



Analysis Toward The Traditional Sports Culture Of Ethnic Minorities Contained In The Miao Albums Of Qing Dynasty

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ABSTRACT

The traditional sports culture of China's ethnic minorities is a colorful aspect of China's history and heritage. One particularly interesting example is the practice of "Miao Albums" among the Miao people during the Qing Dynasty. "Miao Albums" refers to a unique traditional sport commonly practiced by the Miao people in the mountainous regions of southwest China. The Qing Dynasty "Miao Albums" is an important source for the study of the history and culture of the Miao and other ethnic minorities, and it contains a wealth of sports and cultural elements. These elements not only reflect the sports activities and lifestyles of the ethnic minorities at that time, but also provide valuable historical information for today's sports research. Through the analysis of the Miao Albums in the Qing Dynasty, the traditional sports culture. As a precious historical document, the Qing Dynasty Miao Albums reveals the rich sports culture and life style in the Miao region. It is found that the sports activities displayed in the Qing Dynasty are diverse and unique, including archer utensils, javelin throw, wrestling, dancing, mountaineering and other forms. These activities not only reflect the sports skills and competitive spirit of the Miao people, but also reflect their aesthetic concepts and cultural traditions. At the same time, the sports costumes and props in the Miao Albums of the Qing Dynasty also show the unique national style. The combination of colorful and exquisite costumes and sports activities not only increases the appreciation, but also conveys the charm and value of the Miao culture. To sum up, the traditional sports culture of ethnic minorities carried by the Miao Albums in the Qing Dynasty shows the rich and colorful sports life, unique aesthetic concepts and cultural traditions of the Miao people.

KEYWORDS: Miao Albums; Traditional Sports Culture; Qing Dynasty; Analysis

INTRODUCTION

Qing Dynasty "Miao Albums", that is, the Qing Dynasty, Guizhou, the true portrayal of the characters of various ethnic groups. The album set color figure painting, delicate and realistic, cursive font of ethnic dress, custom introduction, generalized and refined(Zavidovskaia,2022). Qing Dynasty "Miao Albums" is a map or atlas that depicts and records the Miao area, which often contains information on geography, ethnicity, customs, culture and other aspects(Chen,2023). The color tone of the picture is harmonious, bright but not colorful, and the brushwork is strong and robust. The characters are vividly and naturally portrayed, dressed differently and with very different looks, and the dancers in several of the paintings have a light and very natural posture(Zhu,2018).The "Miao Albums" of the Qing Dynasty is a map or atlas that depicts and records the Miao region, often containing information on geography, ethnicity, customs, culture and other aspects (Li, Meng,2018). The study of the traditional sports and cultural elements of ethnic minorities contained in the "Miao Albums" of the Qing Dynasty reveals the significance of sports in the cultural and social life of the Miao people. One of the key elements of the "Miao Albums" is its role in promoting physical activities and endurance among the Miao people (Peng, Bing,2021). The physical activities involved in "Miao Albums" often

require strength, agility, and endurance, which are essential skills for the Miao people to survive in the harsh mountain environment. In addition to their physical benefits, the rich array of traditional sports depicted in the "Miao Albums" play an important role in promoting social cohesion and community unity among the Miao people. Sports are often practiced in groups or teams, encouraging cooperation, teamwork and a sense of belonging among participants (Amiel,2023). This provides an opportunity for Miao people to come together, bond and strengthen their relationships . Not only do these physical activities help the Miao people stay healthy and strong, but they also serve as a form of military defense and self-defense training (Qin Weiqi,2021). Many depictions of traditional sports activities of ethnic minorities, such as archery (Vendrame,2022), javelin throwing (Cuciorovschi,2023), wrestling (Molnár,2022), dancing (Hu Yingzhen,2022), and mountain climbing (Chinnasamy, 2022), can be seen in these atlases. The vivid depictions and inheritance of traditional sports activities in the "Miao Albums" have a very positive reference value and promote the development of contemporary traditional sports activities.

METHOD

This study takes the traditional sports culture of ethnic minorities in the Qing Dynasty, and uses literature research and image visual analysis methods.

First, the literature research method. Through consulting the relevant historical documents, local customs, ethnography, to understand the historical background, cultural customs and sports activities of the Miao society in the Qing Dynasty. These documents often have descriptions and records of traditional Miao sports activities, which can provide important reference and basis for research.

Secondly, the image visual analysis method. Image visual analysis is a process of examining and understanding the meaning, context and meaning of visual images(Machin,2018). This type of analysis is commonly used for art history, media research, and other disciplines that study visual culture. This form of analysis often involves observing the composition, color, and symbolism of the image to gain insight into the artist's intentions and the historical or cultural context in which the image was created. Visual analysis also helps to reveal possible biases in images and reveal power dynamics in visual culture. By critically examining visual images, analysts can gain a deeper understanding of how images shape our perceptions and influence our beliefs. Through visual analysis, scholars can explore the complex relationship between images and meaning, and reveal how visual images shape our understanding of the world around us. This study makes a detailed image analysis of the sports costumes, props and scenes in the Qing Dynasty seedlings, observes the patterns, colors, shapes and other characteristics, and explores the cultural elements and symbolic significance contained therein. By comparing and analyzing the sports elements in different seedlings, the changes and development laws can be revealed.

RESULTS AND ANALYSIS

The elements of sports culture in "Miao Albums" reflect the strong traditions and identity of the Miao people. This article focuses on five main sports activities: archery, javelin throwing, wrestling, dancing, and mountain climbing. These activities are not only forms of entertainment and leisure, but also have profound cultural significance for the Miao people. By examining the depictions of these sports in the Qing Dynasty's "Miao Albums," we can better understand the values, beliefs, and traditions of the Miao people. The development and transmission of sports activities such as archery, javelin throwing, wrestling, dancing and mountaineering not only demonstrate the people's pursuit of physical skills, but also embody the values of honor, bravery and respect for tradition.

Archery

Archery is a traditional skill of many ethnic minorities, and it is a common traditional sporting activity in the "Miao Albums. In Miao culture, archery is a skill that has been passed down from generation to generation and is often used for hunting and traditional ceremonies. Practicing archery requires precision, accuracy, and concentration, and is considered an honor and a sign of respect for traditional culture.



Figure 1: Illustrations of Miao Barbarians . One volume. 82 plates. With explanations. Late Qing Dynasty Illustrated Book (Land Archery)

In the picture above, you can see the scene where the Miao people are hunting, in the picture one person is holding a stone high, two people are holding a javelin, one person is focusing on using a crossbow, and the bottom person is specializing in hunting with archery when facing the prey from a long distance on the land. This shows that the Miao people in the Qing Dynasty were good at hunting with all kinds of tools, and knew how to utilize everyone's skills to their advantage, supporting each other in the culture of good living.



Figure 2: Illustrations of Miao and Barbarian. Chen Hao. Qing Dynasty (Horseback Archery)

Figure 2 differs from Figure 1 in that it can be seen that when chasing prey, the Miao people of the Qing Dynasty were good at using horseback riding on their prey and possessed the ability to shoot arrows on horseback. Riding and archery are less recorded in the Qing Dynasty Miao map, but from the above figure, we can find that the Miao people in the Qing Dynasty were flexible in the use of archery, which is an important cultural reference value for the development of the subsequent riding and archery sports programs.

Javelin

Javelin is the most common Miao hunting method in the Qing Dynasty "Miao Albums". In the "Miao Albums", Miao men, sometimes on the ground, sometimes on horseback, use javelins for hunting. Javelin throwing not only shows the strength and concentration of Miao men, but also the primitive way of life of the Miao people at that time to get food. The javelin throwing element in the "Miao Albums" provides very important historical and cultural information for javelin throwing in modern sports.



Figure 3: Illustrations of Miao barbarians. 54 panels. Inscribed by Seok Siu-hak. Qing Guangxu 17th year illustrated book.1891 (Javelin hunting)

In Figure 3, you can see two Miao people holding javelins and running in the direction of their prey, concentrating on finding an opportunity to get ready to throw the javelins in their hands at their prey. Their javelin-throwing posture is very similar to that of the javelin in modern track and field sports. The throwing technique of javelin in modern track and field sports is to hold the javelin on the shoulder, and after a period of pre-assisted running and connecting the throwing step to gain momentum, the javelin will be thrown over the shoulder through the explosive final force acting on the longitudinal axis of the javelin(Lu Gang,2022). You can see the Miao people in dark-colored clothes on the way formally adopting the javelin movement throwing method, ready to surrender the javelin in their hands to the prey. The javelin has evolved from a way of hunting for the Miao people to a contemporary sport, which is not only an inheritance of skills and techniques, but also of traditional culture and an effective way of storing ancient memories.



Figure 4: Miao barbarian illustration. 41 frames. Qing Dynasty Painted Book (Javelin Hunting)

Depicted in Figure 4 are five Miao people carrying javelins on their shoulders as they prepare to go on a road trip in search of prey. Their strong bodies can be seen in the drawing, as well as their harmonious state of walking and discussing at the same time. They are not going to prepare for the task of hunting, but rather enjoying the process of going hunting with javelins in hand and with their hunting comrades. Such traditional cultural elements of sports are not only important references for the development of sports programs, but also important guides for the cultural health and further thinking of sports programs.

Wrestling

In "Miao Albums", wrestling is a common form of dispute resolution, symbolizing strength, skill, bravery and honour. In traditional Miao culture, wrestling matches are often part of dispute resolution, festivals and celebrations, in which men demonstrate their physical prowess and compete for prestige. The depictions of wrestling in Miao Albums reflect the value placed on physical strength and masculinity in Miao society.



Figure 5: Illustrations of Miao Barbarians . One volume. 82 plates. With explanations . Late Qing Dynasty Illustrated Book (Wrestling)

Figure 5 depicts the Miao people wrestling. In Miao culture, the Black Miao people are physically strong and keen to resolve conflicts and clashes by wrestling and other means. In traditional Chinese culture, wrestling is a forceful way of solving problems and is not advocated. However, over a long period of development, people

have developed fair competition mechanisms and comparison rules for wrestling, including movement techniques that have specialized movement skill operation processes. This not only greatly reduces the risk of major injuries, but also inherits wrestling as a sport that demonstrates human strength. The cultural elements of wrestling depicted in the above Miao picture not only vividly show us the sense of strength of the Miao people during the Qing Dynasty, but also show us the vigor and courage of the Miao people.

Dancing

Dancing is an important part of the traditional culture of many ethnic minorities and is a common element of sport in the "Miao Albums". Dance is not only a form of artistic expression, but also a way of strengthening social ties and identity. Dancing not only demonstrates the characteristics and flavors of the Miao community, but also helps to strengthen the cohesion and sense of identity within the community.



Figure 6: Miao tribe living. 40 panels. Qing Dynasty Painting (Dancing)

Figures 6 and 7 above depict the Miao people dancing. From the pictures, you can see the characteristic dances and dancing styles of the Miao people. Such dance elements suggest that we should think further about the content of sports dance. Sports dance should not be a single dance with western characteristics. It should be inclusive of the diversity of dances of all countries and nationalities. Under the premise of diversity, the spirit of sports competition should be realized. Thus effectively promoting the inheritance and development of these traditional sports culture.

Mountain-climbing

Mountain-climbing is an important sporting activity for the Miao and other mountainous ethnic minorities. In the "Miao Albums", we can often see the Miao people climbing the mountain to worship Buddha, climbing the mountain to cut firewood, climbing the mountain to play and so on, climbing the rugged peaks, exploring the beauty of nature at the same time, purposefully carrying out the need to climb the mountain related activities, showing the Miao people's colorful climbing cultural activities at the same time, but also embodies the love of life, the love of nature, the feelings of the Miao people. The Miao people's love of life and nature is also reflected in their rich and colorful climbing culture. This richness of climbing activities gives the modern Mountain-climbing sport a very diversified reference and continues to develop.



Figure 7: Illustrations of Miao Barbarians . One volume. 82 plates. With explanations . Late Qing Dynasty Illustrated Book (Climbing Mountains and Worshipping Buddha)



Figure 8: Illustrations of Miao Barbarians . One volume. 82 plates. With explanations . Late Qing Dynasty Illustrated Book (Climbing and Playing in the Mountains)



Figure 9: Map of Miao Fan . Two volumes . Late Qing Dynasty Ink Book with Colored Illustrations: Book Two (Climbing Mountains and Chopping Wood)

Summary of Analysis

The traditional sports culture carried by Miao Albums in the Qing Dynasty

Traditional sports culture inherited by Miao Albums in the Qing Dynasty. According to the visual analysis of the traditional sports and cultural elements in the Qing Dynasty "Miao map", it can be seen that the above five traditional sports and cultural elements of the Miao in the Qing Dynasty "Miao map": archery, javelin throwing, wrestling, dancing, and mountain climbing, have an impact model on the contemporary sports programs. wrestling, dancing, and mountain climbing are all elements of the traditional life of the Miao people, and not only do they influence each other because of the traditional cultural life of the Miao people, but they also influence the corresponding five modern sports (archery, javelin throwing, wrestling, dancing, and mountain climbing). The modern archery, javelin throwing, wrestling, dancing, and mountain climbing can be said to be an effective inheritance of the sports culture of "Miao Albums" (Figure 10).



Figure 10. Relationship model of five traditional sports and cultural activities in the "Miao Albums" of the Qing dynasty

The characteristics of sports culture contained in the Qing Dynasty Miao Albums

First of all, through the visual analysis of the seedlings of Qing Dynasty, it is found that it contains diversified sports culture. Miao Albums of the Qing Dynasty depicted the rich and colorful traditional sports and cultural elements of ethnic minorities, including wrestling, martial arts, dance, dragon boat race and other activities. These activities not only reflect the daily life of the Miao people, but also reflect their spiritual pursuit and aesthetic concepts.

Secondly, the correlation between sports culture and the Miao character. The results show that the sports culture elements in the Qing Dynasty are closely related to the characteristics of the Miao people. For example, wrestling and martial arts show the courage and tenacity of the Miao people; dance and celebration show their optimism and generosity, and collective activities such as the dragon boat race reflect the unity and cooperation of the Miao people.

Third, the integration of sports culture and the natural environment. Many sports cultures in the Miao Albums of the Qing Dynasty were closely combined with the natural environment, reflecting the harmonious symbiotic relationship between the Miao people and nature. This sense of respect and protection for nature is still of great significance in the development of sports culture today.

Fourth, the unique artistic style and expressive force. Miao Albums in the Qing Dynasty showed the charm of the traditional ethnic minority sports culture with its unique artistic style and vivid expressive force. These images are not only of historical value, but also an important material for studying the development of Miao culture and sports.

The historical and cultural value in Miao picture

Inherit the historical memory. As an important part of the Miao traditional sports culture, sports costumes and props carry the historical memory passed down from generation to generation. The styles, materials and production techniques of these costumes and props all reflect the life style and aesthetic concepts of the Miao people in different historical periods, and are important witnesses of the history and culture of the Miao people.

Record the social changes. By comparing the Miao Albums in different periods, we can observe the changes in the style and style of sports costumes and props, and these changes reflect the changes and development of the Miao society in the historical process. For example, the evolution of costume patterns may reflect the communication and integration of the Miao and surrounding ethnic cultures, and the increase of item types may reflect the diversification of sports activity forms and changing social demands.

Show the cultural continuity. Although the Miao society has experienced various changes in the long history, the sports costumes and props, as the carriers of traditional culture, still maintain their unique style and characteristics. This reflects the continuity and stability of the Miao culture, and shows the Miao people's adherence to and inheritance of the traditional culture.

Provide historical research data. As a precious historical document, the Qing Dynasty Miao Albums provides valuable materials for later generations to study the history and culture of the Miao people (Han, 2023). Through the in-depth study of these costumes and props, the origin, development and evolution process of Miao traditional sports culture can be better understood, so as to better understand and evaluate the historical value of Miao culture.

To sum up, the sports costumes and props in the Miao Albums of the Qing Dynasty reflect the historical value of Miao culture by inheriting historical memory, recording social changes, showing cultural continuity and providing historical research materials. These values are not only of great significance for the inheritance and development of the Miao culture, but also provide a unique perspective and materials for the exchange and mutual learning of multiple cultures.

CONCLUSION

The "Miao Albums" is a way for the Miao people to express and protect their culture. Through the study of the traditional sports and cultural elements of the ethnic minorities in the Qing Dynasty "Miao Albums", we can gain a deeper understanding of the lifestyle, cultural traditions and social structure of the ethnic minorities at that time (Zavidovskaia, E. A. 2022). At the same time, these sports and cultural elements also provide valuable resources for today's sports research and cultural heritage. Sports activities are often accompanied by traditional music, dance and costumes, reflecting the unique cultural characteristics of the Miao people. Through the "Miao Albums", the Miao people were able to pass on their cultural heritage to future generations and perpetuate their traditions. In addition, the study of the traditional sports and cultural elements of ethnic minorities in the "Miao Albums" of the Qing Dynasty highlights the importance of sports in the cultural and social life of the Miao people. It reveals that sports activities like "Miao Albums" not only enhance physical fitness and endurance, but also promote social cohesion, ethnic solidarity and cultural preservation among the Miao. By studying and understanding the traditional sports culture of the Miao and other ethnic minorities, we can gain a deeper understanding of China's rich and colorful cultural diversity. The traditional sports and cultural elements of ethnic minorities contained in the Qing dynasty "Miao Albums" are also an

important window for the study of the history and culture of ethnic minorities, as well as a valuable resource for promoting the modernization and development of traditional sports for ethnic minorities.

At the same time, the traditional sports and cultural elements of ethnic minorities carried by Miao Albums in the Qing Dynasty show rich and diverse cultural characteristics and national character. These elements not only have historical value and cultural significance, but also provide a useful reference and inspiration for the development of modern sports culture. Therefore, we should pay attention to and protect these traditional sports cultural elements, promote their inheritance and development, and contribute to the construction of a more harmonious and diversified society.

In addition, the enlightenment of traditional sports culture carried by Miao Albums in the Qing Dynasty to modern traditional sports. The traditional minority sports culture elements contained in the Miao map of Qing Dynasty have enlightening significance to the development of modern traditional minority sports. These elements remind us to pay attention to the inheritance and innovation of traditional ethnic minority sports, and to respect and protect the diversity of ethnic cultures. At the same time, these elements also provide us with rich resources and inspiration, which can promote the diversified development of modern ethnic minority traditional sports. At the same time, as a precious historical material, Miao Albums in the Qing Dynasty provides valuable material for us to study the traditional sports culture of ethnic minorities. Through the study of Miao Albums in the Qing Dynasty, we can have a deeper understanding of the connotation and characteristics of miao traditional sports culture, and provide useful reference and inspiration for the development and inheritance of modern minority traditional sports.

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