

# The Origin, Connotation Structure and Value Implication of Chinese Sports Spirit in the New Era

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**Abstract:** The Chinese sports spirit in the new era is the soul and core of the development of Chinese sports in the new era and the promotion of the construction of a sports power. It inherits the martial arts spirit of the Chinese civilization for 5,000 years, and highlights the essence of the Chinese revolutionary heroism. The sublimation of understanding has been realized in the practice exploration. The values of firm ideals and beliefs, patriotic dedication, daring to fight and victory, and noble moral sentiments advocated by the Chinese sports spirit in the new era not only enrich the specific manifestations of the Chinese spirit, but also shape a healthy physique and grow into talents for the newcomers of the era. Leading the direction of value, it also provides spiritual support for Chinese youth to achieve the two centenary goals and shoulder the responsibility of national rejuvenation, and has profound value implications.

**Keywords:** Chinese sports spirit; new era; origin of formation; connotation structure; value implication

## 1. Introduction

Sports is both a material force and a spiritual force, which is not only beneficial to individual health, but more importantly, it spreads a positive, healthy and progressive culture. Chinese athletes in the new era shine in sports competitions at home and abroad, forming a new era of Chinese sports spirit with patriotic dedication, composure and bravery, courage to compete, and tenacious struggle as the main values. It has added a strong spiritual power to the realization of the goal of becoming a sports power and even the development of China.

## 2. The Origin of the Chinese Sports Spirit in the New Era

The Chinese sports spirit in the new era is not water without a source or a tree without roots. Its formation is mainly attributed to the martial spirit of the Chinese nation, the spirit of Chinese revolutionary heroism, and the adhering and practicing of the Olympic spirit by Chinese athletes.

### 2.1. Cultural Foundation: the Martial Spirit of the Chinese Nation

"The formation of any great spirit is inseparable from the nurture and nourishment of excellent culture. The Chinese sports spirit is formed on the basis of Chinese sports culture."<sup>[1]</sup> The spirit of martial arts is the foundation of the Chinese sports spirit in the new era, an important cultural imprint branded by the Chinese civilization of five thousand years, and has had a profound impact on the development of the Chinese sports spirit in the new era. The spirit of martial arts has existed since ancient times. Throughout history, the rise of the Chinese nation has been accompanied by the promotion and penetration of martial arts culture to a certain extent. Confucius advocated the six arts and walking with swords, and believed that "whoever has literature must have military equipment". During the Han and Tang Dynasties, martial arts prevailed. Under the command of Liu Che, Wei Qing and Huo Qubing launched a comprehensive counterattack against the Huns. The Huns were destroyed. Following this, they will destroy Loulan, pacify the Qiang people, destroy the Turks in the east and west, pacify Xueyantuo, and conquer Goryeo. These all reflect the cultural tradition and spiritual thinking of the Chinese nation for a long time. Today's society vigorously promotes righteousness, the state actively advocates fighting tigers and anti-corruption, eradicating gangs and evil, and the people are jealous of evil and fight terrorism and come forward. The spirit of martial arts is being promoted in the whole society in a new way. To this day, China's outstanding athletes are inheriting the spirit of martial arts with their outstanding performance. From Taijiquan's softness to overcome rigidity, to swordsmanship's heroic posture, and then to the unstoppable table tennis, they all show the spirit of the Chinese nation to the fullest. These are vivid interpretations of the martial spirit, and they have injected a positive, self-improving, tenacious and hard-working cultural tone into the Chinese sports spirit in the new era, laying a cultural foundation.

### 2.2. Important Lifeline: Chinese Revolutionary Heroism

The spirit of Chinese revolutionary heroism originates from the traditional Chinese culture of "sacrificing one's life for righteousness", "unremitting self-improvement", "healthy and promising" and "tenacious struggle". There is a saying in China since ancient times: "The gentleman is self-improvement." Mencius also said: "He who sacrifices his life for righteousness." The spirit of

unremitting self-improvement, sacrificing one's life for righteousness and seeing death as home in traditional culture is a vivid expression of Chinese revolutionary heroism." The spirit of Chinese revolutionary heroism has been continuously developed. During the revolutionary period, we established the Jinggangshan Revolutionary Base, bravely marched on the Long March, resisted the aggression of Japanese militarism, smashed the Kuomintang army's attack, leaped thousands of miles into the Dabie Mountains, competed in the Central Plains, and decisively fought the three major battles of Liaoshen, Huaihai, and Pingjin. Until the founding of the People's Republic of China, the struggle to resist US aggression and aid Korea, fight floods, develop "two bombs and one satellite", manned spaceflight, etc., has experienced indomitable struggles. Gradually formed the heroic spirit of the Chinese revolution with heroism and tenacity as the main ideological qualities, such as being brave and tenacious, giving up one's life, and not being afraid of hardships. This is also an important lifeline for the formation of the Chinese sports spirit, inspiring generations of sportsmen to stand up for the development of Chinese sports, face challenges and move forward bravely. The spirit of Chinese revolutionary heroism was planted in the lifeline of Chinese sports spirit when Marshal He Long selected the leading cadres of the Central Sports Committee from the army and managed them in strict accordance with militarized standards. The bloody nature of the soldiers has injected a steady stream of nutrients into the Chinese sports spirit, and now it has grown into a towering tree and will continue to grow in the new era. Inspired by the spirit of revolutionary heroism, Chinese sportsmen still have high fighting spirit, have the motherland in mind, and have the spirit of revolutionary heroism in mind. They are not afraid, do not back down, not afraid of losing, and rise to the challenge. They go forward bravely and fight more and more bravely. The spirit of composure, courage, competition, and tenacious struggle advocated by the Chinese sports spirit is an inherent derivative of the Chinese revolutionary heroism. Without the injection of the Chinese revolutionary heroism, the Chinese sports spirit in the new era will inevitably be difficult to revitalize. These spiritual qualities are continuously injecting good spiritual power and value support into the Chinese sports spirit in the new era, and are an important lifeline for Chinese sportsmen to win.

### 2.3. Realistic Basis: Chinese Sportsmen's Adhering and Practicing of the Olympic Spirit

The Olympic Charter defines the Olympic spirit as the spirit of perseverance and joy, the spirit of participation and fear of failure, the spirit of opposing war and the pursuit of peace. These coincide with the spirit of "harmony but difference", "the benevolent love others" and "the wise know people" that have existed in China since ancient times. Chinese sports people have been adhering to the Olympic spirit from the very beginning, and practiced the Olympic purpose of "sports serve the harmonious development of human beings and promote

the establishment of a peaceful society that safeguards human dignity". From the original "Sick Man of East Asia" to the "Centennial Dream" of the Beijing Olympics, sports in New China has developed vigorously and has experienced a historic leap. At the 2008 Beijing Olympics, China topped the gold medal list as the first Asian nation with 51 medals. Compared with the previous one-sided pursuit of the dissemination of the voice of Chinese sports and the proof of China's sports strength, the focus on adhering to the Olympic spirit to strive for pleasure, and focusing on participation and other qualities have become the new wind vane pursued by Chinese sports athletes. The Olympic spirit, the Olympic movement and the Olympic concept it has been vigorously praised, promoted and practiced. "Incorporating the life philosophy of 'healthier, happier and happier' will become the 'Chinese competitive sports culture' that has evolved."<sup>[2]</sup>

### 3. The Connotation Structure of Chinese Sports Spirit in the New Era

Since the founding of the People's Republic of China, our country has formed a unique sports culture spirit that reflects national characteristics in the long-term sports practice process. In the new historical process of socialism with Chinese characteristics entering a new era, on the one hand, ideals, beliefs and professional ethics have given new meanings to the Chinese sports spirit in the new era; On the other hand, patriotism and national integrity enrich the core connotation of Chinese sports spirit.

#### 3.1. The Soul of Chinese Sports Spirit in the New Era: Always Maintain Firm Ideals and Beliefs

Ideals and beliefs are first of all ideas at the ideological level, and secondly, they are the key to guiding the solution of various practical problems. Only by establishing lofty ideal goals, maintaining firm ideals and beliefs, and paying attention to persevering spirit and scientific attitude, can people finally exert their greatest potential, surpass themselves and challenge themselves. Whether in sports training or sports events, Chinese sports people always maintain firm ideals and beliefs. For example, the reason why the Chinese women's volleyball team can achieve such impressive results is inseparable from their strong ideals and beliefs. Since the Hiroshima Asian Games, the Chinese women's volleyball team has fallen to the bottom and lost its leading position in Asia. For a time, there was a wave of social criticism, and people began to question the management and operation mechanism of competitive sports, and began to question the spirit of the women's volleyball team. However, the women's volleyball players became more and more courageous. Under the leadership of coach Lang Ping, they began to reflect on themselves, began to look at problems with rational eyes, innovated training methods, changed strategies, always strengthened their ideals and beliefs, and worked hard. Finally, under the support of strong ideals and beliefs, the Chinese women's volleyball team rose to the challenge and finally won the

championship again after 12 years, and won the Women's Volleyball World Cup with an impressive record of eleven consecutive victories. It can be seen that firm ideals and beliefs are not a kind of utopia in the spiritual world, nor are they imprisoned by thoughts, but a process that people actively shape according to their own goals. Always maintaining firm ideals and beliefs is the soul of the Chinese sports spirit in the new era. The value thinking of ideals and beliefs is not only reflected in individuals and groups, but also extends to groups. Only when all Chinese young people have firm ideals and beliefs and ideal values that surpass themselves in their persistent pursuit, can they realize the lofty national ideal.

### 3.2. The Core of Chinese Sports Spirit in the New Era: Consolidate National Strength with Patriotism and Dedication

The spirit of patriotism and dedication is the core of the Chinese sports spirit in the new era. At the same time, the national spirit with patriotism as the core is an important part of the core connotation of the Chinese spirit. Patriotism has always been a strong spiritual bond to condense national strength. It is precisely because of this that sportsmanship can promote national identity, national identity and value identity, can attack narrow nationalism, and promote the construction of China's open nationalism in the new era. Chinese sports people have experienced the ridicule of the "sick man of East Asia", experienced Liu Changchun's journey across the ocean alone in 1932 to represent the national team at the Los Angeles Olympics, and experienced Xu Haifeng winning the new China's first Olympic gold medal at the 1984 Los Angeles Olympics. After holding the Beijing Olympics in my own country in 2008 and the 2022 Winter Olympics. The road to socialist sports with Chinese characteristics in the new era is constantly growing and developing, which has laid the foundation for the strategy of sports power and the realization of the Chinese dream. As outstanding Chinese athletes in the new era, they have grown up through long-term hard training and accumulation of experience in competitions. What keeps them standing up again and again after they fall down again and again? It is the spirit of patriotism and dedication that gathers strength again and again, bursting out their buried national pride and glory for the country. Because they understand that sports is not only a personal battle, but also a fight for the nation and the country.

Today, sports are not just competitive sports, but gradually show a social function, showing the world the external manifestation of the mighty power of a country. Sports is one of the important symbols of a country's prosperity. It is not only related to the personal honor of athletes, but also to the strong appeal of the country, the nation, and the Olympic competitive stage. Sports competition has increasingly become an important factor in the country's comprehensive strength and future competitiveness, and a sports power is an important support for the great rejuvenation of the Chinese nation. This requires Chinese people to have a strong physique

and work tirelessly for it. It also requires Chinese sportsmen to adhere to the spirit of patriotism and dedication to unite the national strength, and always keep in mind the sense of honor and responsibility for winning glory for the country.

### 3.3. The Life of Chinese Sports Spirit in the New Era: Dare to Fight and Win in Competition

Athletes who dare to fight and win in sports competitions are the life of the Chinese sports spirit in the new era. In the process of participating in physical exercise and sports competitions, they are motivated, compete for the upper hand, and overcome difficulties, which is the process of cultivating a brave spirit and a tenacious will. The tenacious style of athletes who dare to fight and win promotes the vigorous development of Chinese sports in the new era. Tenacious style is the foundation of sportsmanship, which not only represents the positive attitude of athletes to surpass themselves, but also an important factor in sports competition. In daily training, athletes constantly challenge themselves, stimulate their potential, and keep improving their sports skills; In competitions, athletes are high-spirited, dare to compete, persevere, strive for the top, and go all out to fight until the last moment; These are all vivid practices of the Chinese sports spirit of the new era, daring to fight and daring to win. Since China topped the gold medal list with 51 medals as the first Asian nation at the 2008 Beijing Olympics, Chinese athletes have been making their mark on the sports arena. They fought tenaciously, tried their best, and achieved fruitful results, vividly interpreting the connotation of the Chinese sports spirit of the new era, daring to fight and daring to win, and its significance goes far beyond the medal itself.

### 3.4. The Pursuit of Chinese Sports Spirit in the New Era: the Formation of Noble Professional Ethics

Sportsmanship is what sports people should have. Today, there are still some oddities in Chinese sports, such as official corruption, fake games and doping, etc., which not only seriously damage the image of Chinese sports people, but also hinder the healthy development of sports in China and the world. To promote sports ethics, it is necessary to deal with strange diseases in the sports arena, and it is necessary to continue to educate Chinese athletes on sportsmanship, consolidate professional ethics, and let them consciously establish a noble moral sentiment and image. Professional ethics in sports is the moral code and code of conduct that athletes should abide by. The formation of professional ethics of sports people is not only affected by social, political, economic, cultural and moral relations in a certain era. Moreover, under the guidance of Chinese sportsmanship, it has gradually formed its own industry-specific moral requirements, norms and standards, which play a guiding and supporting role in the professional quality of athletes. Combining sports spirit education with professional ethics education is an important task in China's current sports industry. Cultivating the sportsmanship of athletes leads the development direction of athletes' personal

professionalism and helps their team cohesion. Sports is a display of strength and beauty. Sports competition is not only a display of sports skills, but also a display of sportsmanship, sportsmanship and sports quality. As a qualified Chinese sportsman in the new era, we should not only pursue excellent sports skills, but also pursue lofty sportsmanship and excellent sports quality, so as to improve good professional ethics and professional ethics and professional accomplishment in practice. This is not only one of the inherent qualities of sports people, but also the pursuit of Chinese sports spirit in the new era.

#### **4. The Value Implication of Chinese Sports Spirit in the New Era**

The Chinese sports spirit in the new era has rich connotations and far-reaching values. As the driving force of national strength and individual potential, the Chinese sports spirit in the new era not only enhances the spiritual power of Chinese sports people, but also enriches the specific manifestations of the Chinese spirit. It will lead the value direction for people in the new era to shape a healthy physique and grow into talents, and provide important spiritual support for realizing the two centenary goals and shouldering the great responsibility of national rejuvenation.

##### **4.1. Enriching the Specific Manifestations of the Chinese Spirit and Expanding the Revolutionary Spirit System**

The Chinese sports spirit in the new era has nurtured the Chinese spirit and enriched its specific forms of expression. When the President met with the Chinese sports delegation after the Rio Olympics, he praised the athletes for their outstanding performance in the Rio Olympics, emphasizing that the athletes vividly interpret the Olympic spirit and Chinese sports spirit. He believes that this is an important manifestation of the Chinese spirit. The Chinese sports spirit in the new era is based on the martial spirit of the Chinese nation as its cultural foundation, takes the Chinese revolutionary heroism as its important lifeline, adheres to the Olympic spirit, continuously enriches the contemporary connotation of innovative sports spirit, and gives the Chinese spirit a new and richer form. On the one hand, the Chinese sports spirit in the new era brings forth the new, absorbs the essence and learns from experience, Inherit and continue the excellent traditional Chinese national spirit, patriotic dedication, calm and courageous, courageous to compete, and tenacious struggle; On the other hand, the Chinese sports spirit in the new era not only keeps pace with the times and injects new connotations of the times, but also expands the revolutionary spirit system. It also absorbs the essence of Western spiritual culture and integrates the Olympic spirit into the Chinese sports spirit. Injecting new blood into the Chinese sports spirit and enriching the profound connotation of the Chinese spirit.

##### **4.2. Create a Healthy Physique for People in the New Era, Promote Growth and Lead the Direction of Value**

"Sports spirit is the pillar and soul of sports, and Chinese sports spirit plays a guiding role in sports

practice activities."<sup>[3]</sup> As Locke said, a healthy mind resides in a healthy body." This requires attention to the unique status and role of "physique" in the development of human life, so as to highlight the value of "sports".<sup>[4]</sup> On the one hand, through such personal physical exercise, it not only improves our physical quality, but also promotes the comprehensive development of people's psychology, morality and spirituality, and also helps to enrich our spiritual world and improve our own pursuits. It also promotes the formation of good character and spiritual beliefs. While demonstrating the power of sports, it realizes its own social ideal pursuit. On the other hand, lofty aspirations guide people to strive forward. The Chinese sports spirit in the new era can systematically gather people's understanding of the spiritual level of life, so as to make people's spiritual world healthy and orderly, and guide them to strive unremittingly for their goals. Moreover, it can continuously improve the self-spiritual realm in the process of gradually realizing self-goals, and promote self-growth into talents.

##### **4.3. Provide Spiritual Support for Chinese Youth to Achieve the Two Centenary Goals and Shoulder the Responsibility of National Rejuvenation**

Sports is both a material force and a spiritual force. Since modern times, the greatest dream of the Chinese nation is to realize the great rejuvenation of the Chinese nation. Since ancient times, countless people with lofty ideals have been striving for the great rejuvenation of the Chinese nation. The realization of dreams must be supported by spiritual concepts. When youth is prosperous, the country is prosperous, and when young people are strong, the country is strong. Youth is the barometer and vane of the era, and the hope of the country and the nation. In the journey of building socialism with Chinese characteristics in the new era, it is necessary to properly handle the relationship between the construction of a modern power and the construction of a sports power. In today's complex and ever-changing international situation, and various hostile forces have never stopped implementing the strategy of Westernization and differentiation against our country, the wind of corruption in the West permeates the youth. Through the penetration of the Chinese sports spirit in the new era among young people, the connection between personal destiny and national destiny, and the combination of personal ideals and social ideals can inspire them to use patriotism, self-dedication, and tenacious fighting attitude. Make unremitting efforts to achieve the "two centenary goals" and shoulder the responsibility of national rejuvenation.

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