

Study on Sports Health Preserving Culture of the Zhuang Nationality Maguai Festival in the Hongshui River Basin*

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Abstract—In order to further excavate the culture of sports health preservation and their value and inheritance in the activities of the Maguai Festival of the Zhuang people in the Hongshui River Basin, this paper makes a study on it through the methods of literature, field investigation and logical analysis. The results show that the rapid development of social economy impacts on the inheritance of sports health preservation culture of the Maguai Festival, the rapid influx of foreign culture impacts on the inheritance of sports health preservation culture of the Maguai Festival, and the frequent population flow restricts the inheritance of the sports health preservation culture of the Maguai Festival. The low level of local economic development restricts the inheritance of the sports health culture of the Maguai Festival. The inheritance strategy of the physical culture of the leech joints of the Zhuang nationality in the Hongshui River Basin is to introduce the physical culture of the leech joints into the physical education classes of the schools, and the state gives the system guarantee and strengthens the innovation-driven strategy.

Keywords—Hongshui River Basin; Zhuang nationality; the Maguai Festival; sports health culture

I. INTRODUCTION

The traditional folk sports culture of health preservation is an important part of the traditional folk sports and health culture of Chinese ethnic group, and the Maguai Folk Culture Festival is the representative of the traditional folk customs festival in the Hongshui River Basin. The Maguai Festival of the Zhuang people uses Maguai (Frog) as totem worship, and the ceremonious sacrificial activities only appeared in parts of northwest Guangxi in Hongshui River Basin. Since the 21st century, some folk sports and health preservation culture in the Maguai Festival of the Zhuang people has been concerned by people from all walks of life. As the most characteristic festival in Hongshui River Basin, the Maguai Festival of the Zhuang people in Hongshui River Basin has a long cultural history. According to legend, the Zhuang people believed that the frog goddess (Maguai) took charge of the wind and rain, and pray for the wind and rain, the harvest of the grain, and the

prosperity of humans and animals. All kinds of game dances in the activities of the Maguai Festival have permeated the local characteristic culture from various aspects. The Maguai Festival is also one of the most important local festivals. From this, we can see that the Zhuang people attach importance to the culture of the Maguai Festival and the Maguai Festival is not only a kind of culture, but also a kind of spiritual sustenance, which forms the characteristic sports culture of the Maguai Festival in the northwest of Guangxi. At the same time, it is also a precious cultural heritage of famous ethnic groups in China.

II. THE HISTORICAL ORIGIN AND DEVELOPMENT OF THE MAGUAI FESTIVAL OF THE ZHUANG NATIONALITY

A. Historical Origin of the Maguai Festival of Zhuang Nationality

1) *Origin of Maguai Festival of Zhuang nationality*: The Maguai Festival is as old as the Zhuang nationality and originated from the belief of animism or soul worship in primitive times. The ancestors were curious and mysterious about the frog's prolificacy or the sense of Rain Water, from which the frog was worshipped. The ancestors hoped that through their worship of frogs, they would gain the same reproductive power as frogs and achieve the utilitarian purpose of reproduction and clan prosperity. The ancestors worshipped their objects in awe, consciously, and unharmed. This is the ancestors of the Zhuang people to frog (that is, Maguai) worship of the origin.

2) *Legend of the Maguai Festival*: In the Hongshui River valley Tian'e, Donglan belt, there have been some legends about the origin of the Maguai Festival. Legend has it that long ago, there was a hardworking and brave farmer in Zhuang Township. The farmer who obeyed his parents was called Donglin. One day his mother died of illness and felt great grief. At this time, many frogs were "quack" outside the house and kept screaming. Make Donglin sad at the same time upset, then the hot water to sprinkle frogs, frogs killed and injured countless. Since then, no longer heard the cry of frogs, can not see the rain, the human disaster has come. Knowing that he had made a big mistake, Donglin inquired of the god Bu Luotuo, only to learn that the Maguai was the daughter of

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King Thunder and was in charge of Rain Water in the northwest of Guangxi. Donglin realizes of his ignorance and asks the Frog Goddess for sin according to the orders of the Bu Luotuo. On the first day of the New year's Day, he called on the "Frog Goddess" to return to the village to celebrate the New year with the villagers, and invited thousands of people to bury the "Maguai" who had been killed because of his ignorance. The frog goddess was moved by Donglin's filial piety and a series of actions, forgiving Donglin and continuing to protect the world. Since then, the Zhuang people of northwest Guangxi in the Hongshui River Basin have sacrificed to the Maguai through the Maguai Festival every year.

3) *Ceremony of the Maguai Festival of Zhuang nationality*: Hongshui River Valley Tian'e, Donglan every year from the beginning of the year-began to hold the Maguai Festival, the general end of the second day of February. Because of the regional differences, the time of the Maguai 's abduction varies from place to place, and the ceremony and scale vary, but the ritual process is the same. In general, the Zhuang people in the Hongshui River Basin held the Maguai Festival. The ceremony began with finding the Maguai, and after finding the Maguai, he sounded the bronze drum and told the Heaven to sacrifice the Maguai. Then the children carried the Maguai around the village and congratulated the villagers. At night, by singing the Maguai and dancing the Maguai, the Maguai wakes for the Maguai. The climax of the event was to open the coffin of last year's burial baby and check the color of the carapace to predict the next year's harvest by observing the color of the carapace. Finally, through the night Carnival bonfire party announced the end of the Maguai Festival.

B. *Development of the Maguai Festival of Zhuang Nationality*

The Maguai Festival of the Zhuang nationality in the Hongshui River Basin originates from the worship of frogs and the pursuit of high yield in ancient times. It has a history of thousands of years. During the "Cultural Revolution", all cultural movements in China were forbidden to pass on and perform, and the Maguai Festival of Zhuang nationality in the Hongshui River Basin was not spared and seriously damaged. Since the reform and opening up, the northwest of Guangxi in the Hongshui River Basin has gradually begun to resume and hold cat-and-mouse festivals. At the same time, it also attracted the attention of a large number of experts at home and abroad, who specially came to the scene to observe and study the culture included in the Maguai Festival. However, the activities of the Maguai Festival of the Zhuang nationality in the northwest of Guangxi in the Hongshui River Basin are also affected by the rapid economic development and the impact of foreign cultural shocks and other factors. For this reason, a series of measures of outlay and personnel training are established by party committees, governments and cultural departments at all levels to protect and develop the Maguai Festival activity in the Hongshui River Basin. As early as 2006, the Abduction Festival of the Zhuang Nationality was listed as

a national intangible cultural heritage and protected by the state, because this measure attracted a large number of domestic and foreign scholars to come to study. Now the Zhuang people with new spirit, carry forward the ancient Maguai Festival and its funeral.

III. THE CONNOTATION OF TRADITIONAL FOLK CUSTOM'S SPORTS HEALTH PRESERVING CULTURE

A. *Connotation of Traditional Folk Sports Culture*

Folk culture also has a name-folk culture, popularly speaking, we often say the custom of a place, custom. Folk sports culture is a form of activity existing in the daily life of residents in this area. It is also a kind of culture formed by people in order to satisfy their physical exercise and psychological enrichment in their production and life. It is also a kind of sports culture. But more important-it's also our culture of life, born out of everyday life and integrated into customs, created and enjoyed by the local people; it's a sport that's entertaining, collective, traditional, living in one. The traditional folk sports culture combines the folk culture and the folk sports culture and is different from the two cultures. It is formed in a particular nation, era, region, with strong local and national characteristics, and changes with the change of local production and lifestyle. It can objectively reflect the value of the local people through physical movements. Read life habits and ideology.

B. *Connotation of Traditional Folk Sports Health Preservation Culture*

Health care refers to the maintenance of life to achieve a long and healthy life. As a special form of culture, the traditional sports culture combines the methods of keeping in good health with the methods of physical exercise, and by adjusting posture, breathing and controlling the body and mind to achieve the unity of body and mind, to improve the function of human body and stimulate the potential of human body, and further to achieve the purpose of disease prevention and treatment as well as longevity. According to the traditional view of physical health, all kinds of contents or methods of health maintenance are to cultivate the vitality of the person by adjusting body, mind and interest. In order to maintain the stability of the internal environment after the three spirits and spirits meet together, we can achieve the goal of keeping the spirit and form together and living in the old days. The traditional folk sports health culture is the product of the combination of the traditional sports health culture and traditional folk culture. Based on the traditional sports health concept, it combines the folk customs and regional characteristics, and combines the traditional health science, sports folklore, modern medicine and related disciplines, to show the inheritance and manifestation of folk sports, modern cultural collision and docking.

IV. SPORTS HEALTH CULTURE OF ZHUANG NATIONALITY'S MAGUAI FESTIVAL

A. *Sports Culture of Health Preservation in the Sacrificial Ceremony of the Maguai Festival*

The ancient Maguai Festival is a large-scale sacrificial event. The ritual process of the festival is in turn to find the

Maguai, to sacrifice the Maguai, to swim the Maguai, and to bury the Maguai. Different links contain different sports culture, such as the people who struggle to find the Maguai during the process of hunting for the Maguai, as well as the various physical skills and psychological aspects of the capture process, which require a high degree of concentration and attention. It can improve people's attention and agility, in the entertainment process unconsciously exercise to the body, improved the health; In the process of sacrificing the Maguai, in the process of praying, the worshipers make the body and mind balance and relax through the simple movement of beating the bronze drum and the feedback of the music, so as to achieve the unity of the drum and the body and mind; In the process of walking, dancing and singing the song, this series can promote the development of human functions and achieve the purpose of recreation. After burying the Maguai, men and women, old and young, sing folk songs around the campfire, dance with the Maguai, all night long revelry, body culture and sports charm bloom heartily in the carnival of the festival. All of these show us the traditional festival culture of the Maguai Festival of the Zhuang nationality in northwest Guangxi, and its sports health culture.

B. Sports Health Culture in the Process of Singing

In the sports health culture of the Maguai Festival of the Zhuang nationality in the Hongshui River Basin, the sports health preservation culture during the singing session is another major feature. The main process of the song is duet, including astronomical geography, customs and customs, historical legends, but mainly love songs, expressed the yearning for love. Song itself is a unique culture, and also for the purpose of entertainment body and mind, in the process of singing, in order to make the song loud and clear, so that the song friends in noisy activities to listen to the contents of songs to increase the atmosphere of the singing process, The respiratory system is strengthened, the cardiopulmonary function is strengthened, the circulation of the cardiovascular system is promoted, the life span is prolonged and the aging is delayed.

C. Sports Health Preservation Culture in Sacrificial Dance

In the festival activities of the Zhuang nationality in the Hongshui River Basin, the dance includes sacrificial dance, among which the Maguai dance can best reflect the local culture of Maguai, and at the same time exude a strong culture of sports health preservation. The ancestors of Zhuang nationality in northwestern Guangxi regarded frogs as totem symbols of their own clan. In the course of sacrificial activities, they celebrated their great achievements and prayed to the gods to protect them. The geographical environment of northwest Guangxi is poor and the people there live in poverty. In order to survive and live in production, labor is the main aspect of the formation of their sports and health preservation culture, the primitive religious culture. Wu Tan culture is also another major aspect of the formation of local sports health culture. Maguai dance is a simple imitation of labor, the existing movements are very simple, including the "Maguai born dance", "transplanting rice dance", "Qingfeng dance" and so on. These ritual dances express the local residents' desire for a healthy and long life, and through physical activity to achieve entertainment and fitness. For example, in the process

of dancing, the Maguai can make full use of the coordination of the lower limbs and hands, and in the process of plowing the fields and sowing seeds, it can fully exercise the small muscles and some joints of the human body by imitating the movement of the Maguai turning the meadow forward, related to ligament stretching, balance ability development and others, which all reflect the local characteristics of sports health culture.

V. FACTORS AFFECTING THE INHERITANCE OF SPORTS HEALTH CULTURE OF ZHUANG NATIONALITY'S MAGUAI FESTIVAL IN THE HONGSHUI RIVER BASIN

A. The Rapid Development of Social Economy Impacts the Inheritance of Sports Health Preservation Culture of the Maguai Festival

The development of social economy has changed the way of our production and life. We have moved from traditional life to modern life. Agricultural culture is gradually fading away from form and way. People's life style and living concept have changed greatly. The sports health preserving culture of the Zhuang people in the Hongshui River Basin is rooted in the traditional agriculture, and originated from the farming culture in the agricultural society. As traditional agriculture and traditional farming civilization were replaced by modern agriculture, more and more people ignored the spiritual value of the sports and health preservation culture of the Zhuang people in the Hongshui River Basin. This is not only one of the important reasons that affect the sports health preservation culture of Zhuang nationality in Hongshui River Basin, but also one of the important reasons of other traditional folk sports health preservation culture gradually "degenerating".

B. The Rapid Influx of Foreign Culture Impacts the Heritage of Sports Culture in the Maguai Festival

The advent of the Internet has made the world smaller and has poured into foreign cultures (such as health, sports, folklore and other fields of production and life). However, people prefer to accept fresh and novel foreign culture, leading to some excellent traditional folk culture of sports health preservation culture is replaced by foreign sports health culture before it can be sorted out. The traditional folk sports health preservation culture in our country has encountered an unprecedented crisis, including the impact of the sports health preservation culture of the Maguai Festival of the Zhuang nationality in the Hongshui River Basin under the impact of the rapid influx of foreign cultures, which has made the elements of the traditional culture. The change of consciousness and traditional ideas made it more difficult to organize the activities of the Maguai Festival of Zhuang nationality in the northwest of Guangxi, which directly affected the inheritance of the sports preservation culture of the Maguai Festival of the Zhuang nationality in the Hongshui River Basin.

C. Population Mobility Frequently Restricts the Inheritance of Sports Health Preservation Culture at the Maguai Festival

With the rapid change of people's way of production and life, many farmers go to cities to work, most of them become citizens in cities, and a large number of elite people in rural

areas are losing. In addition, residents scattered in different villages often go out to work and do business, and only have time to go home during the Spring Festival, and then rush out after the Spring Festival, with very few young people living in the village for a long time. Therefore, it is difficult to organize a large-scale Maguai Cultural Festival, which also restricts the development of the activities of the Zhuang nationality in the Hongshui River Basin, which leads to the gradual loss of the sports culture of the Maguai Festival in the Hongshui River Basin.

D. The Low Level of Local Economic Development Restricts the Cultural Inheritance of the Sports Culture of the Maguai Festival

With the improvement of economic level, people's quality of life has been greatly improved and social development has been promoted in the Zhuang nationality area of northwest Guangxi. However, the development of the economy has impacted the physical culture of the abduction joints of the Zhuang nationality in Northwest Guangxi, which was originally in a weak position, and made it die out gradually. On the other hand, the inheritance and development of the sports health preservation culture of the Maguai Festival in northwestern Guangxi must be supported by a certain level of economic development. But at present, the local finance does not have enough funds to protect and develop the festival culture, which is another important factor restricting the inheritance of the sports health culture of the Maguai Festival.

VI. THE INHERITANCE STRATEGY OF SPORTS HEALTH CULTURE OF THE MAGUAI FESTIVAL OF ZHUANG NATIONALITY IN NORTHWEST GUANGXI

A. The Sports Culture of the Maguai Festival Is Introduced into the Physical Education Classroom in Schools

In the Hongshui River Basin, the emphasis on the inheritance of the sports health preservation culture of the Maguai Festival should be placed on the new generation, so school education is an important way to inherit the health culture of the Zhuang nationality Maguai Festival. It is necessary to promote the health culture of the excellent Zhuang Maguai Festival into the whole process of school ethnic education. Taking advantage of the recreational nature of the health preservation culture of the Maguai Festival of Zhuang nationality, the fitness function introduces the health preservation culture of the Maguai Festival of Zhuang nationality into the school physical education classroom, combining with the actual situation and local characteristics, through screening and extracting the contents of the Maguai Festival. It was reorganized into school-based textbooks and local textbooks. Through the study of school physical education to cultivate the interest of the young generation, to understand the sports health culture and the inherent value of inheritance, so that the young people in the subtle inheritance of sports health culture in the festival.

B. The State Providing System Guarantee

The national guarantee is an important pillar to support the sports preservation and cultural heritage of the northwestern Guangxi Zhuang nationality. The inheritance of sports health preservation culture of the Maguai Festival in northwest

Guangxi is the source and flow of a national culture, and the relationship between inheritance and innovation. The origin of the inheritance of sports health culture at the Maguai Festival is based on institutional guarantee. According to the actual situation of the Zhuang nationality in northwest Guangxi, the local laws and regulations should be further improved when the state issued the policy and put it into practice. With the perfection of the statutory system of national festivals in recent years, it is an escort for the inheritance and development of the sports health preservation culture of the Zhuang people's Maguai festival in Northwest Guangxi. As early as 2006, the Maguai Festival of northwestern Guangxi was incorporated into the intangible cultural heritage of the world, and more people learned about the inheritance and development of the Maguai Festival.

C. Strengthening Innovation-driven Strategies

Innovation is the inexhaustible power of development. Therefore, while inheriting the health culture of the Maguai Festival in Northwest Guangxi, we must strengthen the innovation-driven strategy so that the health preservation culture of the Maguai Festival in Northwest Guangxi can be passed down and developed in the course of innovation. For example, by combining the Maguai dance in the Maguai Festival of northwest Guangxi with modern calisthenics, and by combining the game items of the Maguai Festival with traditional national sports, they can enter the physical education classroom of schools, and not only can they exercise the students' physical qualities, It can also stimulate students' enthusiasm for traditional folk sports, help to cultivate the feelings between students, and feel the confidence of students in the process of practice of calisthenics and traditional national sports.

VII. CONCLUSION

The health preservation culture of the Zhuang people in Hongshui River Valley will be annihilated unless it is excavated, and will disappear if it is not inherited. With the progress of society, the state has paid more and more attention to the traditional folk sports and health preservation culture of ethnic minorities, and the development of the health preservation culture of the Zhuang nationality in the Hongshui River Basin is also getting better and better. Due to regional differences, it is inevitable that some problems will be encountered. The government should pay attention to and strengthen the propaganda of the health preservation culture of the Zhuang people in the Hongshui River Basin, so as to provide many guarantees for the inheritance of the health preservation culture of the Zhuang people in the Hongshui River Basin. No matter which national cultural heritage, should be vigorously protected and developed, the so-called national is the world, hope that each national culture can go back to ancient times.

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