

# A Restricted View of Chinese Wushu Physical Culture Symbols

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**Key words:** body symbol; Chinese martial arts; body culture

**Abstract:** Culture is a symbol created by human beings. As a subsystem of the symbolic system, body symbols play an important role in the study of physical culture. On the basis of literature, from the perspective of cultural symbols of the body China Wushu research thinks: body movement symbol is a movement based China martial arts; body art symbol makes Chinese Wushu more in line with the aesthetic images of people, and people laid the good foundation for the development of social semiotic body China martial arts the martial arts, more in line with the moral value orientation of the public.

## 1. Introduction

A local national culture, Chinese Wushu has the function of extending and inheriting, and it is also a symbolic form that runs through the long course of Chinese cultural history. As a kind of physical culture, martial arts show action, thought, idea, intention contains a strong cultural atmosphere; as a kind of traditional culture, the characteristics of the Chinese traditional culture based on extension, contains a form of thought and behavior intention Chinese; as a kind of physical exercise, martial arts can not only show a discipline of the body, is a kind of specification in the body shape. It is based on the body movement symbols, thus continuing and inheriting the symbolic and symbolic nature of Wushu body culture. Physical culture can be used as basic research paradigm of Wushu movement and forms, the Chinese martial arts culture in the perspective of semiotics research record, and construct the body established forms of cultural symbols, and belongs to value intention of the community, it is very important for the development of Wushu culture.

## 2. Body movements: the basis of the movement of Chinese martial arts

The technical movements of Wushu are varied and varied. Different styles, different schools, different regions, different styles of exercises are also different. Roughly divided into two kinds: first, embody the masculine beauty of body movements. It shows the martial arts action in the course of practice shows a body of power, brave, strong, showing a body symbol of confrontation and conflict; the other is a body movement of the feminine beauty, it is shown in the process of practicing martial arts movements of the body in the soft side, in the neijiaquan "taijitusuo" first mentioned: "since the promise for Tai Chi, Tai Chi and Yang, a very dynamic and static; static and static Yin, very complex dynamic. One stationary platform, each of its roots. At the points of Yang, Li Yan Liang yi." [1] from the perspective of Taijiquan movement of yin and yang are inseparable in practicing the action process of movement, and the action is slow, soft body movements freely flowing style of writing embodies the symbol, the Taijiquan movement by binding to the soft body.

## 3. Body art symbol: the aesthetic image of Chinese Wushu

Chinese Wushu takes body and artistic symbols as aesthetic images, mainly for the dissemination of films and TV programs based on martial arts. The body art symbol characteristic of martial arts film creates broad space for China martial arts, whether it is in the martial arts movie "Dingjunshan", "Shaolin Temple" became popular in the world, or the new century grand prize "Crouching.Tiger,Hidden.Dragon" also won the affirmation in the world. The body art symbol

feature film provides good visual effect for the Chinese into the aesthetic philosophy of martial arts, martial arts, martial arts movies from different angles to the beauty show, through different shooting angle to make the action more clearly. "The picturesque scenery in the movie sets off the aesthetic feeling of Wushu, which makes people have a mysterious and beautiful yearning for Wushu.". The martial arts characters in the drama are mostly dressed in bright colors, and the feeling of lightness and elegance often makes martial arts movies full of vitality." [2]Wushu film and television play an important role in spreading and popularizing Wushu, and as an artistic Wushu, it is more respected by people, which makes it accord with people's aesthetic meaning.

#### **4. Body symbol: the value orientation of Chinese martial arts**

China Wushu development and improvement in the traditional culture, it is in line with the times, and when presented with new culture, new Wushu culture is the traditional culture at the same time, the idea of mapping, reflects the inherent mode of thinking of the Chinese nation. A harmonious lifestyle is the main goal of life for Chinese people." [2] and "de" in the martial arts in the process of evolution of China restricts the martial arts ideology, thus forming a measure of the value orientation of Wushu wushu. There is not only the standard of morality and constraints on martial arts, martial arts show is also integrated with the society in a way. The martial arts in the process of its development, the value orientation of major adjustment, the original "martial arts" orientation gradually to the "fitness" and "longevity" values tilt, consolidating the Chinese martial arts on the body of the stick at the same time, and to meet the public on the "health" and "longevity " value.

#### **5. Conclusion**

"Academic research is an important factor in promoting the development of national traditional physical education and a driving force for the modernization of national traditional sports."".[4] Chinese martial arts under the influence of traditional culture in the process of evolution cannot do without pattern of physical culture, Chinese martial arts from a purely physical martial art evolved into a physical culture symbol, and attracts people's exploration and pursuit constantly. The growth in the history of the time and cultural space, Wushu will be affected and disseminated all kinds of cultural symbols, which is full of complex social traces at the same time, there will be a unique representation as Wushu culture.

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