

UDC [378.011.3-051:796] : 796.855(510)

Hu Lifei, I. G. Maksymenko, SE “Luhansk Taras Shevchenko National University”

**PLACE AND ROLE WUSHU IN FORMATION EXPERTISE AND MOTOR
QUALITIES FUTURE TEACHERS OF PHYSICAL EDUCATION
IN UNIVERSITIES CHINA**

Hu Lifei, Maksymenko I. G.

Place and Role Wushu in Formation Expertise and Motor Qualities Future Teachers of Physical Education in Universities China

The results of the performance of Chinese sportsmen on the world arena during the last decade tell us about a high level of the best achievements in this country, whose experience we should use in Ukraine as well. The aim of the investigation to summarize the theoretical and practical foundations of special knowledge and implement qualities for future teachers of physical culture in the higher educational institutions of China in the process of learning the sportive disciplines – wushu. The methods of investigation: the analysis of the literature, the Internet resources, software and regulations and the methodological workings of Chinese experts. In this article has been analyzed the methodical and regulatory-judicial base of China that regulates the development of wushu in the universities of China. According to the results of the investigations was found the governments politics of China aims on the physical and health development of the nation, that is done by means of the popularization of the traditional kinds of sport. Among them is Wushu, which is traditional Chinese duel, that has got deep historical and ethnical background. Apart from the goals and objectives of physical education, In the process of teaching Wushu solves the questions of moral, ethnical and patriotic upbringing which are determined by the specifics of Wushu as a form of traditional Chinese national arts. Wushu teaches students to overcome difficulties, to be hardworking and courageous. Also it was found that the introduction of the course in the educational system of Wushu schools in China intended to promote the harmonious development of the whole organism, the comprehensive development of motor skills and psycho-emotional component of the students.

Key words: health, China, martial arts, physical education.

Nowadays, dynamical and controversial, time of prompt scientific and technical revolution is characterized by progressing variation of conditions of a life of a society and an environment, growth of intensity of psychological activity of man [1,

p. 3; 5, p. 14]. Already today from the person requires an unprecedented level of mental plasticity and adaptability. Scientific and technical revolution not only conducts to fast variation of the world surrounding us and increase of pace of a life, but also has a significant impact on the psychological aspect of the person.

More and more intensive mechanization of work and life creates serious preconditions for chronic sedentary inactivity of the modern person that deprives its emotional centers of positive charge which is necessary for effective overcoming so-called vital “psychological barriers”. In this context, more and more people are turning to a variety of sports and motor activity, which is the brightest representative of wushu, because in addition to the well-known tonic effect on the body and wushu classes have a specific effects on many functional and neurohumoral systems of the body [2, p. 7; 6, p. 35]. Moreover, at the present stage of development of Ukrainian higher school is quite topical study of the positive experience of China as a powerful in sports, economically developed nation. During an analysis of the literature revealed that there is practically no material devoted to the study of specific use Wushu in China's higher education system and recommendations for adapting such features in Ukraine [1, p. 3; 2, p. 4; 3, p. 111; 7, p. 18].

Work carried out in accordance with the theme 2.8 “Improving training of athletes in individual sports groups” Consolidated Plan research, Ministry of Education and Science of Ukraine in the sphere of physical culture and sports in 2011 – 2015, as well within the limits of an integrated theme “Modernization an activity of a higher educational institution in a context of the European integration” (state registration number 0103V004993).

The above-stated has determined objective of research – to summarize positions which are connected with formation of special knowledge and impellent abilities future teachers of physical training in higher educational institutions of China during studying wushu.

In the process of scientific researches have revealed, that a set of the sports-pedagogical disciplines cultivated in higher educational institutions of China, are very varied [4, p. 114; 8, p. 12; 9, p. 5]. So, besides the conventional athletics, gymnastics,

as well as enough the widespread sports, at universities of China give special attention to employment on the basis of use of such extraordinary sport, as wushu which is studied within the limits of discipline “Fundamentals of Wushu training”.

It is known, that wushu – military art or military technics – the term modern enough. Commanders rarely taught this technique to their soldiers. Generally, wushu were engaged in people for self-defense, and with the same objective in monasteries [8, p. 54].

The Chinese experts specify that at studying wushu as an academic subject it is necessary to consider its deep historical roots and developed system of philosophical principles. A feature of this discipline and wushu as a martial art is, that not the victory over the opponent was a ultimate goal of studying of military arts, but a victory above by itself, overcoming of own weaknesses and lacks, life in harmony with yourself, world around, the nature, space [1, p. 14; 4, p. 135]. Long-term, laborious work engaged above a body and spirit (“The Warrior's Way”) with the wushu led to impressive results. The legend says: “Great masters stored principles of all things in the heart, body they cover all the phenomena of the world. They are calm, their hearts fit all their Qi. They contain in themselves primordial energy of the Sky and the Earth, following the nature and being progressed in Dao, and therefore their body – as if nine-layer heavens and precious stones. Excitement does not penetrate, not obscures their hearts, every thought – pure image of truth, every movement of the body - the action of the heavenly Dao. That is why they are capable to keep up everywhere without efforts, all to achieve without painful hesitations and flawlessly implement the Middle Way (“a way of equilibrium”)” [8, p. 77].

It is established, that at the present stage in the universities of China the curriculum wushu – is a studying the Chinese fighting art, receptions of protection and an attack, gaining knowledge about wushu, training to technics wushu and strengthening of health. The main objectives of the course are the following: clarification to the students specificity Wushu as a form of physical education, teach them the basics of protection and self-defense; inculcation of love to the native

country and to sports, prompting to the development of national traditions, create the motivation for the application of Wushu as a means of improving health.

Methodical recommendations on studying discipline “wushu” contain following installations:

- master the basic theory of Wushu, to study base movements and techniques, to learn the basic receptions of self-defense;
- formed the ability to be engaged independently and also motivation to self education;
- to master the technique of learning wushu, the ability to actively train, learn to match the official status and be able to teach physical education at school;
- learn to be guided in wushu styles, to know thoroughly value of multipurpose training wushu, to stimulate individual progress, to raise capacity to social adaptation.

The special attention of the Chinese supervising bodies and instructions addresses on requirements to a content of training [4, p. 104; 9, p. 7]. There are the following requirements for the content of education:

- 1) the content should reflect the cultural directionality of Wushu;
- 2) it is necessary to implement the principle of the scientific character in process of teaching;
- 3) content should fully reflect the specific attack and defense in wushu, reflect the rules and achieve the sport;
- 4) it is necessary to inculcate students pride and love for your body and soul;
- 5) movements should be easily applicable in practice, students should train with a certain easiness, develop the ability to feel, correspond with demands of individual personality development, this content must be linked to the real situation, consider territoriality in trainings, with all the forces develop the cultural traditions of the Chinese people; at the same time it's necessary to adapt the system teaching of Wushu for fixed system according to modern to requirements; also in system of training it is necessary to apply rationally elements from types of other single

combats from other countries of the world; it is necessary to consider a specific of modernity which is constantly updated and evolving [5, p. 84; 6, p. 11].

At studying the influence of employment wushu on physical and mental components, scientists have come to conclusion that mandatory involving in a complex of preparatory trainings special emotional-mental factors which significantly raises a level of hormonal regulation that is accompanied by optimization of frequency of cordial reductions, an increase of minute volume of a blood-groove, lowering of a threshold level of irritation of cells, sharp strengthening of microcirculation and saturation fabrics by oxygen, activization of exchange processes, i.e. active inclusion in work all the adaptable mechanisms and increase level of the general adaptation of an organism.

For realization objectives put by the government and the problems which have been directed on studying wushu, was developed the basic content of the learning process which includes theoretical and practical parts. Thus, the wushu curriculum should include about 20% of the theoretical material and 80% of practical employment.

Within the limits of studying discipline “wushu” students should master following components [3, p. 27; 6, p. 35; 7, p. 12].

1. The theoretical part of the course assumes studying following components: an overview of movements Wushu, Wushu culture and military achievements, methods of protection and self-defense; terminology of movements and the image of movements graphically; T'ai chi ch'uan basics, laws and rules of judging and competition; educational theory.

2. The practical part of the course assumes development of elements such as kicks, blows by hand, moves etc. techniques without weapons, techniques with weapons, equipment Taijiquan, Sanda and Taekwondo techniques, etc.

The practical part of a rate is connected with studying a complex of following exercises.

1. Exercises without the weapon:

- blow by a fist, blow by a palm, bending the legs, a rack the letter «n», walking from 4 steps, 4 maneuvers with pushes a palm, exercise on stretching the legs, a kick, overlap a leg and other receptions which included in wushu techniques;

- complex of exercises containing Tai Chi movements and single exercises, as well as the simplified receptions.

2. Exercises with the weapon:

- complex of exercises containing Wushu exercises with a sword and with a short sword (knife), for which always there should be available different types of swords (pricking, short, long, round, arc-shaped, etc.);

- exercises with long wushu weapon, such as a stick, a spear; it is necessary to study rules how to use the long weapon and movement with it.

During studying the subject students should acquire such basic skills and abilities:

- an ability to attack and defend, properly finishing the movements;

- skills needed for self-paced training;

- ability to demonstrate skills at competitions;

- skill to analyze the actions and to correct mistakes;

- skill to apply in the techniques and methods of teaching and the ability to organize the learning process;

- be able to combine different movements in wushu.

One of key positions in teaching Wushu are the certain requirements to learning process and to a teacher, as to the sample for imitation and to the ideological mentor.

Proceeding from the above-stated we have identified the following key requirements for the process of learning and to a teacher.

1. Teacher should show strong requirements to himself, cultivate professional ethics, to do good deeds and to be role models for students. He should clearly set goals, make an adequate curriculum. Teacher should improve constantly his knowledge and skills to conform to a modern era.

2. It is necessary to consider a specific character wushu and modern trends, it is necessary to strengthen patriotism and illuminate modern military achievements, to shape feeling of national pride. Teacher must teach students how to overcome difficulties, to be hardworking and courageous. It is necessary to educate person over the learning process.

3. In training it is necessary to apply advanced techniques and technology, the content should be evenly distributed across class periods. The educational process should include teaching of basic movements and techniques, but also include extra-curricular activities. Students must master the basic knowledge and techniques of martial arts.

4. The training must be present manifestations of students' creativity and leadership harmony. Must take into account the specifics of teaching Wushu, use different methods of training. Essential to fully inculcate students interest in the learning process, as well as encourage them to be conscious and train hard. Teacher must train on a regular basis also. Teacher must rely on innovation and approaches to education reform, constantly conduct research to improve level of professionalism.

5. In training must be observe safety measures and use [6, p. 4]. Pay attention to the basic abilities of students. In the learning process must take into account the individual characteristics of students and use variability method, between students and teacher should be two-way communication and mutual support. Need to encourage students to self-paced training, linking training with reality, to develop natural characteristics of students.

Considering experience of other countries, China's authorities prescribe the requirements not only to the information saturation of the subject and the personality of the teacher, but also to the material base necessary for the optimal mastering of knowledge and skills [5, p. 126; 7, p. 18] .

These regulations are included in the basic conditions of teaching wushu.

1. While the training process it is necessary to do certain demands, teacher have to have a tutor, or teacher with high educational degree.

2. Equipment:

- outdoor area must be enclosed; places for training must have mirrors on the wall, gymnastics wall bars, racks and special hanging equipments;

- equipments for trainings:

* carpet, the length of it is 14 meters and a width is 8 meters,

* mats, the length is 3 meters, 1 meter wide and 5 cm high; amount of mats must be for each student,

* for successful studying process for each student should be used bags with sand, 100 cm high, 40 cm diameter and 40 kg weight,

* for work through of hammering needed "pad" for feet, gloves and other protective accessories,

* must be available swords, spears , sticks and another kind military weapons.

Also for learning wushu, it is necessary to have a certain amount of literature, computers and other multimedia equipment, which will promote the development of achievement task of theoretical background on the subject of "wushu ".

Thus, we can say that the process of training of specialists of aria "Physical Education and Sport " in universities of China is taking very high quality, expanding not only material and technical, but also the methodological basis of the teaching process. Subjects of humanities areas, the science of human as well as sports directed subjects.

The foregoing led to the following conclusions.

1. Introduction course in the educational system of Wushu schools PRC intended to promote the harmonious development of the whole organism, the comprehensive development of motor skills and psycho-emotional component of the students.

2. In the process of teaching the martial arts , except the goals and objectives of physical education , issues of moral and ethical and patriotic education , which are due to the specifics of Wushu as a form of traditional Chinese national arts. Wushu teaches students to overcome difficulties, to be hardworking and courageous.

3. Taking into consideration the importance of this discipline at the state level , and the main purpose of teaching and private part of the curriculum , teaching

requirements and prescribed on the necessary level of knowledge and practical skills that must be mastered in the course of the study of educational discipline.

4. One of the key tasks of wushu, as well as other popular sports, is to promote different sports and motor activity, involvement in sports more of China's population.

5. Widespread Wushu as an academic discipline in schools and the preservation of China are the historical roots and national identity caused by conditions of occurrence and practice of this sport and art, its deep meaning for the preservation of traditional forms of development of Chinese society.

Prospects for further research in this direction are to formulate promising ways of reforming the national Ukrainian system of physical education by adapting the Chinese experience.

References

1. **Van Likhua.** Organizatsiya upravlinnya vprovadzhennyam derzhavnykh standartiv fizychnoji pidgotovlenosti studentiv u vyshchikh navchalnykh zakladakh Kitayskoji Narodnoji Respubliky [Organization of management of deployment of state standards of physical preparedness of students in higher educational establishments of Chinese Folk Republic]: Candidate of Sciences dissertation abstract: 24.00.02. Kharkiv, 2011. 20 p. (ukr)

2. **Van Syueman.** Osoblyvosti organizatsiyno-upravlinskikh osnov masovoji fizychnoji kultury v Kitayskiy Narodniy Respublitsi [Features of organization and administrative bases of mass physical culture in Chinese Folk Republic]: Candidate of Sciences dissertation abstract: 24.00.02. Kharkiv, 2011. 20 p. (ukr)

3. **Vzglyad** gosudarstvennogo tsentralnogo byuro fizicheskogo vospitaniya i sporta ministerstva obrazovaniya kasatelno usileniya raboty po fizicheskomu vospitaniyu v shkolakh i uluchsheniyu zdorovya uchashchikhsya [Look of state central bureau of physical education and sport of department of education concerning strengthening of work on physical education in schools and improvement of health of students]. Pekin, 2006. 128 p. (rus).

4. **Vzglyad** gosudarstvennogo soveta TsK KPK po voprosu ob ukreplenii organizma podrostkov sportom. [Look of state advice of CK KPK on a question about strengthening of organism of teenagers by sport]. Pekin, 2007. 178 p. (rus)

5. **Zakon** o sporte KNR: materialy VIII syezda Kompartii KNR [Law on sport of China Republic: materials of VIII congress of Communist Party]. Pekin, 1995. 182 p. (rus)

6. **Izveshcheniye** Gossoveta otноситelno programmy vsenarodnogo ukrepleniya zdorovya (2011-2015) [Notification of state Council in relation to the program of the national strengthening of health (2011-2015)]. Pekin, 1995. 182 p. (rus)

7. **Izveshcheniye** Ministerstva obrazovaniya, gosudarstvennogo upravleniya sporta i tsentralnogo ofisa kommunisticheskogo soyuza molodezhi ob obshchenatsionalnom massovom razvitii «solnechnoy fizkultury i sporta» uchashchikhsya 2006 (6) [Notification of Department of education, state administration of sport and central office of communist union of young people about national mass development of «sun physical education and sport» of student 2006 (6)]. Pekin, 2006. 24 p. (rus)

8. **Krasulin I.A.** Ushu – put k pobede [Wushu is a way to victory]. Moscow, *Znanie*. 1992. 64 p. (rus)

9. **Prikaz** Gossoveta KNR №560 «Ustav po vsenarodnomu ukrepleniyu zdorovya» 19.10.2009. [Order number 560 of the State Council "Charter for the nationwide health promotion" 19.10.2009].

Ху Ліфей, Максименко І. Г.

Місце та роль ушу у формуванні спеціальних знань і рухових якостей у майбутніх вчителів фізичного виховання у ВНЗ Китаю

Результати виступів китайських спортсменів упродовж останнього десятиріччя на світових аренах свідчать про високий рівень розвитку як масового, так і спорту вищих досягнень у цій країні, чий досвід слід використовувати в Україні. Мета дослідження – узагальнити теоретичні та практичні засади формування спеціальних знань і рухових якостей у майбутніх учителів фізичного виховання у вищих навчальних закладах Китаю у процесі вивчення спортивної дисципліни – ушу. Методи дослідження: аналіз літературних, Інтернет-джерел, програмно-нормативних документів, а також методичних розробок китайських фахівців. У статті проаналізовано методичну

та нормативно-правову базу КНР, яка регламентує оволодіння курсом ушу у ВНЗ КНР. За результатами дослідження встановлено, що державна політика Китаю спрямована на фізичне вдосконалення та зміцнення здоров'я нації, що здійснюється за рахунок популяризації традиційних видів спорту, серед яких особливе місце займає ушу як традиційне китайське єдиноборство, яке має глибокі історико-етнічні коріння.

Ключові слова: здоров'я, Китай, ушу, фізичне виховання.

Ху Лифей, Максименко И. Г.

Место и роль ушу в формировании специальных знаний и двигательных качеств у будущих учителей физического воспитания в ВУЗах Китая.

Результаты выступлений китайских спортсменов в течение последнего десятилетия на мировых аренах свидетельствуют о высоком уровне развития как массового, так и спорта высших достижений в этой стране, чей опыт необходимо использовать в Украине. Цель исследования – обобщить теоретические и практические основы формирования специальных знаний и двигательных качеств у будущих учителей физического воспитания в высших учебных заведениях Китая в процессе изучения спортивной дисциплины – ушу. Методы исследования: анализ литературных, Интернет-источников, программно-нормативных документов, а также методических разработок китайских специалистов. В статье проанализирована методическая и нормативно-правовая база КНР, регламентирующая освоение курса ушу в ВУЗах КНР. По результатам исследования установлено, что государственная политика Китая направлена на физическое совершенствование и укрепление здоровья нации, что осуществляется за счет популяризации традиционных видов спорта, среди которых особое место занимает ушу как традиционное китайское единоборство, имеющее глубокие историко-этнические корни.

Ключевые слова: здоровье, Китай, ушу, физическое воспитание.

Information about the authors

Hu Lifei – postgraduate student of the Department of Olympic and Professional Sports, Institute of Physical Training and Sport, SE “Luhansk Taras Shevchenko National University”. The range of scientific interests includes learning the features of preparing future specialists of physical education in universities of China.

Maksymenko Igor G. – Doctor of Sciences of Physical Training and Sport, Professor, the director of Institute of Physical Training and Sport, SE «Luhansk Taras Shevchenko National University». The range of scientific interests are focused on the problems of optimization of preparing the sportsmen and improving health of youth.

Стаття надійшло до редакції 06.02.2014 р.
Прийнято до друку 28.02.2014 р.
Рецензент – д. п. н., проф. Горашук В.П.