

The Changes of the Sports Gods in Ming Dynasty under the Frequent Social Changes

Zhao Delong^{1, a}

¹Ministry of Sport Zhejiang Chinese Medical University, Hangzhou, 310053 CHN

^a20011007@zcmu.edu.cn

Abstract. The article studies the sports of Ming Dynasty in China through the method of literature materials and expert interviews. Sports in the Ming Dynasty occurred and developed under a special historical background. The frequent social changes made the sports in the Ming Dynasty have great changes compared with the previous dynasties. The main features of the miracle are: political ups and downs, sports development is good and bad; social mobility is remarkable, sports break through the limitations of classes; ideological trends are active, and sports are polarized. The main manifestations of the deformation: believe in the folk customs of the Tang Dynasty, and folk sports have returned to the Han; the educational structure is stratified, and the school sports class is serious; internal and external wars are frequent, and martial arts have developed unprecedentedly.

Keywords: social change; sports in Ming Dynasty; change;

1. The Complex Historical Background of Sports in the Ming Dynasty

Many experts believe that the Ming Dynasty was the starting point for my country to lag behind the Western world, but many experts believe that the technology and economy of the Ming Dynasty did not lag behind the world, and the starting point for my country to lag behind the world should be the Qing Dynasty. Regardless of the outcome of this debate, in terms of the field of consciousness alone, the social changes in the Ming Dynasty have affected the entire social ideology and changes in people's life concepts, and history has finally proved that this impact is mostly negative. The series of social changes carried out by the rulers of the Ming Dynasty can be regarded as a kind of effort, but these efforts are so ineffective in the face of the complex domestic and international environment, so the Ming Dynasty failed to change China's decline in the development of world history at that time. Traditional Chinese sports customs, which are the most obvious external manifestation of traditional stream of consciousness, have also been hit unprecedentedly during this period. This is the historical background and social foundation of the development of sports in the Ming Dynasty.

2. Analysis of Sports Rheology in Ming Dynasty

It is normal for society to move forward, and it is normal to change from time to time; for sports to develop, it is normal to change with the trend. Although the ruling class of the Ming Dynasty went through reforms, it always failed to change the reality of "centralization but not centralization, and central power but not strong". At the time, his reform measures were often only incompletely implemented for various reasons, so the life and affairs of the Ming Dynasty were always relatively chaotic, and the whole society was always in a very loose state. [i] The frequent and incomplete social changes in the Ming Dynasty were destined to have an important impact on the transformation and transformation of sports at that time.

2.1 The Transformation of Sports in the Ming Dynasty

2.1.1 Political ups and downs, sports development is good and bad

In feudal society, the order of the emperor is the order of heaven. Every historical choice of the emperor will cause a social change, and whether the emperor's choice is correct or not directly determines the current state of the country and people's livelihood. Of the 16 emperors in the Ming

Dynasty, not many had correct political choices. Except for Taizu, Chengzu in the entrepreneurial period, and Renzong, Xuanzong, and Xiaozong in the early stage of Shoucheng, the rest of the emperors had few achievements. Many major decision-making mistakes were also made during the period. In addition to having few successes in policy, the rulers of the Ming Dynasty also had one of the most fatal mistakes in the lack of inheritance of political choices. The only two emperors with inheritance are Renzong and Xuanzong, so there has been the first wave of development since the Ming Dynasty "the rule of Renxuan". Apart from that, the rest of the emperors almost had one idea, one practice, one emperor, and sometimes even the same emperor's policies during his reign were often fickle and lacked stability. Frequent and uncertain political decisions, even if they are correct, will cause certain social unrest, not to mention that most of them are wrong decisions. Sports is a part of the social life of a country. Its ups and downs are largely determined by the superstructure of the country. Cuju was originally a popular sports activity among officials and people. It was prevalent in the Tang, Song, and Yuan Dynasties. In the Ming Dynasty, Zhu Yuanzhang ordered: "In Beijing, there are officers and soldiers who take off their feet." Since then, Cuju has only been popular in the market, and gradually declined. The ups and downs of the political situation are doomed to the situation of good and bad sports in the Ming Dynasty.

2.1.2 Significant social mobility, sports break through class limitations

The Ming Dynasty was a society with considerable mobility, which included both regional population mobility and social class mobility. In terms of population flow, the first is the immigrant flow initiated by Taizu and Chengzu, the second is the flow of fleeing people, and the last is the flow of "free people". [ii] These three population flows have their own characteristics. The migration flow is caused by the behavior of the state and cannot be defied; the flow of refugees is caused by personal behavior and is forced; the flow of "free people" is also caused by personal behavior, but is voluntary. In terms of class mobility, there are mainly two situations, one is from top to bottom, and the other is from bottom to top. The political system and economic factors of the Ming Dynasty made this flow very active. A person who is in the upper class today may be in the lower class tomorrow. With the increasingly active economic factors and the gradual relaxation of imperial control, the social population movement in Ming Dynasty became more and more stable, and the class movement became more and more frequent. [iii] Since most of the people who migrated were free migrants for the purpose of relocating their jobs, there was a great division of labor in the society, which ushered in the climax of economic development, and created more and more people who could freely enter and leave all social classes. These people interspersed in and out of various classes, and some of their personal habits and hobbies naturally flowed into various social classes, which undoubtedly brought good news to the development of sports at that time. The complexity of the personnel in the social class has made many sports finally break through the limitations of the previous class and began to play in all social classes.

2.1.3 The trend of thought is active, and sports are polarized

The society and culture of the Ming Dynasty were in an era of change. Traditional Confucianism and the culture with Confucianism as the main body were being subjected to varying degrees of suspicion and even a violent impact from various cultural forces, and thinking was more active than ever. With the change of society and the gradual emergence of new economic factors, the ideology and culture of the people of the Ming Dynasty began to gradually become innovative and active from the conservative and dull in the early Ming Dynasty. The conflict between old and new ideas has widely penetrated into social life and personal life. In all fields, [iv] people's life concepts have undergone changes to varying degrees, and these changes have contributed to the polarization of the development of sports in the Ming Dynasty, which is different from the past. Such as advocating health and non-health in the project; favoring one and disrespecting the other in participating in the project; active and quiet in the form of activities; friendly and confrontational in national concepts, etc.

First of all, the changeable and unstable policies of the Ming Dynasty, the rapid development of the feudal economy, and the increasingly rotten social atmosphere have brought great changes to people's inner world. Money has become the main axis of people's life and the differentiation of spiritual realm. As a result, a considerable number of people advocate unhealthy sports such as erotic dancing and gaming, in order to squander money and anesthetize their minds and bodies, and have long forgotten their traditional way of life. Of course, there are also some people who disdain to participate in these low-level extravagant activities and still maintain a healthy lifestyle. Secondly, the way of thinking of people in the Ming Dynasty has also become extreme. The boundaries between likes, dislikes, love and hate are very obvious. This is manifested in sports, which is a preference for one over the other. Therefore, in the Ming Dynasty, one person often liked a project, and generally no longer equal. Like or participate in another project to a certain extent. Third, Ming Dynasty Confucianism developed rapidly, and various branches appeared. Although they were all products of the development of traditional Chinese Confucianism, they had obvious differences in some aspects. The divisions in sports are mostly dynamic claims. Affected by the three major population flows of immigrants, fleeing people and "free people", the relationship between the Han nationality and ethnic minorities in the Ming Dynasty has undergone subtle changes, showing a bipolar trend of both amity and confrontation. As an important means of people's life communication, it is also developing and evolving in this trend of friendship and confrontation.

2.2 Deformation of Sports in Ming Dynasty

2.2.1 Believe in the customs of the han and tang dynasties, and folk sports return to the han dynasty

After Zhu Yuanzhang seized power, although he recognized the orthodox status of the Yuan Dynasty, he still believed in the Han and Tang Dynasties in terms of folk customs and customs. These clean-ups first started from the daily life and clothing of the people. All the Mongolian habits of the Yuan Dynasty required returning to the Han Dynasty. In the Ming Dynasty, folk sports customs began to gradually return to the Han Dynasty. Many traditional sports customs were expanded, and many new sports were produced.

Festival sports. In the Ming Dynasty, festival activities had begun to be freed from the shroud and restraint of religious superstition, and developed into ceremonial and entertaining cultural activities. One of the biggest changes is that in the festival cultural activities of the Ming Dynasty, the content of cultural, entertainment, sports and competitive activities, such as kite flying, tug-of-war, archery, grass fighting, horse walking and so on, has been continuously added. This makes the content of the festivals in the Ming Dynasty not only increasingly rich and colorful, but also the fashion, group, regional, national and other cultural characteristics of traditional festivals are more fully displayed, indicating that the ancient Chinese festivals Cultural activities have reached a new peak at this time.

usual sports. Hundred operas and acrobatics developed unprecedentedly among the people in the Ming Dynasty. Not only festivals and temple fairs, but also frequent performances on the streets and alleys on weekdays, there were also a large number of Jianghu artists who used Baixi acrobatics as a means of making a living. The rulers of the Ming Dynasty were also very interested in Baixi, so that Baixi had become a prosperous entertainment project in the Ming Palace. For this reason, the Ministry of Industry had specially supported a group of artists, and the Ministry of Rites had also specially set up the Jiaofang Division to study skills. The drinking order is a unique way for people to drink at the wine table. It was also well promoted in the Ming Dynasty. Rolling dice, guessing pieces, throwing pots, drawing cards, etc. 's support project.

2.2.2 The educational structure is stratified, and the school sports class is serious

In the early Ming Dynasty, Zhu Yuanzhang attached great importance to official education, so the development of official schools was very good at that time. Although the physical education of various schools and schools were strictly hierarchical, they were also orderly. In the middle of the Ming Dynasty and later, due to the ups and downs of politics, the official school was seriously

affected and declined, and the academy began to flourish. The academy was a private institution of higher learning in ancient China. During this period, the academy entered the stage of history, which not only made the school hierarchy more obvious, but also made a hierarchy within the same school. Crossed the line, which made the stratification of school sports activities in the late Ming Dynasty more serious. The hierarchical nature of sports activities in the school field is in sharp contrast with the mobility of sports activities in the social field. On the one hand, it shows the powerlessness of the rulers of the Ming Dynasty in the face of the new trend of social consciousness. On the other hand, it also fully reflects the popularity of sports. , apolitical features.

2.2.3 Due to frequent internal and external wars, the unprecedented development of martial arts

Martial arts were banned in the Song and Yuan dynasties due to the needs of the rulers. However, in the Ming Dynasty, due to the needs of internal and external wars, martial arts became an important means for the rulers of the Ming Dynasty to "strengthen the army and protect the country". The social status was significantly higher than the previous two dynasties. There are two changes that are of decisive significance to this situation of Wushu: First, when Emperor Jianwen established Wushu, he called for Wushu to be practiced all over the country, and "one professor of Jingwei Wushu" was appointed to manage matters of Wushu; second It was during the reign of Emperor Yingzong of the Ming Dynasty that the martial arts system was restored to select military talents. The establishment of martial arts has effectively promoted the style of martial arts at that time and consolidated the folk foundation for the development of martial arts; the restoration of the martial arts system has provided more high-quality martial arts talents for the government. Yu Daqiu, a famous general in the middle and late Ming Dynasty , Qi Jiguang became the backbone of the empire through this road. The implementation of the martial arts system and the establishment of martial arts have improved the status of martial arts from the level of the system, making "wu" a category with equal emphasis on "wen", which has played a role in improving the social influence of martial arts and promoting the development of martial arts. A role that cannot be underestimated. Since the Tang Dynasty, Wushu's slow civilianization process finally developed rapidly in the Ming Dynasty, and Wushu finally completed its civilianization process during this period. Since then, martial arts began to be popularized among the people, and finally developed into an important part of Chinese traditional culture. Therefore, we often say that the Ming Dynasty was an epoch-making period in the history of Chinese martial arts.

3. Conclusion

The Ming Dynasty was a dynasty full of changes, and the evolution of sports in the Ming Dynasty was based on the special historical background of the Ming Dynasty. The evolution of sports in the Ming Dynasty is the best embodiment of sports' reaction to the society. The emergence of changes reflects the efforts made by the rulers of the Ming Dynasty in that special historical period to a certain extent. Some extreme and contradictory phenomena in the process of change are the best witnesses to the decline of the Ming Dynasty .

Reference

- [1] Zhu Ziyang. The Ming Empire with Multidimensional Vision [M]. Hefei: Huangshan Book Club, 2009
- [2] Zhang Xianqing. Political History of Ming Dynasty [M]. Guilin: Guangxi Normal University Press, 2003
- [3] Chen Baoliang. History of social life in Ming Dynasty [M]. Beijing: China Social Sciences Press, 2004
- [4] Chen Baoliang. The evolution of society and culture in Ming Dynasty [J]. Journal of Social Sciences, 2006, (3)