

Research on the Cultural Value Functions of Songjiang Array in the New Era — Case Field Investigation Based on Songjiang Array in Liantang

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Abstract:

The phenomenon of ‘Phoenix Nirvana and Rebirth from Fire’ of Songjiang Array has aroused widespread attention from all walks of life in the past ten years. This study used literature, field investigation, and case research to explore the cultural value functions behind the rebirth of the Songjiang Array. According to the research, the value functions of Songjiang Array in the new era are mainly reflected in the following aspects: strengthening etiquette culture and promoting the formation of good character for young people; inheriting the spirit of loyalty and benevolence, creating good social morality; inheriting the culture of loyalty and filial piety, satisfying people’s yearning for a better life; forming integrity culture and assisting in village civil governance; building a sports and culture exchange platform between Fujian and Taiwan to promote the reunification of the motherland; highlighting the academy characteristic physical instructional course, promoting the reform of academy physical instructional course in the new era; promoting national fitness, serving healthy china, and accelerating the process of becoming a powerful country in sports. The potential cultural value functions of Songjiang Array are the urgent need for the socialist modernization construction in the new era and have practical guiding significance for promoting the construction of the Chinese Dream.

Keywords: Liantang, Folk sports, Development, Inherit, Reason.

I. PROBLEM FORMULATION

Since the 18th National Congress of the Communist Party of China, the State has attached great importance to the promotion of excellent Chinese traditional culture. The Central Government, various ministries and commissions and relevant departments in various cities have gradually taken strong promotional measures and initiated a number of key projects while carrying out a series of related work on the inheritance and development of excellent traditional culture. These theories and practices have laid a good foundation for the inheritance and development of excellent Chinese traditional culture. Fujian is known as the hometown of the Songjiang Array, the birthplace of the Songjiang Array, especially in southern Fujian, but for historical reasons, the Songjiang Array, which has great historical and cultural

value, once fell into decline and even disappeared. However, in the past 10 years, Songjiang Array has gained a completely different social visibility. Since 2010, when the Songjiang Array sports and cultural exchange between Fujian and Taiwan was initiated, and since 2019, when the Songjiang Array base in Liantang, Xiang'an, was identified as a base for exchange with Taiwan in Fujian Province, the Songjiang Array culture has not only been reported and publicized by the official mainstream media in Fujian Province and Taiwan, setting off a wave of learning about the Songjiang Array, but has also aroused great interest from many experts and scholars. The Songjiang Array has once again been presented to the world in all its glory, and has developed from a village folk sport activity into a cultural feast both inside and outside the province, and even in Taiwan and at home and abroad. The phenomenon of "Phoenix Nirvana and Rebirth from Fire" has attracted the author's attention and formed the origin of this study. What are the implied cultural values that underpin the rapid development of the Songjiang Array in the new era? With this question in mind, the author has conducted an in-depth study of this topic over a period of six years, relying on the Songjiang Array Heritage Base of Excellent Chinese Traditional Culture in Fujian Universities and the Ministry of Education's University-Industry Cooperation Collaborative Education Project Team (based on the construction of the AR Songjiang Array Practice Base).

II. SUBJECTS AND RESEARCH METHODS

2.1 Subjects

Taking the Fujian Songjiang Array as the research object, first-hand materials were obtained mainly through in-depth interviews with various people at all levels involved in the Songjiang Array. The research involved Cai, director of the Xiamen Cultural Museum's non-heritage work, Lin, president of the Songjiang Array Cultural Association, Zhang, chief director of the Fujian-Taiwan Songjiang Array in 2020, Yang and Guo, experts and scholars in the field of folk sports Songjiang Array research, Lin, director of the Fujian-Taiwan Museum, Songjiang Array inheritors and coaches, Songjiang Array athletes from Jimei University, and Songjiang Array sports team members from Liantang Primary School.

2.2 Research Methods

1.2.1 Literature method

Firstly, the theoretical knowledge of folklore, intangible cultural heritage and other disciplines were consulted and studied through the CNKI and the university library, and relevant papers on Songjiang Array were extensively consulted, and the information obtained was analyzed and summarized; secondly, the perceptual understanding of Songjiang Array was obtained through watching Songjiang Array performances for several times, digitizing Songjiang Array texts and the declaration of Songjiang Array as a cultural heritage base by the author's school; thirdly, with the help of Lin, the curator of the Fujian-Taiwan Songjiang Array Museum, the author obtained statistical information on the development of Songjiang Array, which laid a solid foundation for the subsequent qualitative analysis.

1.2.2 Field investigation

This study was conducted over a period of 6 years with field investigation of varying lengths combining field observations, field interviews, electrical and micro-consultations, and other means. For the first time, from May 6 to 8, 2016, the author was commissioned by a major project of the National Planning Office of Philosophy and Social to carry out the digital text collection of Songjiang Array in Zhaogang Village, Xiang'an, and published the relevant findings in the Intangible Cultural Heritage of Chinese Sports-Fujian Volume, gaining an in-depth understanding of the history and folk customs of Songjiang Array, and initiating the initiation of Songjiang Array research. For the second time, on May 8, 2017, the author interviewed Cai, the director of the Intangible Cultural Heritage Centre of Xiamen Cultural Museum, to understand the current situation of the development of the folklore intangible cultural heritage Songjiang Array in Xiamen, which deepened the macro understanding of the Songjiang Array. For the third time, on June 10, 2017, with the help of the Xiamen Cultural Resources and Natural Heritage Day 2017 promotional activities and the action of "Searching for Xiamen's Memory and Guarding the Cultural Heritage", the author interviewed Yuan, the host of the programme, the experts of the event jury, the coaches and athletes who performed the Songjiang Array competition, and further deepened understanding of the Songjiang Array. For the fourth time, in April 2018, through the 2nd National Sports and Leisure Conference hosted by Xiamen University of Technology, the author interviewed Yang and Guo, experts and scholars in the field of folk sports Songjiang Array research, which set the target direction for the research topic of Songjiang Array. For the fifth time, on July 6, 2019, with the opportunity of declaring the excellent cultural heritage base of Songjiang Array by the Ministry of Education of Xiamen University of Technology, the author visited the Songjiang Array base in Liantang, Xiang'an, which further deepened the research on the connotation and cultural construction of Songjiang Array. For the sixth time, from October 1 to 5, 2020, during the Fujian-Taiwan Songjiang Array exchange competition, the author interviewed Zhang, the chief director of the event, Lin, the director of the Fujian-Taiwan Museum, the staff of the Fujian-Taiwan Songjiang Array, coaches, athletes and villagers of Liantang village, etc., which solidifying the content of the research and forming the preliminary ideas of this study. In the course of the above field investigation, more than 200 minutes of video footage, 400 photographs, 300 minutes of audio recordings and a large number of interview transcripts were taken, laying a solid foundation for the entire study.

1.2.3 Case research

Case research refers to a method of tracking and studying the behavior of a particular individual or group. This study mainly uses observation, interviews, collection of materials, descriptive statistics, pictures and video materials to collect and record materials related to the Songjiang Array case research in Liantang, and write a research report to explore the cultural value function of the Songjiang Array in a point by point manner.

III. RESEARCH FINDINGS AND ANALYSIS

3.1 Basic overview of Songjiang Array

3.1.1 Origin

At the beginning of the Ming Dynasty, the people of southern Fujian admired the heroic acts of the loyal and righteous Liangshan warriors of the Song Dynasty, so they took advantage of their leisure time to train in the kung fu of the "36 Heavenly Heroes and 72 Earthly Demons" characters, whose main purpose was to protect the countryside for the people, to be humble and kind to their neighbors, to relieve crises and to uphold justice. Since then, when the festival was held in southern Fujian, a kind of parade in the streets and alleys dressed up as historical and legendary figures became widely popular, with gong and drum music accompanying the processions, marching through the towns and villages, with children dressed up as the heroes in Liangshan from the *Water Margin*, known as "Songjiang Youth", and adults dressed up for the performance, which is the prototype of Songjiang Array culture. In the 16th century, in order to promote social harmony and the unity of the military and the people in fighting against Japanese and bandits and defending the country, Lin Xiyuan, a local historical figure of the Ming Dynasty, formed the Eight Bonds from 17 towns in Shisandu, Xiangfengli, Tong'an County, Quanzhou Province, and initiated a large-scale martial arts kung fu culture, using the kung fu content of Song Jiang's opera combined with team fighting formations to produce the Songjiang Array performance form. The subsequent culture of kung fu, characterized by loyalty and benevolence, became known as the Songjiang Array culture.

3.1.2 Development and inheritance

In the 1760s, the national hero Zheng Chenggong brought the Minnan army to Taiwan, and the Songjiang Array culture took root in Taiwan. In the early 18th century, Lin Fangde, a famous historical figure, used his influence in the military, political and business sectors to build an ancestral temple and promote culture in Liantang Village. The Songjiang Array culture was revived and quickly spread to the surrounding villages, and was passed down from generation to generation until the early years of the founding of the People's Republic, serving the function of loyalty and righteousness in protecting the people, suppressing evil and promoting goodness, supporting relatives and serving social governance. After 1958, for historical reasons, the Songjiang Array culture was suspended for a time. In 2009, the Propaganda Department of the government Xiang'an District Committee, together with the Keyida Company, reorganized the Songjiang Array in Liantang and established the Songjiang Array Cultural Research Association in Xiang'an District in the form of joint construction of cultural enterprises and village enterprises, enabling the Songjiang Array to flourish and interact frequently with Taiwan. As of 2020, the Xiang'an District Songjiang Array Cultural Research Association has organized six exchange visits to Taiwan and five Songjiang Array Folk Culture Festivals in Fujian and Taiwan. At present, the Xiang'an District Songjiang Array Cultural Research Association has joined hands with the District Education Bureau to introduce traditional culture into schools and has created the Xiang'an Junior Songjiang Array, the Xiang'an Girls Songjiang Array, the Songjiang Array for Kindergarten Teachers and

the Songjiang Array for Young Children. Songjiang Array is a collective folk martial art in China, which has become the most representative folk sport in Fujian and Taiwan after more than 300 years. At present, there are about 220 Songjiang Array folk martial arts organizations in existence on both sides of the Taiwan Strait, mainly in southern Fujian and southern Taiwan, and there are annual exchanges between some of these organizations in both places ^[1].

3.2 Reasons for Case Selection

3.2.1 Unique regional characteristics of folk sports culture in Fujian and Taiwan

In the early 16th century, Lin Xiyuan, a Ming dynasty man, launched the "Eight Bonds 17 Villages", a martial formation characterized by loyalty and righteousness, in order to promote social harmony and unite the military and the people to fight against Japanese and bandits and defend the country, imitating the heroic acts of Water Margin. In the 1760s, the national hero Zheng Chenggong brought the Songjiang Array to Taiwan, where it took root. Since then, the Songjiang Array culture, which is based on loyalty and righteousness and where family and country are paramount, has become a unique folklore and sporting lifestyle for the people of Fujian and Taiwan. The "Songjiang Array" is a comprehensive cultural creation of the people of Fujian and Taiwan, rooted in their original needs for survival, bridging psychological comfort, self-protection, self-defense and resistance to injustice, and combined with the external causes of music, opera and martial arts, ancestor worship and rituals, and frequent military affairs in the history of Fujian and Taiwan, and has distinctive regional cultural attributes of Fujian and Taiwan ^[2].

3.2.2 Provincial base for exchanges with Taiwan, distinct historical and political significance

The Songjiang Array culture is a combination of physical fitness, athletic performance, education and entertainment, and carries a deep cultural connotation. It is not only an important part of intangible cultural heritage, but also a carrier for cross-strait sports and cultural exchange and interaction between Fujian and Taiwan in the new era. The Liantang Songjiang Array has now become an influential cross-strait exchange activity and is widely practiced in Fujian Province and Taiwan, with participants including not only young adults but also old people and children. As the two sides of Fujian and Taiwan share the same roots and have a historical origin, the Songjiang Array in Liantang has taken the initiative to shoulder the cultural mission and historical responsibility to excavate, organize, inherit and develop the Songjiang Array culture, build a cultural base, build a cultural platform, promote and practice cultural exchanges between Fujian and Taiwan, and help promote the unification of the motherland. In December 2019, the base was included in Fujian Province's exchange base with Taiwan, and the grand cross-strait Songjiang Array cultural competition exchange event between Fujian and Taiwan is held here every year, the case has strong political and historical significance.

3.2.3 A model for the development and transmission of traditional outstanding sports culture in the new era

Among the many Songjiang Arrays, the Songjiang Array in Liantang has an absolute advantage in terms of venue and equipment resources. In addition to the Songjiang Array Folklore Square, the Songjiang Array Sightseeing Stage and the Loyalty Square, it also has the world's first Fujian-Taiwan Songjiang Array Museum, which collects many of the Songjiang Array's instruments and weapons, as well as cultural and historical materials, with a total area of 22.7 acres; the base is a model of cultural heritage development. Culture is inherited, people have faith, the country has strength, the nation has hope, the excellent Chinese traditional culture is the root and soul of the Chinese nation, is the cultural fertile ground of socialism with Chinese characteristics. At present, it is a critical period for China to realize the strategy of "Health China" and "Sports Power", without the realization of the strategic goal of a strong sports nation, we cannot talk about the realization of the strategic goal of a strong sports nation, and without the realization of the strategic goal of a strong sports nation, we cannot talk about the great rejuvenation of the Chinese nation ^[3].

3.3 Exploring the cultural value function of Songjiang Array in the new era

3.3.1 Strengthening etiquette culture and promoting the formation of good character for young people

The Songjiang Array is a multi-organized collective array culture, which requires unity and obedience in the process of performing the martial arts, opening the array, striking the array, performing the array, and closing the array, with strong cultural elements of faith, ritual, music, martial arts and array. On June 10, 2017, the city of Xiamen organized a cultural resource and natural heritage day campaign and the "Songjiang Array Competition", an initiative to "Searching for Xiamen's Memory and Guarding the Cultural Heritage", with a prize for the best formation art and etiquette, with the main emphasis on ritual culture. The judges, Yuan, Zeng and Yan, believe that the Songjiang Array, a traditional culture with southern Fujian characteristics, not only demonstrates the function of strengthening the body, but also highlights the elegant ritual culture in the process of performing the martial arts, which is beneficial to the formation of good character of young people. The rituals and music performed in the course of the array can help young people to develop a consciousness of obedience to the management of the organization, compliance with the law, adherence to the rules and regulations of the village and the family, concern for the interests of the collective and the image of the team; they can also cultivate the spirit of hard work and solidarity, the glory of work and the joy of dedication; they can also develop the habits of character and behavior of young people who are not afraid of hardships and can bear heavy burdens, who are resilient and can go forward, and who have the character to be loyal and righteous (based on the dictation of the judging panel). It is clear that the ritual culture implied by the Songjiang Array not only makes up for the lack of etiquette in modern society, but also strengthens the sense of respect, communication and collaboration needed for a civilized society and promotes the formation of a sound character.

3.3.2 Emphasizing the spirit of loyalty and benevolence, creating good social morality

It is an ancient tradition in southern Fujian to believe in spirits for spiritual solace. The Songjiang Array is dedicated to Lei Haiqing, who was honored as the "Tian Du Marshal" during the An Lushan Rebellion in the Tang Dynasty for his loyalty and martyrdom in the face of death, and has a statue of him in the center of the Fujian-Taiwan Museum. The Songjiang Array culture is mainly passed down through the palace temples. When the main deity is on a tour of the village, it is common to see the Songjiang Array driving ahead or cheering afterwards, and the weapons carried by the Songjiang Array members must be affixed with a talisman issued by the main deity for safe and auspicious travel and martial arts. Among the deities worshipped at the Xiang'an temple are Chen Jinggu, who was born in Cangshan, Fuzhou and married in Gutian, Ningde during the Five Dynasties and Ten Kingdoms period, and was revered as "Goddess Linshui" or "Heavenly Fairy Holy Mother" for her ability to subdue demons, help people in distress, pray for rain and fight drought, and eradicate harm for the people; Wu Gao, a native of Bai Jiao Village in Tong'an County in the Northern Song Dynasty, who was revered as the "Great Protector of Health" for his virtues in helping the world; Lin Mo Niang, a native of Putian, Jin'an County, who was revered in the Northern Song Dynasty for her selflessness, kindness, love and bravery in rescuing people in distress at sea; Chen Rongzu, a native of Xiaogu Township, Yongchun County, Quanzhou Prefecture in the Northern Song Dynasty, who was known as the "Ancestor of Clear Water" because he was always a man of miraculous powers who responded to requests, performed acts of benevolence and bestowed blessings, and raised gods to aid warfare. (Based on information collected by the Fujian-Taiwan Museum). The Goddess Lin Shui and the Heavenly Fairy Holy Mother, as well as the Great Protector of Health and the Ancestor of Clear Water, are the embodiment of valor, justice and benevolence, saving the world from suffering and danger. The spirit of loyalty and righteousness emphasized by the Songjiang Array culture and the culture of the above-mentioned gods and goddesses are in harmony, making the folk beliefs of Fujian and Taiwan even richer, stronger and more far-reaching. In the new era of socialist construction, the spiritual beliefs of the Songjiang Array culture have gradually evolved into new ideas and concepts based on conscience, morality and principles of dealing with the world, social rules, belief in the law of the cycle of cause and effect, saving good hearts, talking well, being good, caring for others, creating an environment, accumulating goodness into virtue and creating virtue for good, which have become valuable spiritual assets for the progress of social civilization and laid the foundation for a good social moral culture.

3.3.3 Inheriting the culture of loyalty and filial piety, satisfying people's yearning for a better life

In the old days, there was the 10-year coffin of Fangde, and now there is the home of the elderly in Liantang. In addition to advocating the social responsibility of protecting the countryside and saving the people, and emphasizing the personal cultivation of humility, tolerance and neighborliness, the culture of Songjiang Array in Fujian and Taiwan places more importance on passing on the family and village culture of respecting the elderly and nurturing them. In April 2010, Mr. Lin, President of the Songjiang Array Association, renovated the ancestral houses, added facilities, built roads and outdoor recreation grounds, and created a "Home for the Elderly" where meals are free. In order to enable more elderly people to enjoy their twilight years without worrying about food and clothing, in January 2011, Mr. Lin set up a second

"Home for the Elderly" in the village, where the elderly can eat for free. The two "Homes for the Elderly" have provided free meals for more than 120 elderly people in total. To date, the Liantang Home for the Elderly has continued to provide free meals a day for the village's elderly aged 70 and above for many years. With ageing well, the Liantang Home for the Elderly has really helped the elderly to experience the joy and happiness of old age, which is what we need to build a socialist spiritual civilization. In the area of village enterprise construction, Songjiang Array's company, Keyida, has invested millions of dollars in planning and renovating the village appearance, promoting Liantang Village into the first batch of "old village renovation, new village construction" pilot reform in Xiamen, building large and small parks, renovating the rural living environment, and striving to build the "first village of civilization and ecology" outside Xiamen Island, greatly enhancing the ecological environment of Liantang Village and making an example for rural revitalization. Mr. Lin has made selfless contributions to the development of Songjiang Array over the years, not only by funding the annual Songjiang Array training competition, but also by investing his whole body, regardless of the returns, to pass on the martial arts of Songjiang Array, creating a home for the elderly to pass on the culture of loyalty and filial piety, so that the elderly can enjoy a happy life in their old age, and also by doing his best for the construction of beautiful villages and basic social governance, to meet people's aspirations for a better life and promote the development of a healthy China to the maximum extent possible (Dictated by Mr. Zhang, General Director of the Fujian-Taiwan Songjiang Array event in 2020).

3.3.4 Forming integrity culture and assisting in village civil governance

In response to the long-standing and widespread historical problem of social governance being void of grassroots governance, and the inadequate organizational structure of grassroots governance, where on the one hand the two village committees lose effective supervision and deliberation and are prone to deviation and foul play, and on the other hand the village organizations do not have the support of villagers when they are unable to perform their duties, the Songjiang Array culture has demonstrated its proper leading role. The traditional Songjiang Array culture is a cultural connotation of responsibility and accountability in the grassroots social governance system in Liantang Village, Neicuo Township, Xiang'an District, an old district base village with a glorious revolutionary tradition. In the difficult area of village governance, the Songjiang Array culture advocates the spirit of boldness and responsibility, and has elected some of the directors of the Cultural Research Association to participate in the organization of the "Liantang Qingfeng Promotion Association", which is a community organization. Through the "Qingfeng Association", the association carries out assessments of cadres to promote diligence, assesses projects to promote integrity, implements the purpose of the association of "people listening to the opinions of the public, people asking questions of cadres, people evaluating the effectiveness of the organization, and people handling difficult matters", and implements the responsibility of "monitoring, evaluating, helping and promoting" of the Qingfeng Association to seek truth from facts, and establishes a good organizational image of the Qingfeng Association on behalf of safeguarding public interests. The main objective of the Liantang Qingfeng Promotion Association is to use traditional cultural benchmarks to allow people of relatively sound character to help more people in need of help. The "Qingfeng Association" builds a supervisory platform, intervenes in village affairs in all aspects and establishes an exemplary image of cleanliness, which has

now become a model of self-restraint, self-monitoring and self-correction for grassroots organizations in Xiang'an District and even Xiamen City, and most directly closes the relationship between the party and the cadres. In addition, a joint security team with adult Songjiang Array members as the backbone of enterprise security has been formed in the village enterprise linkage to implement police business linkage and village enterprise linkage to ensure peace on one side. Since the Songjiang Array has been widely carried out, bad phenomena such as fighting and gambling in the village have been significantly reduced, neighbors are united and harmonious, the museum does not need to have a gatekeeper, and things inside will not be stolen. The Songjiang Array has played a role in purifying the social atmosphere and maintaining social security. In addition, through the involvement of the "Liantang Qingfeng Promotion Association" and the Public Security Association, Liantang Village has experienced good grassroots self-management in recent years. The whole village can keep minor issues done in the village and major issues done in the town, and has achieved zero petitions, grassroots solutions, people living and working easily and happily, building a new harmonious society, and strengthening grassroots governance in the village. (Dictated by Mr. Lin, Curator of the Fujian-Taiwan Museum)

3.3.5 Building a sports and culture exchange platform between Fujian and Taiwan

Fujian and Taiwan across the sea, the people on both sides of the Taiwan Strait have the advantages of geography, blood, culture, business and law, the Fujian-Taiwan Songjiang Array in line with the same roots, the same ancestors and the same historical feelings and as a specific highlight of the characteristics of Taiwan, the important historical task of exchanges with Taiwan. Fujian is the main ancestral homeland of our compatriots in Taiwan. Fujian and Taiwan share a common language, similar customs and bloodline, and share a common cultural background, and our compatriots on both sides of the Taiwan Strait are descendants of the Chinese nation. On January 2, 2010, Wu Tengda, a researcher of the Songjiang Array from both sides of the Taiwan Strait, invited Huang Fuyi, the deputy director of Kaohsiung Neimen Shunxian Palace, and Zheng Fuli, the coach, to Xiamen Xiang'an Songjiang Array base for exchange, and invited the Songjiang Array from Xiang'an to participate in the 2010 Kaohsiung Neimen Songjiang Array Carnival in Taiwan. The Songjiang Array Carnival, from then on, kicked off the exchange of Songjiang Array between the two sides of the Taiwan Strait. The exchange between the two sides of the Songjiang Array is mainly based on the annual Xiamen Xiang'an Songjiang Array Folk Culture Festival and the Kaohsiung Neimen Songjiang Array Carnival, and is accompanied by daily exchange visits [4]. Since 2010 to the present, the Mainland Songjiang Array has visited Taiwan several times to participate in cultural exchange activities, and the Taiwan Songjiang Array has visited the Mainland in return, resulting in a good exchange and interaction effect. From March 2 to March 5, 2012, the Xiang'an Songjiang Array was invited to Kaohsiung, Taiwan, to participate in the "Kaohsiung Neimen Songjiang Array" co-organized by the Kaohsiung Neimen Zizhu Temple and the Kaohsiung Municipal Government; From March 29 to April 9, 2013, at the invitation of Kaohsiung Neimen Shunxian Palace and the Kaohsiung Municipal Government, Xiamen Xiang'an Songjiang Array Cultural Research Association organized another exchange trip to Taiwan for Xiang'an Junior Songjiang Array and Adult Songjiang Array, which was generally recognized and praised by the local people and government; in May 2014, Xiang'an Girls Songjiang Array was planned and in April 2016, the group was invited to Taiwan to participate in the

Songjiang Array exchange and performance activities, and received a lot of attention from the relevant media. From 29 March to 1 April 2019, the Xiang'an Songjiang Array cultural exchange group participated in the "Kaohsiung Neimen Songjiang Array Carnival" at the Shunxian Palace in Kaohsiung, where it received the attention of the mayor of Kaohsiung, Mr. Han Guoyu, and the relevant departments of the city government, as well as the audience, leaving a good and deep impression. From October 1 to 5, 2020, despite the impact of the COVID-19, the Fujian-Taiwan Songjiang Array was held as scheduled, this time in an online combined with offline format, with a main venue on the mainland and a branch venue in Taiwan, and an interactive joint broadcast on both sides of the Taiwan Strait. The Songjiang Array has an invaluable role in narrowing the gap between the development of sports across the Taiwan Strait, promoting economic development across the Strait, expanding people-to-people exchanges, inheriting and promoting Chinese sports culture, and advancing the development of sports and exchanges and cooperation across the Strait (dictated by Mr. Lin, President of the Songjiang Array Association). The inheritance of traditional national sports from generation to generation is due to the tireless belief in the heritage of the individuals of the nation and the national spirit of self-improvement, and folk exchanges and collaborations strengthen the adherence to national culture and national traditions.

3.3.6 Highlighting the school characteristic physical education curriculum, promoting the reform of school physical education curriculum in the new era

The *Opinions on Comprehensively Strengthening and Improving School Sports Work in the New Era*, issued by the General Office of the State Council of the Central Committee of the Communist Party of China, clearly states that it is important to make up for shortcomings, develop special features and promote the balanced development of school sports. Insist on the combination of overall promotion and typical leadership, and encourage the development of special features. Promote the spirit of Chinese sports, promote traditional Chinese sports, and form a new situation of "one school with one brand" or "one school with multiple brands" in the development of school sports. Promote traditional Chinese sports. Truly sort out traditional Chinese sports, develop traditional sports teaching, training and competition activities according to local conditions, and integrate them into the school sports teaching, training and competition mechanism to form a Chinese traditional sports competition system. Foster a sunny, healthy and upwardly mobile school sporting culture, cultivate the spirit of patriotism, collectivism and socialism among students, enhance cultural self-confidence and promote students' unity of knowledge and action, robustness and self-improvement. In-depth develop "The Power of Inheritance - Exhibition of the Achievements of School Sports and Arts Education in Promoting Excellent Chinese Traditional Culture" to strengthen the promotion of traditional Chinese sports in schools ^[5].

With the historical mission of passing on the excellent Chinese national culture, in recent years the Xiang'an District Martial Arts Association and the Xiang'an District Songjiang Array Cultural Research Association have been committed to promoting the Songjiang Array in schools, teaching the Songjiang Array in schools in Xiang'an District, including primary and secondary schools, and expanding the spread of the Songjiang Array and its audience. In 2017, five new Songjiang Arrays were developed and formed, including the Songjiang Array of Maxiang City God Temple, the Songjiang Array of Xiang'an Junlong Martial Arts Hall, the Songjiang Array of Fangyang of Maxiang Central Primary School, the Songjiang

Array of Neicuo Central Primary School and the Songjiang Array of Huangcuo Primary School. In 2018, through more in-depth cooperation with the Xiang'an District Education Bureau, the Association has developed Songjiang Array teams in schools such as Liantang Primary School, Huangcuo Primary School, Neicuo First Central Kindergarten, Maxiang Central Primary School and Maolin Primary School to carry out martial arts and Songjiang Array projects, and has newly developed Kuanyu Primary School, Xiangdong Middle School, Xiangnan Middle School and Jimei Industrial School to form Songjiang Array teams and have prepared different Songjiang Array teaching formations for different schools and carried out systematic Songjiang Array training to promote a new situation of Songjiang Array culture being passed on and developed in youth groups such as schools. The Fujian Songjiang Array is actively promoted in schools and universities and other venues, such as Jimei University, Jimei Industrial School, Neicuo Middle School, Liantang Primary School and Neicuo First Centre Kindergarten, all of which promote the Songjiang Array cultural heritage to varying degrees ^[4]. Using schools as intermediaries, the Songjiang Array has gradually been integrated from folklore into the school education system at both primary and secondary levels, building a physical education curriculum that highlights local characteristics, while expanding and extending the breadth and space of the school physical education curriculum, as well as enhancing the folklore physical education and cultural literacy and self-confidence of young people, promoting Chinese national cultural identity, and advancing the reform of the school physical education curriculum in the new era, with far-reaching significance (dictated by Mr. Lin, the coach Songjiang Array at Liantang Primary School). The addition of the traditional "Three Folk Sports" (ethnic, folk and folkloric) to school sports is a way to enrich the content of school sports and to promote the national spirit and inherit the traditional culture of the nation ^[6].

3.3.7 Promoting national fitness, serving healthy china, and accelerating the process of becoming a powerful country in sports

The ultimate goal of sports development should return to the development of people, to enhance the physical fitness of the people, to improve the physical quality of the whole nation and the quality of life to meet people's aspirations for a better life is the general thrust of sports. In this regard, Songjiang Array has undoubtedly played an exemplary and pioneering role. Mr. Lin, the president of the Songjiang Array Association, hires instructors all year round to pass on Songjiang Array martial arts techniques, and not only waives tuition fees for students who come to learn, but also provides food, clothing, accommodation and transportation. In addition, every winter and summer, he organizes free winter and summer camps for young people Songjiang Array, steadily improving their physical and mental qualities. Songjiang Array has undoubtedly led the way for the development of other national sports and set the benchmark for helping to strengthen the country and the people. We have made great achievements in the field of competitive sports and achieved the goal of being a great sports nation. At this stage, we need to further develop mass sports and national fitness activities, promote the development of the sports industry, develop a rich and colorful sports culture and meet people's pursuit of a better life in order to speed up the process of becoming a strong sports nation. Based on China's national conditions, promoting national sports and serving all the people is the right choice for the development of national fitness sports with Chinese characteristics. The Songjiang Array has played a leading role in promoting fitness for all and serving a healthy China. The

selfless teaching of techniques and tactics by the inheritors and the exchange and learning platform set up by the Songjiang Array Association have greatly promoted the enthusiasm of the people for the Songjiang Array for physical fitness, which in turn has led to the healthy development of the Songjiang Array for fitness for all (dictated by Mr. Wang, the inheritor of the Songjiang Array in Zhaogang Village).

IV. SUMMARY

As a traditional folk sport activity in village society, the rich historical and cultural connotations of Songjiang Array and its value functions make it an academic research alcove worthy of attention. Its culture of concealment and outreach in the new era embodies distinctive value functions of the times: strengthening etiquette culture and promoting the formation of good character for young people; emphasizing the spirit of loyalty and benevolence, creating good social morality; inheriting the culture of loyalty and filial piety, satisfying people's yearning for a better life; forming integrity culture and assisting in village civil governance; building a sports and culture exchange platform between Fujian and Taiwan; highlighting the school characteristic physical education curriculum, promoting the reform of school physical education curriculum in the new era; promoting national fitness, serving healthy china, and accelerating the process of becoming a powerful country in sports. It is the Songjiang Array's diverse social values and functions, such as indoctrination, culture and history, and fitness, that have enabled it to be "Phoenix Nirvana and Rebirth from Fire" in the past 10 years. As a traditional vernacular folk sport culture, Songjiang Array is a vehicle for dialogue between folk and official, interpreting the spiritual aspirations of the general public through this folk art form. It is of great academic and practical significance to explore it in multiple dimensions, but it is also a powerful support for us to continuously enhance our cultural self-awareness and cultural self-confidence, and to move towards the prosperity of traditional culture.

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