Ru Jiao: Traditional Sports of Taijiquan, Archery, and Wu Shu
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ABSTRACT
This journal explores the relationship between Confucian teachings and traditional Chinese sports, specifically Taijiquan (Tai Chi), archery, and Wushu. The study examines how Confucian principles such as balance, self-discipline, and moral character development are reflected in these sports practices.

Taijiquan combines physical movements with meditation to achieve harmony between body and mind. Archery is used as a tool to develop virtues like patience and self-control. Wushu emphasizes the importance of ethics and spiritual development. A literature review method was used to analyze relevant sources, showing that traditional Chinese sports not only improve physical health but also play a crucial role in the development of moral and spiritual character. The integration of Confucian teachings into traditional Chinese sports can significantly contribute to enhancing the quality of life in society through moral development, balance, and discipline.
INTRODUCTION

Traditional Chinese sports, especially Taijiquan, archery, and Wu Shu, have deep historical roots and are closely linked to Confucian philosophy (Ru Jiao). This relationship between Confucian teachings and traditional sports practices reflects the complexity of ancient Chinese culture and its influence on people's physical, mental, and spiritual development. This study aims to explore the intersection between Ru Jiao and traditional Chinese sports, focusing on the philosophical, historical, and cultural aspects that shape these practices.

Wu Shu, as a comprehensive martial system, also reflects Confucian values. He (n.d.) highlighted that Wu Shu practitioners have fully accepted the Confucian notion of “a virtuous person is a kind person” and emphasized the importance of ethics in martial practice. This shows that traditional Chinese sports are not just about developing physical skills, but also about moral and spiritual cultivation.

However, the relationship between Confucianism and traditional Chinese sports also has complex and sometimes contradictory dimensions. On the one hand, Confucian philosophy has provided a strong ethical and moral framework for the practice of this sport. On the other hand, some aspects of conservative Confucian thought may have limited development and innovation in traditional Chinese sports (He, n.d.).

This study will explore these dynamics in depth, examining how Confucian principles have shaped and influenced the development of Taijiquan, archery, and Wu Shu throughout history. In addition, this research will also consider the relevance and application of these values in the context of modern sports and contemporary society.

Using an interdisciplinary approach that combines historical, philosophical, and cultural studies perspectives, this research aims to provide a more nuanced understanding of the relationship between Confucianism and traditional Chinese sports. It is hoped that the results of this study will provide valuable insights for sports practitioners, Chinese studies scholars, and those interested in the intersection of philosophy, culture, and physical practice.

Formulation of the Problem

1. How did Confucian principles influence the development of traditional Chinese sports, especially Taijiquan, archery, and Wu Shu?
2. Is there a relationship between Confucianism and the values contained in traditional Chinese sports?
3. How can traditional Chinese sports, such as Taijiquan, archery, and Wu Shu, be used as a means to develop moral and spiritual character in Chinese society?
4. Are there any differences between traditional Chinese sports and modern sports in terms of the values and principles contained?
5. How can Confucian teachings be integrated into the development of traditional Chinese sports to improve the quality of life of Chinese people?
Research Purposes
This research aims to explore the relationship between Confucian teachings (Ru Jiao) and the development of traditional Chinese sports, especially Taijiquan, archery and Wu Shu. Specifically, this research aims to:
1. Analyze how Confucian principles influenced the development of traditional Chinese sports.
2. Identify the Confucian values contained in traditional Chinese sports.
3. Explain how traditional Chinese sports can be a means of developing moral and spiritual character in Chinese society.
4. Compare the values and principles contained in traditional Chinese sports and modern sports.
5. Explore the potential for integrating Confucianism in the development of traditional Chinese sports to improve people's quality of life.

Benefits of Research
Theoretical Benefits
a. Contributes thought to the development of studies on the relationship between Confucian philosophy and traditional Chinese sports practices.
b. Enriching academic literature on the intersection of culture, philosophy and sport in China.
c. Become a reference for further research that examines similar topics.
Practical Benefits
a. Provide traditional Chinese sports practitioners with a more comprehensive understanding of the Confucian values embedded in their practice.
b. Providing insight for policy makers in efforts to preserve and develop traditional Chinese sports in line with Confucian philosophy.
c. Helping the Chinese people to better appreciate and understand their traditional sports cultural heritage.

LITERATURE REVIEW
Confucianism, as one of the main pillars of Chinese thought, emphasizes the importance of balance, self-discipline, and the development of moral character (Camus, 2021). These principles are reflected in various aspects of traditional Chinese sports. For example, Taijiquan combines physical movement with meditation and internal energy cultivation, reflecting the Confucian concept of harmony between body and mind (Yang, 2014). Meanwhile, the art of archery in the Confucian tradition is considered a means of developing virtues such as patience, focus, and self-mastery (Camus, 2021).
METHODOLOGY

This research uses a literature study method to explore the relationship between Confucian teachings (Ru Jiao) and the development of traditional Chinese sports, especially Taijiquan, archery and Wu Shu. Literature study is a method of collecting data sourced from books, journals, documents and other sources relevant to the research topic (Tangkudung, 2018). Research stages include:

1. Search and collect relevant literature sources, both from books, scientific journals, articles and online sources. These sources should discuss the relationship between Confucianism and traditional Chinese sports.
2. Classification and analysis of literary sources based on main topics such as Confucian philosophy, historical development of traditional sports, and cultural dimensions.
3. Synthesize information from various sources to build arguments and answer research questions.
4. Interpretation of data and drawing conclusions based on analysis of literary sources.
5. Writing research reports in the form of scientific journal articles by following the specified format and writing style.

The type of data used in this research is secondary data originating from literary sources such as books, scientific journals, articles and websites. Data analysis was carried out qualitatively by identifying main themes, comparing perspectives from various sources, and drawing conclusions based on information synthesis (Sugiyono, 2013). By using literature study methods, this research is expected to provide a comprehensive understanding of the relationship between Confucianism and the development of traditional Chinese sports, as well as its implications in the broader context of Chinese culture and philosophy.

RESULTS AND DISCUSSION

Based on the problem formulation above, the following are the results and discussion of this research:

1. Confucian Principles Influenced the Development of Traditional Chinese Sports, Especially Taijiquan, Archery, and Wu Shu

Confucianism, which originates from the teachings of Confucius, has had a profound influence on various aspects of life in China, including the development of traditional sports such as Taijiquan, archery, and Wushu. Confucian teachings emphasize the importance of personal ethics, morality, and social harmony, all of which are reflected in traditional Chinese sports practices and philosophies.

Taijiquan, also known as Taichi, is a Chinese martial art and subtle health exercise that focuses on Taoism and Confucianism. The core of the Taijiquan movement is taken from the dialectical concepts of Taiji and yin-yang in traditional Confucianism and Taoism. Confucian principles such as harmony, balance, and virtue are reflected in the gentle yet powerful movements of Taijiquan. The Chinese government created standard stances for teaching Tai Chi as part of the sport of Wushu to preserve cultural heritage. Taijiquan (or Tai Chi)
Taijiquan is a martial art that is also known as a form of health exercise. Confucian principles such as ren (humanity), li (ritual and propriety), and yi (righteousness) are highly relevant in the practice of Taijiquan.

a. Kasin Love (ren): In Taijiquan, there is an emphasis on self-cultivation and internal balance, which is in line with the concept of ren which emphasizes kindness and humanity.

b. Decency/Ritual/Politeness (li): Taijiquan involves a series of movements that must be performed with great care and modesty, reflecting the importance of li in maintaining harmony and order.

c. Righteousness (yi): Taijiquan practitioners are taught to act with righteousness and integrity, which is the essence of yi in Confucianism.

Taijiquan also teaches balance between Yin and Yang, reflecting the harmony and balance emphasized in Confucian teachings.

Archery (shè) is one of the six disciplines (liù yì) that must be mastered to become a true human according to Confucianism. Traditional Chinese scholars used to engage in these six activities, including archery, to fill their free time and develop virtues such as patience, discipline and self-control. Archery is also considered a means of achieving harmony between the mind, body, and universe. Archery has a long history in Chinese culture and was considered one of the Six Noble Arts during the Zhou Dynasty. Confucius himself was an archery teacher, and archery was used as a tool to teach moral and ethical values.

a. Cinta Kasin(ren): Archery teaches self-control and calm, which helps in the development of humanity and virtue.

b. Decency/Ritual/Politeness (li): Rituals and ceremonies in archery reflect the importance of li in maintaining order and decorum.

c. Correctness (yi): Good archery skills are not only seen from accuracy, but also from correct attitudes and intentions, reflecting the yi of acting correctly and fairly.

Archery in a Confucian context is not just about physical skill, but also about developing character and morality.

Wushu is a general term for Chinese martial arts that includes a variety of styles, including Taijiquan. The Chinese government created standard stances for teaching Tai Chi as part of the sport of Wushu to preserve cultural heritage. Wushu is also influenced by Confucian concepts such as harmony, discipline, and self-cultivation. Wushu training not only improves physical abilities but also moral character. Wushu, which literally means "fighting art", is a general term for Chinese martial arts. Confucian principles were very influential in the development of Wushu, especially in terms of self-development and ethics.

a. Cinta Kasin(ren): Wushu teaches the importance of humanity and benevolence in interactions with others, both in training and in everyday life.

b. Decency/Ritual/Politeness (li): There are many rituals and etiquette in Wushu that reflect the importance of li in maintaining harmony and order.
c. Truth (yi): Wushu practitioners are taught to act with integrity and truth, both in practice and in competition.

Wushu also combines philosophical elements from Confucianism, Taoism, and Buddhism, all of which emphasize self-cultivation and balance.

Confucianism plays an important role in families and relationships between individuals in China. Principles such as harmony, loyalty, and respect for authority influence social and cultural structures. Traditional Chinese sports are often taught in family and community contexts, strengthening social bonds and preserving traditions. Confucian principles such as ren, li, and yi played an important role in the development and practice of traditional Chinese sports such as Taijiquan, archery, and Wushu. Confucius' teachings about personal ethics, morality, and social harmony are reflected in the way these sports are taught and practiced, making them more than just physical activities, but also a means of character and moral development.

2. The Relationship Between Confucianism and the Values Contained in Traditional Chinese Sports

The relationship between Confucianism and the values contained in traditional Chinese sports is very close. Confucianism, which emphasizes ethics, morality, and social harmony, influences many aspects of Chinese life, including traditional sports such as Kung Fu and Tai Chi. Here are some key points that explain the relationship:

a. Confucian Values in Traditional Sports

1) Discipline and Perseverance: Confucianism emphasizes the importance of discipline and perseverance in all aspects of life. These values are reflected in the practice of Kung Fu, where practitioners are taught to train diligently and with discipline, facing challenges with fortitude and patience.

2) Virtue and Ethics: Confucianism places great emphasis on virtue (Ren) and ethics. In traditional Chinese sports, such as Tai Chi, the practice focuses not only on physical development but also on moral and spiritual development. Practitioners are taught to respect opponents, show benevolence, and maintain ethics in all their actions.

3) Harmony and Balance: Confucianism teaches the importance of harmony and balance in life. This principle is also applied in traditional sports such as Tai Chi, which emphasizes balance between body and mind, as well as harmony between the individual and the surrounding environment.

4) Respect and Hierarchy: In Confucianism, respect for parents, teachers, and superiors is highly emphasized. This is also reflected in the structure and practices of traditional Chinese sports, where respect for instructors and seniors is very important. Strict hierarchy and etiquette are maintained in practice and competition.

b. Historical and Cultural Influences

1) Education and Training: Physical education and sports in China often include Confucian elements in their curriculum. The moral and ethical education taught in schools also includes Confucian values, which are then applied in physical education and sports.
2) Character Development: Traditional Chinese sports not only aim to develop physical abilities but also to form good character. Values such as honesty, courage, and responsibility taught in Confucianism are also an integral part of traditional sports training.

3. Traditional Chinese Sports, Such as Taijiquan, Archery, and Wu Shu, Can be Used as a Means to Develop Moral and Spiritual Character in Chinese Society

   Traditional Chinese sports such as Taijiquan (Tai Chi), archery, and Wushu play an important role in the development of moral and spiritual character in Chinese society. Here is a more complex and detailed explanation of how these sports contribute to the development of this character:

a. Taijiquan (Tai Chi)

   Taijiquan is a martial art that combines slow movements, meditation and controlled breathing. Taijiquan philosophy is rooted in the concepts of Yin and Yang, which teach balance and harmony between opposing but complementary forces. Taijiquan practice can develop various aspects of moral and spiritual character:

1) Discipline and Perseverance: Regular and consistent practice is necessary to master Taijiquan movements, which teach discipline and perseverance.
2) Calmness and Equanimity: Slow movement and meditation help calm the mind and reduce stress, which is important for equanimity and self-control.
3) Physical and Mental Health: The health benefits of Taijiquan, including improved balance, flexibility, and strength, contribute to overall well-being, which is the basis for the development of a strong and healthy character.

b. Archery

   Archery in Chinese tradition is not just about physical skill but also about self-control and mental focus. Archery practice teaches several important values:

1) Concentration and Focus: Archery requires high concentration to hit the target, which helps train mental focus and emotional control.
2) Self-Control: Archery teaches the importance of self-control and calm under pressure, which are important aspects of developing moral character.
3) Balance and Harmony: The philosophy of archery is often tied to the teachings of Taoism, which emphasizes balance between body and mind and harmony with nature

c. Wushu

   Wushu is a martial art that includes a variety of techniques and styles, including Taolu (series of movements) and Sanda (free fighting). Wushu teaches values such as:

1) Discipline and Perseverance: Wushu training requires great discipline and perseverance to master the techniques.
2) Courage and Resilience: Wushu teaches courage to face challenges and resilience to continue training even in the face of difficulties.
3) Spiritual Development: Wushu often involves meditation and breath control, which helps in spiritual development. Wushu philosophy is related to the teachings of Taoism, Confucianism, and Buddhism, which emphasize the importance of balance, harmony, and moral development.
Traditional Chinese sports such as Taijiquan, archery, and Wushu not only improve physical health but also play an important role in the development of moral and spiritual character, making them an integral part of Chinese culture and philosophy.

3. The Difference Between Traditional Chinese Sports and Modern Sports in Terms of the Values and Principles Contained

a. Traditional Chinese Sports

Traditional Chinese sports, such as Kung Fu, Tai Chi, and Wushu, contain deep values and principles that often originate from philosophical and spiritual teachings such as Taoism, Confucianism, and Buddhism. Some of the main values contained in traditional Chinese sports are:

1) Balance and Harmony: Practices such as Kung Fu and Tai Chi emphasize the importance of balance between strength and gentleness and harmony between body movement, mind and breathing. This principle is reflected in various styles of Kung Fu, such as Tai Chi, which emphasizes gentle movements and a balanced flow of energy.

2) Discipline and Perseverance: Practitioners are taught to practice diligently and with discipline, facing challenges with patience and resilience. These values are not only useful in mastering self-defense techniques but also in everyday life.

3) Self-Development and Wisdom: Traditional sports are often seen as a path to attaining wisdom and self-development, not just physical activity. For example, Wushu not only teaches fighting techniques but also ethical and moral values such as respect, patience, and honesty.

a. Modern Sports

Modern sports, which include a variety of competitive sports such as football, basketball and track and field, focus more on achievement, physical development and competition. The main principles in modern sports include:

1) Specialization and Performance: Modern sports place great emphasis on specialization and achieving peak performance through structured and planned training. The use of science and technology in sports (sports science) is also very important to achieve maximum results.

2) Readiness and Active Participation: Training should be tailored to the individual athlete's physiological readiness, and active participation in training is emphasized to develop skills and creativity. Recovery and rehabilitation methods such as massage and heat therapy are used to maintain athletes' physical condition.

3) Principles of Olympism: Modern sports are also influenced by the principles of Olympism which combine sport with culture and education to create a harmonious and peaceful way of life. This principle emphasizes friendship, cooperation and mutual understanding between nations.

The main difference between traditional Chinese sports and modern sports lies in the underlying philosophical values and goals. Traditional Chinese sports place more emphasis on balance, harmony, and self-improvement, while modern sports focus more on specialization, achievement, and competition.
4. Confucian Teachings Can be Integrated Into The Development of Traditional Chinese Sports to Improve the Quality of Life of Chinese People

Integration of Confucian Teachings in the Development of Traditional Chinese Sports

a. The Importance of Confucian Teachings

Confucianism, founded by Confucius in the 6th century BC, is a system of ethical teachings that emphasizes virtue, righteousness, etiquette, and wise leadership. This teaching aims to create a harmonious and civilized society through the development of individual morals and good social relations.

b. Integration in Traditional Chinese Sports

The integration of Confucian teachings in the development of traditional Chinese sports can be done in the following ways:

1) Moral and Ethics Development

Traditional Chinese sports such as Kung Fu and Tai Chi can be used as a means to teach Confucian moral and ethical values. For example, the principles of Ren (humanity) and Li (decency) can be taught through the practice of discipline and respect for teachers and fellow practitioners. This will help shape good character and improve people's quality of life.

2) Balance and Harmony

The principles of balance and harmony in Confucianism can be applied to the practice of Tai Chi, which emphasizes balance between body and mind. This exercise not only improves physical health but also mental well-being, which is an important aspect of quality of life.

3) Discipline and Perseverance

The values of discipline and perseverance taught in Confucianism can be applied to Kung Fu practice. Practitioners are taught to practice diligently and with discipline, facing challenges with patience and resilience. These values are not only useful in mastering self-defense techniques but also in everyday life.

4) Self Development

Confucianism emphasizes the importance of self-cultivation and wisdom. Traditional Chinese sports can be used as a tool to achieve self-development through meditation and reflection. For example, Wushu training not only teaches fighting techniques but also ethical and moral values such as respect, patience, and honesty.

c. Benefits for Society

The integration of Confucian teachings in traditional Chinese sports can provide various benefits for society, including:

1) Improve Physical and Mental Health: Traditional sports training integrated with Confucian values can improve people's physical and mental health.

2) Building Good Character: The moral and ethical values taught through traditional sports can help shape good character and improve an individual's quality of life.
3) Creating a Harmonious Society: By emphasizing the values of harmony and balance, traditional sports integrated with Confucian teachings can help create a more harmonious and civilized society.

The integration of Confucian teachings in the development of traditional Chinese sports can make a significant contribution to improving people's quality of life through moral development, balance, discipline and self-development.

CONCLUSIONS AND RECOMMENDATIONS

This journal discusses the relationship between Confucianism and traditional Chinese sports, especially Taijiquan (Tai Chi), archery, and Wushu. The following are the main conclusions that can be drawn from the journal:

A. The Influence of Confucianism in Traditional Chinese Sports

1) Confucian Principles:
   a) Discipline and Perseverance: Regular and consistent practice in Taijiquan and Wushu teaches discipline and perseverance. Archery also requires high concentration and self-control.
   b) Balance and Harmony: Taijiquan combines slow movements with meditation to achieve balance between Yin and Yang. Archery and Wushu also emphasize balance between body and mind and harmony with nature.
   c) Character Development: This sport not only improves physical abilities but also forms good characters, such as honesty, courage and responsibility.

2) Moral and Spiritual Development:
   a) Taijiquan: Teaches calm, inner balance, and physical and mental health. This practice is in line with Confucian values such as ren (humanity), li (ritual and propriety), and yi (righteousness).
   b) Archery: Teaches concentration, focus, and self-control, all of which are important in the development of moral character.
   c) Wushu: Teaches courage, endurance, and spiritual development through meditation and breath control.

B. Differences with Modern Sports

1) Values and Principles:
   a) Traditional Chinese Sports: Emphasize balance, harmony and self-improvement. Moral and ethical values are highly emphasized in the practice of this sport.
   b) Modern Sports: Focuses more on achievement, physical development and competition. Principles such as specialization and peak performance are emphasized.

2. Benefits for Society

   1) Physical and Mental Health: Traditional sports training integrated with Confucian values can improve people's physical and mental health.
   2) Character Building: The moral and ethical values taught through traditional sports can help shape good character and improve an individual's quality of life.
   3) Social Harmony: By emphasizing the values of harmony and balance, traditional sports integrated with Confucian teachings can help create a more harmonious and civilized society.
C. Final Conclusion

Traditional Chinese sports such as Taijiquan, archery, and Wushu play an important role in the development of moral and spiritual character in Chinese society. Confucian teachings provide a strong ethical and moral framework for the practice of this sport, making it more than just a physical activity but also a means of personal and moral development. The integration of Confucian teachings in the development of traditional Chinese sports can make a significant contribution to improving people's quality of life through moral development, balance, discipline and self-development.

FURTHER STUDY

This research still has limitations, so it is necessary to carry out further research related to the topic of Ru Jiao: Traditional Sports of Taijiquan, Archery, and Wu Shu, Ru Jiao: Olahraga Tradisional Taijiquan, Memanah, dan Wu Shu in order to improve this research and add insight to readers.

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