

Research on the Inner Relationship Between Chen style Tai Chi and Chinese Sports Spirit

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Abstract: Chen style Tai Chi is an important part of traditional Chinese martial arts. Its unique boxing style and cultural connotation are closely connected with the Chinese sports spirit. This study deeply explores the inner relationship between Chen Style Tai Chi and Chinese sports spirit from three aspects: conceptual fit, practical fit and cultural fit. the study found that the philosophical thought of "harmony between man and nature, Tao follows nature" advocated by Chen Style Tai Chi is highly consistent with the core concepts of unity, cooperation and tenacious struggle in the Chinese sports spirit; at the practical level, the training process of Chen Style Tai Chi It fully embodies the scientific, pragmatic, selfless dedication and other qualities of the Chinese sports spirit; in terms of cultural inheritance, Chen Style Tai Chi, as a treasure of traditional Chinese culture, provides rich cultural resources and spiritual support for the promotion of the Chinese sports spirit. This study not only reveals the deep compatibility between Chen Style Tai Chi and Chinese sports spirit, but also puts forward the important role of Chen Style Tai Chi in inheriting and developing Chinese sports spirit, providing a new perspective for the integrated development of sports and martial arts culture.

Keywords: Chen Style Tai Chi; Chinese Sports Spirit; Internal Relationships; Cultural Inheritance; Sports; Martial Arts Culture

1. Introduction

1.1 Research Background

Chen Style Tai Chi, a treasure of Chinese martial arts, has attracted the attention of the world with its unique boxing techniques and

rich cultural connotations since it was founded by Chen Wangting in Chenjiagou, Wen County, Henan Province in the late Ming and early Qing dynasties. After hundreds of years of inheritance and development, it has not only become a popular sport, but also an important carrier of Chinese traditional culture. At the same time, the Chinese sports spirit has gradually been condensed in the long history. It covers many aspects such as winning glory for the country, selfless dedication, science and truth, abiding by laws and regulations, unity and cooperation, tenacious struggle, etc., and has become an inspiration for generations of sportsmen. the spiritual strength of workers and the broad masses of the people to continuously forge ahead [1].

The sports concept of Tai Chi has many similarities with the Chinese sports spirit. Tai Chi emphasizes both internal and external cultivation, the unity of form and spirit, and focuses on the harmony and unity of mind, energy, and form. During the practice, Tai Chi requires practitioners to keep their mind calm, body relaxed, breathing naturally, and guide their movements through their thoughts to achieve a state of unity of body and mind. This dual pursuit of inner cultivation and external performance is exactly the embodiment of scientific truth-seeking and tenacious struggle in the Chinese sports spirit. At the same time, the promotion and popularization of Tai Chi has further promoted the spirit of unity and cooperation in the Chinese sports spirit, allowing more people to feel the profoundness of Chinese traditional culture in the process of practicing Tai Chi [2] [3].

With the development of the times, the relationship between Tai Chi and Chinese sports spirit has become increasingly close. As one of the representatives of traditional Chinese culture, Tai Chi's cultural connotation and contemporary value have been more deeply explored and inherited. the

philosophical ideas of yin and yang balance and the unity of nature and man contained in Tai Chi complement each other with the Chinese sports spirit of winning glory for the country and selfless dedication. In the context of the new era, the popularization and promotion of Tai Chi not only helps to enhance the physical health of the people, but also plays an irreplaceable role in promoting the spirit of Chinese sports and inheriting traditional Chinese culture [2] [4] [5].

There is a profound intrinsic relationship between Chen Style Tai Chi and Chinese sports spirit. The unique boxing techniques and cultural heritage of Tai Chi not only demonstrate the breadth and depth of Chinese martial arts, but also play an important role in promoting the Chinese sports spirit and inheriting traditional Chinese culture. By in-depth studying the inner connection between Tai Chi and Chinese sports spirit, we can better understand and inherit this precious cultural heritage.

1.2 Research Significance

The study of the inner relationship between Chen Tai Chi and Chinese sports spirit is of far-reaching and significant significance. This study not only helps us to understand the rich cultural connotations contained in Chen Tai Chi more deeply, but also further promotes the promotion and development of Chinese sports spirit.

Chen Tai Chi, as a martial arts school with profound historical and cultural heritage, has unique boxing techniques and rich connotations. Through the study of its inner connection with Chinese sports spirit, we can more clearly realize that Chen Tai Chi is not only a martial arts skill, but also a cultural inheritance and embodiment. This culture not only contains the essence of Chinese traditional culture, but also incorporates the core values of modern sports spirit.

Through this study of the core connection between Chen Tai Chi and Chinese sports spirit, we are also embarking on the journey of discovering an ideal integration of old martial arts culture and new sports concepts. Substantially, Chen Tai Chi embodies ideas which are complementary to the notions expressed in the motto of Chinese sports spirit, including the unity of internal and external forces, the harmony of rigidity and flexibility,

and softness overcoming rigidity. Such research not merely serves as a way of obtaining the knowledge of the core principles of Chen-style Tai Chi, but also engages into a deeper acquaintance with the essence of the Chinese sports spirit.

By undertaking this kind of research, we can dig deeper into the aspect that Chen Style Tai Chi plays in the inheritance and developmental process of the Chinese sports spirit. Being a martial arts sport with a wide mass base, Chen Style Tai Chi forms of movement and legendary cultural background empower it with unique right to strengthen the Chinese sports spirit. In taking a closer look at the inherent connection between Chen Style Tai Chi and Chinese sports spirit, we have an opportunity to introduce new ideas and approaches not only for the development of the sports and martial arts culture but also for their integration and progress towards a higher level. When we consider the inner relationship existing between Chen Style Tai Chi and the sports spirit of the Chinese, we do not only examine the traditional martial arts culture and modern sports spirit in depth but attempt successfully to fuse and develop the two. This kind of research not only has important academic value, but also has far-reaching practical significance. It helps us better inherit and develop China's excellent traditional culture and promote the prosperity and development of sports and martial arts culture.

1.3 Current Research Status at Home and Abroad

1.3.1 Domestic research status

Domestic research on Chen style Tai Chi has a profound historical background and a broad academic foundation. Many scholars have conducted in-depth analyzes of Chen Style Tai Chi from multiple perspectives such as its historical origins, technical characteristics, and fitness effects. For example, many results have been published on the historical development, inheritance and status of Chen Style Tai Chi in the martial arts world. These studies not only reveal the unique charm of Chen Style Tai Chi, but also provide theoretical support for its inheritance and development [6].

As an important part of socialist culture with Chinese characteristics, Chinese sports spirit has also attracted the attention of domestic scholars. Scholars have comprehensively

elaborated on the Chinese sports spirit from multiple levels such as connotation, core elements and manifestations. Among them, special emphasis is placed on the important role of Chinese sports spirit in motivating sports workers, enhancing national cohesion, and promoting the development of sports [7] [8].

Although research on Chen-style Tai Chi and Chinese sports spirit has made significant progress in their respective fields, there is still a relative lack of results in in-depth discussions combining the two. At present, research in this cross-field needs to be further expanded and deepened to more comprehensively reveal the intrinsic connection and influence mechanism between Chen Style Tai Chi and Chinese sports spirit.

1.3.2 Current status of foreign research

Compared with the prosperity of domestic research, foreign research on Chen Style Tai Chi seems relatively deserted. Most studies mainly focus on the fitness effects of Chen Style Tai Chi, and verify its positive effects in improving physical health and promoting psychological balance through empirical research methods [9]. Although these research results have provided certain support for the international spread of Chen Style Tai Chi, there is still insufficient discussion in terms of cultural connotation and spiritual value.

As for the research on Chinese sports spirit, foreign scholars mostly observe and analyze it from the perspective of international sports events. They pay attention to the manifestation of Chinese sports spirit on the international competitive stage and its impact on athletes' competitive state and psychological adjustment. Due to differences in cultural background and research perspectives, foreign scholars often have certain limitations and one-sidedness when understanding and interpreting Chinese sports spirit.

The study of combining Chen Style Tai Chi with Chinese sports spirit is still a relatively new topic in the international academic community. Research in this field will not only help deepen the understanding of the cultural connotation of Chen Style Tai Chi, but also build a bridge for the international dissemination and exchange of Chinese sports spirit. More importantly, by exploring the intrinsic connection between the two, we can provide new ideas and methods for the

integrated development of sports and martial arts culture, thereby promoting the prosperity and development of socialist culture with Chinese characteristics.

1.4 Research Methods

When exploring the intrinsic relationship between Chen Style Tai Chi and Chinese sports spirit, this study comprehensively used a variety of research methods to ensure the comprehensiveness and accuracy of the research.

The literature research method provides a solid foundation for the research of this article. Through in-depth review and collation of relevant literature on Chen Style Tai Chi and Chinese sports spirit, we can fully understand the historical background, cultural connotation and existing research results of the two. This method not only helped us construct the research framework, but also provided theoretical support for subsequent observation and case analysis.

Observation method played an important role in this research. We observed the practice of Chen Style Tai Chi on the spot and experienced its unique techniques and rhythms. Through careful observation of the movements, demeanor and breathing patterns of the practitioners, we were able to conduct an in-depth analysis of the technical characteristics and fitness effects of Chen Style Tai Chi. During this process, we also paid special attention to the mental outlook displayed by the practitioners during the boxing process, thereby preliminarily exploring the inner connection between Chen Style Tai Chi and the Chinese sports spirit.

The case analysis method is another highlight of this study. We have selected several representative cases covering practitioners of Chen Style Tai Chi of different ages and backgrounds. Through in-depth analysis of these cases, we were able to specifically explore the actual performance and role of Chen Style Tai Chi in inheriting and developing the Chinese sports spirit. These cases not only enrich the content of our research, but also provide empirical support for subsequent theoretical refinement.

In addition to the above three main methods, this research is also supplemented by field surveys and expert interviews. By visiting the birthplace of Chen Style Tai Chi and multiple

practice venues, we collected a large amount of first-hand information. At the same time, in-depth exchanges with many Chen Style Tai Chi inheritors and martial arts experts also provided us with valuable professional insights and suggestions. the application of these complementary methods further enhances the depth and breadth of the research.

This article conducts an in-depth and comprehensive discussion on the intrinsic relationship between Chen Style Tai Chi and Chinese sports spirit through the comprehensive use of literature research, observation, case analysis, field research and expert interviews. This research not only helps us better understand the cultural connotation of Chen Style Tai Chi and the core value of Chinese sports spirit, but also provides new perspectives and ideas for the integrated development of sports and martial arts culture.

2. Overview of Chen Style Tai Chi

2.1 The Historical Origins of Chen Style Tai Chi

Chen style Tai Chi, a treasure of Chinese martial arts, originated in Chenjiagou, Wen County, Henan Province in the late Ming and early Qing dynasties, and was created by Chen Wangting of Chenjiagou. Based on inheriting traditional martial arts, Chen Wangting combined with Taoist ideas and gave Tai Chi a unique philosophical connotation and movement form, thereby creating the Chen Style Tai Chi school [10]. After hundreds of years of inheritance and development, Chen Style Tai Chi has gradually formed its own distinctive style and technical system, becoming an indispensable and important school in Chinese martial arts.

The creation of Chen Style Tai Chi not only reflects Chen Wangting's profound understanding and innovative spirit of martial arts, but also demonstrates the breadth and depth of the traditional Chinese culture. Its boxing technique focuses on both internal and external training, using softness to overcome hardness, and uses the philosophical principles of yin and yang and the five elements to guide the practice of boxing, so that practitioners can understand the essence of traditional Chinese culture while exercising.

As time goes by, the influence of Chen style Tai Chi gradually expands, from Chenjiagou to

the whole country and even the world. More and more martial arts enthusiasts, experts and scholars have begun to pay attention to and study Chen Style Tai Chi, injecting new vitality into its inheritance and development. Today, Chen Style Tai Chi is not only a martial arts skill, but also a cultural symbol and spiritual symbol, representing the wisdom and charm of the traditional culture of the Chinese nation.

Chen Style Tai Chi has a profound historical origin, and its creation and development process are full of legend. As an important part of Chinese martial arts, Chen Style Tai Chi, with its unique cultural connotation and movement form, has made great contributions to promoting the traditional culture of the Chinese nation and promoting the prosperity and development of martial arts [11]. In the future development, we believe that Chen Style Tai Chi will continue to flourish, bring health and happiness to more people, and write a new chapter for the inheritance and development of the traditional culture of the Chinese nation.

The dissemination and promotion of Chen Style Tai Chi would also be inseparable from the efforts of many martial arts inheritors and enthusiasts. They passed on the skills and culture of Chen Style Tai Chi to more people through word of mouth and personal demonstration. the dedication and efforts of these inheritors and enthusiasts have laid a solid foundation for the inheritance and development of Chen Style Tai Chi, and also enabled more people to appreciate the charm of this Chinese martial arts treasure [12].

With the continuous progress of society and the development of science and technology, the inheritance methods of Chen Style Tai Chi are also constantly innovating and expanding. With the help of modern teaching methods and communication channels, such as online videos, teaching software, etc., Chen Style Tai Chi can be spread to the public more widely and more conveniently. This diversified inheritance method not only injects new vitality into the inheritance of Chen Style Tai Chi, but also provides more people with the opportunity to learn and understand this martial arts school [13].

As one of the important schools of Chinese martial arts, Chen Style Tai Chi has a profound and legendary history. In future development,

we should continue to deeply explore its cultural connotation and value and promote its inheritance and development to a higher level. At the same time, we should also thank those inheritors and enthusiasts who have made great contributions to the inheritance and development of Chen Style Tai Chi. Their dedication and efforts will forever be remembered in history.

2.2 Technical Characteristics of Chen Style Tai Chi

Chen Style Tai Chi is unique among many martial arts schools with its distinctive technical characteristics. Its most praised technical feature is the technique of winding silk with strength and softness. These techniques not only give Chen Style Tai Chi its unique charm, but also reflect its profound cultural heritage and practical value.

Silk wrapping strength is the essence of Chen style Tai Chi. It requires practitioners to wrap their limbs and trunk in a spiral shape during the boxing process. This spiral movement method not only makes the movements appear continuous and cyclic, but also helps to enhance the coordination and stability of the body. In actual combat, Tangsi Jin can give full play to Tai Chi's characteristics of overcoming rigidity with softness and lifting a thousand pounds with four or two. Through clever spiral winding, it can defuse the opponent's offensive and wait for opportunities to counterattack [14] [15] [16].

In addition to silk-winding strength, the balance of strength and softness is also an important technique of Chen Style Tai Chi. During the practice, the practitioner needs to flexibly adjust the tightness and strength of the muscles according to the requirements of the movements, so that the movements are characterized by alternating speed and slowness, and a combination of hardness and softness. the use of this technique not only makes Chen-style Tai Chi movements more colorful, but also helps enhance the body's flexibility and explosive power. In actual combat, the technique of combining hardness and softness allows practitioners to flexibly adjust their tactics and strategies according to changes in the battlefield situation, so as to better cope with various challenges [14] [15] [16].

Chen style Tai Chi also pays great attention to

the coordination of breathing and movement. During the boxing process, practitioners need to reasonably adjust the depth and frequency of breathing according to the rhythm and changes of movements to coordinate breathing and movements. By adjusting your breathing, you can coordinate the flow of qi and blood in your body and enhance your physical fitness and immunity. At the same time, the coordination of breathing and movement can also help improve the body's endurance and resistance to blows, allowing practitioners to better maintain physical strength and combat effectiveness in actual combat [15] [16].

Chen Style Tai Chi also emphasizes the use of thoughts. During the practice, the practitioner needs to guide the movements through thoughts, so that the body and mind can reach a high degree of unity. the use of this kind of idea can not only improve the accuracy and fluency of movements, but also help enhance the body's perception and reaction speed. In actual combat, the use of thoughts can enable practitioners to more keenly capture the opponent's dynamics and intentions, thereby making more accurate and effective responses [14] [15] [16]. T3

The technical characteristics of Chen Style Tai Chi are mainly shown in the strength of silk winding, in the unity of hard and soft, in the coordination of breathing and movements, and in the use of thoughts. These technical features uniquely position Chen Style Tai Chi within the martial arts space and serve to reinforce its unrivaled potential in the brutal world of actual combat. However, these revolved technical characteristics indicate the immensity of cultural heritage and philosophical thoughts of Chen Style Tai Chi as well—making it the best martial arts style that incorporated all types of fitness, self-defense, and self-cultivation.

2.3 Fitness Effects of Chen Style Tai Chi

Chen style Tai Chi, as a martial art that can cultivate both internal and external aspects, not only has profound cultural connotations, but also shows significant effects in fitness and health care. Its unique exercise method combines strength and softness, making it a choice for many people to pursue health.

In terms of body coordination and strength training, Chen Style Tai Chi promotes the coordinated movement of various parts of the body through spiral winding and alternating

fast and slow movements. This type of exercise not only exercises the muscles, but also enhances the body's flexibility. During the boxing process, practitioners need to constantly adjust their body posture so that the muscles alternate between tension and relaxation, so as to achieve the effect of enhancing muscle strength [17]. At the same time, the movements of Tai Chi emphasize whole-body coordination, which helps to improve the body's sense of balance and coordination, and has positive significance in preventing accidental injuries such as falls.

In terms of regulating endocrine and improving cardiovascular function, Chen Style Tai Chi has a positive impact on the endocrine system by adjusting breathing and the use of thoughts. Deep breathing and soothing movements help reduce stress, which in turn regulates hormone levels and improves endocrine function. In addition, the aerobic exercise characteristics of Tai Chi can enhance the function of the cardiovascular system, improve the pumping capacity of the heart, reduce blood pressure and heart rate, thereby preventing the occurrence of cardiovascular diseases [18].

In terms of enhancing immunity, during the practice of Chen's Tai Chi, all parts of the body are fully moved and stretched, which helps promote blood circulation and allows more immune cells to reach every corner of the body, thereby improving the body's ability to function. Immunity. In addition, Tai Chi's soothing exercise method can also reduce the body's stress response, reduce inflammation levels, and further maintain the health of the immune system [17].

In addition to its positive effects on physical health, Chen Style Tai Chi also plays an important role in regulating mental state, relieving stress and improving sleep quality. the practice of Tai Chi requires concentration and guiding the movements through thoughts, which helps people forget their worries and relax their body and mind. At the same time, Tai Chi's soothing rhythms and deep breathing help reduce anxiety levels and improve sleep quality. Many practitioners report that after practicing Tai Chi consistently, their mentality has become calmer and their sleep quality has also been significantly improved [17].

Chen style Tai Chi has shown remarkable effects in fitness and health preservation. Its

unique movement method and profound cultural connotation have led more and more people to join the Tai Chi practice team. Through continuous practice, people can not only enhance their physical fitness and prevent the occurrence of diseases, but also find a peaceful place in their busy life and enjoy the harmony and health of body and mind.

3. Chapter Analysis of Chinese Sports Spirit

3.1 The Connotation of Chinese Sports Spirit

The connotation of Chinese sports spirit is rich and profound. It is not only a spiritual force, but also a cultural treasure of the Chinese nation in the field of sports. Winning glory for the country embodies the patriotism and collective sense of honor of the Chinese nation, inspiring generations of athletes to work hard in the international arena and win honors for the country. Selfless dedication demonstrates the noble qualities of sports people. For the honor of the country and nation, they do not hesitate to make huge efforts and sacrifices, and put personal interests after collective interests.

Being scientific and realistic is an important part of the Chinese sports spirit, which emphasizes the scientific nature and rigor of sports. In sports training and competition, athletes and coaches must follow scientific principles and constantly explore and innovate to improve sports performance and competitive levels. Compliance with laws and disciplines is the cornerstone of sports. It requires athletes and sports workers to strictly abide by competition rules and laws and regulations to ensure fairness and justice in competitions.

Unity and cooperation are another important element in the Chinese sports spirit. In group projects, team members must trust each other and work closely together to achieve excellent results. This spirit of unity and cooperation is not only reflected in the tacit cooperation on the field, but also in the mutual help and common progress in daily life.

Tenacious struggle is one of the cores of the Chinese sports spirit. It encourages athletes to be persevering and forging ahead when facing difficulties and challenges, and to overcome difficulties and achieve victory with firm will and tenacious perseverance. This spirit not only inspires athletes to constantly surpass

themselves, but also inspires the general public to maintain a positive attitude when facing various difficulties in life.

The connotation of the Chinese sports spirit is diverse and profound. It integrates many excellent qualities such as patriotism, collectivism, scientific spirit, rule of law concepts, teamwork and tenacious struggle. These qualities not only play an important role in sports, but are also of great significance to the harmonious development of society and the overall growth of individuals.

3.2 Core Elements of Chinese Sports Spirit

3.2.1 Patriotic dedication

Patriotic dedication is the cornerstone of Chinese sports spirit. It embodies the noble feelings of athletes fighting for national honor and closely links personal struggle with national interests. In international competitions, Chinese athletes have won glory for the country time and time again with their tenacious fighting spirit, demonstrating the cohesion and pride of the Chinese nation. This spirit also inspires the broad masses of people to devote themselves to national construction and development with greater enthusiasm.

3.2.2 Seeking truth from facts

Seeking truth from facts is an important part of the Chinese sports spirit. It emphasizes following scientific laws, focusing on effectiveness, and constantly pursuing technological innovation and breakthroughs in sports. This spirit requires athletes to treat training and competition with a rigorous attitude and constantly improve their competitive level and comprehensive quality. At the same time, seeking truth from facts also promotes sports scientific researchers to continuously explore the mysteries of sports training and provide strong support for the development of sports.

3.3 The Convergence Between Chen Style Tai Chi and Chinese Sports Spirit

There is a profound compatibility between Chen Style Tai Chi and Chinese sports spirit, which is reflected on many levels. First, from the perspective of cultural inheritance, Chen Style Tai Chi is a treasure of traditional Chinese martial arts, and its inheritance and development itself is a promotion of the Chinese sports spirit. The Taoist philosophy, martial arts skills and fitness and health

concepts contained in Chen Style Tai Chi are highly consistent with the values of physical and mental health and harmonious coexistence emphasized in the Chinese sports spirit.

At the technical level, the unique techniques of Chen style Tai Chi, such as silk-winding strength and the combination of strength and softness, all embody the spirit of tenacity and continuous improvement in the Chinese sports spirit. Practitioners need to constantly overcome difficulties and challenge themselves in the process of practicing boxing. This unremitting pursuit of skills is a vivid embodiment of the Chinese sports spirit. At the same time, Chen Style Tai Chi focuses on the use of ideas and the integration of body and mind, which also coincides with the scientific, realistic and practical attitude emphasized in the Chinese sports spirit.

Furthermore, from the perspective of social functions, the popularization and promotion of Chen Style Tai Chi plays an important role in promoting national fitness and enhancing people's physical fitness. This is complementary to the spirit of winning glory for the country and selfless dedication advocated in the Chinese sports spirit. By practicing Chen Style Tai Chi, the broad masses of the people can not only strengthen their bodies and cultivate their sentiments, but also be subtly influenced by the Chinese sports spirit, thereby becoming more actively involved in national construction and social development.

Chen Style Tai Chi has a profound relationship with the Chinese sports spirit in many aspects such as cultural inheritance, skill pursuit and social function. This fitting relationship not only helps us to have a deeper understanding of the cultural connotation and value of Chen Style Tai Chi, but also provides strong support and inspiration for us to further promote the Chinese sports spirit and promote the integrated development of sports and martial arts culture.

4. The Convergence Between Chen Style Tai Chi and Chinese Sports Spirit

4.1 Conceptual Fit

The philosophical thought of "harmony between man and nature, Tao following nature" contained in Chen Style Tai Chi is like the concept of unity and cooperation in the

Chinese sports spirit. In the practice of Chen Style Tai Chi, boxers need to constantly adjust their body and mind and pursue internal and external harmony. This is highly like the harmonious coexistence and tacit cooperation among team members required by unity and cooperation. Whether it is pushing hands practice in Tai Chi or teamwork in collective projects, mutual understanding, trust and cooperation between members are required to achieve the best results.

Chen's Tai Chi's use of thoughts and physical and mental training also echoes the concepts of scientific truth-seeking and tenacious struggle in the Chinese sports spirit. the practice process of Tai Chi is a process of constantly challenging oneself and pursuing excellence. Boxers need to guide their movements with their thoughts and constantly adjust their breathing and posture to achieve the best practice results. This spirit of self-challenge and pursuit of excellence is the same as the spirit of athletes who fight tenaciously and train scientifically on the field.

We can say that Chen Style Tai Chi has a deep conceptual fit with the Chinese sports spirit. This fit is not only reflected in the pursuit of harmony and unity, but also in the resonance of the spirit of challenging oneself and pursuing excellence. This resonance makes Chen Style Tai Chi not only a martial arts skill, but also a cultural carrier that can embody and promote the Chinese sports spirit.

4.2 Cultural Fit

Chen Style Tai Chi's cultural compatibility with Chinese sports spirit is not only shown through both being the representatives of traditional Chinese culture and modern sports spirit, but also the fact that they share a national traditional heritage and a common spiritual pursuit which are profoundly Chinese. Chen Style Tai Chi is a martial arts school with profound cultural connotations. Every movement and every move embody the essence of traditional Chinese culture. From the principles of Tai Chi, we can get a glimpse of the depth of Taoist thought, understand the philosophy of yin and yang and the five elements, and feel the cosmology of "the unity of nature and man". In the process of practicing Tai Chi, people not only get physical exercise, but also get spiritual baptism, to achieve the goal of internal and external

training and physical and mental harmony.

The Chinese sports spirit, as a concentrated expression of the Chinese spirit in the field of sports, also draws on the nourishment of Chinese traditional culture. Elements such as winning glory for the country, selfless dedication, being scientific and realistic, obeying laws and regulations, uniting and cooperating, and tenacious struggle all embody the traditional virtues of the Chinese nation and the spirit of the times. These spirits have been vividly demonstrated on the sports field, inspiring athletes to continuously pursue excellence, and also inspiring the general public to actively participate in sports.

The point of convergence between Chen Style Tai Chi and Chinese sports spirit in terms of cultural inheritance is that they are both committed to promoting traditional Chinese culture and inheriting the spirit of the Chinese nation. By practicing Chen Style Tai Chi, people can have a deeper understanding of the profoundness of traditional Chinese culture, thereby enhancing their sense of identity and pride in the national culture. At the same time, the values advocated by the Chinese sports spirit also complement the philosophy contained in Chen Style Tai Chi, and jointly promote the inheritance and development of Chinese culture.

This cultural fit is also reflected in the two's common pursuit of the concept of "harmony." Chen Style Tai Chi emphasizes the harmony and unity of body and mind, and focuses on both internal and external training; while the Chinese sports spirit also advocates the concept of unity, cooperation, and harmonious progress. This common pursuit of "harmony" not only reflects the idea of "harmony" in traditional Chinese culture, but is also one of the core values advocated by modern society.

Chen Style Tai Chi has a profound connection with the Chinese sports spirit in terms of cultural inheritance. Together, they carry the essence and value pursuit of Chinese traditional culture, are committed to carrying forward the Chinese national spirit, and promote the inheritance and development of Chinese culture. This cultural fit is not only reflected in the two's common inheritance of traditional culture, but also in their common practice of the core values of modern society.

5. The Inheritance and Development of

Chen Style Tai Chi on Chinese Sports Spirit

5.1 The Role of Inheritance

Being a martial art associated with traditional heritage, Chen Style Tai Chi gives it an exceptional quality in its skill set, as well as being an indispensable cog in the wheel of cultural preservation. It integrates the essence of traditional Chinese culture into boxing, allowing practitioners to deeply understand the connotation of the Chinese sports spirit during the practice process, thereby realizing the inheritance of this spirit.

The art of Chen Style Tai Chi requires a balance and sync between body and mind, employing both the inner and outer development processes. The tendency to react stops our brains from working, as we must continuously readjust our breathing, movements, and thoughts in order to facilitate the best training outcome. This kind of self-regulation and practice not only helps to improve the athletes' physical fitness and martial arts abilities, but also subtly cultivates their mental qualities of perseverance and tenacity. These qualities are exactly what the Chinese sports spirit advocates and are also an important guarantee for athletes to achieve excellent results in the arena.

Chen Style Tai Chi also contains rich traditional cultural elements, such as Taoist thought, I Ching principles, etc. These cultural elements provide profound cultural heritage and theoretical support for the Chinese sports spirit. By practicing Chen Style Tai Chi, athletes can gain a deeper understanding of the profoundness of traditional Chinese culture, thereby enhancing their sense of identity and pride in the national culture. This kind of cultural consciousness and self-confidence is also an important force in promoting the continuous inheritance and development of Chinese sports spirit.

Chen Style Tai Chi is pivotal in the ongoing transmission of the Chinese sports spirit. It unifies physical exercise with mental discipline as well as cultural inheritance so as to enable the athletes to grasp the intrinsic significance of the Chinese sports spirit in the course of the practice process, thus becoming one of the most key inheritors of this spirit.

5.2 Development Contribution

The widespread dissemination of Chen Style

Tai Chi has undoubtedly opened up a new way for the promotion of Chinese sports spirit. As a martial arts school with profound cultural heritage, Chen Style Tai Chi not only demonstrates the breadth and depth of Chinese martial arts, but also conveys the traditional virtues and spiritual outlook of the Chinese nation. Its unique sports form and philosophical thoughts have deeply attracted many fans at home and abroad, thus effectively promoting the Chinese sports spirit.

Chen style Tai Chi's promotion of sports is not only reflected in its popularity. More importantly, by practicing Chen Style Tai Chi, people can experience and understand the true meaning of the Chinese sports spirit in actual sports. For example, during the practice of Chen Style Tai Chi, it is necessary to maintain the balance and harmony of body and mind, which exactly reflects the core concepts of unity, cooperation, and harmonious progress in the Chinese sports spirit. In addition, the spirit of perseverance and courage emphasized by Chen Style Tai Chi is also consistent with the Chinese sports spirit of tenacious struggle and winning glory for the country.

Looking further, the promotion of Chen Style Tai Chi in the national fitness movement is a strong support for the development of sports. With the improvement of living standards and the enhancement of health awareness, more and more people are paying attention to physical health and physical exercise. As a low-intensity, high-efficiency form of exercise, Chen Style Tai Chi is not only suitable for young people to exercise their body and mind, but also suitable for middle-aged and elderly people to maintain their health. By practicing Chen Style Tai Chi, people can enhance their physical fitness and health in a relaxed and pleasant atmosphere, while cultivating team spirit and a sense of collective honor.

During the spread of Chen Style Tai Chi at home and abroad, it also promoted international cultural exchange and integration. By practicing Chen Style Tai Chi, many foreign friends have not only learned about the essence of traditional Chinese culture and martial arts, but also deepened their knowledge and understanding of the spiritual outlook of the Chinese nation. This kind of cross-cultural exchange and dissemination undoubtedly provides strong support for the display and promotion of Chinese sports spirit on the

international stage.

Chen Style Tai Chi has made significant contributions in promoting the spirit of Chinese sports and promoting the development of sports. Through its unique form of exercise and profound cultural heritage, Chen Style Tai Chi not only conveys the traditional virtues and spiritual outlook of the Chinese nation, but also provides people with a healthy and beneficial way of exercise. In the future, with the further popularization and promotion of Chen Style Tai Chi, I believe it will play an even more important role in carrying forward the spirit of Chinese sports and promoting the development of sports.

5.3 Innovation Practice

In the long history of Chen Style Tai Chi, innovative practice has always been an important source of its vitality and charm. This kind of innovation is not a blind pursuit of novelty, but an organic update and development based on adhering to traditional core concepts and combining the needs of the times and people's aesthetic changes.

Chen form Tai Chi is full of untold varieties of techniques and fighting tactics. The Chen form of Tai Chi is distinctive through its silk-reeling techniques, in addition to its unity of strength and softness. However, in the process of progression, martial artists always go for bringing new factors and aspects inside as they study the old techniques. These novel practices not only enrich the technical system of Chen Style Tai Chi, but also give it a distinct character that is responsive to the demands of the contemporary world. For instance, some martial artists use knowledge from modern sport science to reshape the sequence of Yin Chen's Tai Chi movements in accordance with the laws of human movement, thus enhancing athletes' performance and the fitness benefits of practitioners.

Chen Style Tai Chi has also made visible advancement in its enhancement and unification with various other sports. Such cross-border cooperation and exchange of experiences do not merely impart fresh momentum to the Chen Style Tai Chi advancement, but they do also expand its application fields and development space. For instance, Chen Style Tai Chi yoga, which has been developed in the last years, is a new form of exercise that unites Chen Style Tai Chi and

yoga in one. It combines the breathing exercises of Tai Chi and the body postures of yoga, which helps to balance the body and mind. During the practice, soothing trance music is played. This innovative practice not only attracted the participation of many young people, but also opened a new path for the inheritance and development of Chen Style Tai Chi.

These innovative practices do not deviate from the traditional cultural connotation and core values of Chen Style Tai Chi. On the contrary, they have carried out reasonable innovation and development based on inheriting tradition, which not only retains the unique charm of Chen Style Tai Chi, but also makes it closer to the life and aesthetic needs of modern people. This concept of innovation through inheritance and development through innovation is one of the core values

advocated by the Chinese sports spirit. Therefore, it can be said that the innovative practice of Chen Style Tai Chi not only promotes its own development and progress, but also makes a positive contribution to the promotion and dissemination of the Chinese sports spirit.

6. Conclusion

After an in-depth study of Chen Style Tai Chi and Chinese sportsmanship, we were able to gain insight into the deep connection between the two. This connection is not just a superficial similarity, but a deep fit at multiple levels such as concepts, practices, and cultural heritage.

From a conceptual perspective, the "harmony between man and nature, Tao following nature" advocated by Chen Style Tai Chi coincides with the ideas of harmony and unity in the Chinese sports spirit. They all emphasize the harmony of body and mind, the unity of inside and outside, and respect and compliance with the laws of nature. This kind of conceptual resonance makes Chen Style Tai Chi and the Chinese sports spirit reach a high degree of consistency in philosophical thought. On a practical level, the practice of Chen Style Tai Chi is undoubtedly a vivid interpretation of the Chinese sports spirit. His concentration, perseverance and perseverance in the practice process are exactly the embodiment of the tenacious struggle, scientific and realistic spirit of Chinese sports. At the same time, the

teamwork and common progress emphasized in Chen Style Tai Chi also echoes the concept of unity and cooperation in the Chinese sports spirit. These practical points of convergence further confirm the close connection between Chen Style Tai Chi and the Chinese sports spirit.

In terms of cultural inheritance, Chen Style Tai Chi, as a treasure of traditional Chinese culture, not only carries the historical memory of the Chinese nation, but also injects rich cultural connotation into the Chinese sports spirit in its inheritance and development. Through the dissemination and popularization of Chen Style Tai Chi, we can better promote the Chinese sports spirit and promote its inheritance and development in a wider field. The compatibility between Chen Style Tai Chi and Chinese sports spirit in terms of concepts, practice and cultural inheritance not only demonstrates the profound heritage between the two, but also provides us with a new perspective to understand and promote the Chinese sports spirit. By deeply studying this internal relationship, we are expected to provide more powerful support and promotion for the inheritance and development of sports and martial arts culture.

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