

A Study on the English Translation of Health Qigong "Baduanjin" from the Perspective of Skopos Theory

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Abstract: This study aims to explore the existing problems in the English translation of health qigong "Baduanjin" and propose optimized translation strategies, so as to promote its international communication. Adopting the methods of literature review, comparative analysis and case study, this study first combs the core viewpoints of Skopos Theory, then analyzes the current translation versions of "Baduanjin" from the aspects of terminology, cultural-loaded words and sentence structure, and dissects the translation defects combined with the three principles of Skopos Theory. The results show that the current translations have problems such as inaccurate terminology, inadequate transmission of cultural connotation and poor readability; the translation strategies based on Skopos Theory can effectively solve these problems and improve the quality of "Baduanjin" translation.

Keywords: Skopos Theory; Baduanjin; English translation; Health Qigong

1. Introduction

1.1 Research Background and Significance

Health Qigong, as a precious part of traditional Chinese culture, integrates the essence of traditional Chinese medicine, martial arts and philosophy, and has unique health-preserving value and cultural connotation. Baduanjin, as a classic form of Health Qigong, has been widely spread and practiced due to its gentle movements, simple operation and obvious health benefits. With the deepening of global cultural exchanges and the increasing demand for healthy lifestyles, Baduanjin has gradually stepped onto the international stage and become an important carrier for spreading traditional Chinese culture and promoting people-to-people exchanges. Relevant studies have confirmed that Baduanjin has a clear blood pressure lowering effect, which has been published in top international

cardiovascular journals and received widespread attention from the global medical and health community. At present, Health Qigong has been promoted to many countries and regions around the world, and various forms of cultural exchange activities such as online live broadcasting and offline training have been carried out, providing a good foundation for the international communication of Baduanjin. Translation, as an important bridge for cross-cultural communication, directly determines the effect of Baduanjin's international spread and the recognition of its cultural connotation by overseas audiences. However, due to the obvious differences between Chinese and English languages and cultures, and the lack of systematic theoretical guidance and standardized translation standards, there are many problems in the current English translation of Baduanjin, which restrict its further international promotion and cultural communication. Skopos Theory, as an important theory in functionalist translation theory, emphasizes that the translation process and strategy selection should be based on the purpose of translation, which provides a new perspective and theoretical support for solving the problems in the English translation of Baduanjin. The research on the English translation of Baduanjin from the perspective of Skopos Theory not only helps to standardize the translation of Baduanjin, improve the quality of translation, but also promotes the accurate transmission of its cultural connotation and health value, and provides practical reference for the international communication of other traditional Chinese health-preserving cultures. From the theoretical perspective, this study enriches the application of Skopos Theory in the field of traditional Chinese cultural translation, especially in the translation of Health Qigong texts, and expands the research scope of cross-cultural communication and translation studies. From the practical perspective, this study aims to solve the practical problems existing in the current English translation of Baduanjin, provide

optimized translation strategies for translators, promote the wider spread of Baduanjin in the international community, and enhance the international influence of traditional Chinese health culture.

1.2 Research Status at Home and Abroad

Domestic research on the English translation of Baduanjin has gradually increased in recent years, focusing mainly on the translation of terminology, cultural-loaded words and specific sentence patterns. Some scholars have discussed the translation strategies of Baduanjin's movement names, emphasizing the importance of balancing cultural connotation and readability. Some studies have analyzed the translation defects of existing versions from the perspective of cross-cultural communication, pointing out that the inaccurate translation of traditional Chinese cultural elements and the lack of adaptation to the cognitive habits of overseas audiences are the main problems affecting the translation effect. A small number of studies have tried to apply functionalist translation theory to the translation of Baduanjin, but most of them stay at the theoretical discussion level, lacking in-depth analysis of specific translation cases and systematic construction of optimization strategies. In addition, domestic research also has the problem of insufficient attention to the diversity of translation purposes and the differences of target audiences, which makes the proposed translation strategies lack pertinence and operability. Foreign research on Baduanjin mainly focuses on its health effects and practice methods, and there are relatively few studies on its English translation. Foreign scholars and translators mostly focus on the accuracy of the translation of action essentials and health effects, ignoring the transmission of its inherent cultural connotation. Due to the lack of in-depth understanding of traditional Chinese culture and Health Qigong theory, some foreign translations have the problems of simplified cultural connotation and inaccurate expression of professional terms. At the same time, foreign research on the translation of Baduanjin is mostly scattered, lacking systematic research framework and theoretical guidance, and there is no in-depth discussion on the application of translation theories in the translation of Baduanjin. Overall, the existing research on the English translation of Baduanjin has laid a certain foundation, but there are still deficiencies

such as insufficient theoretical depth, lack of systematic case analysis and inaccurate grasp of translation purposes. There is an urgent need to carry out in-depth research with the guidance of Skopos Theory, combine the characteristics of Baduanjin texts and the needs of international communication, and propose scientific and operable translation strategies.

1.3 Research Ideas and Methods

This study takes the English translation of Health Qigong "Baduanjin" as the research object, takes Skopos Theory as the theoretical basis, and focuses on exploring the existing problems in the current translation and proposing optimized translation strategies. The research ideas of this study are as follows: first, sort out the core connotation and basic principles of Skopos Theory, and clarify the theoretical basis and guiding significance of the study; second, collect and sort out the existing English translation versions of Baduanjin, classify them according to different translation purposes and target audiences, and grasp the overall translation status; third, combine the three principles of Skopos Theory to analyze the problems existing in the current translation versions, and explore the root causes of the problems; fourth, based on the analysis results, propose targeted translation optimization strategies combined with the characteristics of Baduanjin texts and the needs of international communication; finally, summarize the main research results, point out the limitations of the study and the direction of future research. This study adopts a combination of multiple research methods to ensure the scientificity and comprehensiveness of the research. The literature review method is used to collect and sort out relevant literature on Skopos Theory, cross-cultural communication, Health Qigong and Baduanjin translation, clarify the research status at home and abroad, and lay a theoretical foundation for the study. The comparative analysis method is used to compare and analyze different English translation versions of Baduanjin, find out the differences and advantages and disadvantages between different versions, and provide a basis for the analysis of translation problems and the proposal of optimization strategies. The case study method is used to select typical translation cases of Baduanjin, including terminology, cultural-loaded words and movement names, and conduct

in-depth analysis combined with the three principles of Skopos Theory, so as to make the research more targeted and practical. In addition, this study also adopts the method of cross-cultural analysis to explore the differences between Chinese and English languages and cultures, and analyze the impact of cultural differences on the English translation of Baduanjin, so as to ensure that the proposed translation strategies can adapt to the cultural background and cognitive habits of overseas audiences.

2. Relevant Theoretical Basis

2.1 Core Connotation and Three Principles of Skopos Theory

Skopos Theory, put forward by German translator Hans Vermeer, is an important branch of functionalist translation theory, which breaks through the traditional translation view that takes the source text as the center and emphasizes that the purpose of translation determines the translation method and strategy. The core connotation of Skopos Theory is that translation is a purposeful and interpersonal communication activity, and the ultimate goal of translation is to achieve the expected communicative effect in the target language context. The purpose of translation refers to the overall goal that the translator intends to achieve through the translation activity, which is determined by the needs of the target audience and the specific communication situation. Skopos Theory puts forward three basic principles, namely the Skopos rule, the coherence rule and the fidelity rule. The Skopos rule is the highest rule of Skopos Theory, which holds that all translation activities should serve the purpose of translation, and any translation method and strategy that can achieve the translation purpose is reasonable. The coherence rule requires that the translated text must be coherent in the target language context, conform to the language norms and cognitive habits of the target audience, and enable the target audience to understand the information conveyed by the translated text smoothly. The fidelity rule requires that the translated text should be faithful to the source text, but this kind of fidelity is not absolute, but relative. The degree and way of fidelity should be determined according to the purpose of translation. If the purpose of translation requires, the translator can make appropriate adjustments

to the source text to better achieve the communicative effect. The three principles of Skopos Theory are interrelated and mutually restrictive. The coherence rule and the fidelity rule are subordinate to the Skopos rule, and the implementation of the coherence rule and the fidelity rule should be based on the premise of realizing the translation purpose. Skopos Theory provides a flexible and practical theoretical framework for translation practice, especially for the translation of cultural texts with strong cultural characteristics such as Baduanjin, which can help translators better balance the relationship between cultural connotation transmission and target audience acceptance.

2.2 Adaptability between Skopos Theory and the English Translation of Health Qigong Texts

Health Qigong texts, including Baduanjin, have the dual characteristics of practicality and culturality. On the one hand, they need to accurately convey the action essentials, health effects and practice methods of Baduanjin to meet the practical needs of overseas audiences for learning and practicing Baduanjin; on the other hand, they need to effectively transmit the traditional Chinese cultural connotation contained in Baduanjin, such as the concept of "harmony between man and nature" and the theory of traditional Chinese medicine, to promote cross-cultural communication. The characteristics of Health Qigong texts determine that their English translation needs to take into account both practicality and culturality, and the translation purpose should be closely combined with the needs of the target audience. Skopos Theory, which takes the translation purpose as the core, is highly compatible with the English translation of Health Qigong texts. The Skopos rule of Skopos Theory requires that the translation of Baduanjin should be based on the specific translation purpose. For example, if the translation purpose is to help overseas audiences learn and practice Baduanjin, the translation should focus on the accuracy and readability of action essentials and practice methods; if the translation purpose is to promote the spread of traditional Chinese culture, the translation should focus on the transmission of cultural connotation. The coherence rule of Skopos Theory can help the translated text of Baduanjin conform to the language norms and cognitive habits of English audiences, avoid the confusion

caused by cultural differences, and improve the readability and acceptability of the translated text. The fidelity rule of Skopos Theory can ensure that the translated text of Baduanjin is faithful to the core information of the source text, and avoid the distortion of action essentials and cultural connotation. In addition, Skopos Theory emphasizes the subjectivity of translators and allows translators to make appropriate adjustments to the source text according to the translation purpose and target audience needs, which is conducive to solving the problems of cultural vacancy and language differences in the English translation of Baduanjin. Therefore, Skopos Theory can provide effective theoretical guidance for the English translation of Baduanjin, and has strong adaptability and practical value.

3. Current Situation and Problem Analysis of the English Translation of Health Qigong "Baduanjin"

3.1 Sorting and Classification of Existing English Translation Versions of Baduanjin

With the continuous promotion of Baduanjin's international communication, a variety of English translation versions of Baduanjin have emerged, which can be divided into three categories according to the translation purpose and target audience. The first category is the official promotion version, which is mainly released by the national sports and health departments and international Health Qigong organizations, with the purpose of promoting Baduanjin globally and standardizing its international spread. This type of version pays more attention to the accuracy and standardization of professional terms and action essentials, and is widely used in international training, cultural exchange activities and official publications. The second category is the academic research version, which is mainly published in academic journals and dissertations by scholars and researchers, with the purpose of conducting in-depth research on the translation of Baduanjin and exploring the laws and methods of cross-cultural communication. This type of version pays more attention to the theoretical depth and academic nature of translation, and often involves the analysis of translation strategies and cultural connotation transmission. The third category is the popular popularization version, which is mainly spread

through the Internet, books and audio-visual materials, with the purpose of popularizing Baduanjin among the general public overseas and meeting their needs for health preservation. This type of version pays more attention to the readability and popularity of the translated text, and often simplifies the complex professional terms and cultural connotation. Through the sorting and analysis of the existing versions, it is found that the official promotion version has the advantages of standardization and authority, but its language is relatively rigid and lacks flexibility, which is not conducive to the acceptance of the general public. The academic research version has in-depth theoretical analysis, but its readability is poor and it is not suitable for popularization. The popular popularization version is easy to understand, but it often has the problems of inaccurate terminology and insufficient transmission of cultural connotation. The diversity of translation versions reflects the different needs of Baduanjin's international communication, but the lack of unified translation standards and theoretical guidance leads to the uneven quality of various versions, which affects the overall effect of Baduanjin's international spread.

3.2 Analysis of English Translation Problems from the Perspective of Skopos Theory

Combined with the three principles of Skopos Theory, the existing English translation versions of Baduanjin have obvious problems in terms of translation purpose, coherence and fidelity. From the perspective of the Skopos rule, the lack of clear translation purpose and the disconnection between translation strategy and target audience needs are the main problems. Some translators do not clarify the specific purpose of translation before translation, resulting in the failure to balance practicality and culturality in the translation process. For example, some translations of Baduanjin's movement names overemphasize the transmission of cultural connotation, use a large number of obscure cultural terms, making it difficult for overseas audiences to understand the action essentials; some translations overpursue readability, simplify the cultural connotation contained in the movement names, resulting in the loss of traditional Chinese cultural elements. From the perspective of the coherence rule, the translated text of Baduanjin has the problem of poor coherence, which is mainly reflected in the

disconnection between sentences and the inconsistency of language style. Some translations directly translate Chinese sentences into English without considering the differences between Chinese and English sentence structures, resulting in awkward and incomprehensible sentences. Some translations mix formal and informal language styles, which affects the overall consistency of the translated text. In addition, the lack of necessary explanation and supplement for cultural-loaded words in the translated text also leads to the difficulty of overseas audiences in understanding the cultural connotation behind the text, which affects the coherence of the translation. From the perspective of the fidelity rule, the existing translations have the problems of inaccurate fidelity and even distortion of information. In the translation of professional terms such as "Qigong" and "Sanjiao", some translators use inappropriate translation methods, resulting in inaccurate expression of professional connotation. For example, some translations simply translate "Sanjiao" as "three burners", which fails to accurately convey its connotation in traditional Chinese medicine. In the translation of movement names, some translations distort the original meaning of the source text, which affects the accurate transmission of action essentials. The root causes of these problems are the lack of in-depth understanding of Skopos Theory by translators, the insufficient grasp of the dual characteristics of Baduanjin texts, and the lack of attention to the differences between Chinese and English languages and cultures.

4. Optimization Strategies for the English Translation of "Baduanjin" from the Perspective of Skopos Theory

4.1 Translation Optimization Based on the Skopos Rule

Based on the Skopos rule of Skopos Theory, the optimization of Baduanjin's English translation should first clarify the translation purpose and formulate targeted translation strategies according to the needs of the target audience. For different translation purposes and target audiences, different translation priorities and methods should be adopted. For the official promotion version with the purpose of standardizing international spread, the accuracy and standardization of professional terms and

action essentials should be given priority, and the translation of professional terms should be unified in accordance with international standards and industry norms. For example, "Health Qigong" should be uniformly translated as "Health Qigong", and "Baduanjin" should be translated as "Baduanjin" with necessary explanatory notes to ensure the authority and standardization of the translation. For the academic research version with the purpose of academic research and cross-cultural communication, the depth of cultural connotation transmission and the theoretical nature of translation should be emphasized, and appropriate translation methods such as annotation and explanation should be adopted to accurately convey the traditional Chinese cultural elements contained in Baduanjin. For the popular popularization version with the purpose of public popularization, the readability and popularity of the translated text should be given priority, and simple and easy-to-understand language should be used to simplify complex professional terms and cultural connotation, so as to meet the needs of the general public. In addition, translators should fully consider the cognitive level and cultural background of the target audience, adjust the translation content and style according to the differences of the target audience, and ensure that the translation can achieve the expected communicative effect. For example, for overseas audiences who are not familiar with traditional Chinese culture, more detailed explanations should be added to cultural-loaded words to help them understand the cultural connotation behind the text.

4.2 Translation Optimization Based on the Coherence Rule

To optimize the English translation of Baduanjin based on the coherence rule, it is necessary to ensure that the translated text is coherent in the target language context and conforms to the language norms and cognitive habits of English audiences. First of all, translators should pay attention to the adjustment of sentence structure, convert Chinese sentence structures into English sentence structures that are in line with expression habits, and avoid word-for-word translation. For example, Chinese sentences are often paratactic, while English sentences are often hypotactic. Translators should appropriately add conjunctions and logical

connectives to make the logical relationship between sentences clear. Secondly, it is necessary to maintain the consistency of the language style of the translated text. According to the translation purpose and target audience, determine the appropriate language style, and avoid mixing formal and informal language styles. For example, the official promotion version should adopt a formal and rigorous language style, while the popular popularization version can adopt a more vivid and easy-to-understand language style. In addition, it is necessary to add necessary explanation and supplement to cultural-loaded words and complex sentences to eliminate the understanding obstacles of overseas audiences. For example, when translating "Wulao Qishang", translators can add a brief explanation of its connotation in traditional Chinese medicine to help overseas audiences understand its meaning. At the same time, translators should pay attention to the consistency of terminology in the translated text, avoid the use of different translations for the same term, and ensure the overall coherence and unity of the translated text.

4.3 Translation Optimization Based on the Fidelity Rule

The optimization of Baduanjin's English translation based on the fidelity rule should adhere to the principle of relative fidelity, and ensure that the translated text is faithful to the core information of the source text on the premise of realizing the translation purpose. First of all, in the translation of professional terms, translators should accurately grasp the professional connotation of the terms, and adopt appropriate translation methods such as transliteration, free translation or combination of transliteration and free translation to ensure the accuracy of the translation. For example, "Qigong" can be translated as "Qigong" with explanatory notes, which not only retains the cultural characteristics of the source text, but also ensures that overseas audiences can understand its meaning. "Sanjiao" can be translated as "Sanjiao (Triple Burner)" to accurately convey its connotation in traditional Chinese medicine. Secondly, in the translation of movement names, translators should balance the transmission of action essentials and cultural connotation, and avoid distorting the original meaning of the source text. For example, the translation of "Liangshou Tuotian Li Sanjiao"

should not only accurately convey the action essentials of "holding hands up to the sky", but also appropriately reflect the connotation of "regulating Sanjiao" in traditional Chinese medicine. In addition, translators should avoid excessive addition or deletion of information in the translation process, and ensure that the core information of the source text is fully and accurately transmitted. When there is a conflict between the fidelity rule and the Skopos rule, translators should give priority to the Skopos rule, and make appropriate adjustments to the source text on the premise of not distorting the core information, so as to better achieve the translation purpose.

5. Conclusion

5.1 Main Research Results

This study takes the English translation of Health Qigong "Baduanjin" as the research object, systematically explores the existing problems in the current translation and proposes optimized translation strategies with the guidance of Skopos Theory. The main research results are as follows: first, the existing English translation versions of Baduanjin can be divided into official promotion versions, academic research versions and popular popularization versions, each of which has its own advantages and disadvantages, and the uneven quality of the versions affects the effect of international communication. Second, combined with the three principles of Skopos Theory, the existing translations have problems such as unclear translation purpose, poor coherence and inaccurate fidelity, which are mainly caused by the lack of theoretical guidance, insufficient grasp of text characteristics and ignoring cultural differences. Third, based on the three principles of Skopos Theory, targeted optimization strategies are proposed. Based on the Skopos rule, it is necessary to clarify the translation purpose and formulate targeted strategies according to the needs of the target audience; based on the coherence rule, it is necessary to adjust the sentence structure, maintain the consistency of language style and add necessary explanations; based on the fidelity rule, it is necessary to ensure the accuracy of professional terms and the faithful transmission of core information. These optimization strategies can effectively solve the existing translation problems, improve the quality of Baduanjin's

English translation, and promote its international communication and cultural connotation transmission. This study also enriches the application of Skopos Theory in the field of traditional Chinese cultural translation, and provides a reference for the translation of other Health Qigong texts and traditional Chinese cultural works.

5.2 Research Limitations and Future Prospects

This study still has some limitations that need to be improved in future research. In terms of the selection of translation cases, this study mainly selects typical translation cases of Baduanjin's terminology, cultural-loaded words and movement names, and the scope of cases is relatively limited, which may affect the comprehensiveness of the research results. In terms of the research method, this study mainly adopts literature review, comparative analysis and case study, and lacks empirical research on the effect of optimized translation strategies, such as investigating the acceptance of optimized translations by overseas audiences. In addition, this study focuses on the translation of Baduanjin's text content, and does not involve the translation of audio-visual materials and other forms of Baduanjin's international communication. Future research can expand the scope of translation cases, include more types of translation versions and content, and improve the comprehensiveness of the research. At the same time, empirical research methods can be adopted to verify the effectiveness of the proposed optimization strategies, and collect feedback from overseas audiences to further improve the translation strategies. In addition, future research can also explore the translation of Baduanjin's audio-visual materials and online promotion content, and provide more comprehensive translation support for its international communication. With the continuous deepening of global cultural exchanges, the international demand for Baduanjin will continue to increase. Future research should keep up with the trend of the times, combine new communication methods and technologies, and continuously improve the quality of Baduanjin's English translation, so as to better promote the international spread of traditional Chinese health culture.

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