

TRESEARCH ON THE INHERITANCE, DEVELOPMENT AND COMPETITIVE REFORM OF MARTIAL ARTS SHORT SOLDIERS FROM THE PERSPECTIVE OF TRADITIONAL NATIONAL SPORTS

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Abstract

Martial Arts Short Soldiers (short-weapon combat) is an important component of traditional Chinese martial arts and a representative form of traditional national sports. In recent years, with the promotion of standardized competition rules and modern sports systems, Martial Arts Short Soldiers has gradually transformed from a traditional combat practice into a modern competitive sport. However, this transformation has also brought challenges related to cultural inheritance, technical authenticity, and competitive orientation. From the perspective of traditional national sports, this paper systematically analyzes the historical inheritance, contemporary development, and competitive reform of Martial Arts Short Soldiers. By examining its cultural value, developmental dilemmas, and reform pathways, this study proposes strategies for achieving a balanced integration of tradition and modern competition, thereby promoting the sustainable development of Martial Arts Short Soldiers in both cultural and athletic dimensions.

Keywords: Martial Arts Short Soldiers; Traditional National Sports; Cultural Inheritance; Competitive Reform; Martial Arts Development

1. Introduction

Traditional national sports are an important carrier of national culture and historical memory. As a distinctive form of Chinese traditional martial arts, Martial

Arts Short Soldiers originated from ancient military training and folk self-defense practices, gradually evolving into a unique martial art system with strong cultural symbolism and practical value.

With the modernization of sports and the influence of international competitive systems, Martial Arts Short Soldiers has entered a new stage of development characterized by institutionalized competitions, standardized rules, and professional training. While this process has enhanced its visibility and participation, it has also raised concerns regarding the dilution of traditional techniques and cultural connotations.

Therefore, studying the inheritance, development, and competitive reform of Martial Arts Short Soldiers from the perspective of traditional national sports is of great significance for preserving cultural authenticity while promoting modernization.

2. Traditional Inheritance of Martial Arts Short Soldiers

2.1 Historical Origins and Cultural Connotations

Martial Arts Short Soldiers originated in ancient China as a form of close-combat weapon training, widely used in military drills and civilian self-defense. Its techniques emphasize practicality, adaptability, and efficiency, reflecting traditional Chinese martial philosophy such as harmony between offense and defense and unity of body and mind.

As a traditional national sport, Martial Arts Short Soldiers embodies values of courage, discipline, and respect for tradition, serving as both a physical practice and a cultural expression.

2.2 Inheritance Modes in Traditional Society

Traditionally, Martial Arts Short Soldiers was inherited through master-apprentice relationships, family lineages, and folk martial arts schools. This inheritance model emphasized experiential learning, moral cultivation, and technical authenticity, ensuring the continuity of traditional techniques and cultural spirit.

However, such informal inheritance methods also limited its broader dissemination and standardization.

3. Contemporary Development of Martial Arts Short Soldiers

3.1 Institutionalization and Social Promotion

With the support of national sports policies and martial arts organizations, Martial Arts Short Soldiers has gradually entered modern sports institutions, including schools, clubs, and official competitions. This institutionalization has expanded participation and improved organizational management.

3.2 Integration with Modern Sports Science

Modern training methods, sports biomechanics, and physical conditioning have been introduced into Martial Arts Short Soldiers training, enhancing athletic performance and safety. This integration has contributed to the professionalization of athletes and coaches.

Nevertheless, excessive reliance on modern sports models may weaken traditional techniques and stylistic diversity.

4. Competitive Reform of Martial Arts Short Soldiers

4.1 Standardization of Competition Rules

Competitive reform has focused on unifying rules, scoring systems, and protective equipment to ensure fairness and safety. These measures have promoted the sport's competitiveness and spectator appeal.

However, rigid standardization may restrict traditional tactical diversity and reduce the richness of martial expression.

4.2 Balance Between Competition and Tradition

A key challenge of competitive reform lies in balancing athletic competitiveness with cultural preservation. Overemphasis on scoring efficiency may lead to the marginalization of traditional techniques that lack immediate scoring advantages but hold cultural significance.

Thus, competitive reform should respect traditional technical systems while adapting to modern sports demands.

5. Development Strategies from the Perspective of Traditional National Sports

5.1 Strengthening Cultural Education

Incorporating traditional martial arts culture, history, and ethics into training and competition systems can enhance cultural identity and promote holistic athlete development.

5.2 Diversified Competition Systems

Establishing multi-level competitions, including traditional-style events and modern competitive formats, can accommodate different development goals and preserve technical diversity.

5.3 Policy Support and Talent Cultivation

Governmental and institutional support should focus on coach education, youth training systems, and academic research to ensure sustainable development.

6. Conclusion

From the perspective of traditional national sports, Martial Arts Short Soldiers represents a valuable cultural heritage and a dynamic modern sport. Its inheritance, development, and competitive reform should not be viewed as conflicting processes but as interconnected dimensions of sustainable development. By maintaining cultural authenticity while embracing scientific training and competitive innovation, Martial Arts Short Soldiers can achieve a balanced evolution that preserves tradition and meets contemporary sports demands.

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