



RESEARCH ARTICLE

Dilemma And Solution: Investigation And Research On Value Orientation Of Chinese Traditional Martial Arts

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ABSTRACT

Purpose of the Study: The purpose of this study is to systematically sort out the value development of traditional Chinese Wushu, analyse its value transformation in modern society, reveal the dilemmas faced by traditional Wushu and their causes, and explore the inheritance and development path that takes into account both traditional and modern needs. Through theoretical analysis and empirical research, the study provides theoretical basis and practical guidance for the sustainable development and globalisation of Chinese traditional wushu.

Research Methods: The study adopts a combination of literature analysis, field research, in-depth interviews and questionnaires. On the one hand, the historical evolution of the value orientation of traditional wushu is analysed by collating a large number of historical documents and policy papers; on the other hand, practical perspectives are gained through interviews with wushu practitioners, scholars and inheritors; at the same time, quantitative questionnaires are used to analyse the public's perception of the value of wushu and its needs, and the SWOT analysis model and the cultural identity evaluation model are combined to explore the modern dilemma of wushu from a multidimensional perspective and its path of solution.

Findings: The value development of traditional Chinese Wushu shows a dual character in modern society: on the one hand, the core value of its inheritance and development is facing serious challenges under the impact of modernisation and globalisation; on the other hand, it is also showing multi-dimensional functional expansion in the process of adapting to new needs. The main dilemmas faced by traditional Wushu include the weakening of the technique inheritance model, the dilution of cultural connotation, the decline of social attention and the ambiguous positioning in international communication. The traditional "master-disciple system" and "oral-heart teaching" have been gradually replaced by modern education models, resulting in the loss of core skills and cultural spirit.



INTRODUCTION

Chinese martial arts, as the common spiritual home and cultural identity of the Chinese nation, has remained an important carrier of Chinese cultural confidence and identity after thousands of years. The evolution of Chinese traditional martial arts to modern martial arts is a complex and multi-layered historical development process, behind which lies the influence of social change, cultural evolution and international exchange. This process can be roughly divided into several stages: the traditional period, the modern transformation period and the modern development period.

Origins and development of traditional martial arts: Traditional Chinese martial arts originated in ancient times and gradually developed along with the needs of human beings for self-protection, hunting and warfare. During the Spring and Autumn and Warring States Periods, wushu was centred on "technical combat" and served the needs of military and survival; during the Han and Tang Dynasties, wushu was gradually integrated into religion, health care and culture, forming the characteristics of both internal and external cultivation; during the Ming and Qing Dynasties, wushu's folklore was further strengthened and it became a comprehensive cultural manifestation that integrates technical combat, self-protection and self-cultivation. Traditional wushu not only emphasises technical skills, but also focuses on spiritual cultivation and moral inheritance, such as the concepts of "Wushu carries the Way" and "Technique is close to the Way".

Nowadays, the development of traditional Chinese wushu has encountered multiple difficulties, seriously challenging its traditional value and cultural status. As the demand for combat decreases, the technical and combat functions of traditional wushu are gradually weakened, and its core values are threatened. The traditional "master-disciple system" and "teaching by word of mouth" have become increasingly marginalised in the modern education system, leading to a sharp decline in the number of inheritors. The influence of globalisation and multiculturalism has led to a decline in the recognition of and interest in traditional Wushu among the younger generation, weakening the power of Wushu in cultural transmission. The regularisation and commercialisation of competitive wushu has impacted on the diversity and authenticity of traditional wushu, weakening its uniqueness as a cultural heritage. In future development, traditional wushu and modern wushu should be seen as complementary rather than antagonistic beings.

This study will comprehensively reflect and explore the values, dilemmas and future development paths of traditional Wushu through in-depth interviews and analyses of different groups - including Wushu masters, research scholars, Wushu enthusiasts, the general public, as well as Wushu schools and associations. By tracing the development of traditional wushu from ancient times to the present day, it is possible to reveal its multidimensional cultural, educational, sporting and social values, and to analyse the multiple values of traditional wushu, including its various roles and functions as a self-defence skill, a method of physical fitness, a means of spiritual cultivation, and a cultural symbol. To analyse in detail how modern society affects and challenges the value system of traditional Wushu, with particular attention to how civilisational progress, social change and cultural diversity have altered people's needs and expectations of Wushu. To propose possible solutions and cracking strategies aimed at redefining and revitalising the cultural and practical values of traditional Wushu, including the integration of the education system, the promotion of cultural activities and the enhancement of international exchanges.



2. METHODOLOGY

2.1. Sample and data collection

Visualisation and digital design: with the help of modern technology, big data analysis and visualisation tools (e.g. CiteSpace, SPSS) are used to collate and present the questionnaire and interview data, while innovative ways of martial arts communication are explored through Virtual Reality (VR) and Augmented Reality (AR) technologies.

In this study, in order to achieve a comprehensive investigation and analysis of the value orientation of traditional Chinese martial arts, diverse research tools and materials were used as follows:

Interview outline: A semi-structured interview outline covering the core themes of the historical evolution, cultural values, social functions and current dilemmas of traditional Wushu was designed for in-depth exchanges with Wushu experts, representatives of heritage organisations and Wushu practitioners.

Questionnaire Survey: A quantitative questionnaire was produced, including both closed and open-ended questions, which mainly investigated the frequency of participation, attitudes, perceptions of martial arts, as well as perceptions of their social and cultural values among martial arts enthusiasts and the general public. The questionnaires were distributed both online and offline to ensure the breadth and representativeness of the data.

Observation Record Sheet: A standardised observation record sheet is designed to record the actual operation of the Wushu Heritage and Development Institution, its teaching methods and curriculum, as well as the interactive behaviours and cultural atmosphere of the participants on site.

Statistical and analytical software: data were analysed using software such as SPSS and excel.SPSS was used for the statistical analysis of the questionnaire data, including descriptive statistics and multivariate analysis.

Literature and visual materials: Literature, traditional martial arts videos, teaching materials and cultural documentaries related to the research topic were collected for contextual analyses and comparison of results to further supplement and validate the research findings.

Through the combined use of the above tools and materials, this study aims to explore the values of traditional Chinese martial arts and their adaptation and development in modern society from multiple perspectives and levels.

2.2. Instrument development

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2.3. Data Analysis Techniques

Qualitative data analysis: Through thematic and content analyses, this study digs deep into the core themes in the interview transcripts and observation notes to reveal the cultural connotations and social values of traditional martial arts. Key topics on cultural inheritance, social impacts and development dilemmas were extracted in focus. By analysing the narratives of different Wushu inheritors and enthusiasts, their profound insights into the value of traditional Wushu are summarised to assist the construction of the theoretical model.

Quantitative data analysis: Quantitative analysis was conducted using SPSS and Excel for descriptive statistics, correlation analysis and regression analysis to explore the relationship between the participation rate of Wushu in different populations, their socio-economic backgrounds and their inheritance. Through data statistics and graphical presentation, the current status of the popularity of traditional Wushu and its impact on cultural identity were clarified, providing a solid numerical basis for the research conclusions.

Literature analysis: With the help of CiteSpace software, the keywords, research hotspots and development trends of domestic and international Wushu-related literature were studied and analysed. By drawing knowledge maps and time evolution diagrams, the key issues of Wushu culture research, such as "cultural heritage", "martial arts value", "health benefits", etc., are revealed. Literature analysis provides academic support for the theoretical framework of this study and complements the depth of data analysis.

Case study: Adopt inductive and comparative methods, construct a case comparison table through Excel, and conduct an in-depth study on specific martial arts styles (e.g. Shaolin Wushu, Taijiquan).



Analyse the inheritance patterns, dissemination strategies and adaptive characteristics of Wushu in different geographical and social environments, and explore the multi-dimensional impact of cultural and social environments on the development of Wushu.

Cross-method integrated analysis: Through parallel analysis, this study combines the results of qualitative and quantitative data, and uses a combination of three tools, SPSS, Excel and CiteSpace, to comprehensively reveal the value orientations and trends of change of traditional wushu in the cultural, social and economic domains. This method not only makes up for the shortcomings of a single analysis method, but also ensures the completeness and multi-level interpretation of the research results.

Through these analytical techniques, this study is able to scientifically and comprehensively reveal the modern significance of traditional Wushu and its development paths, and provide sufficient guarantee for the reliability and practicality of the study's conclusions.

2.4. Credibility and Reliability of the Study

Reliability: The reliability of this study was ensured by strict technical means. In the questionnaire design, the Cronbach's alpha coefficient was calculated through pre-experimentation and multiple rounds of testing to ensure the internal consistency of the scale; an alpha coefficient of 0.7 or above is considered to have high reliability. In addition, the interview outline was standardised to ensure consistency in the core questions answered by each respondent. Meanwhile, in the data analysis stage, tools such as SPSS and Excel were used to conduct multiple repetitive analyses of the same dataset to verify the stability of the results, thus ensuring the reliability of the study conclusions.

Validity: The validity of the study was comprehensively assessed through content validity, structural validity and external validity. In terms of content validity, the design of the research instrument was based on a large number of literature reviews in the field of traditional martial arts as well as expert consultation to ensure that the research indicators accurately reflected the research topic. Through factor analysis, the structural validity of the questionnaire was verified to ensure the consistency of each measured variable with the structure of the theoretical model. In terms of external validity, diverse sampling was used, including martial arts experts, popular groups and martial arts heritage organisations, to ensure that the results of the study can be applied to a wide range of social groups.

Reliability: The reliability of the study was ensured through strict standardised practices and data recording. During the data collection process, the questionnaire was conducted in a combination of online and offline methods, and the interviews were audio-recorded and transcribed throughout to minimise omissions or misunderstandings. All data were processed and analysed by strictly recording each step of the operation, and the results were clearly presented in tables and charts for easy reproduction and review. In addition, triangulation was used to cross-check the results of qualitative and quantitative studies to ensure consistency of findings.

Operational reliability: Prior to the implementation of the research tools and methods, all questionnaires and interview outlines were piloted on a small scale to optimise clarity of expression and applicability. Meanwhile, to enhance operational reliability, the research team invited experts in the field of traditional martial arts to participate in the study design and review to reduce bias due to individual researcher subjectivity. Detailed operational guidelines were developed to ensure



standardisation of the data collection and analysis processes, and regular team discussions and supervision were conducted to improve the control and standardisation of the study operations.

3. Citespace Visual Research Analysis

The subjects in this research were children aged 12–14 years who were at the junior high school education unit level. For the small group trial there were 24 students, for the large group trial there were 100 students, and for the effectiveness test there were 80 students with details of 40 students in the experimental group, and 40 students in the control group. The following is a table of characteristics of research subjects: Table 3.1: Characteristics of Research Subjects

CiteSpace is a tool dedicated to scientometrics and literature visualisation that analyses trends, research hotspots and cutting-edge areas in the scientific literature. The software helps researchers identify key nodes and development patterns in scientific research activities by creating different types of network graphs, such as citation networks, co-citation networks, etc. CiteSpace supports the processing of large amounts of academic data, enabling researchers to discover keywords, themes, and collaborators in complex information, thus providing insights into the structure and evolution of a specific academic field. This tool plays an important role in keeping abreast of the dynamics of the discipline and driving research deeper. In this study, CiteSpace software was used as the main analytical tool to systematically sort out and analyse the hotspots and frontiers of academic research on martial arts in China between 2005 and 2024. The research data were obtained from CNKI Chinese core journals and CSSCI source journals.

Research significance: This study utilises extensive keyword searches and a carefully screened collection of literature covering a number of core areas of martial arts research, such as cultural inheritance, educational applications, philosophical reflections, ethical theories and their globalisation process, to ensure multi-dimensionality and depth of analysis. By selecting CNKI Chinese core journals and CSSCI journals as the main data sources, the academic authority and quality of the literature are ensured, and the trust and influence of the research results are enhanced. Covering a time span from 2005 to 2024, this study provides us with a unique perspective to observe and analyse the development trend and changes in domestic research on wushu since the 21st century, showing the full picture of the gradual evolution of wushu as an ancient art in modern society. This broad coverage of the historical span not only helps us understand the traditional roots of martial arts, but also reveals how it has adapted to and influenced multiple aspects of modern society.

Characteristics of the research data: Through cluster analysis techniques, we succeeded in identifying the major hotspots of Wushu research, which not only highlights the traditional values of Wushu and its applications in modern society. These research hotspots reflect how martial arts as a cultural phenomenon crosses geographical boundaries and promotes understanding and respect among different cultures. The multidisciplinary and cross-disciplinary nature of wushu research, which covers a wide range of fields such as kinesiology, philosophy, and sociology, demonstrates the importance of in-depth understanding of wushu from a variety of disciplinary perspectives. This interdisciplinary perspective not only enriches the theoretical foundations of wushu, but also enhances the practical significance of its research. With the help of comprehensive analyses of 2,915 high-quality documents, the results are ensured to be broadly representative and in-depth, providing solid data support for the direction and strategy of future Wushu research.

Research tools and techniques: The visualisation and analysis carried out through the use of CiteSpace software effectively presents the knowledge structure and historical trends of martial arts research, providing researchers with an intuitive view that enables them to quickly locate the core themes and latest developments in martial arts research. This visualisation is particularly important because it not only simplifies the process of interpreting complex data, but also makes the trends



and evolution of research readily apparent, thus helping researchers to identify potential research gaps and future research directions. The co-occurrence analysis and clustering of keywords in the literature accurately depicts the interaction between the main topics and keywords in the field of martial arts research. This analysis not only highlights the hotspots of current research, but also highlights the innovative points and frontiers of academia in the field of martial arts.

3.1. Data and CiteSpace software parameter settings

Data retrieval strategy: CNKI Chinese core journals, with "Wushu Culture", "Wushu Education", "Wushu Spirit", "Wushu Communication", "Wushu Cultivation", "Wushu Globalisation", "College Wushu", "Wudao "Wushu Culture", "Wushu Education", "Wushu Spirit", "Wushu Communication", "Wushu Cultivation", "Wushu Globalisation", "Wushu in Colleges and Universities", "Wushu Virtues", "Wushu globalisation", "Wushu in colleges and universities", "Wudao", "Wudao", "Wudao", "Wudao", "Wushu philosophy" and other keywords were used as the search themes, and the logic of "theme and subject" was used to conduct accurate search, and a total of 3226 documents were retrieved. In order to ensure the rigour of the research and the relevance of the data, the literature unrelated to the research topic was eliminated through manual screening, and finally 2,239 core documents were retained. CSSCI source journals are journals based on higher academic authority and influence, and a total of 1,602 relevant documents were retrieved with "title" as the main search field. After manual screening, we excluded the literature that did not fit the research topic, and finally included 1552 articles as valid research literature.

Data processing: In order to further optimise the systematic and comprehensive nature of data analysis, the screened literature was imported into CiteSpace software. Through data format conversion and merging processing, a total of 3238 documents were formed as the preliminary dataset. After the de-duplication process, 323 duplicate literatures were excluded, and 2,915 high-quality literatures were finally identified as the core data base of this study.

CiteSpace parameter settings: time slice start and end time for "2005 to 2024", set the granularity of time segmentation is "1 year"; vocabulary source for "Topic, Abstract, Keyword (DE), Keyword Plus (ID)"; node type select "Keyword"; link strength: select the calculation method of connection between nodes as "Cosine", the scope of the selection of "Cosine"; link strength: select the calculation method of connection between nodes as "Cosine", the scope of the selection of the selection of "Cosine".), Keyword Plus (ID)"; select "Keyword" for node type; link strength: select "Cosine" for the calculation method of inter-node connection, and select "within slices" for the range. "within slices"; node filtering method g-index: control the threshold of node filtering, k value indicates the incremental parameter is set to "7"; streamline the network selection". Pathfinder, individual time periods, integrated network as a whole".

3.2. Basic Information on Data Sources

According to the data in Table 4.1, the total number of literature records retrieved was 3238, the number of duplicates was 323 and after removing the duplicates, the number of unique valid records left was 2915. These were the final literature data used for analysis. No invalid records were found in the dataset, which is shown as 0. This indicates that all the bibliographic records complied with the import requirements and there were no null values or formatting errors. The results of this data processing show that CiteSpace is able to effectively identify and remove duplicate records, resulting in a final dataset of bibliographic records, which provides a reliable data base for subsequent bibliometric analyses.



Records Found in Total	3238
Unique Records	2915
Duplicated Records	323
Invalid Records	0

Table 1 Citespace data processing

According to Table 2, there is a clear annual distribution of data sources, with peak years in 2009 (219 articles), 2014 (199 articles) and 2008 (190 articles). Peak years include 2009 (219 articles), 2014 (199 articles), and 2008 (190 articles). Low years include 2023 (88 articles), 2024 (62 articles), and 2010 (88 articles). The overall trend is a yearly increase from 2005 to 2009, from 121 to 219 articles; after 2010, the number of literature fluctuates, but generally maintains between 100 and 200 articles; after 2020, the number of literature gradually decreases, which may be related to the completeness of the data collection or the change of the heat of the field research.

vintages	Number of articles	vintages	Number of articles
2005	121	2015	169
2006	120	2016	180
2007	150	2017	163
2008	190	2018	177
2009	219	2019	138
2010	88	2020	124
2011	154	2021	133
2012	145	2022	109
2013	186	2023	88
2014	199	2024	62

Table 2 Annual distribution of articles

3.3. Keyword Co-Occurrence Analysis

Distribution and evolution of core keywords: According to the analysis results in Figure 1 and Table 3, the high-frequency keywords mainly focus on the concepts of "wushu" (601 times), "wushu culture" (328 times), "Chinese wushu" (241 times) and "traditional wushu" (229 times). " (241 times) and "traditional wushu" (229 times). The high centrality of these keywords (e.g. 0.44 for "Wushu culture") indicates their bridging role in the research network. The keyword "wushu" as the most central research theme, "wushu" in the analysis shows a wide research coverage, with



"wushu culture" (328 times), "wushu education" (102 times), and "competitive martial arts" (73 times), reflecting the multidimensional perspective of the research. The keyword "wushu culture" shows the importance of the spiritual core and cultural value of traditional wushu, highlighting the importance of cultural heritage. Its centrality reaches 0.44, showing its key bridging role in the research network. The keywords "Chinese wushu" and "traditional wushu" focus on the national characteristics and historical inheritance of wushu, of which "Chinese wushu" appears 241 times, indicating that the research focuses on the international dissemination of local culture.

Keyword network structure analysis: through the co-occurrence diagram, it can be seen that the distribution of research themes forms multiple sub-networks, each of which is centred around different research areas. ① Cultural heritage and dissemination. Keywords such as "Chinese martial arts" (52 times), "cultural dissemination" (29 times), "traditional culture" (27 times) form a group, indicating that one of the research focuses on the value of cultural heritage and international dissemination strategy of martial arts. cultural heritage value and international communication strategy. The research focuses on how to realise the reconstruction of traditional wushu in the modern context through cultural self-awareness and cultural innovation. Education and popularisation. "Wushu education" (102 times) and "school wushu" (42 times) form a strong link in the network, reflecting the importance of wushu in the education system. In particular, the centrality of "school martial arts" is 0.51, indicating its role as a bridge between education and cultural studies. The keywords "general colleges" (27 times) and "secondary schools" (30 times) appear relatively infrequently, but are closely related to "martial arts courses" (29 times), indicating that there is still room for development in the popularisation of martial arts in basic education. This indicates that there is still room for development in the popularisation of wushu in basic education. (iii) Competitive and sports. The terms "competitive wushu" (73 times) and "sportification" (55 times) reflect the trend of transformation of traditional wushu into modern forms of sport, especially the increase in research on competitive rules and standardisation. Globalisation and internationalisation. The keywords "globalisation" (36 times) and "international dissemination" (29 times) show that research has paid some attention to the challenges and opportunities of Wushu in global dissemination, but its centrality is low (0.19 and 0.06, respectively), which suggests that this area has yet to be further explored. be further explored.

Keyword co-occurrence trend: through the analysis of the time distribution in the keyword co-occurrence map, the co-occurrence trend shows three aspects. (1) Continuous deepening of cultural research. The research related to "wushu culture" has continued from 2005 to the present, and has maintained a high frequency (328 times), indicating that the research on the cultural connotation of traditional wushu is the focus and difficulty in this field. (2) Stage-by-stage development of educational themes. "Wushu education" appeared more frequently between 2005 and 2010, and then declined, indicating that the focus of research may be shifted in phases, and the need for integration and innovation in the education system has become more prominent. (iii) The gradual rise of globalisation issues. Research on the keyword "globalisation" began to appear from 2009 onwards (centrality 0.19), reflecting the practical needs and research value of the international promotion of wushu.

Keyword association characteristics: the strength of the connection between nodes in the keyword co-occurrence graph and the distribution characteristics reveal three aspects of content. ① Strong association between high-frequency keywords. "Wushu" (601 times), "Wushu culture" (328 times), and "Chinese wushu" (241 times) form a stable research core, reflecting that the field of traditional wushu The research is based on the main line of culture and national characteristics. ② Diversity of associations within the sub-network. The keyword associations within the sub-networks of "competitive wushu" (73 times) and "sportification" (55 times) show a high degree of concentration, but the connection with the cultural theme is weaker, indicating that the research on sportification



pays more attention to the technical and rule level. (iii) Cross-cutting trend of cross-field research: "globalisation" (36 times) and "cultural communication" (29 times) show a certain degree of cross-correlation, suggesting that the research is gradually expanding to cross-cultural communication and global influence.

Keyword centrality analysis: keyword centrality is an important indicator of its bridging role in the network. From the centrality data in Table 4.3, ① keywords with high centrality. "martial arts culture" (0.44) and "school martial arts" (0.51) occupy an important position in the research network, indicating their key role in connecting different research themes. "Physical culture" (0.32) also showed high centrality, suggesting an increasing interest in its relationship with martial arts in education and competition. (ii) Keywords with low centrality. For example, "globalisation" (0.19) and "international communication" (0.06), despite the gradual increase in research intensity, their bridging role in the network has not yet been fully revealed, suggesting that the depth and breadth of research still need to be improved.

frequency	centreline	Starting year	byword
601	0.31	2005	all kinds of martial art sports (some claiming spiritual development)
328	0.44	2005	Wushu Culture
241	0.22	2005	Chinese martial arts
229	0.2	2005	traditional martial arts
102	0.22	2006	martial arts education
74	0.07	2005	martial arts routine
73	0.34	2005	cultures
56	0.06	2005	competitive martial arts
55	0.32	2005	developmental
52	0.18	2005	sports culture
47	0.51	2005	Chinese martial arts
42	0.18	2010	School Martial Arts
38	0.25	2005	self-defence training
36	0.19	2005	globalisation
31	0.06	2006	Development of Wushu
30	0.05	2009	military ethics
29	0.17	2005	universities and colleges
29	0.06	2009	dissemination of martial arts
29	0.05	2009	an inheritance
27	0.2	2006	sino
27	0.19	2009	martial arts
27	0.07	2010	sports history
26	0.1	2005	traditional culture
23	0	2006	Sports research
22	0.09	2007	propagate
22	0.06	2019	new age

Table 3 Keyword co-occurrence table

3.4. Keyword Clustering Analysis



Clustering overview: according to the keyword clustering map and table generated by CiteSpace (see Figure 4.2 and Table 4.4), the distribution of keywords in traditional wushu research forms 13 clusters, each representing an independent but interrelated research direction. These clusters not only demonstrate the diversity of research themes, but also provide a clear theoretical framework for exploring different dimensions of traditional wushu. By analysing the cluster size and themes, research hotspots and their dynamic changes can be better understood. The largest cluster is #0 "martial arts culture", which contains 25 nodes and has a profile value of 1, indicating a high degree of internal consistency within the cluster and its centrality in the keyword network. Other major clusters include #2 "Chinese culture" (23 nodes), #1 "martial arts" (23 nodes), #3 "martial arts education" (22 nodes), and #4 "Traditional Wushu" (21 nodes). The years of clustering span from 2005 to 2024, showing the changing trajectory of research hotspots. For example, "Wushu culture" (#0) started in 2011, covering sub-themes such as "competitive sports", "cultural exchanges", and "aesthetics of wushu"; "traditional wushu" (#3) started in 2011, and "traditional wushu" (#4) started in 2024. "Wushu education" (#3) became the focus in 2015, focusing on its role in school education and the transmission of the national spirit.

Main cluster analysis: Cluster #0 (Wushu culture), which is the largest cluster with the highest profile value in the study, shows the importance of "Wushu culture" as the core theme of the study. The keywords include "competitive sports", "cultural exchange" and "martial arts aesthetics", indicating that the research covers multiple dimensions of martial arts culture. The keywords in this cluster reflect the continued attention of academics to the core values of wushu culture. The research revolves around cultural inheritance and innovation, with particular emphasis on how martial arts culture adapts to the needs of the times in the context of modern society. Cluster #2 (Chinese culture), with keywords focusing on "globalisation", "universities" and "loss of language", reflects the positioning of traditional wushu in Chinese culture and the challenges of its international dissemination. The keywords such as "globalisation", "universities" and "lost language" reflect the position of traditional wushu in Chinese culture and the challenges of international dissemination. Keywords such as "globalisation" and "universities" reveal the role of Wushu education in international exchange and university promotion. The term "lost language" reveals possible deficiencies in the process of cultural transmission and suggests that researchers should pay attention to the modern expression of cultural symbols. The core theme is to explore how to achieve the identity and value output of Chinese Wushu in the international cultural arena through university education and globalised communication. Cluster #1 (Wushu) contains keywords such as "standardisation" and "traditional wushu", which shows the researchers' concern about the standardisation of wushu in the process of modernisation. The appearance of the keywords "inheritance" and "technical combat" indicates that the technical combat value of traditional wushu is still an important dimension of research. The keywords indicate that research is gradually expanding from the traditional function of combat to the exploration of cultural and sports functions. Cluster #3 (Wushu Education), which highlights the role of wushu in the education system, focuses on school education and national spirit transmission. Keywords such as "school martial arts", "competition" and "martial arts culture" indicate that the research focuses on how to modernise and popularise martial arts through school education. There is a gradual emphasis on fostering the cultural identity of wushu among young people through educational pathways. Cluster #4 (Traditional Wushu), including the keywords "styles", "martial arts development" and "cultural consciousness", focuses on the self-positioning and function of traditional wushu in the process of modernisation and transformation. Focusing on the self-positioning and transformation of traditional wushu in the process of modernisation. The core theme is to explore how to maintain the cultural characteristics of traditional wushu in the context of modernisation, and to avoid its homogenisation and commercialisation.



The overall trend of keyword clustering and research insights: ① Dual focus on culture and education. Clusters #0 and #3 indicate that the research has formed a more mature theoretical system in the two directions of cultural heritage and educational promotion. ② Initial exploration of internationalisation and globalisation. The keywords in clusters #2 and #5 reflect the challenges and opportunities encountered in the international dissemination of traditional Wushu. Future research needs to further explore the cultural value export path of Wushu in the context of globalisation. ③ Balance between tradition and modernity. Clusters #1 and #4 show that research has gradually expanded from functional exploration to cultural level when dealing with the modernisation and transformation of traditional wushu, emphasising the balance between traditional skills and modern needs.

Cluster ID	Number of nodes	contour value	vintages	ballpark
0	25	1	2011	Wushu Culture, Wushu, Competitive Sports, Cultural Exchange, Wushu Aesthetics
2	23	0.92	2011	Chinese culture, globalisation, universities, dilemmas, aphasia
1	23	1	2015	Wushu, Chinese Wushu, Wushu Culture, Standardisation, Traditional Wushu
3	22	0.995	2015	Wushu Education, School Wushu, National Spirit, Competitive Wushu, Wushu Culture
4	21	0.934	2015	Traditional Wushu, martial arts, martial arts development, styles, cultural self-awareness
5	21	0.966	2014	Chinese Wushu, Martial Arts, Cultural Communication, Wushu Education, Traditional Wushu
6	19	0.852	2011	Chinese martial arts, culture, tradition, school sports, martial arts programmes
7	18	0.876	2009	Sports culture, martial arts communication, sports), Olympics, internationalisation
8	15	0.78	2010	Martial arts teaching, general education, primary and secondary schools, context, value system
9	12	0.983	2009	Development, China, Preservation, Traditional Culture, Strategies
10	12	0.943	2008	Wushu routines, techniques, teaching content, movement techniques, teaching methods
11	10	0.936	2011	Values, heritage, education, originality, content
12	9	0.953	2014	New Age, Communication, Ethics, New Media, Martial Arts Martial Virtues



Table 4 Keyword clustering table

3.3. Result

With in-depth study of wushu, modern society has gradually come to realise that traditional wushu is not just a form of physical exercise, but a comprehensive art that involves multiple physical, psychological, spiritual, cultural and social dimensions. The multiple values of wushu are constantly being given new connotations and functions in the current globalisation and cultural exchange. Firstly, the training of Wushu has a significant effect on the physical health of an individual, enhancing physical fitness and bodily functions. Secondly, as a carrier of cultural inheritance, Wushu preserves and transmits a wealth of traditional skills and philosophical ideas, and strengthens the sense of national cultural identity and cohesion. Thirdly, while providing self-defence skills, Wushu also serves as a bridge for social communication, helping people from different backgrounds to build trust and respect, and promoting social harmony. Fourthly, on the psychological level, martial arts training helps practitioners learn to control their emotions and enhance their concentration and willpower, which is particularly important in the stressful environment of modern society. Fifthly, in terms of artistic expression, Wushu not only enriches the diversity of art through its unique performance forms, but also demonstrates its deep cultural heritage on the international stage. As a language of international exchange, Wushu promotes global understanding and appreciation of Chinese culture through international competitions and cultural exchange activities. This two-way flow of culture has allowed Wushu to demonstrate a wider influence in the world and become an important link between different cultures. By exploring the changing values and modern empowerment of Wushu, and demonstrating its multi-faceted nature as a blend of tradition and modernity, the study aims to provide theoretical support and practical guidance for the future development of Wushu, and to ensure that this cultural heritage continues to shine in the context of globalisation.

4. DISCUSSION

As an important symbol of Chinese culture, traditional Chinese martial arts not only have a technical function, but also carry national spirit, moral education and philosophical connotations at a deeper level. From a military training tool during the Spring and Autumn and Warring States Periods to today's cultural heritage, the function and significance of wushu have evolved continuously. Its unique cultural value can be summarised as follows:

a. Value transmission and change

Wushu embodies the survival wisdom and art of war accumulated by the Chinese nation over its long history, and is an important record of ancient Chinese military culture. From the military techniques



of the Cold Warrior Era, to the folkloric techniques and health practices, wushu is not only an important witness to history, but also a microcosm of social change. For example, during the Spring and Autumn and Warring States Periods, Wushu was an important part of the military arts, and its development directly served military training and combat; during the Han and Tang Dynasties, Wushu began to be integrated into the entertainment and education systems of the royal family and the civil society, and it became a symbol of social stability and cultural dissemination. The rise of Shaolin Temple Wushu is a combination of technical combat and Zen, showing the unique form of religion and martial arts. During the Ming and Qing Dynasties, martial arts entered the peak of folk development, all kinds of schools such as Taijiquan, Xingyiquan, Bagua Palm, etc. came into being, which not only reflected the diversity of regional culture, but also became an important link to enhance community cohesion. These schools have played an important role in the history of fighting aggression and defending the homeland, shaping the national spirit as well as enriching Chinese culture. The importance of the historical value of wushu lies in the fact that it not only records the crystallisation of the wisdom of the Chinese people in war, cultural exchange and social governance, but also in the fact that, as an intangible cultural heritage, it serves as an important window for the study of the social structure, cultural landscape and technological progress of ancient China. Through the historical lineage of martial arts, we can trace how the Chinese nation achieved a balance between self-preservation and cultural self-confidence at different stages of history, a balance that provides valuable cultural and spiritual insights for modern society.

b. Philosophical values

Internal martial arts, such as Taijiquan, emphasise "softness overcoming hardness" and "combining motion and static", which profoundly embodies the Taoist idea of the balance of yin and yang and the philosophy of nature. According to Taoism, the universe operates according to the laws of Yin-Yang harmony and rigidity and flexibility, and Taijiquan perfectly interprets this philosophical concept with the characteristics of "there is stillness in movement and movement in stillness". Through the slow and smooth movements of Taijiquan, practitioners not only perceive the external mechanical changes, but also experience the inner cultivation of the mind, thus realising the ideological realm of "unity of heaven and man". The external boxing style demonstrates Confucianism's sense of responsibility and the pursuit of physical fitness through the combination of strength, speed and skill. Confucianism advocates "cultivating one's body, aligning one's family, ruling the country, and levelling the world", while external boxing styles such as Hung Gar and Shaolin Quan emphasise the cultivation of personal ability and the practice of social responsibility through rigorous physical training and the use of strength. In addition, the concept of "stopping the sword for the sake of martial arts" is an important manifestation of philosophical values in Wushu. This concept not only emphasises the mastery of martial arts skills, but also advocates peace as the ultimate goal. Through the practice of martial arts, practitioners can learn to exercise self-discipline, resolve conflicts, convince others with virtue, and achieve a harmonious life with both internal and external cultivation.

5. CONCLUSION

The Government should further strengthen the protection of the intangible cultural heritage of traditional martial arts by setting up a special fund to support the training of inheritors, the recording of skills and digital preservation. At the same time, it should establish a systematic archive of martial arts techniques and preserve the genealogy, movement teaching and oral history through multimedia technology to ensure the integrity and transmissibility of traditional techniques. In addition, non-heritage martial arts culture should be promoted to set up inheritance bases across the country, so that more people can have access to and learn traditional martial arts, and a sense of social participation and cultural identity can be enhanced.



To establish unified industry standards to regulate the operational system of wushu education, performance and competition, and to enhance the authority and dissemination of wushu at home and abroad. This includes not only the unification of movement norms and competition rules, but also the standardised interpretation of cultural connotations, to ensure that wushu maintains its technicality and fully embodies its profound cultural values in international dissemination. At the same time, the professionalism of Wushu teachers and coaches can be improved through the development of a hierarchical certification system, laying a solid foundation for the global promotion and popularisation of Wushu.

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