

**ПРОФЕССИОНАЛЬНАЯ ДЕЯТЕЛЬНОСТЬ МОЛОДЫХ ПЕДАГОГОВ
В СОВРЕМЕННЫХ УСЛОВИЯХ: ОПЫТ, ПРОБЛЕМЫ И РЕШЕНИЯ**

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**ANALYSIS OF THE SPORTS CHARACTERISTICS
OF NAADAM'S "THREE MANLY GAMES" IN CHINESE TRADITIONAL
CULTURE**

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Abstract. By using the method of literature review, on the basis of clarifying the origin of "Three Manly Games" and the background of "fast, high and strong", this paper explained its sports characteristics. According to the research, horse racing is about speed, which is a combination of dynamic animals and perfect harmonious images of human beings. The strength of the horse broke out in a short time, and this shock in speed brought people infinite wonder and reverence; Archery is more accurate, which requires a high degree of consistency, stability and coordination in terms of action skills; Mongolian wrestling is a fight of strength and a display of the most primitive and pure wild power of life. As an important part of Chinese excellent traditional culture, the sports characteristics of "fast, high and strong" contained in "Three Manly Games" are exactly the same as the Olympic purpose.

Keywords: Horse racing; Archery; Mongolian wrestling; Three Manly Games; "fast, high and strong"

The "Three Manly Games", namely Mongolian wrestling, archery and horse racing, are the fixed competition forms of the National Intangible Cultural Heritage-"Naadam" Confer-

ence, which are mainly popular in plateau areas with poor living conditions. Drought, little rain, serious desertification, inconvenient transportation, relatively barren land and other environmental characteristics have created extraordinary perseverance and unique lifestyle of people in plateau areas, and formed unique cultural characteristics such as vigorous, rugged and strong adaptability, which is an important part of Chinese excellent culture.

The sports meaning of "fast, high and strong" is to run fast, jump high and have strong strength. How to do this is a process of seeking truth. It opened up people's aesthetic vision, met the aesthetic needs of modern people, promoted the formation of beauty, and has cognitive value and social function. It is also an aesthetic object and has aesthetic value.

1 The Origin of "Three Manly Games"

Horse racing, according to the *Book of Later Han*, "Wuhuan was originally an Donghu nationality. In the early Han Dynasty, the Xiongnu destroyed Donghu, and the rest kept Wuhuan Mountain, taking Wuhuan as the tribal title. They used to be good at riding horses and archery, mainly hunting birds and animals. At that time, the Wuhuan people followed the aquatic plants and grazed without a fixed residence."^[1] That is to say, in the Han Dynasty at that time, people living on the plateau had mastered riding skills skillfully and lived a life combining hunting and nomadism. From the time point of view, horse racing has a history of about two thousand years. Because of the long-term practice of horse breeding, training and riding, horse racing has gradually become an early sports activity suitable for herders, men, women and children. It can be said that horse racing originated from their nomadic production and living practice, and because of the long-term "living with aquatic plants", the original competition form of galloping horse racing was derived. Early herders and children's horse riding chase is the early form of horse racing^[2].

Archery was first recorded in the *The Book of Later Han*: "Wuhuan was originally an Donghu nationality.....They used to be good at riding horses and archery, mainly hunting birds and animals. At that time, the Wuhuan people followed the aquatic plants and grazed without a fixed residence. Men can make bows and arrows, saddles and horse heads, and smell copper and iron into weapons."^[3] According to the above historical records, during the Donghu period, the Wuhuan people started the production and life of semi-nomadic and semi-hunting. At that time, all Wuhuan people were good at riding horses and archery. Bows were made of horns, arrows were made of rafters, and the stirrup production technology reached a certain level. During this period, the ancestors had advanced bow and arrow making ability, and used them as necessary hunting tools and the most important weapons in tribal wars. In the 13th century, archery developed rapidly, and horse riding and archery were also famous all over the world. According to *The Travels of Marco Polo*, "They have been playing games with bows and arrows since childhood, so bows and arrows are their most skilled weapons"^[4] They make a living by hunting, so they are skillful at shooting. Even women are as good at riding and shooting as men. Bow and arrow is not only a hunting tool, but also a weapon to defend or conquer other tribes. It is also a prop for herders to ride and shoot, so that riding skills and shooting skills can be inherited and developed.

"Mongolian wrestling" is Mongolian and translated as "wrestling" in Chinese, which is a symbol of people's brave and witty character. Its emergence is closely related to the life of ancient Mongolian people. Za·Damiden of Mongolia wrote in *Mongolian Mongolian wrestling*: "Mongolian wrestling came into being in the primitive Stone Age, which was the action

skill formed by human beings fighting with wild animals with their bare hands".^[1] Now we can see all kinds of Mongolian wrestling entrance styles. For example, the popular entrance dances in Mongolia are the camel dance and the eagle dance, while the eagle dance and the deer dance are popular in Xilingol League and HulunBuir in China respectively. No matter which region still retains the action of imitating wild animals. In addition, according to "Excavation Briefing of Fengxi Town, Chang'an County, Shaanxi Province from 1955 to 1957", "in 1955, the bronze medal of Xiongnu wrestling in Han Dynasty was unearthed in Tomb No.140, Kesheng village, Chang'an County, Shaanxi Province"^[5] The bronze medal was engraved with the scene of Xiongnu wrestling competition. It can be inferred that wrestling has a development history of more than two thousand years. According to textual research, in the Xiongnuera, wrestling, horse racing and archery became the means of entertainment and martial arts in northern grassland areas. This is inseparable from the characteristics of skillful riding, good shooting, bravery and boldness generated by nomadic activities in northern grassland areas^[6].

2 Background of the Times - "Fast, High and Strong"

The idea of "fast, high and strong" has been in existence since ancient China. For example, Yan Yuan's idea of transforming society: "Sports can make the individual, the family, the country and the world stronger."^[7] In modern times, in the face of imperialist aggression, the nation's call for "only a strong body can breed a healthy offspring" had the significance of the times of "fast, high and strong". Another example is Xu Yibing: "A race of people that does not attach importance to sports will not be strong"^[8]. According to Yang Changji, "Sports make people masculine, fit and agile"^[9]. And Mao Zedong stated, "Make their bodies stronger"^[10].

From the perspective of the development of sports, through the Renaissance, the Reformation, the Enlightenment, the baptism of the three major ideological movements, competitive sports have made great progress. With the efforts of Pioneers such as Pierre de Coubertin, the International Olympic Committee was established in 1894. In 1896, the first World Modern Olympic Games was successfully held in Greece, the birthplace of the ancient Olympic Games. Since then, the Olympic Games has become the largest peaceful gathering of people all over the world. Modern Olympic Games not only inherited the name and some etiquette of ancient Olympic Games, but also continued and developed the traditional thought of it with fair competition and harmonious development of body and mind and the fighting consciousness of "always striving for the first place and surpassing others". "Faster, higher and stronger" is the concentrated expression of this spirit, "It not only refers to the fearless spirit carried forward when facing strong players in the arena, but also refers to never being satisfied with the present, constantly defeating themselves and hitting new limits. At the same time, it also encourages people to constantly update in all aspects of their lives and keep a positive spirit forever". Over the past hundred years, the concept of "fast, high and strong" has greatly inspired countless athletes and strugglers to climb to higher peaks, and played an important role in promoting the development of competitive sports and social progress. At present, the 19th National Congress of the Communist Party of China has opened a new era. General Secretary Xi Jinping mentioned in his report at the 19th National Congress of CPC that A nation will prosper only when its young people thrive; a country will be full of hope and have a great tomorrow only when its younger generations have ideals, ability, and a

strong sense of responsibility. This important exposition is rich in connotation, profound in thought and great in significance, which embodies the Olympic spirit of daring to fight for dreams and fully shows the great attention and ardent expectations of the CPC Central Committee and General Secretary Xi Jinping for the younger generation.

3 Sports Characteristics of "Fast, High and Strong" in "Three Manly Games"

To explain Three Manly Games, we have to mention the "Naadam". "Naadam" has a history of more than 800 years, which is widely spread in the northern grasslands, has become an important part of Chinese excellent traditional culture, and is deeply loved by people of all ethnic groups in and around it. According to the *Genghis Khan's Stone Records*, when Temujin became the Mongolian Khan in 1206, he held a 'Hu Li Le Tai' (meaning a great party) in July and August to review his troops. This was an opportunity for tribal leaders to come together to celebrate the harvest and unite in friendship. Initially, the festival consisted of one of archery, horse racing or wrestling. The smaller "Naadam" festivals were mostly based on wrestling competitions. After the Yuan dynasty, these three competitions were combined in a large "Naadam" festival and became a regular sporting event, known as the "Three Manly Games". From the beginning to the end of the event, the three disciplines were played out in a series of enthusiastic "eulogy" by elders and sages. There are three categories of "eulogy": firstly, the reverence for nature - a tribute to the mountains, waters and pastures of the homeland; secondly, the concern for life - a praise for the wrestlers, archers, riders; thirdly, harmony and coexistence - a compliment to the bravery and tenacity of the participants, their faithfulness and friendship, and a wish for the future of the younger generation. The third is harmony and coexistence - a tribute to the bravery and tenacity of the participants, their faithfulness and friendship, and a wish for the future of the younger generation. "Eulogy" is an orally transmitted form of folk culture, but it contains the aesthetic values of the nation, i.e. the identification and judgement of good and bad, beauty and ugliness, kindness and evil; it also connotes the praise and care for the homeland and the taboos observed by the people^[11]. Therefore, it can be said that the "eulogy" before the "Three Manly Games" competition embodies the ecological ethics of "reverence for nature, concern for life and coexistence". It is a process of self-education for the Mongolian people in a simpler and more acceptable way. The analysis of the sports characteristics of "Three Manly Games" is as follows:

Horse racing is about speed, which is completed by athletes and horses in close cooperation. From the aesthetic sense, it can bring people lofty aesthetic feeling in momentum and speed. From the speed point of view, the horse's strength can explode in a short time, which will bring infinite wonder and reverence to the audience. Therefore, people often use the title of "lightning" to express their praise for its speed. This vibrant image of perfect harmony between animals and people shows the spirit of "always striving for the first place and surpassing others" and embodies the Olympic fighting consciousness. It not only perfectly interprets the speed beauty of this sport, but also stimulates the aesthetic enthusiasm of viewers, vividly showing the characteristics of "faster" in the Olympic motto.

Archery is a sport in which arrows are shot with the help of the elasticity of bows and chords, and the outcome is determined by their accuracy. Archery is more accurate, which requires a high degree of consistency, stability and coordination. During the launch process, it should be smooth and have a distinct sense of fast rhythm. Especially under the action of bow holding arm and string pulling arm, the bow will produce elastic force after deformation,

which will make the arrow move forward. This shows that bow is an energy converter, which transforms the muscle strength of human body into the power of launching, and can also be said to transform the physiological energy of human body into the kinetic energy of arrow flight. This combination of dynamic and static makes people feel the infinite strength in themselves, indicates the spirit of the Olympic impact to the new limit, perfectly interprets the aesthetic value of "high accuracy" of this movement and embodies the characteristics of the Olympic motto "higher".

Mongolian wrestling is a fight of strength. The confrontation of it is the display of the most primitive and pure wild power of life. Mongolian wrestling is a kind of wild beauty. According to historical records, a total of 1024 wrestlers participated in the large-scale "wrestling" competition which has been held six times. It is worth mentioning that on July 28, 2004, the competition held in West Ujimqin banner of Xilingol League with 2048 wrestlers made "Mongolian wrestling", which ranks first among Three Manly Games, enter the Guinness Book of World Records. This is the largest Mongolian wrestling event with the largest number of participants and the largest scale in history at the same time and place^[12]. Let's imagine the scene at that time: 2048 contestants dressed in wrestling clothes imitated the fierce movements of wild animals in the long-tune singing of "eulogy", such as lion dance, deer dance, eagle flying, tiger jumping, etc, which had unique artistic charm and strong appeal. In fact, a large number of contestants knew from the beginning that they had no chance to win the championship, but they still devoted themselves to the sport wholeheartedly. After several rounds of participation, communication, hard work and competition, the audience and contestants gradually enhanced their feelings and deepened their friendship, and finally achieved the goal of happiness and unity for the whole people. This kind of daring to fight in the face of the strong, constantly surpassing and renewing self, always keeping a positive attitude, carrying forward the fearless spirit, perfectly interprets the wild beauty of this project. It embodies the characteristics of the Olympic motto "Stronger".

The formation of the above competitive characteristics of "Three Manly Games" also benefited from its historical and environmental conditions. People living on the Mongolian Plateau carry out safari and nomadic life and production methods on the basis of keeping "not destroying the original appearance of nature". "Three Manly Games" is a symbol of people's active adaptation to the ecological environment. The reality of living in the harsh ecological environment of Mongolian Plateau from ancient times to the present tells people that only those heroes with superior "strength, courage and wisdom" and noble qualities such as "perseverance, faithfulness, honesty and sincerity" can protect their herds, pastures and tribes and lead ethnic groups to survive and develop in the harsh ecological environment. Therefore, "advocating heroes" is also an indispensable part of the excellent traditional culture of the Chinese nation. Correspondingly, "Three Manly Games" is a sport formed on the basis of the continuation and development of people's survival skills in northern grassland areas. It shows the enterprising spirit of "strong, fast and accurate" and heroic spirit of "courage, tenacity, perseverance, faithfulness and courage", and is a sports competition that celebrates the spiritual mission of "advocating heroes". For this reason, the "Three Manly Games" is enduring and has always been deeply loved by people. Through it, the people living in the northern grassland area gradually adapt to nature from primitive ignorance to initiative; Gradually change from awe to love, maintain and rationally utilize nature; And move towards beautiful

sports and cultural activities that actively adapt to the ecological environment. In this regard, a scholar commented: "Whether it is fierce horse racing, competitive wrestling or vigorous archery, it is the expression of people's body language living in grassland areas". They all reflect people's pursuit of magnificence, masculinity and the vastness and eternity of life^[13].

In a word, in the new era of self-confidence of national culture and prosperity of socialist culture, as an excellent traditional sports of the Chinese nation, the noble sentiment of obeying the law and working hard and the unique competitive characteristics of "fast, high and strong" contained in the "Three Manly Games" have played a positive role in promoting the younger generation to inherit and carry forward the national traditional culture and establish a correct outlook on life and values.

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АНАЛИЗ СПОРТИВНО-ПЕДАГОГИЧЕСКИХ ХАРАКТЕРИСТИК
«ИГР ТРЕХ МУЖЕЙ НААДАМА» В ТРАДИЦИОННОЙ
КИТАЙСКОЙ КУЛЬТУРЕ

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Аннотация. На основе анализа научной литературы, раскрытия истории и содержания «Игр трех мужей» и девиза «Быстрее, выше, сильнее» в статье анализируются их педагогические и спортивные характеристики. Согласно исследованию конные скачки — это скорость и прекрасная гармония динамичной силы животного и духа человека. Сила и скорость лошади проявляются за короткий промежуток времени, что вызывает у человека бесконечное удивление и благоговение. Стрельба из лука — это прежде всего точность, требующая высокой степени стабильности и координации, развития этих навыков в четкой согласованности. Монгольская борьба — это борьба силы и проявление природной и дикой жизненной силы. Являясь важной частью традиционной культуры Китая, педагогические и спортивные характеристики девиза «Быстрее, выше, сильнее», содержащиеся в «Трех играх мужей», в точности совпадают с олимпийскими целями.

Ключевые слова: конные скачки, монгольская борьба, игры трех мужей, быстрее, выше, сильнее.

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