Research on the Present Situation and Development of Wushu School in Jinxian County

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Abstract

Whether the number of martial arts schools is large or small does not mean that a local martial arts hall has a good or bad quality for local students. This article mainly uses the literature method, the induction summary method, the questionnaire survey method and the field investigation method to understand the Jinxian county martial arts hall development situation, uses the survey data to carry on the statistical analysis to understand the insufficiency in the martial arts hall development: discovers many young people who practice the martial arts routine have not deeply understood the martial arts culture; does not have the extra extracurricular time to participate in the martial arts training; the martial arts coach overall quality level is not high, the experience is insufficient; the county level martial arts venue is small; therefore we need to strengthen to the youth martial arts culture education; reasonably arranges the youth to study the martial arts time; To improve the teaching level of coaches; the sports committee of Jinxian County needs to increase investment in the construction of martial arts venues at the county level; Wushu coaches need to reasonably arrange the training time of martial arts athletes to improve the development of martial arts. Let it get more love, can bring more help to the development of sports in Jinxian County.

Keywords
Jinxian County; Wushu School; Present Situation; Investigation.

1. Introduction

With the development of economy and society, people begin to pay attention to physical and mental health while enjoying material satisfaction, and participating in sports has become a good way to improve the level of physical and mental health. Parents spend more and more money on health for their children. During holidays and after-school hours, parents arrange for their children to participate in various forms of sports according to their children's interests and characteristics. Wushu is gradually loved by young people, and the promotion and popularization of Wushu is of great significance to the improvement of young people's physical quality. Wushu can not only enhance physical fitness, but also resist enemy attacks. As the survival skills of the descendants of the Chinese nation, with the development of Chinese history and civilization, Chinese traditional martial arts have experienced thousands of years of wind and rain, become the soul of safeguarding the survival and development of the Chinese nation, bearing the genetic composition of the Chinese nation. ng, is the strength to safeguard their own security and rights. Practice martial arts, is to let people from the body to the soul, from the soul and soul to be promoted and full of security, strong and powerful, to win by strength. There are two martial arts schools in Jinxian County, Changan Wushu School and Jianfei Wushu School. The sustainable and healthy development of Wushu School has become an urgent need to solve this problem.
The Role of the Rise of Jinxian County Wushu in Modernization

2.1. The martial arts museum breaks the tradition of martial arts

Wushu is an important teaching place to spread martial arts, which is different from traditional martial arts teaching. Traditional martial arts teaching includes teacher worship, closed martial arts school teaching and so on. Compared with the traditional teaching style, the atmosphere of Wushu teaching is slightly better and more in line with the present teaching style. Multimedia teaching facilities can also be used in martial arts, which can make students more interested in martial arts and not boring. Therefore, the modern martial arts teaching has its unique place compared with the traditional martial arts teaching method. It provides a beneficial model for the spread of martial arts, becomes the content of modern education, is a great progress in the history of martial arts development, the rise of martial arts is of great significance.

2.2. The martial arts hall broadens the channels for the cultivation of martial arts talents

Wushu Hall is a martial arts training place for the purpose of fitness self-defense, originated in the Sui and Tang dynasties, is for the world engaged in martial arts, fighting, Sanda, training and promotion of specialized institutions. Carry forward the spirit of Chinese martial arts, spread the spirit of Chinese martial arts, show martial arts stunt. The Wushu Museum not only trains a large number of competitive martial arts reserve talents, but also trains martial arts coaches, security guards, martial arts actors, social counselors, middle school physical education teachers and other social practical talents. Wushu allows some young people without dreams and pursuits to find their own direction. Especially in the countryside, some teenagers master their own skills under the diversified training goal of martial arts, base themselves on the society, and realize their own life and social value. As the cradle of Wushu competitive reserve army and the base of social Wushu practical talents, Wushu Pavilion shoulders the historical responsibility of promoting the vigorous development of Wushu.

2.3. The development of martial arts centres is conducive to the development of physical fitness of young people

Wushu movement improve and enhance students' physical quality of the youth has a positive effect, often to practice martial arts can develop the body's speed, strength, stamina, flexibility, agility, such as quality, practice martial arts activities to a whole body joints and muscles, can improve the level of human body internal organs and the function of each system, also can improve the coordination of teenagers practitioners and flexibility, it can improve the body's ability to adapt to the external environment change and rapid response to emergencies and processing ability, enhance the ability to attack human body joint and whole body to fight. Through the attack and defense practice of wushu, the practitioner can also acquire a strong self-defense ability. Teenagers are in the stage of physical growth and development, physical quality is an important index to measure the physical strength of teenagers. In the actual combat practice of wushu, it is an actual combat confrontational project with the combination of hands and feet as the attack weapon. It can not only strengthen the body, temper the will and stimulate the spirit, but also cultivate one's morality and cultivate one's character. It is a modern competitive sport. In the early stage of wushu practice, each class is mainly to practice some basic content, such as basic quality practice, footwork practice, leg practice and flexibility practice; When the practice reaches a certain level and stage, it will deepen the practice content of the practitioner, increase the intensity and increase the difficulty, so that the quality of the practitioner can be further improved. People who persist in wushu practice for a long time can improve the bending resistance, bending resistance and compression resistance of their bones. Wushu training can make the bones stronger, the dense quality of the bones thicker and improve the flexibility of human joints.
3. Analysis on the Present Situation of Wu Guan in Xian County

3.1. Analysis of the Reasons for Young People Learning Martial Arts

The main reason why students choose to study martial arts on weekends in Jinxian County is that 68.3% of them want to study both culture and martial arts. In second place, many parents think their children are too timid and want their children to learn martial arts practice courage, 41.7% belong to parents. Some students fear that they will be bullied by their classmates or older students, and want to learn martial arts to prevent bullying. In the fourth place, some students really like martial arts, and 31% want to learn this skill. In the fifth place, because they are too naughty to be disciplined by their parents, they hope that the coach in the martial arts hall can help discipline, accounting for 10.2%. There are also very few students who do not study well in culture or see martial arts on TV, and the students with a sense of worship account for 5.1% and 4.3% respectively. Therefore, it can be found that the reasons and motives of students studying in Jinxian Wushu are complex.

3.2. Analysis of current situation of coaches

Wushu sports have some hidden dangers of safety, and the requirements of coaches are very strict. If this sport wants to develop continuously for a long time, its key depends on the quality of coaches and needs to improve the quantity and quality of training coaches. Jinxian Wushu School only 1/4 coaches have coaches qualification, most coaches do not qualify. From the point of view of coaches participating in training courses, most coaches do not participate in professional training, learning and communication opportunities. Therefore, the lack of high-quality coaches and high-quality martial arts coaches in Jinxian Wushu School leads to many young people who do not have enough opportunities to contact martial arts teaching not enough teaching, so that they have less understanding of martial arts. Finally, the influence of coaches on athletes' level is very critical. Coaches are the initiators of sports training and play a leading role in improving athletes' skills, improving their technical level and promoting their all-round development. To some extent, the qualifications of coaches can reflect the theoretical and practical level of coaches. Many coaches are athletes. The coaches of two martial arts schools in Jinxian are mostly regular students in sports colleges and universities. Use weekend time to do part-time work, usually after returning to school, so the overall understanding of students is not particularly much. The post training of coaches is to improve the training ability, management ability and the ability to guide the competition, and to use new technology and new theoretical knowledge to carry out the continuing education model of coaches. With the rapid development of all aspects of our country and the increasing demand for coaches, coaches must constantly improve their teaching level and professional quality in order to improve their teaching ability and bring their own team.

3.3. An Analysis of the Training Number and the Present Situation of the Venue

It can be found that many students only have time to take martial arts classes on weekends. Generally, three classes are arranged for two hours in two days. For martial arts, it is necessary to have very good physical endurance and technical movements to improve the chances of victory. In addition, any sports can not lack equipment and venues, especially special sports such as martial arts major. If you want to ensure good training results, you need to have a place to meet the requirements. Through the investigation of the two martial arts halls in Jinxian County, it is found that they are small investments, the venue is a few coaches with students to attend classes, there is no martial arts dedicated venue. The ground floor of the martial arts hall is also the simplest foam pad, and there is no special mat for martial arts venues, so the infrastructure is not perfect. Most clubs have vicious competition. In order to improve their competitive advantage, they greatly save operating costs, resulting in some hidden dangers in
the safety of many club venues. The layout is simple, such as simple professional mats. Other auxiliary equipment and tools are not fully equipped.

4. conclusion and suggestion

4.1. Conclusion
1. The survey found that many young people practicing martial arts are for the parents’ arrangement or some interest in martial arts as the main purpose, but the history and culture of martial arts have not been deeply understood;
2. Because the study is too nervous, can only rely on the weekend to carry on the martial arts training, causes many young martial arts lovers not to participate in the martial arts training frequently;
3. Many martial arts practitioners only obey the arrangement of parents but not really like martial arts;
4. Martial arts coaches overall quality level is not high, teaching years are not long, lack of experience, training opportunities are not many;
5. The county level area martial arts venue is small, many coaches are crowded together in a training venue training frequency is very high;
6. The rise of martial arts hall breaks the traditional way of inheritance of martial arts, broadens the channels for the cultivation of martial arts talents, and promotes the development of local economy.

4.2. Suggestion
1. Need to strengthen the education of youth martial arts culture, so that young people can deeply understand the connotation of martial arts culture, this can promote young people to learn martial arts, many martial arts halls do not realize the importance of martial arts spirit for youth martial arts training, need to combine martial arts spirit and training closely, only in this way can really learn martial arts;
2. Reasonable arrangement of time for young people to learn martial arts, so that young people can have more opportunities to practice, in addition to weekend and holiday martial arts training courses, according to the school hours set up some evening classes for young people to train, To provide more options for busy teenagers, so that they can be involved in martial arts training;
3. Jinxian County Wushu also needs to improve the teaching level of coaches, for some coaches with low teaching level directly shut out, but also need to train coaches often, improve the teaching level of coaches, Coaches also need to implement standardized management, strengthen the training of martial arts coaches, so as to improve the training level of young martial arts;
4. The sports committee of Jinxian County needs to increase investment in the construction of martial arts venues at the county level, so that a class with a coach can use one venue instead of sharing a place with other coaches. Finally, martial arts coaches need to arrange the training time of martial arts athletes reasonably, improve their training efficiency, and win more competitive competitions.

References


