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## FROM INSTRUMENTAL RATIONALITY TO VALUE RATIONALITY: MODERN TRANSFORMATION OF CHINESE MARTIAL ARTS EDUCATION

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**Abstract.** Martial arts, an icon of China's traditional national sports, have experienced a one-hundred-year metamorphosis from instrumental rationality to value rationality in terms of its schooling. The duality of human existence and the self-transcendence and freedom fulfillment appeals at human being's rational behavior level theoretically provide a spatial orientation for the adjustment (harmonious coexistence) between instrumental rationality and value rationality of martial arts, and only the practice of martial arts education under the guidance of dual harmonious rationality can promote a benignant embedding of martial arts into the contemporary social structure.

**Keywords:** instrumental rationality; value rationality; Chinese martial arts education.

## ПЕРЕХОД ОТ ИНСТРУМЕНТАЛЬНОЙ К ЦЕННОСТНОЙ РАЦИОНАЛЬНОСТИ: СОВРЕМЕННАЯ ТРАНСФОРМАЦИЯ ОБУЧЕНИЯ КИТАЙСКИМ БОЕВЫМ ИСКУССТВАМ

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**Аннотация.** Боевые искусства, лицо традиционного национального спорта Китая, пережили столетнюю метаморфозу от инструментальной рациональности к ценностной рациональности с точки зрения обучения. Двойственность человеческого существования и призывы к самотрансценденции и реализации свободы на уровне рационального поведения человека теоретически обеспечивают пространственную ориентацию для приспособления (гармоничного сосуществования) между инструментальной рациональностью и ценностной рациональностью боевых искусств, и только практика обучения боевым искусствам под руководством двойной гармоничной рациональности может способствовать благотворному внедрению боевых искусств в современную социальную структуру.

**Ключевые слова:** инструментальная рациональность; ценностная рациональность; обучение китайским боевым искусствам.

The key to realizing the rational development of martial arts education is to reflect on the rational dilemma of the martial arts education field and further explore the limits of the adjustment between instrumental rationality and value rationality.

### 1. The Basis of Integration of Instrumental Rationality and Value Rationality in Chinese Martial Arts Education

People are the objects of martial arts education whose essential purpose and destination are to promote the all-round development of people. In order to realize the integration of instrumental rationality and value rationality in martial arts education, we need to regard analyzing the characteristics of people, the object of martial arts education as a fundamental starting point. Just like the giant Marx said, A man exists with duality, subjectively as himself, and objectively in natural and inorganic conditions [1]. Obviously, for the duality of human existence, on one hand, it is necessary to transform the environment of a human being's own existence through scientific and technological technologies or means in order to obtain the necessary material basis for existence and development, which is also the significance of human beings' instrumental rationality.

### 2. The Convergence of Ultimate Goals of Instrumental Rationality and Value Rationality in Chinese Martial Arts Education

"People oriented" is not only the essential regulation of education, but also the inevitable pursuit of education [2]. The excessive rise of goal-oriented instrumental rationality can obviously realize the transcendence of man over himself or the environment, but has covered the subjectivity of man to a larger extent and will eventually lead to the loss of meaning and freedom [3]. However, the value rationality, which takes value as its trend, maintains the freedom of people's spiritual value, which is the essence of value rationality. Although Marx Weber indicated pessimistically, All the achievements and problems of modern civilization originate from the tense opposition between instrumental rationality and value rationality[4], the later generations generally believed that there was not a completely opposite relationship between instrumental rationality and value rationality, but there also existed a small amount of internal balance space.

Clearly, the field of education should undoubtedly be a place of practice where instrumental rationality and value rationality are opposed and unified. The significance of education lies in the comprehensive education of human beings, which not only uses education

as a means to enable human beings to surpass themselves and nature, but also to maintain human beings' spiritual freedom. As far as martial arts education is concerned, using martial arts as a means to exert instrumental influence on people is a presentation way to show that martial arts exerts its contemporary social value and function. The survival of contemporary martial arts education depends on the embodiment of this instrumental value. However, while embodying its instrumental value, martial arts education needs to prevent the instrumental value from devouring the subjective freedom of people in education — the freedom of spiritual value in martial arts education to pursue existence. For example, the single martial arts content is used as the main carrier in martial arts education driven by instrumental rationality in the process of martial arts education. The excessive pursuit of instrumental results behind educational intervention often ignores the diversity of martial arts education content, leaving the educatee in a controlled position by martial arts education. Its results are that martial arts loses its own “authenticity” in martial arts education and the people in martial arts education fall into the instrumental vortex that martial arts education acts as martial arts education. Therefore, the necessary way for martial arts education practice towards perfection is to adjust a balanced relationship between instrumental rationality and value rationality in martial arts education.

### 3. Specific Strategies to Lead the Dual Rationality Value to a Harmonious Development in Chinese Martial Arts Education

If martial arts education is evaluated by system theory, it is a complete system structure, therefore, the rational reform of martial arts education should be carried out from the three main levels of educational guiding ideology, educational value orientation and educational practice. Only by realizing the harmonious coexistence of value rationality and instrumental rationality within the martial arts education system can it truly complete the benign embedding of contemporary social structure. First, at the ideological level of martial arts education, we should downplay the instrumental tendency of the guiding ideology of martial arts and define the essence of martial arts education as shaping a fully developed person. Once one separates himself from the human body and regards martial arts as a means of shaping one's quality, it will inevitably lead martial arts education

astray. Secondly, at the level of martial arts education value selection, we should comprehensively examine the overall value of martial arts education, break away from the mindset of western value orientation of physical education to the value of martial arts education, continuously develop the educational value of martial arts in an all-round and in-depth way, and strive to realize the balance between instrumental rationality and value rationality at the level of value orientation of martial arts education. Martial arts should not be a subordinate concept of western sports, and the value of martial arts education should not be limited to the determination of the value pursuit of western sports education. The educational value of the typical representative of eastern body view bred by traditional culture should not be completely interpreted by the logic of western body view. Thirdly, considering the practical level, we should try our best to practice the dual combination of instrumental rationality and value rationality. The modern educational practice under the guidance of the industrialization process is dominated by instrumental rational thinking. Its “modernity consequence” reflects that martial arts education practice is the main field of carrying out martial arts activities resulting in relationship fracture between martial arts and contemporary social structure, namely, martial arts can not deeply participate in contemporary social actions. This requires martial arts education practice to start with value rationality properly, pay attention to the diversity of martial arts education content selection, explore the ethical advantages of martial arts in moral education through various channels, so as to make its education get rid of the limit of campus, move towards the whole society, and make it participate in more extensive social actions.

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## ТЕХНИКО-ТАКТИЧЕСКАЯ ПОДГОТОВКА БОКСЕРОВ

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**Аннотация.** Как и любой вид спорта, развитие бокса имеет свою динамику, что отражается на соревновательной деятельности атлетов. Поиск новых подходов технико-тактической подготовки должен строиться на изучении индивидуальных особенностей боксеров. Было выдвинуто предположение, что для повышения результативности соревновательной деятельности