

Exploring the Inheritance and Development Path of Regional Traditional Martial Arts--Taking Xuchang Dongjie Wushu as an Example

Fu Guangzhen ^{1*}

¹ Affiliation 1; Chengdu Sports University, Chengdu, 610000, China

* Correspondence: fuguangzhen779@naver.com

Abstract:

Under the dual background of building national cultural confidence and protecting intangible cultural heritage in China, it is imperative to optimize the inheritance forms of traditional martial arts in various regions. By using research methods such as documentation, logical analysis, interview and field investigation, this paper takes the protection of regional traditional martial arts as the starting point, and takes the martial arts of Xuchang Dongjie as the object sample to further explore and study how to build regional traditional martial arts inheritance mode, and studies and considers the impact of the development mode of martial arts of Xuchang Dongjie. Objective analysis of the development model of Xuchang Dongjie Wushu, and through the actual needs of contemporary society and the explicit and implicit development expectations of regional traditional martial arts, the regional traditional martial arts to carry out a new academic cognition and rational combing.

According to the research, softening the inherent cognition of regional martial arts, giving play to the autonomous function of regional traditional martial arts, optimizing regional martial arts led by government agencies, and building regional martial arts cultural self-confidence can make up for the inheritance forms of regional traditional martial arts to a certain extent, and hopefully provide effective suggestions and countermeasures for local martial arts inheritance.

Key words:

Regional martial arts; Traditional martial arts; Development; Xuchang Dongjie Wushu

Introduction

Chinese traditional martial arts is a valuable cultural heritage accumulated and enriched by the Chinese people in the long-term social practice. At present, many traditional regional martial arts culture is facing a serious bad situation that the inheritors are becoming less and less. In order to protect and inherit China's traditional martial arts culture, it is necessary to break through the original traditional martial arts inheritance mode and effectively protect the folk culture of traditional martial arts.

Xuchang Dongjie Wushu, as an excellent representative of regional martial arts in China, has experienced a hundred years of inheritance. In 2019, it was selected as the intangible cultural heritage of Xuchang City under the name of "Xuchang Dongjie Wushu"; At the end of 2020, Ma Jian and his son, the representatives of Dongjie martial arts, showed their style in the CCTV documentary "Hidden Martial Arts"; In January 2022, "Dongjie Wushu Boxing Essence" wushu monograph was released. Dongjie martial arts inheritors spread across all levels of education, including university professors, primary and secondary school teachers, martial arts students, graduate students, doctoral students, high-level martial arts athletes, etc., with a huge and diversified background of inheritors, they have gradually integrated into the value and function system of modern society. Under the background of the new era, regional traditional martial arts has ushered in new opportunities for development, but there are also many practical problems. Traditional martial arts is one of the important contents of traditional Chinese culture. How to construct their own martial arts discourse system, tell the story of traditional Chinese martial arts well, and better spread traditional Chinese culture through traditional martial arts is also an important task and direction for the development of regional martial arts. The development of Xuchang Dongjie Wushu may be more in line with the needs of modern social development, this paper takes Xuchang Dongjie as an example to dig the advantages of Dongjie martial arts, and provide good suggestions for the development and promotion of regional folk martial arts in China.

Research focus

The main research question of this paper is to take the protection of regional traditional martial arts as the starting point, and take Xuchang Dongjie Wushu as the object sample, further explore and study how to build regional traditional martial arts inheritance model, study and consider the impact of the development model of Xuchang Dongjie Wushu, and objectively analyze the reference of the development model of Xuchang Dongjie Wushu. And through the actual needs of contemporary society and the explicit and implicit development expectations of regional traditional martial arts, the new academic cognition and rational combing of regional traditional martial arts.

Methods

This study mainly focuses on the inheritance and development of martial arts in Xuchang Dongjie, so the research method mainly adopts the literature research method. By collecting a large number of related research literature, the logical relationship between the literature research results and the previous research results on this problem is found out. On this basis, we also interviewed the main inheritors of Xuchang Dongjie Wushu to understand their attitudes and views on the modern inheritance of Xuchang Dongjie Wushu. Through the above research methods, the research results of this study are gradually obtained.

Results

1.The historical cause and modern development of wushu in Xuchang Dongjie

Definition and origin of Dongjie Wushu

Xuchang, also known as "Lotus City", is located in central Henan Province, is one of the important birthplace of Chinese civilization, has a long history and culture, gave birth to The Three Kingdoms culture, ceramic culture and other brilliant cultural history, and Dongjie Wushu is also Xuchang shining cultural business card. "Dongjie Wushu is Xuchang martial arts, Xuchang martial arts is Dongjie Wushu," Zhang Ziyu, chairman of Xuchang Martial Arts Association, commented after years of martial arts work. Dongjie martial arts is the martial arts practitioners living in the eastern area of the moat of Weidu District, Xuchang City, after fully adapting to the life, economy, culture and environment of Dongjie, according to their own understanding of the local traditional martial arts culture, the expression of the expected martial arts behavior of Dongjie(Huang Long,2015). Based on the author's field research and childhood martial arts practice experience, the author found that in the early years of Xuchang Dongjie Wushu, the mode of martial arts activities was mainly sporadic, and the places for teaching and practicing martial arts showed a diversified trend, such as fields and river banks. With Cao Zhenpu, Hu Junshan and Zhang Maolin three old boxers in the systematic inheritance mode and fixed inheritance field, regardless of the views of the family, the techniques of the three types of boxing are integrated, creating a distinctive district martial arts. Later, with the development of The Times and social changes, Dongjie martial arts develops with the increase of urban construction and resident population. Through the integration and development of various kinds of boxing over the years, a national folk martial art with local characteristics has been gradually formed through sorting and combining.

Xuchang Dongjie Wushu development history

According to the Annals of Xuchang County, Kou Yunxing, a native of Xuchang County, had profound skills and outstanding art. In 1936, he went to Berlin, Germany, and performed martial arts at the 11th Olympic Games. Kou Yunxing was born in 1898 in Jiangguanchi Town, Xuchang City. In 1925, he studied under the martial arts master Cao Zhenpu. In 1928, he passed the National Wushu examination in Kaifeng, Henan Province, and participated in the first National Wushu examination held in Nanjing on behalf of Henan Province. In 1936, the International Olympic Organizing Committee sent an invitation letter to the Chinese government, inviting the Chinese government to organize a delegation to participate in the 11th Berlin Olympic Games. The Chinese government commissioned the then All-China Sports Association to organize a performance team to perform in Berlin, Germany. At that time, a total of 9 members were selected, including 6 male players Kou Yunxing, Zhang Wenguang,

Wen Jingming, Zheng Huaixian, Jin Shisheng and Zhang Erding, and 3 female players Zhai Lianyuan, Fu Shuyun and Liu Yuhua. Xuchang Dongjie Wushu in the "joint field teaching" in a short period of more than 10 years, the number of people who came to visit the master to learn martial arts nearly 1,000. There are many outstanding students, such as Kou Yunxing, who participated in the martial arts performance of the Berlin Olympic Games, Li Hekun, a national art instructor, and so on. It is these excellent inheritance groups that push XuchangDongjie martial arts to a new historical development climax one after another.

In the inheritance of Xuchang Dongjie Wushu, Kou Yunxing brought Xuchang martial arts into the international vision of the Berlin Olympic Games, and Li Hekun pushed the mass base of Dongjie Wushu teaching to a new historical stage. Li Hekun, as one of the proud students of the three boxers' "Joint field Instruction", has learned many martial arts skills and boxing techniques since childhood. He has studied Hong boxing, plum boxing and Cha-quan deeply, and is very skilled in the use of martial arts instruments such as guns, knives, swords, sticks, sparring, iron hooks, white dagger (dagger) and white gun. With the departure of the old generation of boxers, Li Hekun moved the martial arts teaching center of Dongjie Martial Arts in Wenmiao Back Street to the present courtyard of Dongwenming Street, and continued to carry out martial arts teaching and skills teaching in the form of "martial arts courtyard". Xuchang Dongjie Wushu from "Dongjie three old people" to Li Hekun "martial Arts courtyard", shows the historical context of Dongjie Wushu from formation to development. With the establishment of the People's Republic of China, the era of social change has pushed Xuchang Dongjie Wushu to a new stage of historical development. With their strong will to inherit, Dongjie Wushu inheritors actively face the development of the new era with their unique martial arts feelings.

Modern development of Dongjie Wushu

With the promotion and implementation of the intangible cultural heritage protection project throughout the country, it has played a very important positive role in the inheritance and protection of traditional folk martial arts. After several generations of inheritance, Xuchang Dongjie Wushu have accumulated unique martial arts skills and strong martial arts cultural connotation, and also hope to be recognized and protected by China's intangible cultural heritage projects. In 2018, Ma Jian and Ma Jianming led the filing and application, and in March 2019, "Xuchang Dongjie Wushu" was officially approved as the "Intangible Cultural Heritage of Weidu District" protection list at the district level, and in November of the same year, "Xuchang Dongjie Wushu" was officially approved as the "Intangible Cultural Heritage of Xuchang City" municipal protection list.

After the reform and opening up, with the rapid development of social economy and culture, Xuchang Dongjie Wushu ushered in a new period of development. In the late 1990s, the fifth generation inheritors of Dongjie Martial Arts, represented by Ma Jian, adhered to martial arts instruction and training, and integrated modern teaching and education concepts to train students to enter universities, study for degrees, and teach

in universities. At present, the inheritors of Dongjie martial arts are all over China as teachers of universities, primary and secondary schools and college students, such as Chengdu Physical Education University, Beijing Physical Education University, Shanghai Physical Education University and so on. In 2018, Ma Jian was invited to participate in the filming of the CCTV documentary "Hidden Martial Arts", and on December 24, 2020, Xuchang East Martial Arts was broadcast in the fourth episode of CCTV Nine sets of "Hidden Martial Arts", fully reflecting the century-old inheritance value of Xuchang East Martial Arts.

2.Xuchang Dongjie Wushu unique inheritance vein

Attach importance to the cultural record of Dongjie Wushu

With the acceleration of globalization and urbanization, as well as the loss of traditional martial arts talents and the dilution of boxing consciousness, the living space of traditional martial arts is constantly retreating (Zeng Zhiyan, Huang Zengsong & Wang Tianxiang,2023). A large number of Dongjie martial arts people who have received high-level cultural education are deeply aware of the vanishing rate of traditional Chinese culture at this stage, and understand that the long-term stability of inheritance is the basis for the development of traditional martial arts in this era. Therefore, under this background, with the organization of Ma Jian, the inheritor of Xuchang Dongjie Wushu, the book "The Essence of Dongjie Martial Arts Boxing" was successfully compiled in 2022. And successfully published in the People's Sports Publishing House, the book in the form of pictures and text to show the world the development history of Dongjie martial arts and some essential techniques. The book "Essentials of Dongjie Wushu Boxing" sorted out the historical context of Xuchang Dongjie Wushu, and successfully sorted out all the technical characteristics of Dongjie Wushu during the period of writing. Recording and sorting out the historical materials of Dongjie Wushu is a recognition of the efforts of the elders, and also a means to solve the problem of modern regional martial arts being weakened by foreign culture and the loss of traditional culture. Dongjie Martial Arts accepted the invitation of the director group of the "Hidden Martial Arts" of the China Radio and Television Group in 2018, actively cooperated with the documentary filming group of the "Hidden Martial Arts", and on December 24, 2020, Dongjie Martial Arts was officially broadcast on CCTV Nine. Through the field investigation and close visit of the shooting group, the road of "curving national salvation" of Dongjie martial arts using high-level sports talents to promote traditional sports is made public. Xuchang Dongjie Wushu through books and multimedia to sort out, protect and develop their own martial arts system, is the dividend of Dongjie Wushu to establish a college traditional inheritor system. How to find the living space of one's own martial arts system in this era is a problem that needs to be considered in the inheritance and development of modern regional traditional martial arts.

Break through the traditional ideas of The Times

The inheritance of most traditional martial arts in China basically follows the pattern of family inheritance, family inheritance, and master and apprentice inheritance. Such inheritance greatly limits the expansion of the spread objects of traditional regional martial arts, and also makes traditional regional martial arts show considerable cultural exclusion, which hinders its inheritance and development to a certain extent, and may also lead to the loss of vitality of traditional regional martial arts. Make the future development space smaller(Liu Jia, 2020). Teacher Ma Jian said in the book "Essentials of Dongjie Martial Arts Boxing" : "Dongjie martial arts is not a person's martial arts, it is the martial arts of Xuchang people, is the Chinese martial arts, is the human martial arts." It is based on this consideration that when we sorted out the technical system, we did not retain the content of the core technical system of martial arts accumulated by generations of predecessors of Dongjie Martial Arts, and tried to show and explain it in the book, so as to better inherit and spread the essence of Dongjie martial arts." Different from other regional martial arts, Dongjie Martial Arts presents its century-long accumulation of martial arts in the form of books to the eyes of the world, breaking through the traditional martial arts experience scene of "word and example", and breaking away the feudal mystery of "only passing on men and not passing on women" and "own boxing does not pass on outsiders". After hundreds of years of training, in the era when the country vigorously promotes the excellent traditional Chinese culture, Dongjie Martial Arts gradually adjusts its thinking in the inheritance dilemma, responds to the social transformation of regional traditional martial arts with an attitude of cultural exchange and cultural integration, and explores a modern inheritance idea of school martial arts teaching in the inheritance mode. It makes Dongjie martial arts gradually transform from folk inheritance to college education, which shows the value of The Times and new development of Dongjie martial arts.

The education core of the path of wushu inheritance

Ma Jian, the inheritor of Xuchang Dongjie Wushu, also has a profound way of educating people, which is mainly manifested in breaking through the original feudal traditional form of martial arts inheritance, encouraging students to enter colleges and universities for study and employment, and looking for the continuous driving force for the development and inheritance of Xuchang Dongjie Wushu in China's high-level education system. Ma Jian said, "For the training of descendants of the inheritors, a master's team has been formed, and the next step will be to build a doctoral team to continue to promote the sustainable development of Dongjie martial arts at a higher level." In recent years, many of the Dongjie Wushu disciples trained have served as lecturers, professors, doctoral supervisors and other university teachers in colleges and universities, and engaged in martial arts teaching, training and scientific research, passing on the skills and spirit of Dongjie Wushu to college students, serving the national education, talent training and social needs, and realizing the value and mission of Dongjie Wushu practitioners themselves. This is also different from the

characteristics of other regional traditional martial arts development system. Secondly, the direction of Xuchang Dongjie Wushu is to strengthen the self-confidence of Chinese martial arts culture and improve the martial arts inheritance concept of Xuchang Dongjie Wushu disciples, and encourages disciples to study Xuchang Dongjie Wushu in scientific research and academic ways, such as the establishment of Dongjie Cha-quan Research Association. Dongjie Cha Boxing Research Association is the only traditional martial arts teaching organization in Xuchang City with Cha boxing as the core system. Through the president Ma Jian, it organizes to carry out the teacher and brother training culture exchange meeting from time to time, the activities of remembering the history of Dongjie martial arts, the ceremony of paying homage to teachers, and the boxing party. In addition to the traditional regional martial arts learning, Xuchang Dongjie Wushu deeply thought about the development needs of modern society, combined with the theory of sports management, founded the Chaquan Research Association to better stratified organization model and respond to the government's cultural call.

An attempt to pass on traditional martial arts in a roundabout way

Chinese martial arts culture has a long history, and its development process is affected by many factors and shows significant regional characteristics. Understanding the development process of regional martial arts culture is of great significance for in-depth analysis of its connotation, and can provide strong support for contemporary martial arts innovation(Hou Kun,2022). "Triangle step, adjust the feet of the feet" can best reflect the wisdom of Xuchang Dongjie Wushu techniques, the use of this step can quickly avoid the front of the opponent, the use of indirect means to hit the opponent's back neck, and Xuchang Dongjie Wushu inheritor Ma Jianze has flexibly embedded this martial arts skills into the inheritance of martial arts.

Ma Zhao, the son of Ma Jian, teaches in the High School affiliated to Southwest University. With the strong support and assistance of Ma Jian, Ma Zhao has achieved fruitful results: from 2015 to 2017, he won the first place of Chongqing primary and middle School students' Martial Arts competition team (senior middle School group) for three consecutive years, and won the third place of the National Middle School students' Martial Arts Championship team in 2016. Ma Zhao has sent more than ten outstanding talents to Zhejiang University, Beijing Sport University, Hunan Normal University, Southwest University, Chengdu Sports University and other universities. Under the leadership of Ma Zhao, the martial arts education of Affiliated High School has developed an innovative education path through the combination of physical education. Because of its outstanding achievements, in 2014, the Affiliated High School was awarded the National Advanced Unit of mass sports by the State General Administration of Sports. Ma Jian and his son believe that the inheritance of traditional martial arts needs a new generation of young people to inherit, but if you have been practicing traditional martial arts may not be able to successfully pass the current university entrance exam, so there has been a competitive martial arts into the university and then teach traditional martial arts in the university "curve to save the

country" road. In 2018, the Affiliated High School was awarded as the National Sports Heritage Protection Base by the Ethnic Sports Special Committee of the Southwest China Ethnic Studies Society. Ma Jian is not only a martial arts instructor, but also has his own unique understanding of martial arts teaching and inheritance. He has successfully pushed the folk regional martial arts to the southwest of China, taking root and germinating in the new soil, and also radiates the Xuchang Dongjie Wushu to the whole country and even the world with the help of educational platforms such as schools and universities.

3.The optimization path of regional traditional martial arts

Soften the inherent cognitive thought of regional martial arts

The traditional martial arts originated from the feudal society, influenced by the conservative culture of the feudal society, mixed with the ignorant ideas, such as the rules of transmitting male and female, transmitting inside and not transmitting outside. This kind of inheritance thought hindered the development process and the way of transmission of martial arts, and many minority types of boxing gradually disappeared with the disappearance of inheritors. The one-sidedness of thinking and cognition hinders the communication between regional martial arts and the outside world to a certain extent, affecting the inheritance and development of regional martial arts. Excessive inheritance feudalism cannot be embedded in the social development system with high precision and cannot conform to the rhythm of The Times. In the era when the production space of modern traditional martial arts is compressed, excessive feudalism aggravates the difficulties in the inheritance of regional traditional martial arts. At this stage, the inheritance of Dongjie martial arts seems to be able to provide some inspiration for the development of regional martial arts. The openness of Dongjie martial arts inheritance makes Dongjie martial arts make great progress. At present, regional martial arts should also soften the stubborn and overly conservative feudal inheritance concept, and use science and objective inheritance of martial arts culture from the school in the era of open cultural exchanges in the new era. With the help of local governments, the current regional martial arts culture should actively communicate with the society in the form of academic discussion and technology display, such as carrying out traditional martial arts culture exhibition and regional martial arts protection seminar. At the same time, the regional martial arts should also recognize the social influence of the Internet, find the flow code belonging to the regional martial arts inheritance from the Internet, find the social production space belonging to the regional martial arts, and gradually integrate and meet the current social needs of our country like Xuchang Dongjie Wushu.

Give play to the autonomous function of regional traditional martial arts

Dongjie Cha-Quan Research Association is the only traditional martial arts teaching

organization in Xuchang City with cha-quan as the core system. The chairman is Ma Jian, the founder. The goal of Dongjie Chaquan Research Association is to consolidate the students' learning, enhance the students' awareness of traditional culture inheritance, and enhance the emotional exchange of Dongjie martial arts people. However, the inheritance consciousness and organizational ability of the martial arts in Xuchang Dongjie are extremely rare, but the establishment of the Zha Boxing Research Association in Xuchang Dongjie has provided inspiration for the inheritance of folk martial arts, indicating that the inheritance and development of regional traditional martial arts can be realized by themselves, and facing the objective phenomenon of the sluggish state of martial arts inheritance and the difficult path of inheritance in most regions, Based on this, the government and martial arts academic circles should promote the establishment of local regional martial arts organizations and fully develop the internal driving force of folk inheritors. The autonomous function of regional traditional martial arts is a double-edged sword, so the status quo of regional martial arts organizations should be inspected periodically, and intangible cultural heritage exhibitions should be held regularly to promote the interaction between regional martial arts organizations.

Government agencies take the lead in optimizing regional martial arts

Guided by national policies. The government, the academic research community, the traditional martial arts social groups and other forces jointly establish a traditional martial arts research center, and comprehensively promote the collection and sorting of traditional martial arts under the guidance of the intangible culture protection policy. The government has the obligation to organize activities related to the spread of regional traditional culture, and the local government has set up an investigation group for the protection of regional martial arts culture to positively discover and solve the scab of regional martial arts inheritance and development. On the other hand, it should increase the awareness of the protection of intangible cultural heritage of ethnic and folk, and search for local special regional martial arts through field visits and folk interviews, record and sort out the historical context of martial arts in various regions, and actively assist qualified regional martial arts to apply for intangible cultural heritage. At the same time, the government leads the active development of regional martial arts industrialization, and takes the building of martial arts characteristic town tourism industry as an example, which not only drives the local economic development, but also directly introduces and disseminates regional martial arts. The core of regional martial arts industry is the mature regional martial arts system, so the government should thoroughly sort out the characteristics of regional martial arts through various channels, and build an open, inclusive and modern regional martial arts system.

At present, the examination standards of wushu undergraduate students enrolled in sports colleges are completely established in accordance with the mode of competitive wushu, with a considerable one-sidedness, and it is no different from setting up barriers for students practicing traditional wushu. Therefore, it is suggested that sports

institutions of higher learning should open their doors to outstanding young people who inherit traditional martial arts or make a net allowance, and break the examination method of selecting students only by competitive martial arts standards (Qiu P X,2006). Perhaps such a form of enrollment can provide a place for regional traditional martial arts to thrive and nourish, and traditional martial arts inheritors will increase day by day. And under the leadership of the government, it tries to set up folk martial arts talent classes in sports colleges and universities, responding to the dual requirements of national cultural confidence and protection of intangible cultural heritage, but also responding to the folk voice of inherits regional martial arts.

Build regional martial arts culture self-confidence grand plan

Strengthening regional people's self-confidence in traditional martial arts culture and awakening regional people's consciousness of traditional martial arts are the mass basis for inheriting and protecting regional martial arts. Cultural consciousness is a process, and it is also people's recognition and acceptance of their own cultural traditions(Chen Zhenyong & Li Jingshan,2009). Nowadays, the development space of regional martial arts in China is gradually plained by western sports, karate and taekwondo seem to have "kicked" traditional martial arts out of the threshold of physical education, and the traditional cultural concepts of local people are being corroded by foreign cultures. Under the background of building cultural confidence in our country, propagating local traditional martial arts to restart people's cultural consciousness is the only choice to enhance the mass base of regional traditional martial arts and the corresponding national cultural confidence policy. Local TV stations and People's Daily should be sensitive to this good opportunity, and take the initiative to contact local martial arts inheritors, conduct field research and interviews, and use local TV stations and local publications to enhance the publicity of local martial arts. Relevant local departments should also timely control market supervision, protect and establish local traditional martial arts training institutions.

Discussion and conclusions

In the development of Xuchang Dongjie Wushu, generations of inheritors deduce their love for martial arts and adhere to traditional culture, and brand their unique martial arts patterns in ordinary times. Open and interactive attitude of modern traditional martial arts, the roundabout way of inheriting martial arts by college students in sports colleges and universities, clarifying the context of the school and techniques and publishing them in books, etc. The successful modernization of Xuchang Dongjie Wushu provides valuable experience for the inheritance of regional traditional martial arts in our country. At present, the living space of regional martial arts in our country is being eroded by western sports and the traditional thoughts of feudal stubborn self-preservation. Many old fighters and traditional techniques gradually disappear in the world with the exploitation of living space. "Tight time and heavy task" is the characteristic of protecting and inheriting China's regional martial arts at the present

stage, breaking the barrier of feudal thinking of regional traditional martial arts in time, feeding traditional martial arts by entering universities with competitive martial arts, recognizing the characteristics of The Times and making full use of the Internet function, government-led entry into the people to discover and record regional martial arts, and the government actively assists eligible regions to declare intangible cultural heritage. Traditional martial arts culture is the precious spiritual wealth left by the Chinese nation and the world's intangible cultural heritage. Regional martial arts are the inheritors of martial arts ethics, practitioners of traditional culture, and promoters of Chinese culture. These seemingly ordinary inheritances, like a little spark, leave beautiful impressions on the land of China, and are ignited by many people who love Chinese martial arts, converges into a flame to transmit each other and shine.

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