

Research on Traditional Martial Arts Education for Cultivating Higher Vocational Students' Awareness of the our country's National Community

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Abstract: *our country's traditional martial arts are spiritual wealth left by human history, are an indispensable part of our country's sports. It is not only an important valuable heritage of the our country's nation, but also occupies a place in world sports. The awareness of the our country's national community is an important cornerstone of national unity and social stability, and our country's traditional martial arts as a unique cultural form, has an important role in promoting national unity and enhancing national identity. Our country's traditional martial arts with its rich cultural connotation and diverse forms of expression shoulders this important responsibility. This has extremely significant practical meaning for cultivating students' awareness of the national community. It can realize educating people through sports and through culture, and imperceptibly improve students' national identity, national identity sense, and social responsibility sense. This has profound meaning for maintaining social harmony, promoting economic development, and safeguarding national unity.*

Keywords: *our country's Traditional Martial Arts; our country's National Community Awareness; Realistic Difficulties; Implementation Path*

1. Realistic Difficulties of Traditional Martial Arts Education under the Firm Building of Chinese National Community Awareness

Higher vocational students are important promoters of society's future development. Their ideological consciousness and life values directly relate to the national future development and social stability and unity. Martial arts, as an important part of excellent traditional Chinese culture, is a key link in the construction of a culturally strong country.^[1] It contains the spiritual and cultural connotation of "self-improvement, courage to struggle, unity and progress." It shoulders the important mission of cultivating ethnic cultural identity and national identity. However, in our higher vocational martial arts practical teaching, we can easily find that traditional martial arts education is restricted by multiple factors such as content, policy, culture, and teachers. Therefore, it is difficult to give full play to its educational value in firming the awareness of the Chinese national community.

1.1 Lack of local characteristic martial arts content, difficult to adapt to teaching needs

At present, most higher vocational colleges set the martial arts courses as Tai Chi, Five-step Fist, Three-routine Long Fist and other contents. The phenomenon of homogenization is quite serious, the national characteristics are insufficient, it cannot arouse students' learning interest. This leads to difficulty to adapt to teaching. The Chinese nation is a multi-ethnic country, the territory is vast. Each ethnic group has bred rich and colorful martial arts culture. For example, Yunnan region has 25 ethnic minorities. Different ethnic groups in the long river of historical development formed traditional martial arts with local unique characteristics. Such as Dai nationality's "Dai Fist" and "Peacock Fist", Jingpo nationality's "Knife Dance" and so on. These martial arts contents have strong ethnic characteristics.

Under the big background of consolidating the consciousness of the Chinese national community, our martial arts teachers should not only teach students martial arts skills. More importantly, should transmit excellent traditional culture to students. Let students personally feel the broad and profound of Chinese traditional culture. This also can let them truly experience the diversity and inclusiveness of national culture. But single traditional martial arts teaching content already cannot meet the needs of teaching. This problem directly weakens the core role of traditional martial arts education in cultivating

cultural identity.

1.2 Weak strength of policy support, difficult to guarantee educational promotion

The support of government policy is an important guarantee for the development of traditional martial arts, also important support for consolidating the consciousness of the Chinese national community. In recent years, the country also introduced a series of policies, such as the excellent traditional Chinese culture entering campus, students physical fitness enhancement project and so on. These policies mostly still stay at the macro level guidance, lack specific feasible measures for implementation. These policies when implemented in schools, also lack effective actions. For example, in higher vocational teaching, for traditional martial arts curriculum setting, lack of special curriculum assessment system, venues facilities, funding guarantee and so on, lack systematic and scientific planning. Many times, the policy tends to ball sports. When opening physical education classes, the attention degree to traditional martial arts course is not enough, the understanding is insufficient, they think it is “optional” course content. The funding investment for traditional martial arts education is insufficient, difficult to guarantee the carrying out of traditional martial arts educational activities. This ignores the important value of traditional martial arts education in consolidating the consciousness of the Chinese community, affects its educational function play, thus restricts the development of traditional martial arts education.

1.3 Impacted by fast-food culture, difficult to maintain learning patience

Common belief, common cultural values, all lay the foundation for national harmony and emotional connection in forging Chinese national community consciousness.^[2] In today’s rapid economic development, cultural communication speed becomes faster and faster. Communication methods also become more and more convenient. Students easily influenced by fast-food culture such as short videos. Our traditional martial arts culture emphasizes “unity of knowledge and action, inner and outer cultivation.” It needs long-term persistence and hard practice. As the saying goes “practice in winter’s cold and summer’s heat.” Only through long-time continuous training can truly understand the essence of traditional martial arts. Students under influence of this fast-food culture have no perseverance and determination, cannot endure the “hardship” of martial arts. They lack patience, difficult to persist. Compared with nowadays popular outdoor sports projects, traditional martial arts appear somewhat dull and boring. Students easily give up, stop halfway. This not only affects a person’s will quality, but also affects development and inheritance of traditional martial arts. Over time, even more impossible to understand the cultural connotation and spiritual essence of traditional martial arts. This suppresses traditional martial arts education to cultivate students’ patriotism feelings and cultural identity.

1.4 Weak professional teaching staff strength, difficult to improve teaching quality

Teaching staff team is important group to promote development of traditional martial arts. They are also the backbone force to realize “educate people by martial arts, educate people by culture,” and help to forge Chinese national community consciousness. Traditional martial arts education requires high demand on teaching staff. Teachers not only need to skillfully master traditional martial arts techniques, but also can deeply understand the cultural connotation and martial ethics spirit behind teaching of traditional martial arts education. And they need to be able to integrate traditional martial arts education deeply with Chinese traditional culture.

For traditional martial arts intangible cultural heritage projects, the master-apprentice inheritance mode of oral and bodily teaching is the most effective way to maintain the root vein of traditional martial arts.^[3] At present, there are some shortcomings in the martial arts teaching staff team in our country. On one hand, school martial arts teachers are insufficiently equipped, professional martial arts teachers are very few, the teacher-student ratio is seriously insufficient. On the other hand, most teachers come from competitive martial arts backgrounds, they are relatively lacking in knowledge of traditional martial arts education. Therefore, they cannot well integrate traditional cultural contents such as martial ethics into martial arts teaching. At the teacher level, the traditional model still occupies the dominant position. This causes the course to fall into an inefficient cycle of “technical disembedding”, difficult to adapt to the cognitive needs of modern students.^[4] Many times, teaching focuses on the teaching of “form”. People misinterpret martial arts skills as a physical activity mode composed of a series of movements, they think this belongs to the category of behavior^[5]. At the same time, the teaching of “intent” is ignored. This leads to traditional martial arts education quality not high,

appearing like an “empty frame”. Only when “form” and “intent” are combined, can show the “charm” of traditional martial arts, can let martial arts education contain depth and connotation. Folk martial arts masters, because they have not received formal teaching training, lack scientific and professional teaching methods. Therefore, they are difficult to meet the teaching requirements of schools, causing the loss of this part of talents. Therefore, this has developed into a strange phenomenon: “people who understand martial arts do not understand education, people who understand education do not understand martial arts.” This seriously hinders the function of traditional martial arts education in consolidating the consciousness of the Chinese national community.

1.5 Insufficient measures of teaching innovation, difficult to adapt to modern teaching needs

Nowadays with the rapid development of science and technology, traditional martial arts education technology is still relatively lagging behind. Our teachers habitually use traditional teaching methods and teaching forms. They still follow the teaching form of teacher demonstration and student imitation practice to carry out teaching, lack of innovation. In teaching technical means there is a lack of use of multimedia, audio and video, virtual simulation, AI and other modern teaching technologies. This makes students unable to intuitively and vividly understand the trajectory and details of martial arts movements, limits students’ cognition. This is also difficult to adapt to the learning habits of modern students. This leads to low interest of students in learning traditional martial arts, the learning group becomes fewer and fewer. Over time, it hinders the inheritance and development of traditional martial arts, directly affects the dissemination and promotion of Chinese traditional culture. Also, the lag of teaching ways and methods makes it difficult to organically integrate martial arts skills with moral education and national unity education. This also makes it difficult to realize the teaching goal of “educating people with martial arts, casting soul with martial arts.” This departs from the fundamental goal of modern education “establishing virtue and cultivating people.” Finally, difficult to give play to the role of traditional martial arts education in consolidating the consciousness of the Chinese national community.

2. Implementation path of traditional martial arts education under the consolidation of the consciousness of the Chinese national community

Through sports, it can make the values, spiritual culture and historical memory co-created by all ethnic groups be shared to all people of the whole country. This lets all ethnic groups truly feel that everyone is tightly held together like pomegranate seeds.^[6] Facing the real difficulties that traditional martial arts education faces now, must always adhere to taking the consolidation of the consciousness of the Chinese national community as the fundamental principle. To break this real dilemma, need to make improvement from content construction, teacher team construction, and teaching reform. Let traditional martial arts education truly become an important carrier of inheriting Chinese traditional culture and promoting national unity.

2.1 Excavating local resources, carrying out ethnic traditional martial arts teaching

In order to solve the problem of homogenization of traditional martial arts teaching content and difficulty to adapt to teaching needs, need to combine local ethnic characteristics. Fully excavate local martial arts cultural resources, develop highly representative ethnic minority traditional martial arts programs, these programs have the characteristics of being cultural, ethnic, and safe. Aiming at students of different grades, according to students’ level of sports culture, make simple arrangements of traditional martial arts programs to adapt to students’ development needs. At the same time, need to maintain the technical essence and cultural connotation of traditional martial arts, fully excavate the spiritual core such as national spirit and patriotism feelings contained in traditional martial arts. Also can intersperse traditional martial arts stories in the whole process of education and teaching. Let students truly feel the great unity among all ethnic groups in China, and the integration and inclusiveness among various ethnic cultures. This will continuously enhance students’ identity with Chinese national culture, lay a solid foundation for consolidating the consciousness of the Chinese national community.

2.2 Give play to the joint force of government, school and enterprise, promote education landing

The development of traditional martial arts cannot leave the government this main force. The

government is the maker of policy, the school is the executor of policy, the students are the beneficiaries of policy. To want traditional martial arts get strong promotion in school, need government to give strong support in fund, resource, policy and other aspects. The inheritance of Chinese traditional culture can take the express of times development, actively promote traditional martial arts activities enter campus. This will effectively promote communication between students of different ethnic groups, raise students' sense of identity to national culture. The national traditional cultural spirit in martial arts of people-oriented, firm and promising, combining hardness and softness, self-improvement also get great promotion. This is beneficial to the stability and unity of school, also helpful to promote national unity, great prosperity and great development.

The school is the bridge of traditional martial arts education to firm the consciousness of Chinese national community. The students are the new hope of vigorous development of national traditional culture. The development of traditional martial arts faces many difficulties, need the participation of school education. The development of traditional martial arts cannot leave school education. The school bears important responsibility. The school can set traditional martial arts elective course in physical education curriculum, include it into curriculum system. Open different national traditional martial arts projects for students to choose, meet different needs of students, by this to arouse students' learning interest. Also can bring in excellent traditional martial arts talents, ensure high-quality spread and promotion of traditional martial arts. Also, the school can through organize and carry out colorful traditional martial arts cultural activities, attract more students to participate in, promote the spread of traditional martial arts among students group. Only let them accept traditional martial arts education, can well inherit and carry forward the excellent Chinese traditional culture, so continuously strengthen cultural confidence, finally form cohesion, realize cultural identity. So cultivate students to become new youth who can undertake the great task of national rejuvenation.

Continuously deepen school-enterprise cooperation, school can form cooperation with martial arts education institutions, martial arts inheritance bases and so on, jointly build teaching practice bases. Bring enterprise resources into school to make up the short board of school resource shortage. At the same time, school delivers the cultivated martial arts talents to enterprises. Over time, form the situation of "government policy support-enterprise resource support-school talent support" three-party coordinated development. In this way, lay a solid foundation for normalized development of traditional martial arts education.

2.3 Integrate modern elements, activate cultural vitality

In the process of traditional martial arts development, we can easily find that some ethnic traditional martial arts projects, with the passage of time, already no longer exist. To let traditional martial arts get spread and promotion in school, need to combine new era elements and modern education methods together. Today, students are greatly influenced by fast-food culture, know very little about Chinese traditional culture. Therefore, in higher vocational colleges can according to students' interests and hobbies, combine with the characteristics of traditional martial arts projects themselves, integrate modern lifestyle, aesthetic views, popular elements into them. And use modern teaching means, such as multimedia display, digital courses, online and offline combined methods, can achieve double result with half effort. This not only can let students' physical quality get effective exercise, but also can help students better understand and accept traditional martial arts education, raise students' participation sense and interest. Thus better spread excellent Chinese traditional culture, raise students' national self-confidence and national identity sense, then enhance students' sense of belonging and trust to the country.

2.4 Expand international communication, do well cultural output

Media is the extension of human body, is a powerful tool for external communication of martial arts discourse, effective communication media is important support.^[7] International exchange is an important carrier of cultural output. With the rapid development of globalization, Chinese culture needs to go to the world. The spread and promotion of traditional martial arts provide a medium for the output of Chinese culture, build a bridge of friendly communication. Through international exchange competitions, lead students to spread Chinese unique traditional martial arts projects overseas, attract more overseas people of virtue and aspiration to learn Chinese traditional martial arts. In this kind of subtle influence spread excellent Chinese traditional culture, continuously enhance Chinese cultural soft power and international influence. This further enhances students' national pride and cultural self-confidence, also lays a certain foundation for the dissemination and recognition of Chinese

national culture in the global scope.

2.5 Implement the dual measures of “introducing talents + cultivating talents”, fill the shortage of the team

Value consensus is the root vein of the solidarity of community, its root is the recognition of the values of the community.^[8] The development of traditional martial arts education cannot leave every martial arts teacher, teachers are the backbone strength who teach students traditional martial arts projects and carry forward Chinese national traditional culture. At present, the teaching staff strength of school is seriously insufficient. Through the dual measures mode of “introduction + cultivation”, can make up the shortcoming of insufficient teaching staff. School should first introduce martial arts professional teachers. After introducing, should strengthen the cultivation of martial arts teachers, continuously improve their teaching level and professional ability. Second, introduce inheritors of traditional martial arts projects into campus, enrich education resources and education materials. Let the inheritors give training to school teachers and students, make teachers and students personally feel the cultural charm of traditional martial arts. For example, in traditional martial arts there are many martial arts figures, for defending the country, show the patriotism spirit of facing death as homecoming. Teachers can according to these stories, strengthen students’ patriotic education, then vigorously carry forward our national excellent traditional culture.

2.6 Reform teaching model, innovate teaching method

School should consolidate this cornerstone of the consciousness of Chinese national community, should vigorously promote traditional martial arts into campus. The digital era provides new opportunity and challenge for the dissemination and innovation of traditional martial arts culture.^[9] On one hand, school should reform the traditional teaching model. Apply modern teaching technical means to the process of martial arts teaching, use multimedia, audio and video, virtual simulation and other technologies, better show the movement trajectory of traditional martial arts. At the same time, need to transform the ideology. On the basis of vigorously developing competitive sports before, actively introduce traditional martial arts into campus, let every student at least learn one traditional martial arts project.

On the other hand, change traditional teaching methods, carry out various forms of traditional martial arts cultural activities, create a strong national cultural atmosphere. Students of different nationalities through participating in traditional martial arts activities can effectively promote communication and understanding among them, raise cognition of different national cultural life. For example, through the teaching mode of traditional martial arts competitions, realize promoting teaching by competition, promoting learning by competition, promoting harmony by competition. This can strengthen cooperation and competition among students, increase friendship among students, deepen understanding and identity to each other's culture. Only after having comprehensive and deep understanding of different national cultures can strengthen the unity consciousness among students, lay foundation for national unity and progress. Students will imperceptibly and silently produce cultural identity. This will guide students to firmly establish the community concept of sharing honor and disgrace, sharing life and death, sharing fate, strengthen students' national consciousness and national feelings, then continuously help students to consolidate the consciousness of Chinese national community.

3. Conclusion

Traditional martial arts occupy a place in consolidating national community consciousness, have irreplaceable function, shoulder the heavy responsibility of the times. The spread and promotion of traditional martial arts have profound and lasting influence on cultivating the national community consciousness of higher vocational students. It will be beneficial to promote inheritance and development of excellent Chinese traditional culture, raise students' confidence in Chinese culture. At the same time, strengthen higher vocational students' national identity, national identity and cultural identity, make all nationalities tightly unite together like pomegranate seeds. This can promote unity and progress among all nationalities, then more cherish and maintain the Chinese national community.

Traditional martial arts face many difficulties and challenges in the spread and promotion in school. Need to rely on government strength in policy, resources, funds and other aspects. School need to use

modern teaching means and teaching resources, combine new era elements into traditional martial arts education, make traditional martial arts show new vitality and life force. Through the mode of “introduction + cultivation”, make up the shortcoming of teacher shortage. Through international exchange competitions spread Chinese traditional culture at home and abroad, continuously strengthen national cultural soft power and international influence. Promote development of Chinese cultural diversity, form the flourishing scene of a hundred flowers blooming and a hundred schools of thought contending, then contribute strength to cultivating higher vocational students' consciousness of Chinese national community.

Funding

Yunnan Open University, Yunnan National Defense Industry Vocational Technical College 2025 school-level scientific research fund project (Project number: 25YNOU60)

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