



The Origin and Dissemination Value of Chinese Dragon and Lion Culture

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Abstract. Dragon and lion culture, as the treasure of Chinese traditional sports culture, is closely related to its broken wall and inheritance. The purpose of this paper is to analyze the origin and dissemination value of Chinese traditional dragon and lion culture, give full play to its cultural appeal, explore its new mission, enhance China's cultural soft power and international influence of national culture, and promote the dragon and lion culture to contribute China wisdom and Chinese strength to the great development and prosperity of world culture.

Keywords: Dragon and lion culture; Cultural traceability; Communication value.

1 Introduction

Dragon and lion dances are the precious wealth of Chinese national sports culture, which has a history of thousands of years and is a national culture with strong artistic characteristics. Since the advent of dragon and lion dance, it has been widely welcomed by people of all ethnic groups in the world and widely spread in overseas Chinese communities. Where there are Chinese, there are dragon and lion dances. As a traditional recreational activity, dragon and lion dance has gradually developed into a sports event, even an international sports event, and has successfully entered the world stage. Nowadays, the dragon and lion dances have become an important cultural activity to promote the national prestige and establish the soul of China, which is of great theoretical significance and practical value to the promotion of China traditional culture and has a far-reaching impact on China's international status in the world.

2 The Origin of Dragon and Lion Culture

The image of the dragon comes from the totem of ancient China and is regarded as the symbol of the Chinese nation. Dragon is a sacred object in the sea, and people often regard it as an auspicious symbol that can attract wind and call for rain, eliminate disasters and accept happiness. Therefore, when some places are already dry and there is no rain, they will dance dragons for rain^[1]; After transplanting the seedlings, they will

dance dragons to repel insects. Dragon dance is a relic of totem worship in Yuangulong, which has a long history. The relatively complete written records about dragons can be traced back to the pre-Qin period. In the pre-Qin period, dragon dancing was regarded as a major ritual activity to pray for rain; In the Han Dynasty, dragon dance activities were frequent and had reached a certain scale. By the Song Dynasty, dragon dancing had gradually turned into an entertainment way for people to celebrate various festivals^[2]. Thousands of years ago, the ancients invented Nuo. Nuo dancing lion became popular in Sui and Tang Dynasties, and by Ming and Qing Dynasties, it had become the main form of people's daily celebration. Exorcism gradually evolved into a modern lion dance, which not only performed, but also entered people's homes. While exorcising the plague, it also added the task of blessing. The style of lion dance is divided into two styles: the northern lion and the southern lion. The shape of the northern lion is very similar to that of the real lion, with a simple lion head and golden hair all over. The Southern Lion is also called "Awakening the Lion", and the original name of Awakening the Lion is Ruishi, which means good luck. According to the traditional cognition in China, dragon and lion dances can exorcise evil spirits. Therefore, on traditional festivals, such as Spring Festival, February 2nd and Dragon Boat Festival, gongs and drums are played, and dragon and lion dances are used to help celebrate, forming a folk culture in which all ethnic groups in China pray for peace and harvest. Dragon and lion dances are also praised as mythical beasts.

The traditional dragon and lion sports have the color of feudal superstition, but with the development of the times, today's dragon and lion sports are integrated with modern martial arts and other sports elements. On the basis of tradition, they have carried out comprehensive and systematic research and initially formed a more systematic and scientific theoretical system^[3]. Dragon and lion culture is an excellent symbolic traditional culture of the Chinese nation, which has strong national cultural characteristics and profound cultural connotations. It not only reflects the core idea of Confucianism, but also shows the open, inclusive, positive and optimistic national attitude and spirit of the Chinese nation. Dragon and lion culture is not only the representative of the powerful power of the Chinese nation, but also the symbol of the spirit of self-improvement and pioneering and innovation of the Chinese nation. The spiritual connotation of dragon and lion culture is a strong national cohesion, which reflects the unity of the Chinese nation. Dragon and lion sports not only meet the people's religious beliefs and cultural needs, but also have high appreciation in content, technology and cultural connotation. It is a sports cultural activity that combines martial arts, dance and competition, and has become a new sports^[4].

Since its birth, the Dragon and Lion Movement has been welcomed by the people for thousands of years. Dragon and lion dancing is a manifestation of unity, showing a national spirit and symbolizing a strong national culture. With the emigration of China people to other parts of the world, the culture of dragon and lion dancing has even spread to Europe, the United States, Australia and New Zealand, and become an important symbol of China culture. Through the continuous excavation and promotion by the State Sports General Administration, the dragon and lion dance has gradually developed from a traditional entertainment activity characterized by spontaneity, entertainment and randomness to a sports competition with ornamental value. By making

rules for the folk activities of dragon and lion dancing in traditional Chinese culture, the dragon and lion sports and international dragon and lion competitions are also increasing year by year.

3 The Spread Value of Chinese Traditional Dragon and Lion Culture

Dragon and lion culture is one of the outstanding representatives of Chinese traditional sports, and it is an artistic treasure inherited by the Chinese nation for thousands of years. During the development of loong lion culture, it has formed unique historical and cultural values, artistic performance values, physical exercise values and economic and industrial values. If we want to compare the dragon and lion culture to a big tree, then the historical and cultural value is the root, the artistic performance value is the trunk, the physical exercise value is the stem and leaf, and the economic and industrial value is the soil. Dragon and lion dances not only inherit Chinese traditional sports culture, but also give full play to its functions of fitness, entertainment and competition. The deep excavation of its artistic value is conducive to fully embodying the economic benefits of its industrialized operation and market-oriented operation, thus making the value system of loong lion sports an organic whole. The national spirit and national cohesion precipitated by the dragon and lion culture in the long history should be constantly rejuvenated in the process of the prosperity and development of the Chinese nation^[5].

3.1 Cohesion of National Spiritual Values and Display of Cultural Details

As a national cultural activity with artistic appreciation value, the dragon and lion, with its gorgeous appearance and agile movements, fully combine the beauty of external image with the beauty of internal implication, and can display the unique China implication by relying on deep-seated aesthetic value, thus demonstrating and praising the majestic momentum, splendid cultural heritage and unyielding tenacity of the Chinese nation in front of the people of the world through the grand scene of "The dragon is proud of the sky and the lion is dancing". Dragon and lion, as a kind of body culture, has strong penetrability and appeal. In the process of sports, it usually needs the joint efforts and cooperation of many athletes to form a coordinated, harmonious and perfect whole. It can fully show the spirit of dragon and lion and the national spirit of Chinese unity and struggle and enterprising in the process of live transmission, which is of great benefit to carrying forward excellent traditional culture and enhancing national cohesion in the new era.

In the traditional thinking, the dragon and lion dances have always been cognized and experienced by the psychology of deification, worship and belief. It is believed that the dragon and lion have a mysterious power, which can convey the induction between the heart and the world and soothe the inner desires and pursuits. This is the spiritual belief in China traditional culture and has the nature of religion and totem worship. With the development of the progressive era of society, especially since the reform and

opening up, western culture has spread rapidly to China, and conflicts and collisions between Chinese and western cultures have begun, and people's understanding, thinking and values are constantly changing. The Chinese nation has a cultural history of 5,000 years, and carrying forward the excellent traditional culture of the Chinese nation is the main note of our times. Socialism with Chinese characteristics culture has distinct epochal and historical features, and has a strong national character and mass base. It is imperative to carry forward our excellent national spirit and traditional culture^[6]. As a traditional national sport in China, the dragon and lion dance is shouldering an important mission in promoting national culture and spirit. At the same time, the comprehensive national strength of a country is closely related to its cultural soft power, which is the embodiment of a nation's cultural cohesion. After thousands of years of precipitation, China traditional culture is not only a precious resource, but also an advantageous condition for the development of national traditional sports culture, among which the dragon and lion culture is a typical representative, laying a solid foundation for promoting the excellent Chinese culture to the world stage.

3.2 Realize the Value of Entertainment and Fitness and Practice Humanism

Dragon and lion dancing requires strong physical fitness. The premise of inheriting dragon and lion culture is to learn dragon and lion culture. In the process of learning dragon and lion dancing, physical exercise is invisibly carried out, thus improving physical fitness. Lion dance culture is closely related to the core culture of the Chinese nation. Today, the dragon and lion sports have been integrated with martial arts and acrobatics, and have risen to the level of cultural field, and the dragon and lion sports have the same cultural value orientation as mass fitness. The development of dragon and lion culture accords with the call of humanism in the new era, and its unique advantage is to take care of the harmony and unity between man and nature, body and mind. As a sport that integrates fitness, entertainment and self-cultivation, it can make practitioners relax and get enough spirit while exercising, thus gaining a sense of realism and experience of life, reflecting the spirit of the times of harmonious development between man and nature, and playing an important role in building a harmonious socialist society with "heaven and earth in harmony with people".

Dragon dance is a kind of national activity with great artistic and appreciative value. Dancers lead the dragon to walk under the background of music and drums, and the dragon moves with the beads, turning over, rolling, wearing and climbing, which changes endlessly, which cultivates the consciousness of cooperation, enterprising and unity for performers, so as to better adapt to the environment and challenges. The audience can also see the gorgeous appearance, agile movements and fierce momentum of the dragon during the performance, and realize physical and psychological relaxation in the cheerful drums^[7]. Lions are also human beings' worships, placing people's wishes and requests, and bringing people beauty and comfort. The lion has been transformed by people's subjective will and has become kind-hearted, smiling without anger, giving people a sense of beauty. The costume design, action arrangement, music accompaniment and appliance materials of lion dance all reflect a national characteristic and aesthetic feeling, which represents the national spirit and is colorful, dazzling and bright

in color, making the audience feel pleasing to the eye and enjoying the beauty and vision when watching the performance.

Dragon and lion sports, as the main expression of dragon and lion culture communication, not only contains the profound spiritual connotation of Chinese traditional culture, but also integrates sports skills in martial arts, music and dance, and also has the function of entertainment and fitness, which is of great significance for improving people's physical quality and enhancing national cultural self-confidence.

3.3 Enrich the Means of International Communication and Promote the Dragon and Lion Culture

Chinese excellent traditional culture is the cultural root of the Chinese nation, and it is also an important spiritual force for China people to gather strength and create brilliance in the new era. Inheriting and carrying forward the dragon and lion culture can not only cultivate national spirit, but also enhance physical fitness, enhance interpersonal communication and highlight collective spirit. In the Opinions on Further Strengthening Rural Cultural Construction, it is clearly stated: "Strengthen the systematic excavation, arrangement and protection of outstanding ethnic folk cultural resources in rural areas, and actively develop folk performances such as lion and dragon dances with national traditional characteristics. "Dragon and lion competitions of various scales, such as the National Dragon and Lion Championship, the World Dragon and Lion Championship, the Hegemony Tournament and the Invitational Tournament, have enabled the dragon and lion movement to " go global ",and through exchanges and competitions with other countries, it has enhanced the international status of Chinese traditional culture, expanded its international influence, and created a favorable environment for enhancing national cultural self-confidence.

Dragon and lion culture is a splendid culture of the Chinese nation, and it is also a precious spiritual wealth of the Chinese nation. The Lion Boy is a national film with the theme of telling the traditional lion-awakening culture in China. It focuses on the realistic theme and pays attention to the left-behind children through animation. More importantly, it inherits the traditional culture and shows the cultural characteristics of China-lion dance culture^[8]. It continues the national style gene of excellent domestic animation, integrates the lion-awakening culture in the quintessence of Chinese culture into the story of teenagers chasing dreams, makes the audience feel the unique charm of traditional culture, and is praised by CCTV as an excellent work to express cultural self-confidence and spread the national spirit, which makes China traditional sports bloom around the world, and makes more people realize the traditional Chinese sports, and then appreciate the charm of Chinese excellent traditional culture. Dragon and lion dances can have a direct and in-depth understanding of China's national culture, stimulate our national heart and pride, inject fresh air into our traditional culture, open a skylight for the spread of culture, promote cultural exchanges, and guide China's traditional culture to the world.

However, in today's accelerating globalization process, dialogues and exchanges between various cultures and civilizations are becoming more and more frequent, and people's requirements for the inheritance of excellent traditional culture are constantly

improving, which also makes the inheritance of traditional culture face difficulties to some extent.

4 Conclusions

Dragon and lion dance, as an intangible cultural heritage in China, is a cultural heritage created and accumulated by the Chinese nation in the long-term historical and social practice. Dragon and lion culture is the inheritance of China's intangible cultural heritage. Through the spread of dragon and lion culture, it shows its own excellent Chinese history and culture to people all over the world. Amid the noise of gongs, drums and firecrackers, the movements of dragon and lion dances are vividly displayed, which can not only make the audience feel a lively, auspicious and joyful holiday atmosphere, but also make the audience feel the charm of China traditional culture. Dragon and lion culture is a unique symbol and symbol of China traditional culture, and it is the foundation for China people to trace their roots and inherit traditional culture. Only by adapting to the changes of the times, discarding its dross and taking its essence can it stand among the world's advanced cultures. Through the in-depth study of dragon and lion culture, we can enhance national self-confidence and build a strong sense of community of the Chinese nation. By constantly exploring new ideas of dragon and lion culture communication and development, advancing with the times, constantly exploring new manifestations of dragon and lion culture, promoting the spread of dragon and lion culture in the new era, highlighting China's profound cultural heritage, thus improving China's cultural soft power and national influence.

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