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Study on the Integration of Chinese Martial Arts Bing Dao in the Online + Offline Teaching Model at College Sports Education



Abstract: - At present, with the continuous development of science and technology and the continuous innovation of new educational technology, the online + offline education model is widely used in college physical education. It has been a long history for the Chinese Martial Arts Bing Dao to be an excellent Chinese traditional sports event. But the sports competition system of the Chinese Martial Arts Bing Dao has been formally established for less than 3 years. The Chinese Martial Arts Bing Dao has been developed rapidly in the past 3 years. Many training courses for coaches and referees of Chinese Martial Arts Bing Dao have been held. The rules on the competition of Chinese Martial Arts Bing Dao have been formulated and the National Chinese Martial Arts Bing Dao Championship has been successfully held. In addition, the Chinese University Wushu Long and short weapon Competition has been successfully held for three times. The integration of Chinese Martial Arts Bing Dao into college sports teaching plays a positive role in inheriting excellent traditional Chinese culture, enhancing cultural confidence and promoting the healthy physical and mental development of college students. Therefore, in college physical education, Chinese Martial Arts Bing Dao should be promoted and valued.

Keywords: Chinese Martial Arts Bing Dao, Online + Offline Teaching Model, Integration, College, Sports Education

I. INTRODUCTION

With the continuous development and application of advanced technology in science and technology, the mode of physical education teaching in colleges and universities will also undergo changes. In the future college physical education, the online + offline teaching model will be widely adopted.[1] In the reform of physical education in colleges and universities, it is essential to integrate outstanding traditional sports to enable more students to engage in practice. Only through increased participation can traditional sports be preserved and cultural self-confidence be showcased.

The Chinese Martial Arts Bing Dao is a traditional Chinese sports event, which is an important part of Chinese traditional culture. It is a comprehensive Wushu sport integrating body building, self-defense and self-cultivation, which is a representative of the Chinese Wushu equipment competition event [2]. The Chinese Martial Arts Bing Dao emphasizes the combination of spiritual cultivation and physical exercise to strengthen one's spirit and self-defense ability [3]. After a long development, the sports event of Chinese Martial Arts Bing Dao was officially launched in 2020 [4]. In recent years, the Chinese Martial Arts Bing Dao has been developed rapidly. Many training courses for coaches and referees of Chinese Martial Arts Bing Dao have been held, and the National Chinese Martial Arts Bing Dao Championship has been successfully held in July 2022 [5]. By consulting the previous research literature, the research on martial arts is mostly related to the historical development of martial arts, and how to promote the promotion of martial arts in today's society is not much. Compared with previous studies, this study aims to promote the development of martial arts, and puts forward constructive suggestions for the promotion of martial arts. In order to better develop martial arts, we can strengthen the propaganda of martial arts, hold training courses for coaches, hold competitions, and improve competition rules [6].

II. THE DEVELOPMENT OF CHINESE MARTIAL ARTS BING DAO

Chinese Wushu has a long history for five thousand years. It has formed various forms of sports such as Wushu routine, Wushu Sanda, Qigong and Chinese Martial Arts Bing Dao. The Chinese Martial Arts Bing Dao can be roughly divided into primitive society period, feudal society period, modern society period and contemporary society period according to the development history.

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A. *Primitive Society Period*

In Chinese history, the primitive society had been existed for a long period. Zhou Wei, a famous researcher of Chinese ancient weapon, once said, "For the hominids, there is no difference between the tools and weapons, and stone tools are stone weapons" [7]. In primitive society, most of the weapons used in the hunting and war for living were made of stone, which are the rudiments of Chinese Martial Arts Bing Dao.

B. *Slave Society Period*

In Chinese history, the time period of slave society ranges from the establishment of the Xia Dynasty in the 21st century BC to the end of the Spring and Autumn Period in 476 BC [8]. The biggest difference between this period and the period of primitive society is that the level of productivity has been improved, which promoted the development of social production and scientific culture have been continuously developed, and pushed mankind into the civilization age. At the same time, the weapons have been developed greatly. Bronze and iron materials were often used for the casting of weapons. In the Spring and Autumn Period, people liked to wear swords with them for the sake of beauty and highlighting the hierarchical status and temperament. During this period, fencing was also very popular, which became the source of Chinese Wushu short weapon sports event[9].

C. *Feudal Society Period*

The feudal society period ranges from the Warring States Period to the end of the Qing Dynasty. In this long time period, dynasties had been changed for many times and numerous military wars had occurred. Wushu books related to sword dancing, fencing and practicing have been recorded and kept. It's said in Chuang-tzu's Argument on Sword, "King Wen of Zhao was delighted with the sword. The number of swordsmen followers were more than three thousand, beating each other day and night. The wounded and dead were more than a hundred for one year. But they all loved it. [10]. There are many subjects about sword dancing in Tang poems, such as Guo Zhen's "Ancient Sword", which describes the swords of rangers; Jia Dao's "Swordsman", which describes sword dancing and Du Fu's "Appreciating Gong Sun's Sword Dancing", which depicts the story of Zhang Xu, a great calligrapher in Tang Dynasty, who greatly improved his calligraphy skills after appreciating Gong Sun's sword dancing [7]. After the Song Dynasty, a great deal of Wushu were recorded in books and many schools of Wushu and Chinese boxing were established, which determined the direction for the development of Chinese Martial Arts Bing Dao.

D. *The Period of the Republic of China*

In March 1928, the Central Wushu Academy was officially established, and the short weapon sports event was launched in this period. In October of the same year, the first national examination of Chinese Martial Arts Bing Dao was held in Nanjing Central Wushu Academy. Due to the lack of time and experience, some problems appeared in the competition event, such as imperfect rules with no uniform Wushu competition rules and some problems of protective clothing. The protective clothing for the competition is borrowed from the military to practice bayonet and sword splitting, which is very heavy and influences the player's performance [11]. In 1931, the Central Wushu Academy issued the Rules of Fencing Competition, which was also the first formal competition rule of Chinese Martial Arts Bing Dao. In October 1933, the Central Wushu Academy held the second national examination of Chinese Martial Arts Bing Dao. On the basis of the experience of the first national examination, the Central Wushu Academy had issued the Rules of Chinese Arts Competition and defined the Rules of Fencing Competition in Chapter IV. The short weapon event refers to swordsmanship. During the competition, both parties wear leather armor with iron covers on the heads. The seams of the covers are connected with thick cotton blocks, which surround the head closely, The players can only feel vibration without pain when the sword is hit on the head. The sword is replaced by rattan stick. The stick is wrapped with sponge and soft leather. Before the competition, white powder will be put into cloth cover on the rattan stick. If one player is hit by the other, there will be white powder on the body of the one has been hit. Then it will be recorded as one hit. Calculate the hits in rounds and the side with the less hits shall prevail [12]. It can be seen that the rules, protective clothing and tools of short weapon competition have been improved obviously in the second national examination, which marks the formal establishment of Chinese Martial Arts Bing Dao (short weapon).

E. *New China Period*

In the early days of the founding of New China, the state attached great importance to the construction of traditional national sports. In 1951, short weapon competitions were held at the Tianjin National Sports Show in the form of ethnic minorities. In 1953, the first National Minority Games held in Tianjin set up long weapon and short weapon competitions [13]. In the following time period, there is no development of Wushu. Many experts

of Wushu proposed to resume the Wushu fighting event, and held a work report meeting of short weapon event in 1979 in Nanning and Shijiazhuang. Then the National Sports Commission has drawn up the draft for comments on the "Rules of Wushu short weapon Competition" [14], and proposed suggestions on the National Wushu Observation Conference held in 1980, which has aroused a strong response. In 2001, the Wushu Administrative Center of the General Administration of Sports of China issued the Reply on Approving Xi'an Physical Education University to Undertake Research and Pilot of Wushu short weapon Sports [15], which further advanced the recovery of the pilot of short weapon sports. Later, the pilot teaching on short weapon sports was carried out in sports colleges such as Chengdu Sport University and Wuhan Sport University.

In October 2020 and February 2021, the national team of Chinese Martial Arts Bing Dao conducted training for the coaches, referees and relevant staff of Chinese Martial Arts Bing Dao (short weapon) in Tianjin Huo Yuanjia Civil and Military School and Beijing Shichahai Sports School respectively [16]. Then it has conducted a number of national-level training for the related coaches and referees. Various provinces and cities have also trained coaches and referees in Chinese Martial Arts Bing Dao. In July 2022, the first national Chinese Martial Arts Bing Dao (short weapon) championship was held in Huzhou, Zhejiang Province, marking the formal entry of Chinese Martial Arts Bing Dao into the national sports competition system.

III. THE PRESENT SITUATION OF CHINESE MARTIAL ARTS BING DAO IN COLLEGE SPORTS TEACHING

A. *Insufficient Teaching Staff*

Viewing from the development of Chinese Martial Arts Bing Dao, we can find that it has a long history with slow development. The competition rules and competition system of it are not defined until 2020 and not popularized until 2021. It has only been more than two years since the Chinese Martial Arts Bing Dao was widely promoted. Thus, the proportion of sports teaching teachers in college participating in the coach training of Chinese Martial Arts Bing Dao is relatively small, and most of them are in Wushu major. They also need to apply to schools for opening courses of Chinese Martial Arts Bing Dao after training. It can be seen from the above information that Chinese Martial Arts Bing Dao is still in the initial stage of college sports teaching, and the teaching staff is relatively insufficient.

B. *Perfect Competition System*

Whether the competition system is perfect or not determines the development of the Chinese Martial Arts Bing Dao. The competition system of Chinese Martial Arts Bing Dao has been well developed since its establishment. In July 2022, the National Chinese Martial Arts Bing Dao Championship was successfully held, and Chinese Martial Arts Bing Dao competitions were also held in various provinces and cities. At the same time, the Chinese University Wushu Long and short weapon Competition has been successfully held for three times. In the World Traditional Wushu Championship held in August 2023, the competition event for long and short weapons of college students was set up. In September 2023, the 3rd Chinese University Wushu Long and short weapon Competition was held, with more than 40 colleges across the country participating in the competition. The scale of participation in the three Chinese College Students' Long and Short Weapon Championships is shown in Table 1:

Table 1: The Chinese College Students Long and Short Weapon Championships held

N	1th	2th	3th
Participate in universities	28	32	42

We can find that the scale of the competitions is getting larger and larger, and there are more and more colleges participating in the competitions, which shows that the development of Chinese Martial Arts Bing Dao will be better and better.

IV. THE WAY OF INTEGRATING CHINESE MARTIAL ARTS BING DAO INTO COLLEGE SPORTS TEACHING

A. *Strengthen Policy Support and Promotion*

Whether a sports event can be carried out smoothly is inseparable from the strong support of the competent department and the school, which also needs to be reported by the relevant news media. It is a challenge to set up Chinese Martial Arts Bing Dao course in college sports teaching since it is a new sports event originated from traditional national sports, which is necessary to solve the problem of insufficient teaching staff, court and equipment. And the training and selection of teachers for Chinese Martial Arts Bing Dao course and buying related equipment are inseparable from the financial support of the school. What's more, it should be reported when the school makes achievements in the teaching and competition of Chinese Martial Arts Bing Dao, which

is helpful for the school's promotion on Chinese Martial Arts Bing Dao. Only the school support is not enough if more schools want to carry out the teaching of Chinese Martial Arts Bing Dao. The competent department should also strengthen the policy support for the colleges, such as conducting free training for the teachers, providing the related equipment and reporting the schools with outstanding results.

B. Unify the Teaching Content and Encourage Teaching Innovation

The unity of teaching content plays an important role in the inheritance of Chinese martial arts. The competent department of education should determine the teaching content before the course construction, unify the teaching progress and syllabus, and encourage teachers to carry out teaching innovation according to the actual situation of students.

C. Organize Competitions

Sports competition can bring a lot of fun and learning motivation to students. When students reach a certain level after teaching, they can participate in competitions under the guidance of teachers. The teachers can apply to the school's sports teaching department for the establishment of the competition event of Chinese Martial Arts Bing Dao. Schools can also set up representative teams of Chinese Martial Arts Bing Dao, select special teachers to serve as coaches, organize regular training of students, and select students with higher level to represent the school to participate in the provincial and national competitions of Chinese Martial Arts Bing Dao according to the abilities of the students. Participating in the competition is not only a display of personal performance, but also an opportunity for the school to obtain honor. The school should widely report the students and coaches who have obtained excellent results and reward them accordingly, which will greatly increase the motivation of teachers and students and promote the development of Chinese Martial Arts Bing Dao in college sports teaching.

D. Strengthen the Scientific Research

Through the literature search of ' martial arts ', ' long soldiers ' and ' short soldiers ' in CNKI, it is found that there are few studies in this field. Before 2010, there were only 14 research papers in this field. From 2010 to 2020, there were 41 papers in this field. After 2021, there were 56 papers in this field. The specific situation is shown in Table 2.

Table 2: The Martial arts bing dao research papers

T	Before 2010	2011—2020	2021—
Number of papers	14	41	56

From Table 2, we can see that the number of scientific research papers on martial arts is not large, but it shows an upward trend, which indicates that martial arts is developing in a good direction. In order to better promote the development of martial arts, we should also strengthen the scientific research on martial arts bing dao.

E. Online + Offline Teaching Model Innovation Practice

Chinese Martial Arts Bing Dao In the process of college physical education, online + offline teaching mode can be adopted. Online + offline is a new teaching model, and the construction of this course is also an attempt at teaching reform.[17] In the specific practice process, the teacher can first record the video of relevant technical actions of Chinese Martial Arts Bing Dao for demonstration and explanation, and the teacher can record multiple videos according to the needs of course teaching. The teacher uploads the recorded video to the online learning platform, such as Rain Classroom, super star Learn , etc., for students to learn independently. The teacher can also send the recorded video and practice requirements to students before class, so that students can learn independently first, and then check the learning effect of students when they have offline class. Students are instructed to carry out technical movement exercises of Chinese Martial Arts Bing Dao.

V. CONCLUSION

A. The online + Offline Teaching Model Are Using in University Physical Education Practice

The online teaching model has emerged in recent years with the continuous development of the Internet. The online teaching model includes "recorded lectures + online Q&A" and "live lectures + online Q&A" by teachers.[18] In the practical teaching of Chinese Martial Arts Bing Dao, online teaching can provide certain assistance to students' knowledge learning, but the learning effect is not as good as offline learning. However, the "online + offline" teaching model combines the advantages of both. Teachers upload pre-recorded instructional videos and theoretical knowledge to the teaching platform. Students are required to study online first. During offline classes, teachers summarize the students' learning progress and guide them in practice.

B. The Inheritance of Chinese Martial Arts Bing Dao in Colleges Is the Practice of Cultural Confidence

Cultural confidence is a kind of more basic, broader and deeper self-confidence, which is a kind of more essential, more profound and more lasting force in the development of a country or a nation [19]. The Chinese nation is an ancient and great nation in the world, which creates a splendid civilization lasting for more than 5,000 years and has made indelible contributions to the progress of human civilization. Adding the content of traditional ethnic sports into the college sports teaching itself is a manifestation of inheriting traditional ethnic culture and practicing cultural confidence. Chinese Martial Arts Bing Dao is one of the categories of Chinese Wushu and it's an important part of Chinese traditional culture. Integrating the Chinese Martial Arts Bing Dao into sports teaching in college is the practice of cultural confidence.

C. Chinese Martial Arts Bing Dao Can Enrich the College Sports Culture

Chinese Martial Arts Bing Dao is a kind of competitive sports in the form of equipment confrontation with Chinese cultural characteristics. It is also one of the achievements of innovation and reform on Wushu. Developing Chinese Martial Arts Bing Dao in colleges plays a positive role in enriching the college sports culture. It can not only promote the excellent traditional Chinese culture, improve the physical quality, cultivate the students' willpower and improve the interpersonal communication of the college students, but also enrich the campus cultural life of the college students and enhance the cultural confidence and national pride of the college students [20].

D. Developing Chinese Martial Arts Bing Dao in Colleges Can Promote Healthy Physical and Mental Development of College Students

Chinese Martial Arts Bing Dao is a kind of sports, which can effectively exercise the physical and psychological qualities of college students and improve their self-cultivation and health level. The Chinese Martial Arts Bing Dao stresses the coordination of the body, the rhythm sense and the power control of the attack and defense movement, which can help the college students to get a beautiful body shape and vigorous skills. College students can release the pressure, cultivate strong willpower, and enhance their self-confidence by participating in Chinese Martial Arts Bing Dao sports. Chinese Martial Arts Bing Dao sports can contribute to both the physical health and mental health of college students.

ACKNOWLEDGEMENTS

This work was supported by 2023 Chongqing Jiaotong University Education and Teaching Reform Project "Research on the practice of integrating martial arts into college physical education under the background of cultural self-confidence" (2303004)

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