

2014

# BioTechnology

*An Indian Journal*

FULL PAPER

BTAIJ, 10(7), 2014 [2089-2097]

## University taijiquan movement cultural inheritance and influences research

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### ABSTRACT

In present stage, universities in Beijing are positive organizing relative Chinese traditional sports events physical education courses, from which Taijiquan course also has guarantee of syllabus in teaching aspects, and universities have equipped corresponding sports teachers to teach Taijiquan postures, which provide running start for Taijiquan development and popularization. The paper analyzes Beijing ordinary colleges Taijiquan course, it gets Taijiquan sports culture presently development status in China and its impacts on university students. In Beijing regular institutions of higher learning, though many institutions set up Taijiquan physical education course, it hasn't been focused on by students, the number of people that have ever taken Taijiquan exercises and willing to take Taijiquan exercises for a long time are not many. Thereupon, make some reasonable suggestions so as to let Chinese excellent national traditional sports events to be reserved and developed.

### KEYWORDS

Taijiquan; Cultural inheritance; Adanced education; Influence factors.



## INTRODUCTION

Taijiquan is an important part in Chinese national traditional sports martial arts events, Taijiquan as excellent national traditional culture, it has been gradually understood and accepted by more and more people in the world. And Taijiquan as an important content in Chinese martial arts courses, spread Chinese traditional culture by the virtue of universities is a good platform.

Presently Chinese martial arts develop into current status, causes are also various, firstly it has historical causes, its development has gone through “the Great Cultural Revolution” and others setbacks, secondly for Chinese martial arts itself, some routines are targeted at some special group that is not fit for broad masses, finally due to most of Chinese martial arts routines lack of art of attack and defense, while most are just used to perform. While boxing types in Chinese martial arts are complex and various, which lack of simple routines and motions to adapt to broad masses learn and compare. Another reason is that Chinese martial arts have numerous disciplines, each form its own discipline that lacks of cooperation and fusion, which let some excellent events to be buried inside and forgotten by people with time passing. Though Chinese martial arts have above shortcomings, they have some merits.

Taijiquan as one kind of Chinese martial arts, it is Chinese excellent cultural heritage, its impacts in the world are also gradually expanding, China as headstream of Taijiquan, it has good mass foundation, which is basic condition that Taijiquan can inherit in China. With Chinese advanced education popularization, high quality talents redouble per year, Taijiquan popularized group also has important changes, Taijiquan development cannot do without Taijiquan learning group quality, as a kind of high quality Chinese traditional sports event, with high quality high level people to be its advertisers, Taijiquan will be accepted by more and more people in future. Chinese martial arts history though has profound history, under thousand years’ natural selection, survival of the fittest, it can survive only adapts to international development. Chinese martial arts can nourish, flourish and be everlasting, show its existence values. Chinese martial arts development up to now, it has many types of boxing, are favored by national people, presently Chinese martial arts development is also to be geared to international standards, are gradually accepted by the world and show its powerful development.

## MODEL ESTABLISHMENTS

To Taijiquan cultural inheritance and influences, here mainly carries out questionnaire survey on Beijing ordinary colleges. Here, it makes data statistical analysis of Beijing ordinary colleges Taijiquan teaching status, Beijing ordinary colleges Taijiquan teaching faculty status, Taijiquan course reforming, students’ impetus these aspects.

### Ordinary colleges Taijiquan teaching status

According to current Beijing ordinary colleges relative Chinese traditional sports syllabus arrangement, all universities in Beijing have formulate teaching plans according to their own status, set up physical courses that conform to their own school practice to meet university students’ requests on sports culture. Here make statistics of Beijing universities sports courses with Taijiquan arrangement, statistical result is as TABLE 1.

Correspond to above data; it draws “bar graph” as Figure 1.

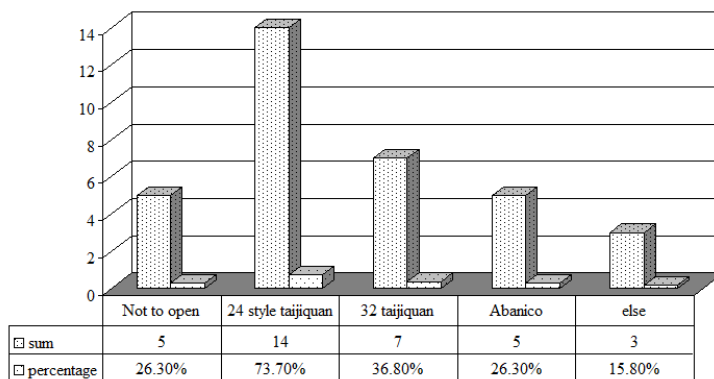
By above analysis, it is clear that most of Beijing ordinary colleges set up sports course regarding Taijiquan, from which investigated universities have 14 universities set up “24 style Taijiquan” that occupy 73.70% of total proportions, and seven universities set up “32 style Taijiquan” that occupy 36.80% of total proportions, five universities set up “abanico” that occupy 26.3% of total proportions, three universities set up other sports courses related to Taijiquan movements that occupy 15.80% of total proportions, only five universities haven’t set up Taijiquan relative sports course that occupies 26.30% of totals.

To universities that set up relative Taijiquan movements, make analysis of their teachers’ status.

**TABLE 1 : Statistics of Beijing universities sports courses with Taijiquan arrangement**

University name	Not to open	24 style Taijiquan	32 style Taijiquan	Abanico	Else
Beijing Institute of Technology	0	1	1	0	1
Beijing University of Chemical Technology	0	1	1	0	0
Tsinghua University	0	1	1	1	1
Beijing University of Aeronautics and Astronautics	0	1	1	1	0
Renmin University of China	0	1	0	1	0
Beijing civil engineering institute	0	1	0	1	0
Beijing Union University	0	1	0	1	0
Capital Normal University	0	1	1	0	0
Beijing Institute of Graphic Communication	0	1	1	0	1
SG Institute of Technology	0	1	0	0	0
Capital Normal University's Cod Academy	1	0	0	0	0
Beijing Technology and Business University's Carnival Academy	0	1	1	0	0
Beijing University of Posts and Telecommunications' century college	1	0	0	0	0
Beijing University of Technology's Geng-Dan Academy	1	0	0	0	0
Beijing Information Technology Institute	0	1	0	0	0
Beijing Institute of Business and Technology	1	0	0	0	0
Beijing transportation vocational and technical college	1	0	0	0	0
Beijing professional business institute	0	1	0	0	0
Beijing Huijia vocational institute	0	1	0	0	0
Sum total	5	14	7	5	3
Percentage	26.30%	73.70%	36.80%	26.30%	15.80%

(Data specification: “1” represents the event already set up, “0” represents that it hasn't yet set up the event)



**Figure 1 : Tai chi are scheduled for Beijing college physical education**

**Universities Taijiquan teachers status**

Firstly, make statistics and sort out Taijiquan teachers and sports teachers from each university of Beijing, its result are as TABLE 2.

According to above data, draw“ depth zone— bar chart”as Figure 2.

By above analysis, it is clear that in each university of Beijing, first-tier institution, second-tier institution, third-tier institution and junior college sports teachers' amounts are in the declining trend, for third-tier institution and junior college sports teachers, either no one or just Taijiquan teachers.

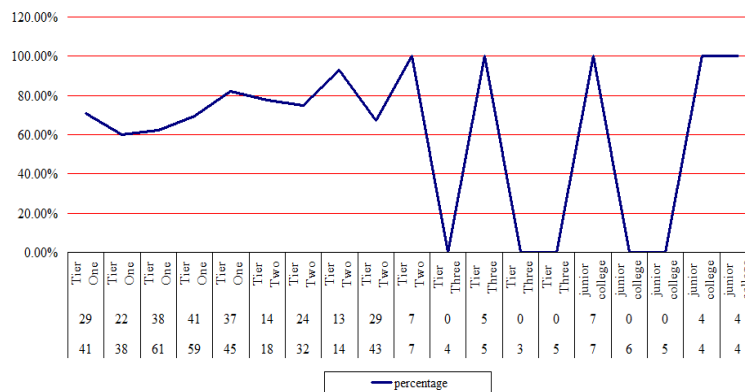
Then analyze Beijing ordinary colleges' martial arts major teachers' proportions, the results are as TABLE 3.

According to above data, draw“ depth zone— bar chart”as Figure 3.

**TABLE 2 : Professor Level’s Taijiquan teachers’ amount and sports teachers’ amount distribution**

University name	Sports teachers amount	Professor Taijiquan teachers amount	Type	Percentage
Beijing Institute of Technology	41	29	First-tier institution	70.70%
Beijing University of Chemical Technology	38	22	First-tier institution	59.80%
Tsinghua University	61	38	First-tier institution	62.30%
Beijing University of Aeronautics and Astronautics	59	41	First-tier institution	69.50%
Renmin University of China	45	37	First-tier institution	82.20%
Beijing civil engineering institute	18	14	Second-tier institution	77.70%
Beijing Union University	32	24	Second-tier institution	75%
Capital Normal University	14	13	Second-tier institution	92.90%
Beijing Institute of Graphic Communication	43	29	Second-tier institution	67.40%
SG Institute of Technology	7	7	Second-tier institution	100%
Capital Normal University’s Cod Academy	4	0	Third-tier institution	0.00%
Beijing Technology and Business University’s Carnival Academy	5	5	Third-tier institution	100.00%
Beijing University of Posts and Telecommunications’ century college	3	0	Third-tier institution	0.00%
Beijing University of Technology’s Geng-Dan Academy	5	0	Third-tier institution	0.00%
Beijing Information Technology Institute	7	7	Junior college	100.00%
Beijing Institute of Business and Technology	6	0	Junior college	0.00%
Beijing transportation vocational and technical college	5	0	Junior college	0.00%
Beijing professional business institute	4	4	Junior college	100.00%
Beijing Huijia vocational institute	4	4	Junior college	100.00%

(Data source: Wu Ma and others questionnaire survey results.)



**Figure 2 : Professor other taijiquan teachers and the distribution of the number of PE teachers**

Correspond to above analysis; it is clear that martial arts major teachers proportion in Beijing universities sports teachers are in fluctuation state.

Finally, make investigation on universities students to see whether students know their schools’ Taijiquan courses are taught by professional martial arts teachers. Statistical results are as TABLE 4.

According to above investigation result, draw“ black— white pie chart”as Figure 4.

From above analysis, it can get that Beijing ordinary colleges students emphasis on their school Taijiquan course lectured by professional martial arts is not so high, only roughly 38% people know the status, 24% people don’t fill in, and 14% people response that no sports course of martial arts teacher lecturing.

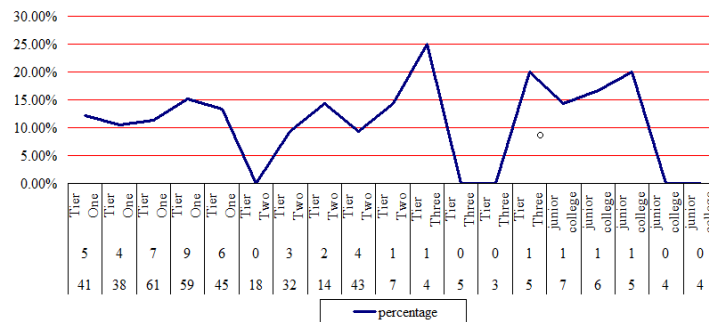
**University Taijiquan courses arrangement**

For Beijing ordinary colleges Taijiquan courses arrangement, it mainly investigates on universities sudents’ Taijiquan study hour and Taijiquan theory course attendance status here. As TABLE 5 is ordinary colleges students Taijiquan study hour status.

**TABLE 3: University martial arts teachers' proportion in sports teachers**

University name	Sports teachers amount	Martial arts Major teachers amount	Type	Percentage
Beijing Institute of Technology	41	5	First-tier institution	12.10%
Beijing University of Chemical Technology	38	4	First-tier institution	10.50%
Tsinghua University	61	7	First-tier institution	11.40%
Beijing University of Aeronautics and Astronautics	59	9	First-tier institution	15.20%
Renmin University of China	45	6	First-tier institution	13.30%
Beijing civil engineering institute	18	0	Second-tier institution	0.00%
Beijing Union University	32	3	Second-tier institution	9.30%
Capital Normal University	14	2	Second-tier institution	14.30%
Beijing Institute of Graphic Communication	43	4	Second-tier institution	9.30%
SG Institute of Technology	7	1	Second-tier institution	14.30%
Capital Normal University's Cod Academy	4	1	Third-tier institution	25.00%
Beijing Technology and Business University's Carnival Academy	5	0	Third-tier institution	0.00%
Beijing University of Posts and Telecommunications' century college	3	0	Third-tier institution	0.00%
Beijing University of Technology's Geng-Dan Academy	5	1	Third-tier institution	20.00%
Beijing Information Technology Institute	7	1	Junior college	14.30%
Beijing Institute of Business and Technology	6	1	Junior college	16.60%
Beijing transportation vocational and technical college	5	1	Junior college	20.00%
Beijing professional business institute	4	0	Junior college	0.00%
Beijing Huijia vocational institute	4	0	Junior college	0.00%

(Data source: Wu Ma and others questionnaire survey results.)

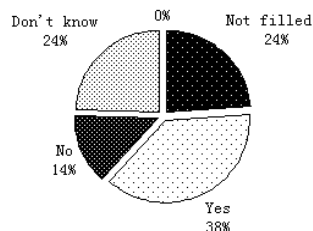


**Figure 3 : The share of martial arts teachers in physical education teacher**

**TABLE 4 : University Taijiquan is taught by professional martial arts teachers**

	Not filled	Yes	No	Don't know	Total number of people
Number of people	112	177	65	114	468
Percentage	23.90%	37.80%	13.90%	24.30%	100.00%

(Data source: Wu Ma and others questionnaire survey results.)



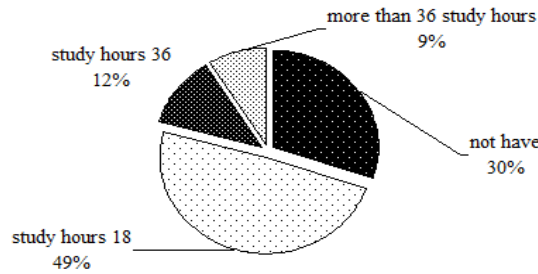
**Figure 4 : University of Tai chi classes are taught by professional wu-shu teachers**

**TABLE 5 : Ordinary colleges’ students’ Taijiquan study hour investigation status**

	Not have	18 study hours	36 study hours	More than 36 study hours	Total number of people
Number of people	139	223	54	41	468
Percentage	29.70%	47.60%	11.50%	8.70%	100.00%

(Data source: Wu Ma and others questionnaire survey results.)

Here, one study hour course is 45 minutes; one course is two study hours. According to above investigation result, draw “black— white pie chart” as Figure 5.



**Figure 5 : Ordinary college students’ taijiquan class survey**

Correspond to above data analysis, it is clear that Beijing ordinary colleges’ starting Taijiquan sports course’s study hours concentrate on 18 study hours that occupy 49% of totals, it gets closer to a half, 30% institutions haven’t started relative Taijiquan sports course, only 12% is 36 study hours, 9% is above 36 study hours.

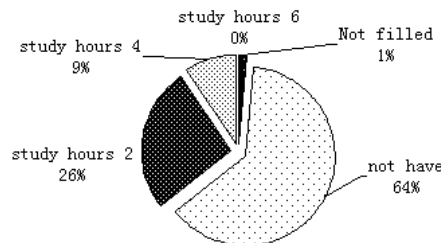
Then make investigation on universities Taijiquan setup theory course, investigation results are as TABLE 6.

**TABLE 6: Ordinary colleges setup Taijiquan theory course status**

	Not filled	Not have	2 study hours	4 study hours	6 study hours	Total amount of people
Number of people	7	294	123	44	0	468
Percentage	1.50%	62.80%	26.20%	9.40%	0.00%	100.00%

(Data source: Wu Ma and others questionnaire survey results.)

Here, one study hour course is 45 minutes; one course is two study hours. According to above investigation result, draw “black— white pie chart” as Figure 6.



**Figure 6 : Ordinary colleges and universities offer taiji theory**

From above analysis, it is clear that most of Beijing ordinary colleges haven’t set up Taijiquan theory course that is 64% of totals, even for school that set up Taijiquan theory course that still not goes beyond 6 study hours.

### ORDINARY COLLEGES’ TAIJIQUAN DEVELOPMENT INFLUENTIAL FACTORS

According to present Beijing ordinary colleges’ relative Chinese traditional sports syllabus arrangement, all universities in Beijing formulate teaching plans according to their own status, set up physical courses that conform to their own school practice to meet university students’ requests on sports culture. Here, analyze Beijing universities sports course with Taijiquan arrangement development factors, firstly make statistics of influence factors status that supposed by teachers and students, as TABLE 7.

TABLE 7 : Taijiquan course quality influence factors

Influence factors	Teacher	Percentage	Student	Percentage
Do not take the leadership	3	1.50%	35	7.50%
Little lesson	16	80%	111	23.70%
The teaching content is boring	7	35%	348	74.40%
Students’ enthusiasm is not high	16	80%	287	61.30%
Teachers’ enthusiasm is not high	0	0%	158	33.80%
Teachers’ own technical limitations	0	0%	71	15.20%
Else	6	30%	119	25.40%
Unfilled	0	0%	29	6.20%
Total number of people	20		468	

(Data source: Wu Ma and others questionnaire survey results.)

Correspond to above investigation data; it draws “bar chart” as Figure 7.

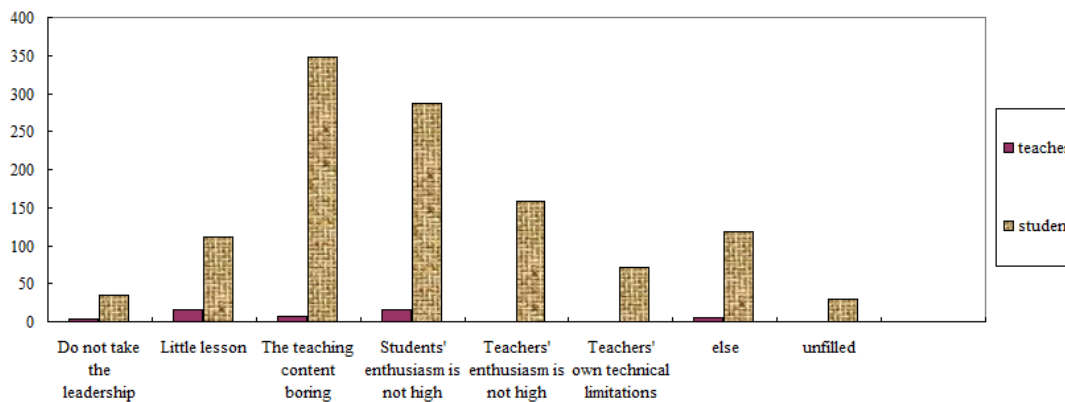


Figure 7 : Tai chi course quality factors

From above analysis, it is clear that Beijing ordinary colleges teachers think that Taijiquan course quality influence factors are mainly as little lesson, students’ enthusiasm is not high, while for students, they think that causes of Taijiquan course quality main influential factors mainly are teaching content is boring, little lesson and teachers’ enthusiasm is not high.

#### Students’ Taijiquan exercises impetus analysis

For Taijiquan cultural inheritance and influences, it mainly makes questionnaire survey on Beijing ordinary colleges here. Here makes data statistical analysis of Beijing ordinary colleges students’ impetus aspects, the results are as TABLE 8.

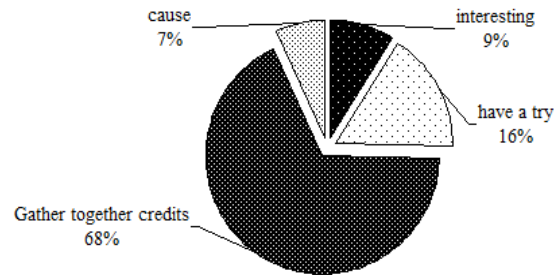
Correspond to above investigation result, draw “black— white pie chart” as Figure 8.



**TABLE 8 : Ordinary colleges' students' Taijiquan learning impetus**

	Number of people	Percentage
Interesting	41	8.80%
Have a try	77	16.50%
Gather together credits	318	67.90%
Other causes	32	6.80%
Total number of people	468	100.00%

(Data source: Wu Ma and others questionnaire survey results.)

**Figure 8 : Ordinary university students' motivation to learn tai chi chuan**

From above analysis, it can get that main purpose of ordinary colleges' students learning Taijiquan is to gather together credits that occupy 68% of totals, and still 9% colleges students are because of interesting in Taijiquan.

### Students' training Taijiquan status

For Taijiquan cultural inheritance and influences, here mainly carries out questionnaire survey on Beijing ordinary colleges. Here, it makes data analysis of Beijing ordinary colleges' students' Taijiquan exercising status, and results are as TABLE 9 and TABLE 10.

**TABLE 9 : Whether ordinary colleges students take Taijiquan exercises or not**

	Number of people	Percentage
Practiced	32	6.80%
Not practices	432	92%
Totality	468	98.80%

(Data source: Wu Ma and others questionnaire survey results.)

**TABLE 10 : Whether ordinary colleges' students are willing to take Taijiquan exercises for a long time or not**

	Number of people	Percentage
Yes	11	2.30%
No	453	96.60%
Totality	468	98.90%

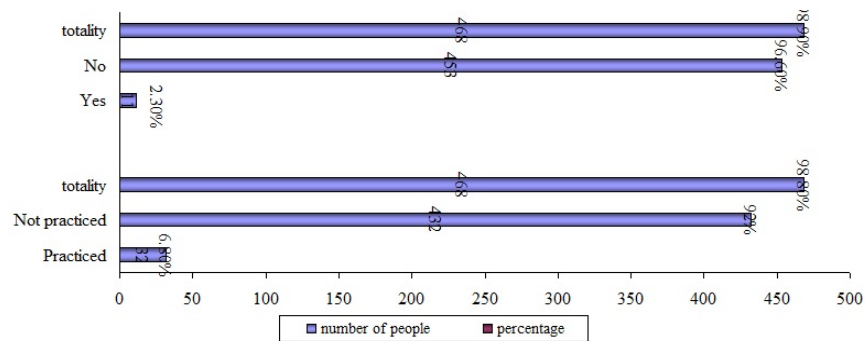
(Data source: Wu Ma and others questionnaire survey results.)

Correspond to above data, it draws "comparison-tubular chart" as Figure 9.

By above statistical result, it can analyze and get that in Beijing ordinary colleges, though many colleges set up Taijiquan type movement physical courses, it doesn't attract students' attentions, number



of people that take Taijiquan exercises and willing to take Taijiquan exercises for a long time are not many.



**Figure 9 : Whether ordinary college students to practice tai chi chuan and willing to practice for a long time**

## CONCLUSION

In present stage, universities in Beijing are positive organizing relative Chinese traditional sports events physical education courses, from which Taijiquan course also has guarantee of syllabus in teaching aspects, it doesn't attract students' attentions, and number of people that take Taijiquan exercises and willing to take Taijiquan exercises for a long time are not many. Now, since advanced education introduces multiple-media teaching, teaching quality and efficiency are greatly improved, here it can also increase students' interests in Taijiquan type of movements by multiple-media video broadcasting excellent Taijiquan type of movements, let people to directly understand Taijiquan movement essence, let students' to find pleasure in it and love Taijiquan rather than let them to be bored and mechanically simulate

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