

A Study on the Fitness and Regimen Function of Wushu

Yang Xiaolei

Department of Chinese Traditional Sports, School of Physical Education, Shandong Normal University, Jinan, China

Email address:

1084736305@qq.com

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Abstract: In modern society, Chinese people are paying increasingly attention on fitness and regimen. Wushu (martial arts), which has such functions, can improve practitioners' comprehensive development and health condition. Through literature review and logical analysis, this paper analyses wushu's domestic and international promotion condition as a health-preserving exercise. The state and the government formally included wushu in the national fitness program, and attached great importance to the development of martial arts in fitness. Nowadays, various types of wushu training schools have been seen everywhere in the country. The public has more opportunities to learn wushu. This is a good trend for the development of wushu fitness and regimen. Then start from the principles of fitness and health thoughts contained in wushu. "Exercising the muscles and skins, practicing a breath" contains the basic fitness principles of martial arts. Wushu has a strong body internal and external fitness effect. The word "regimen" was first seen in the "Zhuangzi Health Preservation Master" of Taoist Zhuangzi. It has been a medical activity that promotes longevity through various ways to enhance physical fitness, prevent disease, and maintain life. Besides, this paper also expounds its fitness and regimen function. Long-term practice of martial arts can exercise the muscles, bones, ligaments and other sports systems, to strengthen the bones, make the body more flexible and coordinated, enhance physical fitness, and also improve the human blood. The Taoist thought advocated in the Chinese wushu is not only strong, but also improves the health of the body, and enhances the spirit, mentality and temperament of the human being. In the end this paper gives suggestions for its further development.

Keywords: Wushu, Fitness, Regimen

1. Introduction

With the improvement of scientific and technological productivity, material civilization has been greatly improved, and people's material life style and content have been greatly enriched. However, most of the daily work is mainly mental, and involves a long period of study and work every day. The working intensity and pressure increase day by day, bringing serious threat to people's physical and mental health. As a result, more and more people's awareness of fitness and health preservation began to increase. Nowadays, the society is stepping into a new era of national fitness. The ways of fitness have become various, and various sports and fitness facilities and places have been built in a complete and various manner.

Wushu(martial arts) as the main fitness sports are also developing vigorously. The country and government have officially included Wushu in the national fitness program and attach great importance to the development of Wushu in the

field of fitness. Chinese Wushu, as one of the national traditional sports, has been deeply loved by the broad masses of the people. Wushu has great value in fitness and health keeping, which contains extensive and profound traditional culture and philosophy. For thousands of years, the fitness method gradually studied and summarized by predecessors in production and life practice has been improved and supplemented over a long period of time to form a systematic and complete scientific principle and system, which is the cultural treasure and essence of China and contains excellent Chinese national spirit. Chinese Wushu has its own unique health care, health theory and effect. In addition, Wushu has a wide range of contents and types. Each kind of Wushu practice has different styles, features, structure and technical requirements, etc. People can choose different Wushu programs according to their physical conditions and hobbies. This is a feature that other sports do not have, so it attracts the attention of many fitness people.

Since the founding of the People's Republic of China,

Wushu has ushered in new developments and transformations. Wushu has ushered in new developments and transformations. Wushu has been transformed from the previous training program with the main function and purpose of Wushu as the current sports, fitness, practical, performance and other aspects of sports. In particular, the fitness aspect is supported by the state and the public. The state and the government now officially include Wushu in the national fitness program, attaching great importance to the development of Wushu in fitness, and since the reform and opening up, the state and the government have supported the establishment of art colleges and universities, and built many Wushu training schools. Nowadays, various types of Wushu training schools have been seen everywhere in the country. The public has more opportunities to learn Wushu. This is a good trend for the development of Wushu fitness and regimen function. Practice Wushu is to improve health and achieve physical and mental harmony. From the development trend of Wushu, Wushu not only pay attention to fitness, but also attach importance to regimen function. Through the joint effect of Wushu on the "body" and "heart" to maintain regimen, the main body is to relax and nourish the mind, relieve the pressure in work and life, to practice Wushu and recreation, to achieve health in the modern sense [1].

2. The Fitness and Regimen Principles of Wushu

2.1. The Fitness Principle of Wushu

Wushu have a strong body internal and external fitness effect, long-term practice can make people have a healthy body, The level of physical fitness is gradually improved, and the mechanism of the body's defense against disease is getting stronger and stronger, improving the level of health.

"Exercising the muscles and skins, practicing a breath inside". This sentence contains the basic fitness principles of Wushu, emphasizing that all projects in Wushu focus on both internal and external [2].

External repair refers to physical exercise, in the Wushu, stretching, retracting, kicking, punching, balancing, jumping, falling and other actions, training hands, eyes, body, steps and other physical activities, fully exercise the body's muscles, bones, joints, ligaments, the movement system, that is, the ribs, make it stronger and stronger, with a shaping effect, which allows the practitioner to have a good body and perfect body shape.

Internal repair refers to the cultivation of the human body environment, including the internal organs of the human body and the veins of the whole body. Some movements of martial arts can clear the blood vessels and veins of the body, promote blood circulation, improve the internal environment, and make the internal healthier.

2.2. The Regimen Principle of Wushu

The word "Yang Sheng" (regimen) was first seen in the

"Zhuangzi Health Preservation Master" of Taoist Zhuangzi. "Wen Huijun said: 'Shanzai! Wu wen Pao Ding zhi yan, de yang sheng yan.'" (Great! I heard the words of the cook and I know the way of regimen.) "Yang" means nursed back to health, maintenance, and upbringing. "Sheng" is life, survival, and growth [3]. Regimen is the way to improve the quality of life and follow the laws of life development. It has been a medical activity that promotes longevity through various ways to enhance physical fitness, prevent disease, and maintain life. The main principles of Regimen in Taoism are as follows:

1. Less private desires. The Tao Te Ching said that "less private desires" means reducing selfish desires, pursuing innocent desires, suppressing all kinds of depression, inferiority, depression, and unhappy emotions in the human heart, purifying their own souls, and relieving desires. In order to enable people to cultivate their minds and have a healthy and good attitude.
2. Weak, return to the truth. Laozi observes from life that the new object is weak, but it has a strong vitality; however, when the object is strong, it will definitely go to aging. In the Tao Te Ching, he pointed out: "Strong, dead; weak, born." If you are often in a weak state, you can avoid premature aging. Therefore, Laozi advocates no desire, ignorance, and inaction, returning to the original innocent state of life, that is to say, "return to the truth" [4].
3. Form and spirit. Zhuangzi's concept of health advocates to devotion to materialism to revitalize the spirit, and of course has a certain shape-building effect. "Zhuangzi: Deliberately" said: "Turning to the new, the bears are the birds, for the sake of life. This person who leads the way, the person who raises the shape, the tester of Peng Zushou is also good." It can be seen that Taoism advocates ancient Chinese guiding techniques, which are used for fitness and health maintenance [5].

The regimen thoughts in Chinese Wushu are deeply influenced by Taoist health-care thoughts, and they continue to absorb the good ideas of other families, remove the bad parts, and have evolved and evolved to the present. Now the meaning of "regimen" refers to the life process of people. Regularly take the initiative to carry out physical and mental physical and mental maintenance activities. Regimen not only maintains the various organs in the body, but also allows the mind to be nurtured and prolonged. In addition, the Wushu exercises will be used to practice qi, through the coordination of breathing and movement, to learn the method of luck and tempering, and to use the ideology activities to achieve the ultimate goal of perfection, divine, qi, power, and unity. Improve the overall health of the human body. For example, the popular popular Tai Chi, Tai Chi sword, Tai Chi fan, soft ball, fitness Qigong and other sports are to adjust the environment of the body through the coordination of breathing and body movements, so that the various organs in the body are properly maintained.

3. The Fitness and Regimen Functions of Wushu

Long-term practice of Wushu has the effect of fitness and regimen on people's body and mind. The specific effects of fitness and regimen are also multi-faceted. Different Wushu exercises and actions have many different effects on people's mind and body.

3.1. The Fitness Function of Wushu

Long-term practice of Wushu can exercise the muscles, bones, ligaments and other sports systems, to strengthen the bones, make the body more flexible and coordinated, enhance physical fitness, and also improve the human blood.

3.1.1. Improves Muscle Endurance and Muscle Strength and Improves Ligament Flexibility

Usually practicing Wushu is a basic exercise that requires a strict leg method, technique, and footwork. For example, in the leg method, the leg kick, the outer swing leg, the inner leg, the single foot, etc. Long-term practice can enhance the flexibility of the leg ligaments and the strength and endurance of the muscles. Punching, squatting, punching, squatting, and smashing in the boxing method can fully exercise the muscle strength and coordination of the upper limbs. Jumping movements, such as flying feet, whirlwind feet, swinging lotuses, flips, spins, etc., need to fully mobilize the whole body [6]. Long-term practice jumping action can enhance the coordination and balance of the body, increase the muscle strength of the leg, make the jumping force stronger, and the jumping action needs the driving of the abdominal force. Regular practice can effectively increase the strength of the abdominal muscles.

Taijiquan's requirements for leg endurance are very high. The movements are all walking and arcing of the legs and legs, and continue to maintain a slow speed. The center of gravity keeps changing from right to left, and the upper limb movements must also cooperate with the movements. The arms are mostly wrapped with silk, twisted and run, fully exercised to the small muscle groups on the arm, leg muscle strength and muscle endurance are fully exercised, and comprehensively enhance the muscle strength and muscular endurance of the upper and lower limbs [7]. The lameness, leg lift and other actions in Taijiquan fully stretched the leg ligaments, which improved the flexibility of the leg ligaments.

In the practice of mantis, the arm frequently flexes and changes. When defending, the arms are retracted to the chest. When attacking, the martial art is quickly stretched. The upper limb movements show the posture of shaking the wrist. This action makes the small muscle groups of the upper limbs. Get fully exercised, strengthen muscle strength, improve the flexibility of the ligament, and fully train the muscles and ligaments of the upper limbs, improving the flexibility and stretching ability of the upper limbs.

3.1.2. Enhance the Flexibility and Stability of the Joints

In Wushu, the change of the palm-lifting method, such as

the high-fiving method, the pressing of the palm, and the shape of the hook of the fist can fully exercise the joints of the hand and the wrist, making the joints more flexible. The motion around the shoulder that the footstep swings can let shoulder joint get exercise, increase shoulder joint activity range, improve the agile extension of upper limb movement. Crouching step, lunge, horse stance, empty step, rest-stand step and the action of kicking can exercise the hip and knee joints. Body twisting allows for full training of the waist joints.

For example, the movements of tai chi are mainly arc movements. Leg joints are constantly flexion and extension, and the upper limbs are constantly twisting the screw, which can make the joints get enough exercise, make the joint ligaments fully stretch and move, make the joints more flexible, strengthen the bearing, and increase the stability of the joints [8].

Mantis boxing arms frequently flex, the defensive arms back to the chest, the offense quickly stretches the attack. The upper limb movement is the gesture of throwing the shoulder and shaking the wrist, which makes the arm elbow and shoulder joints of the upper limb get enough exercise, making the joints more flexible and coordinated. Mantis boxing skills a feature is to use around waist turn to dodge attacks, before and after this kind of action to fully exercise the waist and hips, and waist and crotch is fragile and hard to exercise the body, make the waist and hip bone joints get exercise, make the waist and hip is more flexible and effective prevention of such problems as the strain of the waist and hips hurt.

3.1.3. Make Blood and Channel Smooth, Promote Metabolism

The kungfu practice in Wushu can stimulate and relax the important arteries and veins in the human body, making the whole body vital energy and blood unblocked. And Wushu belong to aerobic exercise, when the practice fully absorbs oxygen, promotes blood circulation. An average of a set of tai chi exercise down to five minutes or so, and the action of tai chi chuan, these up handing down, arms and legs kept stroke arc knees, etc., which fully get squeezed and relax, accelerate the blood circulation, sufficient oxygen supply, promote the body's metabolism, improve human immunity, enhance physical fitness.

Combining the bagua and the guidance of the tuina, both internal and external practices are emphasized. The coordination of palm and walking can improve the flexibility and coordination of the body [9]. In addition, the special walking and turning method of bagua can repeatedly stimulate some important points on the meridians. These acupuncture points correspond to various internal organs of the human body, so that the internal organs can be nourished, qi and blood flow can be unblocked, metabolism can be promoted, body functional level can be improved, and aging can be postponed.

3.2. The Regimen Function of Wushu

Wushu pay great attention to both internal and external

cultivation, and cultivation is also in line with the Chinese way of regimen. Under the influence of Taoism, Chinese Wushu's idea of health preservation emphasizes the pursuit of returning to nature and returning to nature. The fundamental starting point of Wushu is to dispel diseases and keep fit, and pay attention to the realization of tao in quiet meditation. On the movement imitates the animal mostly, by the spherical annular to the heart, emphasizes the small muscle group small joint participates in the movement completion. It is very consistent with the traditional culture of health preservation that the mind wants peace, the spirit wants escape, the spirit wants peace, the body wants security, the appearance wants peaceful, the speech wants numbness. In general, there is no restriction of strict rules in traditional Chinese national sports. In the process of practice, such as taijiquan, bagua, xingyiquan, wudang, etc., the pursuit of a deeper training after achieving the effect of strengthening the body [10]. People should learn about themselves and the natural environment and feel the energy contained in everything in the world through boxing practice, so that they can adapt to the nature and acquire the natural ability endowed by the nature. People should relax instead of holding stiff breath. Only in this way can inner force be generated and strengthened, so that the energy and blood flow can be unobstructed, thus achieving the effect of spiritual cultivation.

For example, when practicing tai chi, we should be calm and calm, and pay attention to psychological adjustment and spiritual cultivation. When the routine practice after skilled, the brain is no longer needed to think about what is an action which, in the heart is no more distractions, consciousness and body fit each other, naturally drives the body to make the corresponding action, make tai chi looks like natural and comfortable, the beholder, if too many distractions in my stomach when practicing tai chi, static heart, has no place will not practice tai chi chuan. On the surface looks very dull, actually embodied the achievement method are included in the, belong to pay attention to the inner boxing, the key to science of uniting the inside and the cultivation of mind, practice for a long time, can cause a person's mind becomes calm, and improve the vigor, a calm demeanor, sedate atmosphere, have a good state of mind, finally achieve the purpose of the mind [11].

Switch in the Wushu are of great help to the mind is the use of breath and breathing Wushu cannot be separated from practice, practice bones and muscles, as the saying goes outside in the practice of relief, people think highly of kung fu practice internal work, pay attention to the luck of practice, and the constant perfection and improving of the internal work also helps to improve the external work practice and practice pays attention to breathing breathing gas, adopt the method of abdominal breathing, through pranayama self-aligning moving a body, the heart to get rid of thoughts and focus the mind and spirit, step by step, so as to achieve the purpose of the internal organs to exercise and improve body function, achieve the goal of preserve one's health.

Wushu is a practice the spirit of lessons learned qigong training method, the gas slowly will martial arts qigong

practice mode to integrate the qigong is a way of keeping in good health, in ancient China, a health care keeping in good health illnesses live function, combining modern Wushu and qigong gradually evolved into suitable for practicing qigong, public health qigong practice of gas is a kind of method, through deep breathing with body movements to achieve the adjustment of fitness methods of body and mind [12].

In February 2003, the State Sports General Administration has established Health Qigong as the 97th sports program. At present, the popular and popular fitness qigong project has eight pieces of brocade five birds play yi jin jing and six characters formula. The general administration of sport of China has called on Chinese martial artists to rearrange the exercise qigong, simplify the exercise, and make it easier for the public to popularize.

Also attaches great importance to practice tai chi chuan the achievement method of the Chinese medicine keeping in good health claims for blood handsome gas, gas to have blood, tai chi chuan advocates to qi, as fate of taijiquan movements and breathing with boxing emphasize demonstrated gas heavy breathing, advocated by fate and gas all over your body, to the operation of qi and blood gas fuelling the body, done xingshenjianbei, both inside and outside and repair by air [13]. Long-term practice of taijiquan can promote the gradual deepening of breathing, the upper and lower motion of the diaphragm strengthens the movement of the chest and abdomen, expands the chest and abdomen, so that all kinds of organs in the chest and abdomen can be used for health care, and the blood circulation of the body can be enhanced, and the environment in the human body can be nourished and cared for, while neither medicine nor medical treatment can achieve the same effect.

In different Wushu when doing the movement, usually needs the movement and the breath to cooperate mutually, adjusts the breath in time. In the long boxing technique, four breathing methods are required to lift air, submerge air and gather air to hold air. Taijiquan requires the air to sink and the body to relax, the movement to open and close, breathing and breathing. Nanquan requires qi sinking to make a sound, which is a way for breathing and movement to cooperate. Xingyiquan requires a loose chest and a solid belly with natural breathing. One of the three diseases of bagua is ennuui and suffocation [14]. Attaches great importance to all sorts of practiser breathing training, pay attention to breathing and movement to cooperate with each other, promote the circulation of the respiratory system, make the body's organs are fully exercise, make the body each system having good circulation, have a good environment inside the body, improve body function, make the body more flexible, makes the body from the inside out can get exercise and maintenance, so air is to man a lot of practice, a healthy body [15].

Chinese Wushu in the art of Taoist thought, the pursuit of the people close to the natural state of body and mind is not only strong gluten JianGu, raise the health level of the body, but also improve the temperament of the person's mental state of mind, pay attention to the inherent meaning god practice, affected by inner external, do mind, breadth of mind making a broadness

amounts to, have peace of mind, good mindset, elegant character, ultimately achieve the goal of keeping in good health.

4. Suggestions on the Development of Wushu Fitness and Regimen

4.1. Make Full Use of Domestic Media and Internet to Promote Wushu Culture and Activities

In daily newspapers, you can set up a Wushu column. In the column, you can put some popular science knowledge and articles about Wushu fitness and regimen, and timely publish various activities held by local Wushu, so as to appeal to the public to actively participate in Wushu exercises.

4.2. Now Is the Network Time, We Also Should Open the Regular Website or the Official Account of the Wushu Consultation on the Internet

We can open an official public account in the micro blog and WeChat, in time updates the Wushu fitness and regimen knowledge, positively spreads the Wushu culture, lets the public understand the martial arts in various ways.

4.3. Organize Academic Seminars

To organize the scientific and technical personnel, Wushu experts and Wushu fans to discuss together, to carry out more scientific and systematic research on the physical fitness and regimen of Wushu, experts from all walks of life to conduct academic exchanges in various fields, and to conduct cooperative research by using the advanced scientific and technological means of foreign countries.

4.4. Improve the Professional Skills of the Coach

Regularly teach the coaches about fitness and regimen, so that when teaching Wushu movements to students, coaches can better and more detailed teaching of fitness and regimen knowledge of Wushu, and give more scientific guidance to students.

5. Conclusion

The fitness and regimen of Wushu contains profound cultural connotation. Pay attention to the inside and outside and repair, from body to spirit, from outside to inside, step by step, very comprehensive system to exercise the body character, make people not only have a healthy body, and good state of mind, body and mind fully healthy development Wushu fitness and regimen in modern society has a great value and significance to improve the quality, there are still some defects, however, we should think deeply about and explore Because of this, we in the study of Wushu fitness and

regimen to continue, to develop the Wushu fitness and regimen has a greater potential, make Wushu fitness and regimen development better in the future, was accepted by all over the world.

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