

The Dilemma of Taijiquan Promotion in Colleges and Universities from the Perspective of Cultural Confidence: Traceability and Realization Paths

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Abstract: Taijiquan culture is an important part of national traditional sports, as a splash of national culture, it contains unique cultural qualities, which is not only the practical embodiment of the national spirit, but also the exuberant source of cultural self-confidence. Physical education in colleges and universities, as the most direct and important inheritance position of Taijiquan, is the best channel to promote Taijiquan. This paper uses the literature method and logical analysis method to analyze the dilemma of studying the promotion of Taijiquan in college physical education based on the perspective of cultural self-confidence and puts forward the realization path. The study concludes that the dilemma of taijiquan promotion in colleges and universities exists in the following aspects: 1. the traditional status of taijiquan has been challenged; 2. the insufficient understanding of the function of taijiquan; 3. the loss of the moral root culture; and 4. the loss of taijiquan policy and lack of the main body. And put forward the corresponding realization path: 1. to explore the cultural inheritance function of taijiquan; 2. to return to the moral root culture of taijiquan; 3. to cultivate the living inheritance method of taijiquan; 4. to implement the multi-dimensional protection mechanism for the cultural inheritance of taijiquan and other measures.

Keywords: Cultural self-confidence; Physical education; Taijiquan; Dilemma traceability; Path to realization

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1. Introductory

Since the 18th Party Congress, General Secretary Xi Jinping has repeatedly emphasized the fundamental status and value of cultural self-confidence. The report of the 19th CPC National Congress clearly pointed out that "without a high degree of cultural self-confidence and the prosperity of culture, there will be no great rejuvenation of the Chinese nation ^[1]." Therefore, the establishment of a correct cultural identity and cultural psychology has a positive significance both for that culture itself and for the historical process of the great rejuvenation of the Chinese nation. In the article "Opinions on Comprehensively Strengthening and Improving the Work of School Sports in the New Era", it is clearly stated that "traditional sports teaching, training and competition activities are carried out according to local conditions ^[2]." The university stage in life belongs to the golden period of knowledge learning and physiological development, and colleges and universities are an important position to develop students' lifelong sports concept ^[3]. Taijiquan culture as an important part of the national traditional sports, its qualities have led to the formation of their own unique form of expression of national sports. However, the geographical and ecological limitations of ethnic areas and the long-term centripetal development of the national culture caused by the objective autism, so that the vast majority of national sports resources in the Chinese cultural circle to form a unique cultural detachment phenomenon, but also to maintain a relatively intact cultural ecology from the beginning to the end. Under the perspective of cultural and economic globalization, how to better inherit and spread Taijiquan culture is of great significance to the protection and development of Taijiquan culture and to stimulate the vitality

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of cultural innovation and creation of the whole nation. Colleges and universities, as the most important and direct inheritance position of national sports culture, should pay full attention to it. In the face of today's situation of world civilization development, in order to achieve rebirth and sublimation of taijiquan culture, it is necessary to enhance cultural self-confidence and take cultural self-confidence as the core concept ^[4]. However, the reality is that under the impact of modern sports, the physical education curriculum in colleges and universities has been almost completely westernized, and students' interest in taijiquan movement is obviously insufficient, and there is a significant disconnect in the inheritance. In this context, with the perspective of cultural self-confidence, it is of profound significance for the inheritance and development of Chinese sports culture to explore the dilemma of tracing the dilemma of taijiquan culture in the promotion of sports in colleges and universities, and to promote the development of taijiquan in colleges and universities sports.

2. The Dilemma of Taijiquan's Promotion in Physical Education in Colleges and Universities From the Perspective of Cultural Self-Confidence

(1) Impact of modern sports: challenges to the traditional status of Taijiquan and deficiencies in recognition

Against the backdrop of increasing globalization, modernization and competitiveness, the spirit and values of Western sports have been widely disseminated and accepted among our people. The modern sports spirit of "faster, higher, stronger" advocated by the Olympics inspires people to constantly challenge the limits of their bodies and pursue outstanding sports performance, and this spirit is also deeply reflected in the sports education of colleges and universities. All kinds of sports events in colleges and universities, such as track and field competitions and ball games, are oriented by this competitive spirit of pursuing excellence, and students are deeply influenced by this value when they participate in these programs. However, Taijiquan pursues the traditional sports culture of "harmony of yin and yang, unity of heaven and mankind, and meditation", emphasizing the balance of body and mind, the integration of man and nature, and inner peace and tranquility. In the group of college students, due to the long-term cultivation of modern sports values, it is easier for them to understand and accept sports programs centered on competition, while the traditional sports culture contained in Taijiquan has a lower degree of recognition. This conflict of cultural values makes Taijiquan face many difficulties in the promotion of physical education in colleges and universities. On the one hand, in the physical education curriculum, Taijiquan and modern sports are presented at the same time, and students tend to choose the program that conforms to the spirit of modern sports based on the established sports values, which is not conducive to the students' comprehensive understanding and inheritance of the excellent traditional Chinese culture, and affects the establishment of their cultural self-confidence. On the other hand, in the creation of sports culture atmosphere on campus, sports activities dominated by modern sports spirit occupy the mainstream, and it is difficult for Taijiquan-related cultural activities to get enough attention and support. Most of the activities of sports and cultural festivals organized by universities are centered on modern competitive sports, and Taijiquan performances or demonstrations are not only poorly participated, but also in a marginal position in terms of publicity and promotion. This leads to Taijiquan culture in the promotion of sports education in colleges and universities seems extremely passive, and it is difficult to form a wide range of influence and attraction in colleges and universities. This has hindered the inheritance and promotion of Chinese excellent traditional sports culture in college physical education, and is not conducive to enhancing students' cultural self-confidence and national pride.

(2) About Taijiquan functions: understanding biases and lack of recognition

The deep understanding and recognition of local excellent traditional culture is the key to build the foundation of cultural self-confidence. In the real situation of physical education in colleges and universities, Taijiquan, a treasure that carries deep traditional Chinese culture, faces the dilemma of insufficient understanding of its function by

students, which greatly hinders its promotion in colleges and universities. On the one hand, students in colleges and universities tend to focus too much on the combat ability of taijiquan and judge the value of taijiquan unilaterally by whether it can be "fought", and therefore doubt or even negate the performance of taijiquan, which is undoubtedly a bias in the understanding of the function of taijiquan. In fact, Taijiquan is a kind of boxing method that requires long-term accumulation in a gradual and orderly manner, and practitioners need to go through countless times of actual combat training on the basis of the correct disk frame in order to become a master in actual combat. Taijiquan should not be completely rejected because of a certain loss in actual combat, just as the whole industry should not be rejected because of the chaos in individual industry. On the other hand, the practical function of Taijiquan is also evolving dynamically. In the field of physical education in colleges and universities, due to the lack of systematic and effective publicity and educational guidance, most students only stay in the superficial cognition of the external movement form of taijiquan, and simply regard it as a kind of common fitness exercise, completely ignoring its rich connotation in health care, cultivation of the body, cultural inheritance, and technical combat and so on. This cognitive limitation makes students avoid taijiquan when facing the choice of physical education courses. This not only greatly hinders the popularization of taijiquan in physical education in colleges and universities, but also reflects the lack of cultural self-confidence of contemporary college students, which needs to be improved by strengthening education and guidance, so that taijiquan in physical education in colleges and universities can bring out its due cultural charm and educational value.

(3) Contemporary perspectives on tai chi: loss and neglect of moral root culture

Taijiquan contains a profound moral root culture, which should shine in the field of physical education in colleges and universities, and become an important support for cultivating students' cultural self-confidence and national spirit. However, the reality is not optimistic. Under the strong impact of modern society, especially among students in colleges and universities, this kind of moral root culture is facing a serious situation of loss and neglect, which undoubtedly brings heavy obstacles to the promotion of taijiquan in physical education in colleges and universities. The moral concepts behind the development of Taijiquan are closely related and complementary to the traditional virtues of the Chinese nation, but in the physical education of colleges and universities, students face many challenges such as fierce academic competition and heavy employment pressure, and are more concerned about their personal development and the realization of their self-worth. In this environment, traditional moral concepts are often regarded as a hindrance to development and are gradually rejected. Contemporary students lack in-depth understanding and recognition of the moral root culture carried by taijiquan, which makes the spread of taijiquan in colleges and universities lose a solid cultural soil. In the physical education system of colleges and universities, taijiquan is not only a physical exercise, but also an important way of cultural inheritance and moral inculcation. Due to the neglect of the moral root culture, students often just imitate the movements mechanically when practicing taijiquan and cannot touch the core essence of taijiquan. This not only seriously affects students' interest in learning Taijiquan and its learning effect, but also makes it difficult to promote Taijiquan in physical education in colleges and universities. Cultural self-confidence is not only the recognition of cultural forms, but also the understanding and inheritance of the value of cultural connotation. Therefore, as a representative of excellent traditional culture, Taijiquan's moral root culture embodies the spirit of the Chinese nation. In order to promote the promotion of Taijiquan in physical education in colleges and universities, it is necessary to pay attention to the education and guidance of the moral root culture to contemporary students, and let students understand its cultural value and enhance their cultural self-confidence through various educational methods, so as to lay a foundation for the wide dissemination of Taijiquan.

(4) Taijiquan cultural continuity and guardianship: policy queue and the lack of the main body

The reason for the crisis of taijiquan cultural inheritance is also due to the lack of policies on the continuation and guarding of taijiquan culture and the absence of the main body of inheritance in physical education in colleges

and universities ^[5]. In the current process of social structural transformation, the lack of policy makes colleges and universities in the promotion of taijiquan required for the construction of venues, teacher training, the preparation of teaching materials and all kinds of activities, such as the lack of funds, the serious lag in the allocation of teaching resources, most of the universities and colleges do not have a specialized taijiquan teaching venues. In addition, due to the lack of incentive policies, it is impossible to fully mobilize the enthusiasm and initiative of teachers, students and relevant departments who actively participate in the promotion and teaching of Taijiquan. Colleges and universities, as the key body of taijiquan promotion on campus, have a lot of irrationalities in their curricula. After the modernization and reform of the institutional curriculum structure, the mechanism of students' physical education elective is mostly based on a restrictive independent course selection model ^[6]. Theoretically, students are able to choose course programs and instructors based on their own interests and hobbies, but in practice, there are numerous problems. On the one hand, some students have unrealistic expectations of taijiquan courses and hold a confrontational mentality; however, taijiquan courses are based on the requirements of content management and cannot conduct too much physical confrontation, which leads to a large gap between reality and students' expectations, and is likely to trigger students' boredom. On the other hand, the negative attitude towards course selection and the concentration of course selection time make it difficult for students to meet the expectations of the selected courses. Teachers, as the direct implementers of taijiquan teaching, play a key role in their professionalism. In the whole higher education system, teachers, students and teaching content constitute the main elements ^[7]. When problems arise in the teaching process, teachers should first engage in self-reflection. The technical characteristics of taijiquan, "internal practice is profound and external practice is simple", as well as its set-up and continuous movement characteristics, require students to consolidate their practice after class, which increases their sense of non-differentiation from taijiquan.

3. Realization Path of Taijiquan Promotion in Physical Education of Colleges and Universities Under the Perspective of Cultural Confidence

(1) Recognize and explore the cultural inheritance function of Taijiquan

The theory of taijiquan originates from traditional Chinese culture, with the end of the cold weapon era, the cultural function of taijiquan has been more and more emphasized and highlighted, and the traditional cultural connotations such as the way of change and the method of tolerance implied in taijiquan highlight the cultural inheritance function of taijiquan. In physical education of colleges and universities, it is necessary to vigorously cultivate students' recognition of the cultural inheritance function of taijiquan. Through the establishment of taijiquan culture research courses, the philosophical thoughts, Chinese medicine theories and historical origins of taijiquan are analyzed in depth, so that students can fully understand its profound cultural heritage. Organize students to participate in taijiquan culture research activities, encourage them to excavate local characteristics of taijiquan schools and inheritance stories, organize relevant information and present the results. Carry out the theme research of "Taijiquan Culture around Me", so that students can go deep into the communities and villages to explore the inheritance of Taijiquan in the folklore, and enhance their knowledge and love for the local culture. At the same time, students are guided to combine the culture of taijiquan with modern cultural elements, make innovative creations, write campus scripts with the theme of taijiquan, and create related musical works, etc., so as to make it revitalized in the new era and further strengthen students' recognition and practice of the function of cultural inheritance of taijiquan. In the physical education curriculum system, colleges and universities should not only increase the proportion of credits and class hours of taijiquan courses, but also deeply excavate the cultural connotation in the courses. In terms of teaching content, in addition to the teaching of basic moves, traditional philosophical and medical knowledge such as yin and yang theory and meridian theory embedded in taijiquan should also be systematically explained, so that students can understand the cultural roots behind the movements

of taijiquan. Introducing the Taoist idea of "one life, two lives, two lives, three lives, three lives" and explaining its connection with movement opening and closing, breathing and exhaling, so that students can understand how taijiquan visualizes traditional culture in body movement, thus stimulating students to identify with the function of taijiquan's cultural inheritance.

(2) Recognize and return to the moral root culture of Taijiquan

Colleges and universities should actively guide students to recognize and return to the moral root culture carried by taijiquan. First of all, in the courses of ideological and political education and moral cultivation, the moral concepts of taijiquan are integrated, and through case studies and thematic discussions, students are made to understand the significance of moral concepts such as respecting teachers, valuing harmony, honesty and friendliness in the inheritance of taijiquan. Famous taijiquan masters and moral models are invited to the school to hold lectures and exchanges to share their insights and practical experiences on moral cultivation in the process of practicing taijiquan. In the construction of campus culture, we advocate the code of conduct based on the moral root culture of taijiquan, and carry out the selection activity of "Star of Taijiquan Morality" to commend students who have practiced the moral concept of taijiquan in their study and life, so as to create a good moral trend. Students are encouraged to use the moral concepts of taijiquan to guide their behaviors, enhance moral self-discipline, and improve their personal moral cultivation in daily interpersonal communication and social practice. Secondly, in the integration of education system, colleges and universities should deeply integrate the moral root culture of taijiquan into ideological and political education courses. By telling the story of respecting teachers in the inheritance of taijiquan, explaining the connection between the concept of "harmony is precious" and socialist core values ^[5], and setting up relevant discussion sessions, students can understand, recognize and accept these moral concepts in their minds. With the theme of taijiquan moral roots and culture, we organized a "Taijiquan Moral Lecture Hall", inviting famous experts and non-hereditary inheritors to share their experiences of adhering to the moral code; and carried out the "Taijiquan Moral Practice Week", encouraging students to apply moral concepts to their life practice, and strengthen their understanding through writing and sharing. The "Taijiquan Moral Practice Week" encourages students to put their moral concepts into practice, strengthen their feelings through writing and sharing in small groups, and set up the "Taijiquan Ethics Award" to create a good moral atmosphere on campus and help students return to the root culture of morality in practice. Finally, essay and speech contests are held in campus cultural activities to stimulate students' thinking about the moral culture of taijiquan, so that under the cultivation of campus culture, students can accept the influence subconsciously and recognize and return to this excellent traditional culture. These initiatives are interrelated and mutually reinforcing, and together they help the moral root culture of taijiquan to be recognized and returned in physical education of colleges and universities, promote the inheritance and development of taijiquan culture, and enhance the cultural confidence of students .

(3) Explore and cultivate the living transmission of Taijiquan

Taijiquan contains rich political, economic, social and other cultural connotations, vividly shows the unique spirit and lifestyle of the Chinese nation, and is a concentrated manifestation of the tradition and historical progress of Chinese civilization. First of all, colleges and universities should integrate the resources of all parties and strengthen the cooperation between different colleges. Colleges and universities should take the initiative to work hand in hand with communities, martial arts associations and other social organizations to actively organize students to participate in taijiquan activities in the community. In this process, students are not only able to teach the learned Taijiquan skills to the community residents and realize the dissemination and sharing of culture, but also continue to consolidate their own knowledge in practice, improve their teaching ability and cultural dissemination ability, and further expand the influence of Taijiquan in the society. Students are encouraged to actively participate in the protection and inheritance of Taijiquan, and together with other martial arts disciplines, undertake the sacred duty and obligation of passing on intangible cultural heritage. Through these initiatives, a good inheritance ecology of

symbiosis and development in cooperation is created inside and outside the universities, laying a solid foundation for the promotion of Taijiquan in physical education in universities. Secondly, as an intangible cultural heritage, the inheritance of Taijiquan cannot rely solely on static forms such as books and images, and the living inheritance methods of oral teaching and physical demonstration by the inheritors are especially crucial. On the one hand, through the establishment of special scholarships, financial support is provided to those outstanding students who are committed to the inheritance of taijiquan, so as to motivate them to study and research taijiquan in-depth; at the same time, taijiquan teachers in the university are provided with abundant teaching resources. On the other hand, colleges and universities should make full use of their own disciplinary advantages and talent resources to actively carry out taijiquan-related research and innovative practices, and vigorously develop the living inheritance method of productive conservation. The teachers and students majoring in marketing, on the other hand, can use their professional knowledge to promote and sell these cultural and creative products in an all-round way, and through the combination of online and offline, broaden the sales channels and increase the popularity and market share of the products. The economic income generated from the sales of cultural and creative products will be fed back to the inheritance and development of Taijiquan, providing financial support for the teaching, research and related activities of Taijiquan, and further consolidating the inheritance ecology of Taijiquan. In addition, by combining modern fitness concepts and sports science, Taijiquan fitness exercises suitable for college students are created, which are more in line with the sports needs and aesthetic standards of contemporary young people, so as to attract more students to participate in the study and inheritance of Taijiquan. Through these productive inheritance methods, the living inheritance of taijiquan is really realized in physical education of colleges and universities, so that taijiquan is given new vitality and vigor on campus, and students' cultural self-confidence is boosted.

(4) Constructing and implementing the multi-dimensional protection mechanism of Taijiquan cultural inheritance

Constructing and implementing a multifaceted protection mechanism for taijiquan cultural inheritance has become a key task to promote its vigorous development in colleges and universities. First of all, the government shoulders the leading responsibility in the protection of Taijiquan cultural inheritance. In the process of promoting taijiquan in colleges and universities, the government should actively improve the relevant policies and regulations. It should adopt the standardized documents specifically for the teaching and activities of taijiquan in physical education in colleges and universities, so as to clarify the requirements of teaching standards, safety and security, and cultural dissemination. For the possible defamation and distortion of taijiquan culture and other improper behaviors, corresponding punishment measures should be introduced to maintain the dignity and reputation of taijiquan culture in colleges and universities. At the same time, special policy support funds are set up to support universities to build taijiquan teaching venues, purchase professional teaching equipments, carry out academic researches and organize various taijiquan activities, so as to ensure that universities have sufficient resources to promote taijiquan. In addition, a policy supervision and evaluation mechanism is established to regularly check and evaluate the promotion of taijiquan in colleges and universities, urge colleges and universities to effectively implement relevant policies, and promote the healthy spread of taijiquan culture in colleges and universities. Secondly, social force is an important supplement to the promotion of taijiquan in colleges and universities. On the one hand, private capital is encouraged to invest in taijiquan promotion programs in colleges and universities. Through cooperation with enterprises, high standard taijiquan studios are built in colleges and universities, equipped with professional training facilities and teaching materials to provide students with quality learning environment. On the other hand, guide social public welfare organizations to pay attention to taijiquan promotion in colleges and universities^[6]. Public welfare organizations can provide volunteer services for colleges and universities, assist in taijiquan teaching activities, or sponsor poor students to participate in taijiquan learning, so that more students have the opportunity to contact and understand taijiquan culture. Focus on strengthening the cooperation between universities and communities, organizing university students to participate in community

taijiquan promotion activities, spreading taijiquan culture to a wider social group, and forming a good atmosphere of mutual promotion between universities and society. Again, the mainstream media should increase the coverage of taijiquan activities in colleges and universities, through news reports, special programs and other forms, to show the teaching results of taijiquan in colleges and universities, the style of students and cultural activities. Sports media can produce high-quality taijiquan teaching videos and documentaries from a professional point of view, digging deeply into the principles of taijiquan techniques and health effects, and widely disseminate them on network platforms, TV channels and other media. At the same time, new media platforms are utilized to open taijiquan topics and interactive activities, encourage students to share their own taijiquan learning tips and experiences, expand the influence of taijiquan among university student groups, and attract more students to participate in the learning and inheritance of taijiquan.

4. Conclusion

Under the perspective of cultural self-confidence, the promotion of taijiquan in colleges and universities is crucial to the inheritance of national culture and the enhancement of students' cultural self-confidence. To achieve cultural self-confidence, teachers and students in colleges and universities need to be motivated to study taijiquan in depth as cultural subjects, actively draw cultural nutrients from it, and realize the spiritual thinking and expectations of ancestors behind traditional sports through personal practice, so as to perpetuate the national bloodline and deepen the national identity in the process of inheritance and realization. It is not easy to promote Taijiquan in colleges and universities to realize cultural confidence. For this reason, it is necessary to adhere to the roots of culture, stabilize the foundation of tradition, and cast the soul of spirit. By opening special courses, integrating into ideological education, innovating inheritance methods, building multiple protection mechanisms and other initiatives, we can open the channel for the internal optimization of taijiquan culture, enhance its dissemination and influence in colleges and universities, promote the return and reshaping of the cultural confidence of the traditional national sports in colleges and universities, and let taijiquan blossom with a unique brilliance in colleges and universities, and make a contribution to the cultivation of new talents with a deep cultural heritage and firm cultural confidence.

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