

Analysis on the Optimization Path of Strengthening the Sense of Community for the Chinese Nation Through Traditional Ethnic Sports

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ABSTRACT

This article summarizes the conceptual categories and characteristics of traditional ethnic sports, analyzes the core essence of the Chinese national community consciousness, and takes "sharing weal and woe, honor and disgrace, life and death, and destiny" as the core. It elaborates on the value of traditional ethnic sports in forging the essence of the sense of community for the Chinese nation, and proposes a development path for how traditional ethnic sports can strengthen the four characteristics of "sharing weal and woe, honor and disgrace, life and death, and destiny".

Keywords: *Traditional ethnic sports; Sense of community for the Chinese nation, Value, Practical path.*

1. INTRODUCTION

General Secretary Xi Jinping proposed at the Central Conference on Ethnic Work: "To strengthen the sense of community of the Chinese nation, we must guide the people of all ethnic groups to firmly establish the concept of a community of solidarity, honor and disgrace, life and death, and shared destiny." This can profoundly expound the connotation of the sense of community for the Chinese nation. This study reveals the value and implementation path of traditional ethnic sports in building a Chinese national community, providing theoretical support for promoting the construction of Chinese national community awareness and ethnic unity.

2. CONCEPT AND CHARACTERISTICS OF TRADITIONAL ETHNIC SPORTS

Traditional ethnic sports are ethnic sports activities that have emerged in the long-term development of a nation or region due to its unique regional and historical cultural background, customs, religion, and other factors. They possess the traditional, ethnic, and cultural heritage of the

nation. It is a certain historical product and an important carrier for communication, interaction, and integration between various ethnic groups. Traditional ethnic sports have various characteristics such as ethnicity, regionalism, tradition, fitness, entertainment, and culture.

3. THE CORE ESSENCE OF FORGING A SENSE OF COMMUNITY FOR THE CHINESE NATION

The core essence of forging a sense of community for the Chinese nation is to "share weal and woe, honor and disgrace, life and death, and destiny". It is a profound summary of the historical experience of the Chinese nation's unity and struggle, and an important guideline for promoting the construction of a community for the Chinese nation in the new era.

"Sharing weal and woe" means that all members of the Chinese nation should share weal and woe, support each other, jointly cope with risks, and share achievements when facing various difficulties and challenges. The principle of "sharing honor and disgrace" emphasizes that the honor and dignity of the Chinese nation as a whole

are the common responsibility and pursuit of all members, with both glory and loss. The concept of "sharing life and death" reflects the firm determination and great spirit of people of all ethnic groups to sacrifice their lives, fight side by side, and defend national sovereignty and dignity at critical moments when the country and the nation are facing life and death. The concept of "sharing destiny" profoundly reveals that the destinies of all members of the Chinese nation are closely connected and inseparable in the process of historical development, forming an organic whole with a common future and destiny.

These "four sharing" are interrelated and complementary, together forming the core content of forging a sense of community for the Chinese nation, and gathering strong spiritual strength for realizing the Chinese Dream of the rejuvenation of the Chinese nation.

4. THE VALUE EMBODIMENT OF TRADITIONAL ETHNIC SPORTS IN STRENGTHENING THE SENSE OF COMMUNITY FOR THE CHINESE NATION

4.1 Characteristics of Solidarity in Traditional Ethnic Sports: Sharing Wind and Rain, Relying on Each Other

Traditional ethnic sports are cultural treasures passed down hand in hand by various ethnic groups. For example, the Mongolian "Nadam" conference, which includes wrestling, horse racing, archery and other sports events, will also be participated by other ethnic groups in the surrounding areas when carrying out activities. They have learned about Mongolian culture in participating in these activities, and also deepened their understanding and respect for their culture. Everyone will participate in these activities together, protect these traditional sports activities, and jointly inherit them, reflecting the close relationship between prosperity and prosperity, and damage and loss.

Traditional sports of various ethnic groups explore and complement each other's strengths and weaknesses through communication, learn from each other, and develop together. The traditional sports event of the Korean ethnic group, the springboard, has beautiful movements and strong technical skills. When communicating with other ethnic groups, it also incorporates some other folk

dance elements, further enhancing its performance and viewing value; At the same time, the skills of the Korean springboard also provide innovative ideas for sports activities of other ethnic groups, and various ethnic sports progress together and share development achievements through mutual learning.

4.2 Characteristics of Sharing Honor and Disgrace in Traditional Ethnic Sports: Sharing Glory and Shouldering Honor and Disgrace

4.2.1 Sharing Honor in Competitions

At the National Ethnic Minority Traditional Sports Games, athletes from all ethnic groups compete together, and their achievements are not only personal glory, but also the pride of the entire nation. When Tibetan athletes achieve excellent results in equestrian competitions, all Tibetan compatriots cheer for them, and other ethnic groups also offer congratulations and share this honor; On the contrary, if the competition fails, everyone will also encourage and comfort each other, share this loss together, and the honors of all ethnic groups are closely linked.

4.2.2 Cultural Reputation Protection

Traditional ethnic sports culture represents the unique image of the Chinese nation, and all ethnic groups work together to maintain its reputation. When martial arts shine on the international stage and win world acclaim, all Chinese people feel proud; Similarly, if there is any defamation or misunderstanding of traditional ethnic sports culture, all ethnic groups will step forward and jointly defend their dignity and reputation.

4.3 Characteristics of Sharing Life and Death in Traditional Ethnic Sports: Interdependence in Life and Death, and Unity to Overcome Difficulties

4.3.1 Originating from War and Survival

Some traditional ethnic sports originated from primitive war and survival needs, highlighting the shared history of life and death among various ethnic groups. The Zhuang ethnic group's "throwing embroidered balls" was originally used for hunting and fighting. When resisting foreign invasion, they used the technique of throwing

embroidered balls to strike enemies and defend their homes. Other ethnic groups in the surrounding areas also came to support. At the critical moment of life and death, various ethnic groups fought side by side to resist foreign enemies and formed deep friendships.

4.3.2 The Inheritance of Sports Spirit

The perseverance and courage embodied in traditional ethnic sports inspire all ethnic groups to never back down in the face of life and death tests. In some high mountains and border areas, traditional sports of ethnic minorities such as the Dulong ethnic group's zip line were originally survival skills for crossing rivers. They faced turbulent rivers and harsh environments, were not afraid of difficulties, and bravely moved forward. They inherit this spirit of fearlessness, helping and supporting each other, and guarding each other on the edge of life and death.

4.4 Characteristics of Sharing Destiny in Traditional Ethnic Sports: Interweaving Fate, and Heading to Future Hand in Hand

4.4.1 Economic Development Linkage

Traditional ethnic sports promote regional economic development and closely link the destinies of various ethnic groups. Yunnan and other places have attracted a large number of tourists and promoted the development of tourism by holding sports activities such as the Dai Water Splashing Festival and the Loong Boat Race. Not only the Dai people benefit from it, but also the surrounding people engaged in catering, accommodation and handicraft production have increased local income. All ethnic groups are interdependent in economic development.

4.4.2 Promoting Social Harmony Together

Traditional ethnic sports activities promote communication and integration among various ethnic groups, and maintain social harmony and stability. In Xinjiang, sports activities such as carrying sheep for Uyghur people and wooden balls for Hui people are often held during festivals with the participation of multiple ethnic groups. Through these activities, people deepen their understanding, eliminate barriers, and work together to create a harmonious social environment. The destinies of

various ethnic groups are closely intertwined in the construction of a harmonious society.

5. OPTIMIZATION PATH OF STRENGTHENING THE SENSE OF COMMUNITY FOR CHINESE NATION IN TRADITIONAL ETHNIC SPORTS

5.1 The Way to Enhance the Sense of Sharing Weal and Woe Among People of All Ethnic Groups Through Traditional Ethnic Sports

5.1.1 Carrying out Traditional Ethnic Sports Events and Activities

There is a necessity to organize other competitions, such as school events, community events, club events, etc. For example, the National Ethnic Traditional Sports Games gathers various excellent traditional ethnic sports events. Athletes and spectators from all ethnic groups gather together to participate in the Games. In the preparation, organization, and competition process of the event, everyone works together to divide labor, assist each other, care for each other, and work together for the success and completeness of the event, so that people of all ethnic groups can feel the power of unity and cooperation in common sports activities, forming a cohesive whole.

5.1.2 Conducting Collaborative Cultural Research

Scholars and cultural enthusiasts from all ethnic groups jointly participate in the research of traditional ethnic sports culture, and deeply explore the historical origins, cultural connotations, and development trends of various ethnic traditional sports projects. In this process, everyone learns from each other, inspires each other, and contributes to the inheritance and promotion of traditional ethnic sports culture, taking joint responsibility for each other in cultural inheritance.

5.1.3 Jointly Cultivating Inheritors

Due to the impact of modern sports, traditional ethnic sports have gradually been marginalized, and many excellent traditional ethnic sports are facing the risk of extinction. By establishing inheritance bases, gathering traditional sports inheritors and students from various ethnic groups, organizing

training courses, clubs, and other methods, people of all ethnic groups can participate in the cultivation of traditional sports inheritors. Students from different ethnic groups learn skills together, forming close teacher-student relationships and camaraderie between inheritors and students, as well as among students themselves. Together, they shoulder the mission of inheriting traditional ethnic sports and share weal and woe.

5.1.4 Helping Rural Revitalization

In some rural areas where ethnic minorities reside, traditional ethnic sports are combined with rural revitalization to develop characteristic sports industries. Villagers of all ethnic groups can participate in sports product production, event organization, and other work together. By developing traditional ethnic sports industries, improving rural living conditions, and achieving rural economic development, they can deeply understand the close connection between each other's destinies and establish a sense of solidarity.

5.2 The Way to Enhance Sense of Sharing Honor and Disgrace Among People of All Ethnic Groups Through Traditional Ethnic Sports

5.2.1 Optimizing the Communication Platform

It is necessary to establish a new platform for the exchange of traditional ethnic sports, such as a live streaming platform for ethnic sports events, to jointly communicate, share pride, and promote the spirit of great unity of the Chinese nation, build up an international broadcasting platform that China's excellent traditional ethnic sports can be shared and disseminated around the world, allowing the world to see Chinese colorful traditional ethnic sports, and spread traditional ethnic sports more widely and promote exchanges among different ethnic groups.

5.2.2 Promoting Civil Communication

There is a must to reduce group differences and enhance the identity recognition of traditional ethnic sports groups. Carrying out traditional ethnic sports activities in grassroots communities, rural areas, and other places can attract people of all ethnic groups to participate together. In areas where ethnic groups live together, organizing multi-ethnic teams to participate in traditional sports games allows everyone to learn from and help each other,

bringing people of all ethnic groups closer together in their daily lives and emotionally closer, thereby enhancing their awareness of sharing honor and disgrace.

5.3 The Way to Enhance Sense of Sharing Life and Death Among People of All Ethnic Groups Through Traditional Ethnic Sports

5.3.1 Inheriting Culture

Traditional national sports contain rich cultural connotation and are an important carrier of national culture. We should actively inherit and inherit excellent traditional national culture and take its essence. For example, dragon and lion dance, dragons symbolize auspiciousness and strength in Chinese culture, and people express their longing and pursuit for a better life by dancing their dragon bodies; Lions are regarded as warding off evil spirits, bringing good luck, and embodying people's hopes for peace and happiness. The cultural background of dragon and lion dancing is widely spread in China, and has also become popular in other countries. It has become an important symbol of Chinese culture, which is inseparable from the achievements of common inheritance and development of Chinese nationalities.

5.3.2 Inheriting Heroic Deeds and Shaping the Image of National Heroes

Many heroic figures and deeds have emerged in the development of traditional ethnic sports. In some traditional fighting sports of ethnic minorities, there have been brave warriors who sacrificed their lives in battles to protect the country, protect tribes, and defend national dignity, demonstrating a spirit of bravery and fearlessness. For example, Huo Yuanjia, as we all know, stepped forward in the national crisis, defeated the provocations of foreign powers with his superb martial arts, greatly encouraged the national morale and aroused the patriotic feelings of countrymen. These heroic deeds have been passed down from generation to generation, inspiring people of all ethnic groups to understand that when the country and the nation face crisis, they should stand up and sacrifice their own lives to uphold common interests and dignity.

5.4 The Way to Enhance Sense of Sharing Destiny Among People of All Ethnic Groups Through Traditional Ethnic Sports

5.4.1 Promoting Cultural Inheritance and Innovation

In the process of jointly participating in the inheritance and innovation of traditional ethnic sports culture, various ethnic groups learn from each other and draw lessons from each other. For example, some traditional sports of ethnic minorities have gained wider dissemination and development after integrating modern sports elements and cultural industries, which cannot be achieved without the joint efforts of people of all ethnic groups; Actively utilizing digital, multimedia and other means to develop traditional ethnic sports textbooks and teaching resources, promoting the development of ethnic traditional sports in various regions. Everyone works together in inheritance and innovation, contributing to the prosperity of Chinese culture, deeply realizing the common responsibility of all ethnic groups in cultural development, and strengthening the concept of shared destiny.

5.4.2 Encouraging Spontaneously Organized Ethnic Traditional Sports Exchange Activities Among the Public

It is of great significance to conduct traditional sports friendly matches, performance activities, cultural exchange activities, etc. among areas inhabited by different ethnic groups. These activities are more closely related to people's lives, with high participation rates, allowing people of all ethnic groups to communicate and interact in a relaxed and pleasant atmosphere, share their own life experiences and cultural characteristics, further deepen mutual understanding and trust, and form an emotional bond of shared destiny.

5.4.3 Combining the Development of Traditional Ethnic Sports with Tourism Industry

Based on traditional ethnic sports resources, it is necessary to develop sports tourism projects such as ethnic minority traditional sports experience tours, folk sports and cultural festivals, etc. People of all ethnic groups have formed a community of shared interests in participating in the development,

operation, and service of tourism projects. They work together to improve the quality of tourism services, attract more tourists, and share the economic benefits brought by the tourism industry. If the traditional ethnic sports industry develops well, traditional ethnic sports will be better. They share destiny in economic development.

5.4.4 Carrying out Grassroots Sports Activities

There will be a necessity to organize traditional ethnic sports activities such as dragon and lion dance, board shoe racing, and pearl ball in grassroots units such as communities and rural areas, and carry out ethnic traditional sports courses in schools, actively enabling the next generation to inherit and promote excellent traditional culture. People of all ethnic groups participate together, exchange and learn from each other in activities, jointly inherit and carry forward excellent traditional national sports, and share the same fate in all grassroots units.

6. CONCLUSION

As a carrier of Chinese culture, traditional ethnic sports deeply interpret the community concept of "sharing weal and woe, honor and disgrace, life and death, and destiny" through unique cultural characteristics and practical paths, and have become an important support for forging the sense of community for the Chinese nation in the new era. Traditional ethnic sports take culture as the root and practice as the hub, integrating the concept of "four sharing" into the national bloodline and social fabric. Under the challenges of globalization and modernization, it is not only the accumulation of historical experience, but also a strategic resource for forging the sense of community for the Chinese nation. Only by adhering to integrity and innovation can China continue to inspire its contemporary value and gather tremendous strength for the rejuvenation of the Chinese nation.

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