

The role and influence of martial arts and taekwondo in the construction of sports culture in universities

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Abstract: This paper aims to explore the role and influence of martial arts and taekwondo in the construction of sports culture in universities. Through a comprehensive analysis of relevant literature and case studies, this research summarizes the positive roles of martial arts and taekwondo in the development of sports culture in higher education institutions, including promoting physical fitness, character development, and fostering teamwork. Additionally, this paper analyzes the challenges they may face and provides suggestions for improvement and development to better leverage their role in university sports culture.

Key words: martial arts; taekwondo; higher education institutions; sports culture; health; character; teamwork

1 Introduction

The construction of sports culture in universities is an essential component of nurturing students' comprehensive development and is also a crucial means of enhancing the quality of education in schools. Martial arts and taekwondo, as traditional sports disciplines, have already occupied significant positions in higher education sports education. This paper aims to explore the roles and impacts of martial arts and taekwondo in the construction of sports culture in universities, in order to better understand their status in higher education and provide recommendations for improvement.

1.1 Background

Sports culture plays a significant role in higher education, especially as the demand for comprehensive quality education continues to grow. The construction of sports culture in universities has become increasingly important. Martial arts and taekwondo, as traditional sports disciplines, hold a unique position in this process. They not only contribute to students' physical fitness but also cultivate various positive qualities such as self-discipline, resilience, and teamwork. However, despite these potential advantages, the exact roles and impacts of martial arts and taekwondo in university sports culture have not been thoroughly studied and understood. Therefore, this research aims to delve into the actual roles of martial arts and taekwondo in the construction of sports culture in higher education and how they influence students' comprehensive development [1].

1.2 Research objectives

The main objectives of this study are to determine the exact roles and influences of martial arts and taekwondo in the construction of sports culture in universities through in-depth analysis and research. Specifically, our research goals

include: identifying the positive impact of martial arts and taekwondo on the physical health of university students; exploring the potential of martial arts and taekwondo in fostering students' character; investigating how martial arts and taekwondo promote students' teamwork and social skills [2]; assessing the challenges and obstacles faced by martial arts and taekwondo in university sports culture; providing recommendations for improvement and development to maximize the role of martial arts and taekwondo in university sports culture.

1.3 Research methods

To achieve the aforementioned research objectives, we will employ various research methods and techniques, including but not limited to:

Literature synthesis: comprehensive synthesis of relevant literature and studies to understand the theoretical foundations and existing research findings regarding the roles of martial arts and taekwondo in the construction of sports culture in universities.

Surveys and interviews: collecting opinions and perspectives from university students, coaches, and administrators through surveys and face-to-face interviews to understand their views on martial arts and taekwondo and their actual roles in sports culture.

Case studies: conducting in-depth case studies at selected universities to analyze the implementation, effectiveness, and challenges of martial arts and taekwondo in different institutions. By employing these combined research methods, we will gain a comprehensive understanding of the roles and influences of martial arts and taekwondo in the construction of sports culture in universities, providing a strong basis and recommendations for improvement and development.

2 History and development of martial arts and taekwondo

2.1 Origin and development of martial arts

Martial arts, as an ancient sport and combat art, possess a rich history and cultural background. Its origins can be traced back to ancient China, with early forms of martial arts dating back to the Shang and Zhou dynasties. These early martial arts forms were primarily used for combat and self-defense and were often part of family or community traditions. Over time, martial arts evolved into various schools and styles, each with unique techniques and philosophies. Martial arts encompass not only combat skills but also elements of philosophy, culture, and morality. Some styles, such as Tai Chi, emphasize internal power and bodily balance while placing importance on spiritual harmony. Other styles, like Shaolin Kung Fu, emphasize strength, speed, and endurance development. These styles not only teach how to defeat opponents but also impart lifestyles, health concepts, and moral guidelines. The transmission of martial arts extended beyond China, gradually spreading to other Asian countries, influencing Japan's karate, Korea's taekwondo, and martial arts traditions in other regions. This dissemination involved not only the transfer of techniques but also the spread of culture, philosophy, and values, making martial arts a cross-cultural experience [3].

2.2 Origin and development of taekwondo

Taekwondo, as a distinctive martial art, originated from the Korean Peninsula. Its development can be traced back to the early 20th century when Korea's martial arts tradition merged with Japan's karate, resulting in the creation of taekwondo. Taekwondo emphasizes rapid, precise, and efficient techniques while placing a strong emphasis on ethics and moral education. It combines striking techniques, kicking skills, and defensive maneuvers, making it a versatile martial art for self-defense and competitive sports. In the mid-20th century, taekwondo began to spread worldwide and became an international sport and an Olympic competition. Its dissemination extended beyond sports, encompassing Korean culture and values. Taekwondo emphasizes discipline, respect, self-control, and teamwork, all of which are crucial for students' comprehensive development [4].

2.3 Inheritance of martial arts and taekwondo in China

In China, martial arts have always been a part of the culture and have been passed down through various historical periods. China boasts a multitude of martial arts styles, each with its unique techniques and philosophies. Martial arts inheritance involves not only the transmission of techniques but also the imparting of moral education, teamwork, and societal values. The inheritance of martial arts in China spans a wide range, from traditional styles like Shaolin Kung Fu to internal cultivation practices like Tai Chi. Each style has its distinct characteristics. These martial arts styles have not only been passed down within China but have also spread globally, attracting numerous international students and enthusiasts. Martial arts contribute not only to physical health but also to the development of positive character traits in students, such as resilience, self-discipline, and respect for others [5].

Although taekwondo originated in Korea, it has seen widespread development and promotion in China. Many Chinese universities offer taekwondo courses, attracting numerous students to participate. Taekwondo not only enhances students' physical fitness but also boosts their confidence and teamwork skills.

In summary, the inheritance of martial arts and taekwondo in China enriches sports culture and passes down cultural, philosophical, and moral values. Understanding the origins and development of these two sports provides essential background information for comprehending their roles and impacts in university sports culture [6]. They are not merely sports skills but also integral parts of cultural traditions, positively influencing students' comprehensive development.

3 The role of martial arts and taekwondo in university sports culture

3.1 Health benefits

Martial arts and taekwondo play a crucial role in university sports culture as important means of physical exercise. These sports not only contribute to students' physical health but also nurture their mental well-being. The following are the health benefits of martial arts and taekwondo in university sports culture:

Physical health: Training in martial arts and taekwondo emphasizes comprehensive physical exercise, including aerobic endurance, muscle strength, flexibility, and coordination improvement. Students not only build muscle but also enhance cardiovascular fitness, which helps prevent and mitigate many chronic diseases such as cardiovascular disorders and obesity.

Boosting the immune system: Regular training in martial arts and taekwondo contributes to strengthening students' immune systems. Physical exercise enhances the vitality of immune cells, aiding in disease resistance and infection prevention.

Stress reduction and mental health: The practice of martial arts and taekwondo emphasizes meditation, deep breathing, and relaxation techniques. This helps alleviate students' stress, improve emotional states, enhance self-control, and promote mental stability, which is crucial for coping with challenges and pressures in university life.

3.2 Character development

Martial arts and taekwondo are not just sports; they also cultivate students' character and moral values. The following are the benefits of martial arts and taekwondo in fostering character in university sports culture:

Self-discipline: Training in martial arts and taekwondo emphasizes self-discipline and resilience. Students must adhere to prescribed training schedules and adhere to moral guidelines. This helps cultivate their self-control and self-discipline, qualities essential for both academics and careers.

Resilience and perseverance: During martial arts and taekwondo training, students often face challenges and difficulties. They must overcome physical and psychological obstacles and continuously improve themselves. This fosters resilience and perseverance, valuable qualities when confronting life's various challenges.

Respect and etiquette: Martial arts and taekwondo emphasize respect for coaches, opponents, and peers. Students learn to respect the rights and perspectives of others, cultivating good moral values. These values are also important in social life and the professional world.

3.3 Promoting teamwork

Although martial arts and taekwondo are typically seen as individual competitive sports, students must learn teamwork during actual training and competitions. The following are the benefits of martial arts and taekwondo in promoting teamwork in university sports culture:

Communication and coordination: In cooperative training and competitions, students need to maintain close communication and coordination with coaches and teammates. They learn to effectively convey information and collaborate to achieve common goals.

Mutual support: Within a team, students learn to support and encourage each other. They understand that success depends not only on individual performance but also on the overall performance of the team. This helps foster cooperation and team spirit.

Shared growth: Teamwork provides students with the opportunity to grow and improve together. They can learn from each other, share experiences, and overcome challenges together. This shared growth experience is beneficial for students' personal and professional development.

3.4 Case studies in sports culture building

To gain a deeper understanding of the role of martial arts and taekwondo in university sports culture, we will further explore some successful sports culture building case studies to demonstrate how they influence students and the entire campus community.

Case study 1: At XX university, the martial arts club plays a significant role, attracting a wide range of student participation. This club holds regular training and practice sessions every week, not only enhancing students' physical fitness but also nurturing self-discipline and character. Club members actively participate in both on-campus and off-campus martial arts competitions and performances, bringing honor to the university. Additionally, they organize martial arts cultural exhibitions, spreading the values of traditional Chinese martial arts within the campus community. Through this club, students not only gain physical health but also establish deep friendship, adding diversity to campus culture.

Case study 2: At XX college, the taekwondo team stands out as a highlight of on-campus sports. Team members undergo rigorous training and consistently perform excellently in on-campus and off-campus competitions. Taekwondo not only improves physical fitness but also cultivates sportsmanship and teamwork skills. The taekwondo team's successful achievements garner widespread attention and attract more students to join. This not only raises the competitive level of campus sports culture but also enhances campus cohesion. Team members actively engage in on-campus volunteer service projects, giving back to the campus community and building a positive reputation for the college.

Case study 3: Martial arts education program at XX institute has established a comprehensive martial arts education program in partnership with collaborators, offering systematic martial arts training to students. This program not only improves students' physical fitness but also promotes martial arts culture within the institute. Students learn martial arts techniques in classes and understand the philosophy and moral principles of martial arts. Additionally, the institute organizes regular martial arts performances and competitions, attracting more students and faculty members to participate. This program not only fosters self-discipline, character, and teamwork skills among students but also injects new vitality into the institute's sports culture.

These case studies further highlight the positive role of martial arts and taekwondo in university sports culture. They provide students with not only physical health but also character development, promote teamwork, and have a positive impact on the entire campus community. These successful cases offer valuable experiences and insights for other universities, emphasizing the importance of integrating martial arts and taekwondo into university sports culture to promote students' holistic development and cultural diversity on campuses.

4 Challenges and issues faced by martial arts and taekwondo

Martial arts and taekwondo play a significant role in university sports culture. They also face various challenges and issues. This chapter will explore these challenges and potential solutions.

4.1 Insufficient training resources

One of the primary challenges faced by universities is the insufficient training resources for martial arts and taekwondo. To address this issue, several measures can be taken. Firstly, securing funding is crucial. Universities can actively seek additional funding through sponsorships, alumni donations, or government grants to improve training resources, including equipment acquisition, facility enhancements, and hiring professional coaches. Secondly, establishing partnerships is an effective approach. Collaborating closely with local martial arts dojos or taekwondo clubs can achieve resource sharing and expertise exchange, providing additional training facilities and broader educational opportunities. Lastly, training internal coaches is also vital. Universities can elevate the skills of student coaches by offering specialized coaching training courses, reducing the cost of hiring external professional coaches while ensuring students receive high-quality guidance. By implementing these comprehensive measures, universities can gradually address the issue of insufficient training resources, creating more favorable conditions for the continued development of martial arts and taekwondo programs and offering more opportunities for student participation.

4.2 Low student interest

Another challenge is the lack of interest among some students in martial arts and taekwondo. This may be due to their limited awareness of the benefits of these sports or a preference for other activities. To address the issue of low student interest, several measures can be implemented. Firstly, raise awareness and educate students about the health benefits and values of martial arts and taekwondo through campus promotional and educational activities, including information sessions and demonstration classes. Secondly, offer diversified course options, covering different difficulty levels to attract both beginners and experienced students, allowing everyone to find a suitable learning path. Lastly, create martial arts and taekwondo clubs or social groups, organize social events, competitions, and performances, encouraging students to build friendship, share experiences, and increase their participation and interest. Through these comprehensive measures, interest among students in these two sports can gradually increase, promoting more active engagement and benefit.

4.3 Challenges in sustained development

Universities should actively address the challenges in the field of martial arts and taekwondo. Firstly, encourage students to actively participate in competitions and championships at various levels to elevate their competitive abilities. To motivate students, universities can offer scholarships or other incentive measures to encourage them to strive for honors. Secondly, invest in the training and development of student coaches to ensure the presence of a high-level coaching team capable of providing excellent education and guidance, helping students enhance their skills. Lastly, establish collaborative relationships with the local community, organize martial arts and taekwondo-related events and competitions to attract more community members' participation and drive the development of both sports. These proactive measures will ensure that martial arts and taekwondo continue to play a significant role in university sports culture, providing more opportunities

and benefits for students. The integrated application of these methods is expected to promote the sustained prosperity of both sports.

5 Improvement and development recommendations

In the preceding chapters, we have discussed the significant role of martial arts and taekwondo in university sports culture and the challenges they face. This chapter will present some improvement and development recommendations to further strengthen their position and influence in universities.

5.1 Enhance training resources

To ensure the continuous development of martial arts and taekwondo in universities, enhancing training resources is crucial. It is recommended that universities take the following measures: Firstly, increase dedicated funding for martial arts and taekwondo to purchase equipment, maintain training facilities, and hire professional coaches. Secondly, establish dedicated training facilities to ensure that students have adequate space for training and competitions, enhancing their training experience. Lastly, fully utilize modern technology, such as video analysis and virtual training, to improve training efficiency and quality. These measures will create more favorable conditions for the sustainable development of martial arts and taekwondo programs and enhance students' training experiences and performance.

5.2 Improve educational promotion

To attract more students to participate in martial arts and taekwondo, improving educational promotion is essential. It is recommended to implement the following measures: Firstly, organize campus promotional activities, including demonstration performances, lectures, and trial classes, to introduce students to the attractiveness of martial arts and taekwondo. Secondly, create dedicated martial arts and taekwondo pages on social media platforms, sharing photos and videos of training and competitions to attract more attention and participation. Lastly, organize on-campus martial arts and taekwondo competitions to increase students' participation opportunities and spark their interest. These measures will help raise awareness and participation among students, promoting the development of the programs.

5.3 Strengthen coaching team development

The quality and quantity of the coaching team are crucial for the development of martial arts and taekwondo. It is recommended that universities implement the following measures: Firstly, actively recruit experienced professional coaches to provide high-level guidance and education. Secondly, cultivate and develop student coaches by offering coaching training courses to enhance the quality of the internal coaching team. Lastly, establish collaborations with other universities or martial arts and taekwondo clubs to facilitate coaching team exchanges and training to improve the overall coaching quality. These measures will ensure that universities have a high-level coaching team, driving the development of martial arts and taekwondo programs.

5.4 Innovate teaching methods

To attract students and improve teaching quality, innovative teaching methods are essential. It is recommended to implement the following measures: Firstly, use multimedia technology such as video tutorials and virtual reality to provide a more engaging and interactive learning experience. Secondly, integrate martial arts and taekwondo with other disciplines to create interdisciplinary learning opportunities, allowing students to better understand their cultural and philosophical backgrounds. Lastly, organize regular competitions and performances to spark students' interest in learning and encourage them to continually improve. These measures will help enhance teaching quality, making martial arts and taekwondo education more attractive and beneficial.

6 Conclusion

Martial arts and taekwondo have played a significant role in the construction of university sports culture, contributing to students' physical health, character development, and teamwork skills. However, they also face some challenges such as insufficient training resources and low student interest. To better harness their role in university sports culture, it is necessary to enhance training resources, strengthen educational promotion, cultivate an excellent coaching team, and innovate teaching methods. Through these efforts, we can anticipate that martial arts and taekwondo will continue to play a positive role in the construction of university sports culture, promoting the comprehensive development of students and improving the quality of education.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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