traditional shackles, advance with the times, and pay attention to strengthening the practicality and adaptability of short weapon. Secondly, short weapon martial arts need to deeply cultivate the technology itself. There are many kinds of short weapons and various moves, at the same time, the difficulty of practice is relatively higher, and more professional technical guidance and research are needed. Through technical upgrading, we can increase the effect of martial arts fighting and improve the competitive level of short weapon martial arts. Finally, short weapon martial arts should pay attention to becoming in line with international standards. Martial arts have become a worldwide sport and one of the most important parts of cultural exchanges between countries around the world. Short-weapon martial arts need to take advantage of the international stage, absorb advanced ideas and technologies from other countries, gain more international influence and recognition, and promote the spread and development of Chinese culture.

#### 3.3.2 The transformation practice of Chinese martial arts soldiers

With the development of modernization, Chinese martial arts constantly transformed and developed. The exploration and practice of the modern transformation of Chinese martial arts soldiers was a course full of challenges and opportunities. From the end of the Qing Dynasty to the beginning of the Republic of China, the Chinese martial arts soldiers were mainly in the form of Sanda and sword, and the martial artists represented by Liang Zhensheng, Ye Wen, Yang Luchan, etc., conducted in-depth research on the training of short weapons. By the 1920s, with the introduction of Western culture and the emergence of new weapons, short weapons in Chinese martial arts were facing great challenges in both practicality and form. In order to cope with these challenges, Chinese martial arts began a series of transformational practices. Among them, the most representative are the "invulnerability" of Chen-style Tai Chi and the "night harpoon hand" technique of Hong Quan short weapon martial arts. In addition, Chinese martial arts has also carried out some technical and theoretical reforms and innovations. For example, in the training of short weapons such as short sword and short stick, the element of boxing and footwork has been added, and traditional short weapons such as fists, swords, knives and guns have also been expanded and changed technically. Despite facing various difficulties and challenges, Chinese martial arts soldiers still constantly reformed and innovated, aiming to improve the practicality and adaptability of short weapon technology, and lay a solid foundation for the inheritance and development of short soldier.

#### Chapter 4 The contemporary development of Chinese martial arts soldiers: the revival of traditional culture

In recent years, with the change of social environment and demand, the development of Chinese martial arts soldiers is gradually facing new challenges and changes. Therefore, Chinese martial arts soldiers are constantly self-adjusting and improving to adapt to the changes of the current social environment and needs.

##### 4.1 The changes of social environment and demand brought about changes to the development of Chinese martial arts soldiers

With the rapid development of social economy, people's living standards continue to improve, and the awareness of physical health has been widely popularized. This has made short-weapon martial arts popular as a way to keep fit. Therefore, some traditional short weapon martial arts events have been re-excavated and designed to better meet the fitness needs of modern people. At the same time, some new short-weapon sports, such as the combination of traditional and modern technology of martial arts fighting projects, also emerged. In the context of increasing social security risks, Chinese martial arts soldiers are increasingly used to protect themselves and others. In addition, the teaching of Chinese martial arts short soldiers will also

face new challenges, especially, with the popularity of Internet technology, more and more people hope to enjoy high-quality teaching resources through the network. Therefore, compared with the traditional martial arts training, digital and informative martial arts courses such as online teaching, teaching videos and apps have emerged, which can help people get rid of the limitations of time and space and enjoy a more convenient and efficient way of learning. In short, with the constant change of social environment and needs, the development of Chinese martial arts soldiers is also gradually undergoing innovation. Driven by these changes, the development prospects of Chinese martial arts soldiers are more bright.

#### 4.2 The influence of state intervention on Chinese martial arts short soldier culture

With the rapid development of national sports and the continuous expansion of martial arts, the Chinese government's support and intervention for Chinese martial arts soldiers have also been constantly strengthening. First of all, the Chinese government's support for Chinese martial arts soldiers is comprehensive. Relying on resource advantages and extensive social channels, the government has introduced a number of powerful measures to vigorously support and promote Chinese martial arts soldiers. In addition, by creating relevant brands and incentive measures, various local governments and social forces participate in the development of Chinese martial arts soldiers, promoting the healthy development of Chinese martial arts soldiers. Second, government intervention is also necessary. The reason why Chinese martial arts soldiers need government intervention is that as a traditional cultural sport, it requires special protection. The way of government intervention is mainly reflected in strengthening industry norms, formulating relevant policies and strengthening supervision. The government can strengthen industry norms, regulate the places and ways of martial arts sports practice, and formulate relevant policies to encourage local governments and members of society to provide strong support and guarantee for the development of Chinese martial arts soldiers.

#### 4.3 The influence of market factors on the promotion of Chinese martial arts soldiers

Although the intervention of state rights plays an important role in the promotion of martial arts soldiers, in the development of market economy, market factors also have a great impact on the promotion of this traditional skill. First of all, it is important for the market to support the martial arts community. Martial arts groups need to have sufficient funds and resources to organize performances, competitions and training sessions. Second, the market is also very important for the demand of students. If there is no demand for short-weapon martial arts in the market, the skill cannot be promoted more widely.

In addition, the market also has a great impact on the industrialization and commercialization of short weapon martial arts. If the commercialization degree of short weapon martial arts is low in the market, it will lead to the slow development of related industries, and the influence of short weapon martial arts in the market will also be affected. Finally, the market has a great impact on the promotion channels of short weapon martial arts. If there is a lack of publicity and promotion of this skill in the market, then fewer people will know and learn this skill.

#### 4.4 The influence of popular demand on the development of Chinese martial arts soldiers

The influence of popular demand on the development of Chinese martial arts short soldiers is very important. First, people's need for fitness has increased their use of weapons-based martial arts sports. The training of Chinese martial arts short soldiers has a good tempering effect on physical coordination, explosive power and endurance. Secondly, the change of social security situation has also increased the demand for people to learn short weapon skills. As a practical weapon, short weapon has the function of self-defense. In addition, the demand for short weapons in film and television works is also promoting its development. The scenes of fighting with short weapons often appear in movies, TV dramas and other entertainment works, which also stimulates people's interest in short weapons.

#### Chapter 5 The new characteristics and new problems of Chinese martial arts soldiers in the contemporary development

With the development of society and the enhancement of people's awareness of physical health, wushu has gradually become an important way of exercise in China. As an important way of practicing martial arts, short weapon has its unique style and charm.

#### 5.1 The characteristics of the development of Chinese martial arts soldiers

Martial arts short soldiers have been widely popularized and promoted in recent years, under this background, its development has shown many new characteristics and advantages. Chinese martial arts soldiers is one of the traditional cultural forms with distinctive characteristics in China and even in the world. With short weapons as the main weapons, it shows a strong national cultural style and positive spirit through diversified technical methods and extensive adaptability.

##### 5.1.1 Chinese martial arts soldiers attaches importance to actual combat

Short-weapon martial arts in the early days emphasized skills and the effect of performance. Now, more and more martial arts competitions and practices have proved that short weapon martial arts short

soldiers play a very important role in actual combat. With the passage of time, the short weapon martial art has been given more ideological connotation and cultural significance, making it an art form with strong cultural and ornamental attributes.

Actual combat application is more of a summary of actual combat experience, while following the basic rules of Chinese martial arts short soldier confrontation. As a special way to use weapons, it has a unique technical law. This requires martial artists to continuously accumulate and innovate in long-term practice, and use it more skillfully for different situations and rivals. Therefore, the skills of Chinese martial arts soldiers is extremely rich in variation and flexibility. At the same time, the scientific techniques and skills, as well as the perfection of the judgment and punishment rules of "the national art" have highlighted its practical application attribute.

#### 5.1.2 Chinese martial arts soldiers attaches importance to humanistic value

In the development of short-weapon martial arts, it has always carried moral and cultural connotations, not only requiring superb combat techniques, but also emphasizing etiquette, emotion and cultural edification. In addition, the practice of short weapons can also make people realize the highest realm of the spirit of martial arts, attaching particular importance to the harmony between people. Short weapon training can teach people to better cherish peace, understand the art of getting along with others, respect and care for others, and deal with things and problems more wisely. In short, it lays emphasis on the inheritance of humanistic values, teaches people to understand the spirit of patriotism and collectivism, and at the same time, it can also help people better understand and improve themselves, so as to enhance self-cultivation and comprehensive quality.

#### 5.1.3 The diversified techniques and methods of Chinese martial arts short soldiers

Short weapon martial arts involve a variety of short weapons, and many different techniques and movements are used. The difficulty of these techniques and movements is not the same, giving short weapon martial arts stronger appreciation and training attributes. At the same time, it also promotes the continuous development and evolution of martial arts short soldiers, forming many unique schools and styles. At the same time, the techniques focus more on defeating enemies than killing them. This cultural core that attaches importance to techniques and spirit is an important support for the Chinese martial arts soldiers to maintain the uniqueness and be inherited.

#### 5.1.4 Chinese martial arts soldiers have a wide range of adaptability

Short weapon martial arts have experienced many changes and innovations in their development to adapt to different use occasions

and different groups of people. With the development of economy and the improvement of people's living standard, great changes have taken place in terms of the mentality of contemporary Chinese people. They lay less emphasis on the display of force than in the past, and attach more importance to spiritual abundance. Therefore, while strengthening skills, contemporary short weapon martial arts also attach importance to the significance beyond time and space and crossing cultures, carry forward humanistic spirit, inherit cultural accumulation, and gather moral strength. Short weapon martial arts are no longer a simple fitness activity, but have also become an important carrier of cultural inheritance and a bridge of cultural exchanges.

In short, as a precious heritage of Chinese culture, Chinese martial arts soldiers have a strong national cultural style, diversified techniques, extensive adaptability and other characteristics. These characteristics are also the basis for short weapon martial arts to maintain the essence of inheritance, be constantly innovated and developed, and develop towards the future.

## 5.2 The key problems in the development of Chinese martial arts soldiers

### 5.2.1 The problem of inheritance facing the development of Chinese martial arts soldiers

With the changes of the times and the development of society, inheritance has become an important challenge for the development of Chinese martial arts soldiers. First of all, the environment of inheritance is unfavorable. The traditional martial arts and Taoist clubs have gradually lost their dominant position in the inheritance of martial arts. Secondly, there is a shortage of teachers. Inheritance requires senior martial arts masters as inheritors, yet the reality is that many martial arts masters are too old to continue the inheritance; at the same time, the new generation of martial arts coaches often lack sufficient martial arts skills, and it is difficult for them to assume the responsibility of inheriting short weapon martial arts. Faced with these problems, Chinese martial arts circles need to take more active measures to promote the inheritance and development of short weapon martial arts. First, they need to establish a unified inheritance system, clarify the specific content and process of inheritance, so that the inheritance can become more orderly and standardized. Secondly, the training of martial arts coaches needs to be strengthened to improve the technical level and teaching ability of coaches to meet the needs of the new generation of martial arts enthusiasts. In addition, some authoritative and credible evaluation institutions should be established so as to review and evaluate martial arts coaches and inheritors, and guide them to better play the role of inheriting and promoting short weapons martial arts.

### 5.2.2 The problem of standardization facing the development of Chinese martial arts soldiers

The standardization problem of martial arts soldiers comes from its special nature. The technical standards of coaches and students are not uniform, leading to confusion in the learning process. First of all, a stricter qualification verification system for coaches needs to be established. Only qualified coaches can take on the important responsibility of training talents. Secondly, strict competition rules and scoring standards need to be formulated. The scoring standards should be formulated by professionals and authorities and promoted nationwide. Finally, the theoretical research of short weapons needs to be strengthened. Learning short weapon theories can help students better understand and master techniques, and help athletes to improve their skills and levels. With a scientific standard system, martial arts coaches and students have solid ideological guidance, martial arts competitions can become just, which is conducive to the sustainable development of martial arts.

### 5.2.3 The problem of promotion facing the development of Chinese martial arts soldiers

The promotion problem facing short weapon martial arts is becoming more and more serious. First, it is affected by the process of modernization. In modern society, the change of people's life style leads to the loss of culture and the neglect of traditional culture, making the development of Chinese martial arts soldiers face great challenges. Secondly, it is influenced by marketing strategies. In order to pursue commercial interests, some businesses in the market have simplified Chinese martial arts into an entertaining sport, which not only intensifies the fierce competition between traditional martial arts and popular entertainment, but also narrows the connotation of the inheritance of martial arts. Finally, it suffers from irregular training management. The existing teaching system is not standardized, it has not yet formed a unified standard in terms of the content, standards, assessment and other aspects. As a result, the quality of martial arts teaching is uneven, the content of training cannot be guaranteed, and the essence cannot be adhered to in the inheritance process. Only by comprehensively solving the above problems can Chinese martial arts soldiers embark on a better road of development, so that Chinese martial arts can be carried forward.

## Chapter 6 The cultural inheritance and innovation of Chinese martial arts soldiers

Chinese martial arts is one of the unique traditional cultures of the Chinese nation and an important cultural heritage of the Chinese people, with profound historical deposits and cultural connotations. It is extremely important to better inherit and innovate it.



### 6.1 The content of the cultural inheritance of Chinese martial arts soldiers

As an important part of Chinese martial arts culture, the culture of short weapons and that of long weapons complement each other and have unique content of inheritance, mainly including the aspects of technology, mental cultivation methods and philosophy, having rich connotation. In terms of technology, the use of short weapons requires exquisite skills and high physical ability. In terms of technical requirements, short weapons not only attach importance to both strength and speed, but also emphasize skill and flexibility. In the aspect of mental cultivation methods, the culture of short weapons emphasizes the mentality and cultivation of students. Learners should have a spirit and attitude of persistent learning so as to make continuous progress and surpass themselves. In the aspect of philosophy, the culture of short weapons combines a large number of cultural, philosophical and other ideological connotations, and connects the ancient Chinese military culture, literature, art and philosophical thoughts and other fields. With the development of the times and the inheritance of culture, the culture of short weapons will become richer and more diversified.

### 6.2 The innovative inheritance of the culture of Chinese martial arts soldiers

As an important part of the Chinese culture, short weapon martial art is gaining an increasing influence in the world. With the booming of sports in China, short weapon martial art has been constantly introduced to foreign countries. First, there are differences between Chinese and foreign countries and in order to successfully promote the culture of Chinese martial arts soldiers, it is necessary to consciously understand and respect others' cultures, avoiding nationalist or even extremist slogans. Secondly, when inheriting the culture of short weapon martial art, its moral connotation must not be ignored. The Chinese martial art of weapons is not only a type of martial art skill, but also an embodiment of spirit and culture. And finally, exchanges and interaction with foreign cultures of martial arts are necessary, so as to absorb more innovation, thoughts and ideas from them and promote the further development of the culture of the Chinese martial art of weapons. In a word, in the process of innovating and inheriting the culture of Chinese martial arts soldiers, both China and foreign countries need to maintain an open, inclusive, respecting and sharing attitude, so as to promote the inheritance and development of the culture of Chinese martial arts soldiers.

The innovative inheritance and development of the culture of Chinese martial arts soldiers is an inevitable trend of the social and cultural development in modern times, and only by attaching importance to the protection and innovation of traditional culture can Chinese

martial arts shine in a more dazzling way in the grand cultural context of the world in this era.

## Conclusion

The culture of the Chinese martial art of weapons is a precious cultural heritage. We need to attach importance to its inheritance and development, bring it to the modern times, promote it to wider groups of people, which is not only an effective way to realize cultural inheritance and talent cultivation but also an important condition for the continuous development of the culture of Chinese martial arts soldiers. The Chinese martial art of weapons, as a type of traditional martial art skills, will face more opportunities and challenges in its future development. But we have reasons to believe that with the continuous development of society and enhanced awareness of health, it will surely have broader prospects of development. The culture of Chinese martial art of weapons has a long history and embodies the wisdom and strength of the Chinese nation. In the process of inheriting this precious cultural heritage, we must attach importance to the study and research of culture, train high-level talents with an international competitive edge, so that the culture of Chinese martial art of weapons can have new energy and vitality in the new era.

## Bibliography

References in Chinese:

1. Jiang Xiping, Song Ping (2015). An analysis on the development of Chinese martial arts soldiers in Chinese martial art of weapons. *Sports Culture Guide*, 1(03), 172-175.
2. Dai Xiaoping (2010). A comparative study on the characteristics of Wushu short soldiers, fencing and Kendo. *Journal of Wuhan University of Physical Education*, 44(05), 71-74.
3. Dai Xiaoping, Liang Yadong (2009). Problems in short weapon martial art competitions and countermeasures. *Journal of Wuhan University of Physical Education*, 43(11), 82-85.
4. Dai Xiaoping (2009). On the value of promoting Chinese martial arts soldiers in sports colleges and universities. *Journal of Wuhan University of Physical Education*, 3(03), 87-90.
5. Huang He, Zhang Yanqing, Zhao Zhizhong (2007). A comparative study of Chinese martial art of short weapons and Japanese Kendo. *Journal of Beijing Sport University*, (08), 1126-1128.
6. Guo Zhiyuan (2016). On the popularization of short weapon martial art in campus activities. *Intelligence*, 1(23), 4.
7. Ma Xanda (2003). *Chinese Martial Arts Soldiers*. Xi 'an: Sanqin Publishing House.

8. Wang Huafeng (2007). Course of Chinese Martial Arts Soldiers. Beijing: Peking University Press.
9. Feng, Yale (2015). An exploration of cultural value and development strategy of Chinese martial arts soldiers. *Fighting (Science of Martial Arts)*, 12(07), 24-25+43.
10. Cheng Weihong (2013). On the popularization of Chinese martial arts soldiers in middle schools. Beijing Sport University.
11. Wang Jianli (2014). On the characteristics and functions of Chinese martial arts short soldiers. *Fighting (Science of Martial Arts)*, 11(01), 32-33.
12. Wang Lei, Zhang Bin, Li Jiyuan (2004). On the historical evolution and development of Chinese martial arts soldiers. *Science of Martial Arts (Fighting · Academic Edition)*, 1(06), 6-8.

References in foreign languages:

1. Tsai.Feng-Hua;Chu.I-Hua;Huang.Chun-Hao;LiangJing-Min;Jia-Hroung;Wen-LanWu.Wu.2021)Effects of Taping on Achilles TendonProtection and Kendo Performance.West MidlandsDeaneryAAZ-1455
2. Sakamoto.K;Mizuta. H: Okajima K: Kitagawa.T(2011) .An unusual cause of metatarsal pain in ayoung kendo player.MIZUTA,HIROSHI/F-1611
3. Duvall,Chris S.(2017)A maroon legacy? SketchingAfrican contributions to live fencing practices in earlySpanish America.West Midlands Deanery , 2233-4890
4. Rhee.sangyoung.(1990). Estimation Economic Value of Multi-functionality and Preservation Program of StoneFences in Jeju.Department of Physiology III. KarolinskaInstitute.Stockholm.Sweden.0172-4622
5. Kim..Ki-Uk;SU , SO HYUN.(2018) A DesignAspects of Historic Parks Preserving Buried CulturalHeritages - In the Case ofNeunggok Prehistoric RemainsPark , Ansan Singil Historic Park, Yongjuk HistoricPark.JE Purkyne Univ Usti Nad Labem, Fac Educ, UstiNad Labem,Czech Republic.1988-5202