

## **Reflection on the Inheritance and Development of Martial Arts and National Traditional Sports Visual Measurement Analysis Based on Citespacev**

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### **ABSTRACT**

Martial arts and national traditional martial arts have always been the research hotspots in Chinese academic circles. In 2008, martial arts' application to join the Olympic Games failed. Chinese martial arts and national traditional sports have once again become a hot topic in academic discussions. However, the academic circles seem to have not found the essence of inheriting and developing Chinese martial arts. This research mainly uses grounded theory to summarize and discuss the research from 2008 to the present, and propose corresponding solutions. Taking 924 core documents obtained from the Chinese CNKI database about the inheritance and development of martial arts and traditional national sports as the research subject, the relevant data is analyzed and processed through the CiteSpaceV citation visual analysis software, and summarized. According to the results processed by the CiteSpaceV software, the main research directions of the inheritance and development of martial arts and traditional national sports in China from 2008 to the present are the basic theories and inheritance and development of martial arts, the basic theories and discipline construction of traditional national sports, traditional national culture, intangible cultural heritage, the development of competitive martial arts, etc. For China to realize the great rejuvenation of the Chinese nation, an important part of the great rejuvenation of the Chinese nation is cultural rejuvenation. Wushu and traditional national sports are the treasures of China's excellent traditional culture. However, martial arts and traditional national sports must achieve a great rejuvenation. Therefore, the inheritance and development of martial arts and traditional national sports must return to the human body, and through the physical transformation of martial arts and traditional national sports, the effective inheritance and revival of martial arts and traditional national sports are completed.

**Keywords:** Development, Inheritance, Visual measurement analysis, Experience, High Sensitivity sport.

### **BACKGROUND**

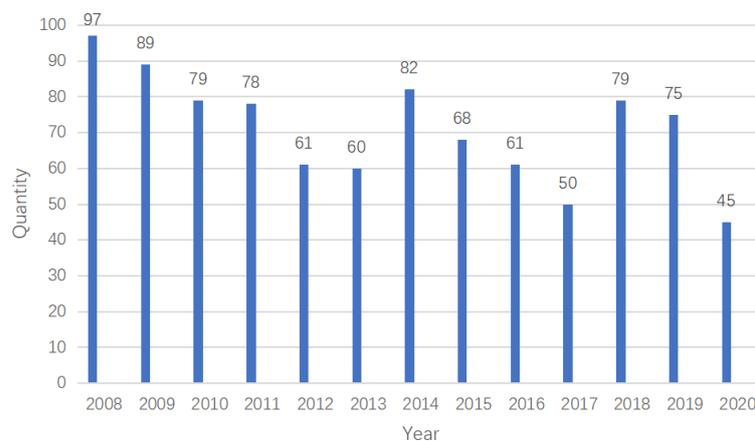
The inheritance and development of martial arts and traditional national sports has always been a hot topic in domestic academic research. This article is mainly based on previous studies to combine and summarize, grasp the research dynamics and research trends, and discover the deficiencies in the research. The future development of martial arts and traditional national sports will provide some theoretical foundations.

In 2008, martial arts failed to bid for the Olympics, and the future of China martial arts and traditional national sports has once again become a hot spot in domestic academic research. The researchers search the CNKI database based on the research on the inheritance and development of martial arts and traditional national sports from 2008 to the present. The number of literature entries is as high as 7819, among which there are 1351 in core journals. Based on traditional research methods in the past, it is difficult to scientifically and comprehensively control these research results. Therefore, the researchers uses the CiteSpaceV visual analysis software to analyse the source distribution of the literature, the annual distribution of the literature, the high-frequency keywords and the high-salience keywords using the method of visual scientific atlas, and then scientifically show the research status after the failure of the Olympic bid. The software scientifically classifies documents and finds representative documents for secondary retrieval, and studies the secondary retrieval documents, so as to grasp the main content and characteristics of the inheritance and development of martial arts and traditional national sports, and the lack of analysis and research.

## METHODOLOGY

### Data Acquisition and Statistics

In the CNKI database, "competitive martial arts", "martial arts development", "martial arts inheritance", "martial arts internationalization", "traditional sports development", "traditional sports inheritance", "traditional sports modernization", and "traditional sports internationalization" And "Martial Arts Standardization" are used for precise matching of research subject terms. The period of the journal is limited to 2008-2020. The source category of the journal is Chinese Social Sciences Citation Index (CSSCI) of the sports category. A total of 1351 related documents were obtained, and documents that did not match the research topic of the article were eliminated. A total of 924 documents were downloaded as the data basis for CiteSpaceV's visual analysis. It can be seen from Figure 1 that since 2008, the number of relevant core documents on the inheritance and development of martial arts and traditional national sports in CSSCI has been relatively large, but the number of articles published every year is not consistent. According to the statistics of literature sources, as shown in Figure 2, the number of contributions contributed by "Sports Culture Guide" ranks first, accounting for about 18.7% of the core journals in this research field. "Journal of Wuhan Institute of Physical Education" and "Journal of Chengdu Sport University" followed closely behind, while other journals contributed relatively few documents.



**Figure 1.** Schematic Diagram of Annual Distribution of Literature Aata Publication



**Figure 2.** Schematic Diagram of the Distribution of Literature Data Publication Sources

### **Classification of Research Topics Based on Visual Metrology Analysis of CiteSpaceV Software**

The key word is a highly condensed paper, and it is also a refined expression of the research topic of the paper. It can cover all the main information of the paper's title, abstract, topic, etc. When analyzing the keywords of a large number of research results in a person's research field, the researchers can not only discover the overall research content characteristics and internal connections of the research results of the subject field, but also find that the frequency of the keyword occurrence represents the hot topic of this research direction. Wei Ruibing (2006) in the co-occurrence map drawn by CiteSpaceV visual analysis software for keywords, each node represents a keyword, and the size of the node represents the frequency of occurrence of the keyword. The larger the node, the more popular the research direction is in this field. The researchers can find that martial arts and traditional national sports have the largest nodes Chen (Yaoyao & Ni Yike, 2016). No matter which field the researchers are doing, the researchers must first sort out the basic theories in this field. This is because theoretical research is the cornerstone of a discipline. It is the foundation of a discipline research, and martial arts research is no exception. Therefore, the two keywords of martial arts and traditional national sports represent the theoretical research on the inheritance and development of martial arts. The researchers can also find that there are very few scattered nodes, because the more complex and tighter the keyword connection is, the higher the concentration of the keyword will be. This shows the hot spot of the inheritance and development of martial arts in the past ten years that it is relatively concentrated.

CiteSpaceV visual analysis software was used to count 924 selected papers on the inheritance and development of martial arts and traditional national sports from 2008 to 2020. There were as many as 1,412 keywords. But because there is no uniform standard for the naming of keywords, the keywords involved in this article are merged. For example, martial arts, traditional martial arts, Chinese martial arts, and Chinese martial arts are unified into martial arts. According to the results of the software clustering and combining high-frequency keywords, the main research subject categories in the field of inheritance and development of martial arts and traditional national sports from 2018 to 2020 are summarized as follows: 1) The basic theories of martial arts and traditional national sports; 2) the development status and countermeasures of martial arts and traditional national sports; 3) competitive martial arts; 4) inheritance and development of martial arts and traditional national sports; 5) traditional national sports culture; 6) nationality Traditional sports and the protection and inheritance of intangible cultural heritage; 7) Internationalization of martial arts; 8) Traditional sports of ethnic minorities.

**Table 1.** List of research topics and high-frequency keywords for the inheritance and development of martial arts and traditional national sports

<b>Research topic category</b>	<b>High-frequency keywords</b>
Basic theories of martial arts and traditional national sports	Martial arts, traditional martial arts, martial arts culture, competitive martial arts, martial arts routines, characteristics, standardization, martial arts, history, martial arts research, martial arts practitioners, social changes, essence, original ecology, modern evolution, modern martial arts, martial arts, national traditions Sports, traditional sports, ethnic minority traditional sports, village sports, religion, ethnicity, research progress, etc.
The development status and countermeasures of martial arts and national traditional sports	Development, mass sports, standardization, school martial arts, countermeasures, inheritance, dilemma, protection, martial arts rank system, status quo, anomie, contemporary development, school education, sports management, competition, competition rules, martial arts novels, path, inheritor, nation Sports meeting, route selection, national fitness, sports economy, etc.
Competitive martial arts	Technology, competitive sports, standardization, development, inheritance, internationalization of martial arts, school martial arts, modern martial arts, routines, etc.
Inheritance and development of martial arts and traditional national sports	National culture, traditional martial arts, cultural changes, original ecology, cultural consciousness, martial arts education, dilemmas, innovation, inheritance, harmony, technology, etc.
Traditional national sports culture	Culture, sports culture, cultural consciousness, traditional sports culture, cultural soft power, cultural transformation, cultural self-confidence, social value, etc.
Nationality Traditional sports and the protection and inheritance of intangible cultural heritage	Intangible cultural heritage protection, inheritors, protection methods, protection objects, strategies, original ecology, national image, etc.
Internationalization of martial arts	Internationalization, competitive martial arts, artistic, branding, original ecology, competition rules, standardization, Olympic Games, etc.
Traditional sports of ethnic minorities	Intangible cultural heritage, sports history, sports culture, cultural soft power, transformation, national fitness, etc.

## **DISCUSSION OF THE MAIN RESEARCH TOPICS**

After combination of the research topics summarized above, the most representative literature for each type of topic based on the visual analysis system of the CiteSpaceV software was found. Then, a second search was performed and studied carefully, and then the hot research directions of the inheritance and development of martial arts and traditional national sports are summarized as follows:

## **Research on Basic Theory of Martial Arts and National Traditional Sports**

In Figure 3 we can clearly see: keywords such as martial arts, national traditional sports, traditional martial arts, Chinese martial arts, and traditional sports have relatively large nodes, which are at the centre of the keyword co-occurrence map, and there are many and complicated co-word connections. It shows that these keywords appear more frequently in research results and belong to basic research. Combined with Table 1, the main keywords in this field are martial arts, traditional martial arts, martial arts culture, competitive martial arts, martial arts routines, characteristics, standardization, martial arts ethics, history, martial arts research, martial arts practitioners, social changes, essence, original ecology, modern evolution, modern Martial arts, martial arts, traditional national sports, traditional sports, traditional minority sports, village sports, religion, nationality, research progress, etc. After studying based on the text of the second retrieval, the basic theoretical research on martial arts and national traditional sports from 2008 to 2020 mainly includes related concepts, essential characteristics and values of martial arts and national traditional sports. The main research points are: Martial arts and traditional national sports are both folk activities formed through long-term historical development under the specific geographical environment of our country. They have unique forms and cultural connotations, and are essentially different from Western sports culture (Zhao Jin, 2010). In the new era, cultural soft power has increasingly become an important factor in the competition of a country's comprehensive national strength. Therefore, martial arts can no longer be mechanically bound to Western sports. We must attach importance to the cultural value of martial arts and traditional national sports, and fully explore and carry forward that traditional culture with national characteristics. The standardization of martial arts is the guarantee of socialization of martial arts, the key to scale and the foundation of internationalization (Wang Gang & Qiu Pixiang, 2008). The construction of the Chinese martial arts standardization system requires the standardization of martial arts theory, the standardization of martial arts technology system, the standardization of martial arts terminology, the standardization of martial arts rank, the standardization of martial arts translation, and the standardization of martial arts equipment, martial arts clothing standardization, martial arts etiquette standardization, martial arts venue standardization, martial arts management standardization and other indicators to build research (Guo Yucheng, 2015).

## **Research on Inheritance and Development of Martial Arts and Traditional National Sports**

The high-frequency keywords in the research on the inheritance and development of martial arts and traditional national sports are: Competitive martial arts, intangible cultural heritage, development, standardization, mass sports, inheritance, countermeasures, essence, protection, mode, internationalization, martial arts education, school martial arts, sports management, cultural consciousness, globalization, modernization, martial arts rank system, Artistic, branding, competitive martial arts routines, leisure, harmony, inheritors, school education, competition rules, village sports, martial arts novels, martial arts research, national culture, physical culture, path, education, mentorship, democratic games, international Communication, strategy, rules, national fitness, competition mode, Olympic Games, etc. According to the above keywords, the research on the inheritance and development of martial arts and traditional national sports can be summarized into the following research directions:

### ***Research on the Reform of Martial Arts Competition***

It is mainly aimed at scientifically transforming the existing martial arts competition rules and the organization and management of the competitions to make the martial arts competition system more fair, correct and scientific. The technology of martial arts must be in line with the world sports culture. While pursuing high, difficult, beautiful and new, it is necessary to continuously absorb martial arts from traditional martial arts to continuously improve competitive martial arts (Long Xingnian & Wang Jinan, 2010). In this way, competitive martial arts not only integrates into the big family of Olympic sports, but also does not lose national characteristics, so as to achieve its own innovation and development.

### ***Research on International Communication Path***

The international spread of martial arts and traditional national sports not only affects the construction of our country's national image, but also promotes our country's cultural soft power in the world. The academic circle conducts in-depth research on the international communication path of martial arts and traditional national sports and puts forward their own suggestions. Judging from the research results from 2008 to the present, experts and scholars believe that the international communication path can industrialize martial arts and traditional national sports, establish brand awareness in industrialization, establish large-scale multinational cultural companies or joint companies, and always maintain a sense of innovation, Standard awareness, vigorously promote "artistic martial arts" while strengthening "cultural awareness" to make stage plays and film and television works that foreigners like. In terms of management, development strategies can be formulated at the national level, coordinated arrangements, and effective management (Ran Xuedong & Wang Gang, 2012; Qiu Pixiang, Zeng Tianxue & Liu Shujun, 2010; Wang Gang & Wu Song, 2013). In terms of foreign exchanges, since China and the other countries are now very frequent both official and non-governmental exchanges, they can make full use of military exchanges in official exchanges, and can "bundle" folk literature and art in the process of non-governmental exchanges (Yang Xiaobin, 2010; Wang Qingjun & Fang Xiaohong, 2010). In terms of education, it is a need to attach importance to the training of transnational education talents, use the advantageous carrier of Confucius Institutes to vigorously spread martial arts and traditional national sports, and formulate relevant laws and regulations at the national level to make the international education of martial arts stable and sustainable. The implementation of Sino-foreign joint education has further increased the reputation and influence of martial arts education (Jin Yuzhu, Wang Gang & Li Li, 2017)

### ***Research on the Combination of Martial Arts and Traditional National Sports with School Education***

Schools are the cradle for nurturing and disseminating knowledge and the base for cultivating socialist successors. Experts and scholars are deeply aware of the importance of schools, and they have studied how martial arts and traditional national sports can be combined with school education to better inherit and carry forward martial arts and traditional national sports. After reading and analyzing the literature, it was found that the opinions of experts and scholars can be roughly divided into: 1) The school continues to promote competitive martial arts; 2) School martial arts return to tradition; 3) Competitive martial arts and traditional martial arts develop harmoniously; 4) Combining the characteristics of local martial arts, implement one school one punch method; 5) School martial arts adopt the assessment of the rank system mechanism.

### ***Research on the Combination of Martial Arts, Traditional National Sports and National Fitness***

With the growth of the national economy and the improvement of the quality of life, the people have a deeper understanding of the promotion of health by sports, and the wave of national fitness is growing. Experts and scholars also realize that martial arts and traditional national sports and national fitness can promote each other. On one hand, national fitness activities can promote the popularization of martial arts and national traditional sports, and thus make our excellent traditional culture better. On the other hand, martial arts and traditional national sports have their own points-self-cultivation, strengthening of physical fitness, and harmony of body and spirit, which are in line with the purpose of national fitness. Therefore, experts and scholars have carried out in-depth research to better combine martial arts and traditional national sports with national fitness: 1) Conduct scientific academic research on martial arts and traditional national sports and health; 2) Actively develop martial arts and traditional national sports tourism projects to increase interest in traditional culture; 3) Actively develop and construct public spaces with martial arts and traditional national sports characteristics enhance the field of people's experience; 4) Strongly support and encourage non-governmental organizations to organize martial arts and traditional national sports competitions.

## **Research on Martial Arts and National Traditional Sports Culture**

After the failure of martial arts to enter the Olympics, academic circles began to think about the cultural aspects of long-term promotion of competitive martial arts. The main keywords in the study of martial arts and traditional national sports culture since 2008 are: Culture, sports culture, cultural consciousness, traditional sports culture, cultural soft power, cultural transformation, cultural self-confidence, social value, etc. This reflects that in today's economic globalization and the promotion of the great rejuvenation of the Chinese nation, the focus of academic circles is no longer the superficial inheritance of martial arts and traditional national sports, but more attention is paid to the inherent value of martial arts and traditional national sports culture. Through combing the literature, the academic research mainly focuses on the following aspects:

### ***Taking the functions of martial arts and traditional national sports culture as the theme.***

From 2008 to 2020, the research centred on the function of culture is mainly based on the promotion of martial arts and traditional national sports culture, which helps to build national image, enhance national cohesion, enhance national cultural self-confidence, and strengthen national cultural identity. Regarding the construction of the national image, the in-depth research is carried out from the return of the main body of martial arts and traditional national sports culture (Jin Yuzhu, Wang Gang & Li Li, 2017). Regarding the enhancement of national cohesion and the strengthening of national cultural identity, the research is mainly based on the development and protection of regional characteristics, and the promotion of regional festivals and events. (Tian Zuguo, 2010; Tian Zuguo & Chen Yonghui, 2010). Regarding the improvement of national cultural self-confidence, it is mainly based on the premise of modernizing traditional sports culture, and continuous scientific innovation to enrich and enrich oneself as a path for research (Li Long, 2010; Zhang Shiwu & Yuan Ge, 2010). These studies provide a certain theoretical basis for the promotion of martial arts and traditional national sports culture. However, these studies are limited to path selection, and rarely involve the internal mechanisms and connections of how these paths achieve these cultural functions.

### ***Protect Martial Arts and Traditional National Sports Culture by Protecting Intangible Cultural Heritage***

Since China announced the list of the first batch of intangible cultural heritage in 2006, domestic sports experts and scholars have begun to study and discuss martial arts and traditional national sports from all aspects of intangible cultural heritage. Relevant laws, increase the voice of sports people in relevant review institutions. To strengthen theoretical research, formulate rules related to sports intangible cultural heritage, strengthen management training for managers, establish a sound supervision and feedback mechanism, and improve the echelon inheritance system of inheritors, etc (Li Ping, Wang Hui, Zhao Gongqun & Zhang Feng, 2017; Wang Lin & Yu Dinghai, 2009). Then the identification and selection of inheritors should be civilized, group-based, and rationally develop the commercial value of intangible cultural heritage, and support projects with projects, so as to achieve the benign development of intangible cultural heritage (Wang Lin & Lu Hai, 2011). All theoretical researches have a positive effect on the protection of intangible cultural heritage in related fields, but there are few specific and in-depth studies on individual cases.

### **Thoughts on the Inheritance and Development of Martial Arts and National Traditional Sports.**

At the 19th National People's Congress of the Communist Party of China, President Xi Jinping, the Chinese leader, proposed to realize the great rejuvenation of the Chinese nation, and an important part of the great rejuvenation of the Chinese nation is cultural revival. The rejuvenation of the excellent traditional culture of the Chinese nation is the "root" and "soul" of the Chinese nation's great rejuvenation in the new era (Xi Jinping, 2017). Martial arts and traditional national sports are the treasures of China's excellent traditional culture. However, if martial arts and traditional national sports want to achieve a great rejuvenation, they must have human participation. Therefore, the inheritance

and development of martial arts and traditional national sports must return to the human body. Only when the body experiences it can cognitive sensitivity be produced. This sensitivity in turn encourages the body to consciously experience and make it sensitive of body movement. Therefore, in the repeated process of a certain experience, as the experience gradually deepens, the sensitivity continues to increase, and then reaches a high level of sensitivity, and high sensitivity in turn encourages the body to experience the behavior in a large amount, making the degree of love more profound. And then complete the effective inheritance and revival of martial arts and traditional national sports.

### ***The Body Has Cognitive Sensitivity***

All human culture is promoted by humanization, and humanization is the behaviour of human body's experience of things. Therefore, the body is the basis for human beings to experience everything. Without the carrier of the body, there is no way to talk about human experience. Merleau-Ponty once said about the body as a medium of experience and communication with external things: "The body is the vehicle for me to keep in touch with the world. It does not require me to actively and consciously think about what I currently grasp or the distance between the things surrounding me and me. I don't have to think about the world intentionally. My body can feel everything around me. My feeling on my fingers can directly explain the size and shape of objects." (Merleau-Ponty's, 2003) thought clearly stated that the body is the foundation of human existence, and the body always occupies an important position in the exploration of knowledge and truth.

Regarding experience, sensitivity and body, Bryan Turner also has related explanations. For the ontology of the body Bryan Turner believes: "Body cognition is the manifestation of the nature of social relations, or the body as a system understood as a symbol, or seeking to understand how the practice of the body metaphors a larger social structure, or they understand the body as a society of power and knowledge in society Constructing, or thinking that the body is the result of the influence of social discourse. Moreover, the body is constituted by loose practice" (Turner, & Turner, 1992). William James also believes in "Behaviour Change Mind" that everything around is revolves around the body, and is perceived from the perspective of the body. Bourdieu had a similar view. He divided knowledge into two categories: One is knowledge that has nothing to do with the body and is spread through other media; the other is knowledge that is integrated into the body. "What you learn from physical experience is not a person's private property, and is different from knowledge that can be used to show off. It is what makes a person a person. This is especially obvious in a society without words. In that era, the inherited knowledge could only be passed on by using the body as a carrier. Once this knowledge is separated from the body that carries them, they will not be able to survive, so they will never be separated from the body (Bourdieu, 1990). Foucault believes: "The expression of physical cognition cannot rely on the experience of transcending the body, nor can it rely on the subjectivity of personal psychology" (Michel Foucault, 2003). Rather, the most intuitive feelings produced by people's physical experience in life can be directly controlled without reflection.

### **Highly Sensitive Awareness is Profound**

The French philosopher Gilles Deleuze explained the generation of human sensitivity through the interpretation of the art of painting in his "Francis Bacon: Logique de la sensation": Human cognition and creation of symbols is not internal introspection, but through physical experience and the feelings (sensitivities) produced by the body after experience constitute the object and specific image of painting art; The infinite source of artistic creation, the sensitivity of the body, is produced by the experience of the body (Zhang Zhicang & Zhang Yan, 2014). Regarding the relationship between physical sensations and our physical experience, Deleuze believes: "The sensitivity of our body is due to the impact of anything we experience in life on our sensory organs. And this force that collides with our sense organs is the force that exists in the universe that we cannot see. This kind of power is closely related to human sensitivity, because "there must be a kind of power to act on the body, that is to say, to act on a part of the wave in order to feel" (Polan, 2017). The magnitude of the encounter between force and wave is also related to the sensitivity of the body. Without force and wave, there will be no sensitivity. In other words, "all sensitivity is just the generation of force" (Deleuze, 2006). This creative process is

essentially the violent experience of physical sensitivity. This violent experience makes the body sensitive, and this sensitivity stimulates an explosive state that seems to be able to get rid of itself only by the display of symbols. And in this state, " we want to get rid of this kind of inner extremely tense impulse and drive, and it can only be achieved through muscle activity, where we can imagine that under the strong drive inside the body, all of muscle tissues are consciously doing various things. When we are doing various exercises (emotions, thoughts, feelings) inside our bodies, our blood vessels also undergo corresponding changes, which are then accompanied by changes in body fluid secretion, body temperature, and skin color " (Nietzsche & Friedrich, 1999). This also shows that the experience of sports, especially after experiencing it in a highly sensitive way, will induce extreme internal tension. In order to release this extreme internal tension, oneself will actively practice exercises to make internal tension, thereby reducing or get rid of this inner drive and impulse.

### **Competitive Sports are Highly Sensitive Sports Experience**

The development of competitive sports is the result of high-intensity physical exercise. Body movement is centered on physical experience. The generation of competitive sports sensitivity must be accompanied by a large number of repetitive body movements. Then, the sensitivity momentarily affects the experience. And people's athletic ability is also obtained through their own efforts. Kaneko Akitomo believes: "In the process of acquiring motor skills, the qualitative leap of skills from scratch is not obtained by any external force, but by one's own efforts" (Wang Shuiquan, 2012). In other words, people's motor skills are also the sensitivity cultivated in the process of continuous experience. Kaneko Akitomo also believes: "When we practice a certain movement repeatedly, we will consciously compare the differences in motor sensation before and after the exercise. Exercise exercises in different motor sensations will affect the next unknown movement form generates expectations, and this unsatisfied expectation will cause us to practice endlessly" (Wang Shuiquan, 2012). It further shows that as long as sports evolve into different levels of competitive sports, different levels of experience must be paid, and the same degree of sensitivity will be produced.

### **CONCLUSION**

Martial arts and traditional national sports are the products of predecessors' experience of the world, and they are the carriers of new sensitivity. When the practitioner passes his own actual experience, the sensitivities that this experience feeds back to the practitioner constitute the source of new sensitivity, and the process of acquiring this new sensitivity is also the process of acquiring a new experience (Jia Qi, Li Baidong & Ynag Junru, 2009). Just like Kaneko Akitomo's point of view, only by constant experience can the sensitivity be different, so as to reach a certain state of insatiable expectation, which in turn brings about the tireless practice of national traditional projects.

In summary, the inheritance and development of martial arts and national traditional sports should return to the human body, and through the competitive transformation of martial arts and national sports, the effective inheritance of national sports culture should be completed.

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