

## *Original Paper*

# Research on the Inheritance and Development of Traditional Sports and Cultural Resources of Ganzi Minority Ethnic Groups

Dai Duo<sup>1</sup>

<sup>1</sup> Sichuan Minzu College, Kangding, Sichuan, China

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### ***Abstract***

*Ganzi region, located in Sichuan Province of China, is a multi-ethnic area with rich and diverse traditional sports and cultural resources of ethnic minorities. The purpose of this paper is to study the inheritance and development of traditional sports and cultural resources of ethnic minorities in Ganzi region. Through field research and literature study in Ganzi region, this paper explores the traditional sports and cultural resources in Ganzi region, including Tibetan chess, Tibetan equestrianism, and Tibetan archery, as well as their roles in the local society and university education. The paper also analyzes the challenges and opportunities for the development of the heritage of traditional sports and cultural resources, and makes some suggestions to promote the heritage and development of these valuable cultural resources. The inheritance and development of traditional sports culture of ethnic minorities in the Ganzi region is of great significance for the preservation of cultural heritage, the promotion of national identity, physical and mental health and social development.*

### ***Keywords***

*ethnic minorities, traditional sports, sports culture, development*

## **1. Introduction**

Ganzi region is a region in Sichuan Province, China, which is rich in traditional sports and cultural resources of ethnic minorities. The study of the inheritance and development of traditional sports and cultural resources of minority ethnic groups in Ganzi aims to understand and protect these valuable cultural heritages and to promote the inheritance and development of traditional sports and culture of minority ethnic groups. Through the study, the historical origin, characteristics and value of traditional sports culture of ethnic minorities in Ganzi region can be explored to provide theoretical support and practical guidance for related protection and inheritance work. Ganzi region is located in the western part of Sichuan Province, China, and has a diverse geographic environment, including high mountains,

canyons, grasslands and other types of landforms. This region is an important part of the Tibetan area, with rich cultures of Tibetan, Qiang, Yi, and other ethnic minorities. Historically, the Ganzi region was an important node of the ancient Silk Road, connecting the Central Plains and the Southwest. This has led to the culture of Ganzi region being influenced by the exchanges between the East and the West, and has bred a unique cultural atmosphere.

The traditional sports and cultural resources of ethnic minorities in the Ganzi region are very rich, unique and valuable. In the course of their long-term historical development, ethnic minorities have formed unique ways of practicing sports and cultural forms. For example, archery and wrestling of the Tibetans, equestrianism of the Qiangs, and top wind ball of the Yis are important parts of the traditional sports culture of the ethnic minorities in Ganzi region. These traditional sports and cultural activities are not only ornamental and entertaining, but also important expressions of national identity and cohesion. They inherit the wisdom and historical memory of the ethnic minorities, embody their adaptation to and realization of the natural environment, and have important historical, cultural and social significance. Protecting and developing the traditional sports and cultural resources of the Ganzi ethnic minorities can help pass on and promote the unique cultures of the ethnic minorities and enhance national unity and cultural diversity. At the same time, tapping and promoting these resources can also help to promote tourism and enhance regional economic and social development.

Therefore, studying the geographical, historical and cultural background of the Ganzi region and emphasizing the uniqueness and value of the traditional sports and cultural resources of the Ganzi ethnic minorities are of positive significance in promoting cultural preservation, tourism development and national unity.

## **2. Traditional Sports and Cultural Resources in the Ganzi Region**

Located in southwestern China, the Ganzi region is a multi-ethnic area with rich and colorful traditional sports and cultural resources of ethnic minorities. These traditional cultural resources are not only an important part of local ethnic culture, but also carry rich history, culture and life style. In this paper, we will study in depth the traditional sports and cultural resources of Ganzi region, including Tibetan chess, Tibetan horsemanship, Tibetan archery, etc., as well as their roles in the local society and university education.

### **Tibetan Chess: A Game of Wisdom**

Tibetan chess is an ancient board game with a long history. In the Ganzi region, Tibetan Chess is regarded as a game of wisdom with deep cultural connotations and strategies. This board game consists of 64 squares with pieces including bishops, knights, rooks, cannons, sergeants and pawns. Each piece has unique moves and tactics, and players are required to use them skillfully to win the game. It has a long history and is widely spread in all parts of the Tibetan region. Unlike Chinese Chess, the board of Tibetan Chess is a rectangle, usually a 19x19 grid, and the pieces are divided into two branches, one for white and the other for black. Each piece has a variety of different moves and rules.

Tibetan chess is not only a recreational activity, but also an important way of cultural inheritance. By learning and participating in Tibetan chess, the younger generation can better understand and feel their ethnic culture. Tibetan chess tournaments are also part of social activities, in which people interact with each other and share the wisdom of the game, promoting cohesion within the community.

Hidden Chess is a game full of strategy and intelligence, which not only tests the player's chess skills, but also exercises his thinking ability. The goal of the game is to win by surrounding the opponent's pieces so that they cannot move further. Players need to carefully consider each move and anticipate their opponent's movements while protecting their own pieces.

The charm of Tibetan chess lies in the fact that it is not only a recreational activity, but also carries rich cultural connotations. The pieces and board in the game reflect the cultural characteristics of the Tibetan nation, such as the eight auspicious patterns and Tibetan numerals, making the game part of the cultural heritage. In addition, Tibetan chess is often combined with Tibetan religious ceremonies and festivals, adding a sense of mystery and ritual.

Tibetan chess is a popular recreational activity in Ganzi Prefecture, especially in winter and during festivals, when people often gather together to enjoy this ancient game. Meanwhile, some specialized Tibetan chess tournaments are also held in the area, attracting many players and spectators. These tournaments are not only a competition of chess skills, but also a cultural exchange and inheritance.

In conclusion, Tibetan chess, as one of the traditional cultural heritages of Ganzi Prefecture, is not only a challenging and interesting game, but also carries rich cultural connotations. It has an important place in the local community, not only providing entertainment for people, but also contributing to cultural heritage and community cohesion. This makes Tibetan chess an integral part of Ganzi and attracts more and more people to experience and explore it.

### **3. Tibetan Horsemanship: The Art of Riding in the Highlands**

Tibetan horsemanship is a superb equestrian skill in the Ganzi region, closely related to local transportation, agriculture and culture. This traditional skill requires the rider to develop a deep understanding with the horse in order to cope with the complex and changing geographical and climatic conditions of the plateau region. With a history dating back to ancient times, Tibetan horsemanship is not only a means of transportation, but also a symbol of culture. Tibetan horsemanship is still an important lifestyle and sporting activity in local communities. Farmers still rely on horses for farming and transportation, while equestrian competitions are an important part of a traditional festival. The legacy of Tibetan horsemanship relies on a master-apprentice approach, with younger generations of riders maintaining the tradition of the skill by learning through interaction with the older generation of riders.

#### 4. Tibetan Archery: A Combination of Skill and Spirituality

Tibetan archery is a traditional archery sport that combines elements of skill and spiritual culture. Archery has a long history in the Ganzi region and was once an important skill for hunting and fighting. Today, Tibetan archery has evolved into a sport competition, while still maintaining its traditional values and ceremonial nature.

In Tibetan archery competitions, competitors are required to utilize superb archery skills while maintaining inner calm and focus. This process reflects the Tibetan cultural values of internal and external balance and spiritual harmony. Tibetan archery competitions are usually accompanied by traditional rituals and celebrations, adding to the ceremonial and cultural content of the competition.

#### 5. The Role of Traditional Sports and Cultural Resources

Traditional sports and cultural resources play an important role in today's society in many ways. First of all, they represent the history and cultural heritage of a community or nation and are valuable cultural heritage. Through traditional sports, people can learn about the wisdom and lifestyle of their ancestors, maintain cultural identity and pass on historical memory.

Secondly, traditional sports and cultural resources contribute to the promotion of physical and mental health. They emphasize physical strength, flexibility and coordination and encourage participants to maintain an active lifestyle. In addition, traditional sports help to reduce stress, increase self-confidence and improve mental health. Traditional sports and cultural resources can also promote social interaction and community cohesion. Many traditional sports activities are group-based and participants need to cooperate, interact and communicate. This helps to build social networks, strengthen community ties and enhance social cohesion.

In addition, traditional sports and cultural resources play an important role in education and the transmission of values. Through sport, people can learn important values such as teamwork, fair play and perseverance. Traditional sports can also be used as a tool for moral and ethical education to develop human character and moral values.

Finally, traditional sports and cultural resources also have a positive impact on tourism and economic development. Some traditional sports activities have become popular tourist attractions for tourists, boosting the local economy and creating jobs.

In summary, traditional sports and cultural resources are more than just a recreational and sporting activity; they play an important role in a number of areas, including cultural transmission, physical and mental health, social interaction, education, transmission of values and economic development. It is therefore crucial to protect and promote the transmission of traditional sports and cultural resources to ensure that this valuable cultural heritage can continue to play its multiple roles.

## 6. Challenges to Transmission

Despite the important cultural and educational value of these traditional sports and cultural resources, they face a number of challenges. There are numerous challenges to transmission that affect the transmission of culture, knowledge and skills and threaten the preservation and continuation of valuable cultural heritage. Some of the major challenges include:

First, the rapid development of modernization has brought new lifestyles and values, leading to an impact on traditional culture. The younger generation may be more susceptible to the influence of popular culture and the mass media, with a weakening of interest in traditional culture and a disruption of the means of transmission.

Secondly, the increase in generational fault lines is a serious problem. Many traditional skills and knowledge need to be passed on from elders to younger generations, but in modern societies this chain of transmission can be broken, leading to a loss of knowledge.

Third, resource constraints are a common challenge. Cultural transmission requires time, money and specialized knowledge. Some traditional communities may lack these resources, thus preventing effective cultural transmission. Cultural conflict is also a challenge. In multicultural societies, conflicts between cultures may lead to neglect of or discrimination against traditional cultures, threatening cultural diversity. The pressures of social change and modernization may lead to the decline of traditional cultures. Social changes such as urbanization and rural exodus may make traditional lifestyles and cultural transmission difficult. Some traditional cultures face a crisis of loss. Valuable cultural heritage may disappear permanently as opportunities for continuous transmission have been lost. There may be conflicts between modern education systems and the transmission of traditional culture. Some traditional knowledge and values may be incompatible with modern educational standards, complicating cultural transmission. The trend of globalization may lead to cultural homogenization and commercialization, and some local characteristics and traditional culture may be eroded. The rapid development of information technology may lead to the proliferation and distortion of information, complicating the transmission of traditional culture.

In summary, the challenges to transmission are diverse and require comprehensive solutions to protect and promote the transmission of culture, knowledge and skills. This requires the concerted efforts of governments, social groups, educational institutions and individuals to ensure the sustainability and transmission of cultural heritage.

## 7. Opportunities for Development

Located in western China, Ganzi Prefecture is a multi-ethnic and multi-cultural region with rich traditional sports and cultural resources of ethnic minorities. In today's society, the development of traditional sports and cultural resources in Ganzi Prefecture faces numerous opportunities that will help to preserve and promote this valuable cultural heritage.

First of all, the traditional sports and cultural resources of Ganzi Prefecture have great potential in tourism. With the booming development of tourism, more and more tourists want to experience local traditional culture and customs. Traditional sports activities, such as Tibetan horse racing, archery and wrestling, have a unique appeal and can be a highlight to attract tourists. By developing sports and cultural tourism projects, Ganzi Prefecture has the opportunity to attract more tourists and increase tourism revenues, while promoting and passing on traditional sports culture.

Secondly, the transmission of sports and cultural resources can promote cultural education and school sports. Schools and educational institutions in Ganzi Prefecture can incorporate traditional sports activities into their educational curricula to help students understand and respect local traditional culture. This not only contributes to the heritage, but also provides students with opportunities to exercise and develop team spirit. At the same time, schools can organize sports and cultural competitions and activities to stimulate students' interest in traditional sports and culture and promote cultural heritage.

Thirdly, the transmission of sports and cultural resources can promote community cohesion and cultural confidence. Traditional sports activities are usually community-based and require collective participation and support. Through participation in traditional sports, community members can establish ties and enhance community cohesion. In addition, the successful transmission of traditional sports culture can enhance the cultural self-confidence of the population, allowing them to display their cultural characteristics with greater pride.

In addition, the inheritance of sports and cultural resources also contributes to the development of physical fitness. Traditional sports activities are a healthy way of life, and by participating in these activities, people can exercise and improve their physical fitness. In modern society, health consciousness is getting stronger and stronger, and traditional sports activities provide people with diversified ways to exercise. Therefore, the inheritance of traditional sports culture helps to promote the national fitness movement and improve the health of the population.

Finally, the transmission of traditional sports and cultural resources also helps to promote cultural diversity and cross-cultural exchanges. In the era of globalization, communication and integration among different cultures have become increasingly important. The traditional sports culture of Ganzi Prefecture has unique cultural characteristics that can attract the attention of domestic and foreign audiences and scholars. Through international sports competitions and cultural exchange activities, Ganzi Prefecture has the opportunity to show its unique cultural heritage to the world and promote cross-cultural exchange and understanding.

There are numerous opportunities for the development of traditional sports and cultural resources in Ganzi Prefecture, including tourism potential, cultural education, community cohesion, health promotion and cross-cultural exchange. By fully utilizing these opportunities, this valuable cultural heritage can be preserved and passed on, while contributing to the development and cultural prosperity of the local community.

## 8. Recommendations and Outlook

In order to protect and pass on the traditional sports and cultural resources of the Ganzi region, we can take the following measures:

- (1) Formulation of protection policies: Governments should formulate policies to protect and pass on these valuable cultural heritages, providing resource support and legal safeguards.
- (2) Strengthening educational cooperation: Universities should cooperate with local communities to carry out educational programs on traditional cultural resources and train more inheritors and enthusiasts.
- (3) Awareness-raising: Society should strengthen its awareness and promotion of traditional cultural resources and enhance the public's appreciation of these valuable resources.

The mode of transmission and current status of traditional sports and cultural resources are key to the protection and development of these valuable resources. The following are some of the common ways of transmission and the current status:

**Oral transmission:** Oral transmission is one of the most common ways of passing on traditional sports and cultural resources. Through the master-apprentice system, experience and skills are passed on from predecessors to successors, maintaining the continuity of traditional skills. However, due to the special nature of oral transmission, knowledge and skills may be at risk of gradual loss.

**Performances and competitions:** Performances and competitions of traditional sports and culture are organized in many regions to showcase and pass on these resources. These events provide a platform for young people to learn and participate in traditional sports and culture.

**School education and community activities:** In some places, traditional sports and cultural resources are incorporated into school education curricula so that the younger generation can understand and learn about them. At the same time, community activities play an important role in passing on the tradition, such as folk sports clubs and community organizations, which provide opportunities for students and community members to learn and practice traditional sports.

## 9. Conclusion

The traditional sports and cultural resources of ethnic minorities in the Ganzi region have rich historical and cultural connotations, and play an important role in both cultural heritage and university education. However, facing the challenges of modernization, the joint efforts of the government, schools and society are needed to protect and pass on these valuable cultural heritages. Through cooperation, policy support and the promotion of educational programs, the transmission and development of these traditional cultural resources can be realized, thus enriching the cultural life of the Ganzi region, promoting cross-cultural exchanges and providing a solid cultural foundation for future development.

### Fund Projects

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