

The Inheritance and Development of Chinese Traditional Sports Lion Dance in the Perspective of Non-Heritage Cultural Heritage

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Abstract: Ethnic traditional sports are the cultural treasures of our country, which condense the essence of Chinese civilization and record the production, life and ideology of our ancestors under special historical environment. However, with social changes, economic development and environmental changes, many ethnic traditional sports programs have gradually withdrawn from the historical stage due to the destruction of the survival system and the impact of foreign cultures, and disappeared in the noisy multiculturalism. Therefore, how to protect and pass on the national traditional sports culture in the period of social transition is particularly urgent and important. This paper takes the sport lion dance sport as the research object, takes its inheritance and development in the non-heritage perspective as the research purpose, combines the literature method, expert interview method, and grasps the social reality of the sport lion dance sport. It interprets the inheritance and development of sports lion dance and puts forward relevant suggestions in order to promote the inheritance and development of dragon dance and sports lion dance.

Keywords: Non-Heritage Perspective; Sports Lion Dance; Inheritance; Development

1. INTRODUCTION

China is a country with a 5,000-year history of civilization, and its rich and colorful culture and traditions have attracted the attention of the world. On this land, countless intangible cultural heritages (hereinafter referred to as "intangible heritages") are like bright pearls, shining with the wisdom and emotions of the Chinese nation. As the traditional culture of the Chinese nation for thousands of years, traditional national sports are the crystallization of the ancestors and an important symbol of Chinese civilization. Lion dance, as an important part of Chinese traditional sports, has a unique charm and deep cultural connotation, and as a traditional sports program passed down since ancient times, it has a history of thousands of years. As a traditional sport that has been passed down since ancient times, it has a history of thousands of years. From its beginnings as a folkloric performance program, it has gradually developed into a modern competitive sport, and the vigorous vitality and creativity

it has demonstrated are self-evident. From the beginning of the festival lion dance performance to add festive atmosphere to the present on the field, become part of the competitive games, the development of sports lion dance sports has made great progress. At the same time, in the country for the national traditional sports vigorously explore and promote, sports lion dance sports from purely technique-based to the current focus on the combination of theory and technology, emphasizing the direction of scientific management change, sports lion dance sports development has come to a new era (Zhi et al., 2024). As a cultural carrier, the sport of lion dance carries the emotions and memories of generations of people. However, under the development of today's social environment and cultural disconnection, the sport lion dance is facing the danger of being lost. As the traditional cultural proof of our country's history, the sport lion dance must be inherited and developed, and it is imperative to protect the sport lion dance program. At present, the inheritance and development of the sport lion dance is facing major problems such as insufficient attention, insufficient development momentum, and a serious scarcity of inheritors (Wenjie, 2023). Specifically, the elderly inheritors are old and have more than enough strength; middle-aged people have to give up the not very profitable lion dance performances in order to make a living and find another way to make a living; and even young people, who are considered to have the most potential for inheritance, are facing the pressure of learning and the weak awareness of traditional culture, so few people will choose to learn the lion dance. Nowadays, under the background of the national protection of intangible cultural heritage, sports lion dance has successfully moved from a single festival performance to the competitive stage, which confirms the diversity and adaptability of sports lion dance, so we should take this opportunity to vigorously develop sports lion dance, and contribute to the protection of China's national traditional sports programs in the development of sports lion dance (Zhang & Li).

2. ORIGIN, CLASSIFICATION AND DEVELOPMENT OF THE SPORTING LION DANCE MOVEMENT

2.1 Origin of Lion Dance

"The lion is the king of all beasts and has been known as a symbol of might and bravery since ancient times. The origin of the sport of lion dance sport, there are many different opinions. First of all, the origin of sports

lion dance in mythology: according to legend, in ancient times in China, natural disasters and plagues occurred repeatedly, the people's life is unbearable, but the appearance of the beast "year" to save the people in the fire, as long as the "year" appeared, all the plagues, natural disasters will soon disappear, people to express their gratitude to the "year" will soon disappear. Will soon disappear, people to show their gratitude to the "year" of respect, every important festival will be dressed up in colored cloth "year" look, and music to go to the door, Qiyou peace. Gradually people found with colored clothes dressed up as "year" is very much like a lion, it will be "year" changed to "Rui Shi", and later this folk custom has slowly evolved into a sports lion dance movement. The custom later evolved into the sport of lion dance (Huang, 2020). Another mythological story is that during the Ming Dynasty, in Foshan, Guangzhou, at the end of the year, there were monsters that came out to maim the living beings and spoil the crops, so in order to drive away the monsters, people used gimlets to make them into the shape of lions, and whenever the monsters appeared, with the addition of gongs and drums, the monsters would panic and run away in a hasty manner. Therefore, people believe that lions can subdue evils and get rid of demons, so they dress up as lions during the New Year's period to pray for good weather and good fortune. This is how the sport of lion dance in Foshan developed (Kunpeng, 2023).



Figure 1: The sacred beast "Year" and Lion

During the Han Dynasty, emissaries from the Western Regions visited, and the monarch let the performers dress up as birds and beasts to sing and dance to cheer up the party, but only the lion was missing from the roles played, and the emissaries from the Western Regions found that there were no lions in China at that time, so they trained lions for the performance and presented it to the monarch. Therefore, some scholars believe that the lion dance was introduced after Zhang Qian's mission to the West. Some other scholars believe that the lion dance originated in the Three Kingdoms period (Li, 2023). Yang Xianzhi's Luoyang Galaxy Records reads: "On April 4, this statue often comes out. This statue often

comes out. The Evil-Preventing Master (Lion) Zi guides him in front of it." From the description of the lion, we can see that the sport lion dance movement has a certain outline. Other scholars believe that the sport of lion dance originated in the era of the Northern and Southern Dynasties. King Fan Yang of Lin Yi used the "Elephant Formation Combat" to avoid the crusade, and the opposing army thought that the lion was the king of beasts, and even elephants would be afraid of it, so they ordered the soldiers to make a lot of fake lion's clothes out of linen, painted them with colors, and hid them in the bushes, and the King's team was able to resist even the elephants. Even riding elephants could not withstand the lion dance. The frightened elephants fled in all directions, and the dance ended in failure, and the lion dance gradually became a folk art (Zhou & Kong, 2022).

2.2 Classification of Sports Lion Dance Sports

2.2.1 Southern Lion

The Southern Lion, also known as the Waking Lion, is popular in the southern part of China, Guangdong and Fujian. In recent years, under the promotion of the China Dragon and Lion Dance Association, the Southern Lion Dance has been widely practiced in the world along with the migration of Chinese people. The modern Jingju lion dance originated in the 1980s, from the lion's head, the lion's tail composed of a single lion, 10-14 meters long, the highest not more than 3 meters, the lowest not less than 0.8 meters on the pile array, the use of a variety of steps footwork, through the prancing, scooting, flashing, pouncing, pirouettes, leaping, and other difficult movements to interpret the lion's joy, anger, sadness, joy, movement, static, shock, doubt, the lion's eight states, to show the lion's ferocity and strength. In the process of performance, its soothing and gentle place, people can not help but clap their hands; its soaring, jumping time, let a person trembling and heart-breaking and uplifting. South lion shape exaggerated, bright colors, and South Lion drums beat up is also deafening, inspiring. It can be said that the Southern Lion is a collection of ornamental, artistic, competitive as one of the strong auspicious, festive colors and atmosphere rendering ability of the traditional sports of the Chinese nation (Lin & Yang, 2022).

2.2.2 Northern Lion

The Northern Lion is a popular lion dance technique in the north of the Yangtze River in China. Northern lion and southern lion structure shape

and dance office technology are significantly different, northern and southern lions are colorful and rich in dance folk art, northern lion is more famous in Anhui green lion and Hebei Baoding double lion. The Northern Lion is famous for the Anhui Green Lion and the Hebei Baoding Twin Lions. The Northern Lion that we usually see nowadays is modeled after the Anhui Green Lion. The basic movements of the Northern Lion Dance are: startled, afraid, happy, crawling, squatting, retreating, rolling, etc., together with the supple, lively, dexterous, light and other rich footwork, the lion is danced in a marvelous way. Its eyes, mouth and ears will move, and this technique is more important than the movements of pouncing, falling, tumbling, rolling, jumping, and rubbing the itch (Gmeiner et al., 2023). The agile and athletic body of the warrior (the so-called master) is matched to express the lion's robustness and valor, and also vividly portrays the warrior's wit and humor, giving people a wonderful and exhilarating enjoyment. The Northern Lion is shaped like a real lion, not as large as the Southern Lion, and its head is not decorated with the colorful decorations of the Southern Lion, which is purely the color of the animal's fur, except for the addition of a one-horned horn at the top of the lion to show that it is different from ordinary beasts. The whole body is covered with tasseled hair, and even the pants and shoes worn by the performers are the same color as the real lion's legs, so the dance is a vividly moving lion, giving people a sense of reality. In the northern lion performance, three dancers are needed, one to dance the front body of the lion (i.e., the lion's head), one to dance the back body of the lion (i.e., the lion's tail), and another to play the warrior and lead the dance.



Figure 2: Southern and Northern Lions

2.3 Development history of lion dance sport in sports

During the Tang Dynasty, economic prosperity and cultural exchanges with the West increased, and the tribute of lions from Western countries was conducive to the development of the sport of lion dance. Therefore,

the Tang Dynasty was the peak period for the development of sports lion dance. Song period, the folk will be "martial arts" and "dance" combination, and gradually the pursuit of artistic beauty, the Ming and Qing dynasties appeared in the north and south of the lion, the southern lion pursuit of "martial arts" and "dance" combination of beauty, the northern lion, the northern lion is to pursue the "martial arts" and "dance" combination of beauty. During the Ming and Qing dynasties, there was a distinction between the northern and southern lions, with the southern lions pursuing the beauty of the combination of "martial arts" and "dance", and the northern lions pursuing the beauty of the technical skills of the lion-like body. With the Tang, Song, Ming and Qing for the gradual improvement of sports lion dance movement, lion dance art and beauty is also maturing, and ultimately formed the current southern school and northern school (WANG & WANG, 2017). The Southern School of Lion Dance requires musical instruments, such as gongs, drums and cymbals (Liu, 2016). The combination of musical instruments and lion dance makes the Southern Lion Dance powerful and strong, and the movements are atmospheric and tense, which is very inspiring, and it is mainly prevalent in Guangdong, Hong Kong, Macao, Singapore and other places. The northern school of more jumping, tumbling movements, the pursuit of action of the vivid and light, pay attention to the lion dance of the living, Hunan Lion, Anhui Lion, Hebei Double Lion are very representative of the northern lion (Han, 2020). After the reform and opening up, sports lion dance sport has been the rapid development of lion dance team, lion dance association, folk lion dance troupe and other teams continue to grow. With the increase of lion dance activities, competitions, many sports colleges and universities have also increased the study of sports lion dance. For example: Beijing Sports University Northern Lion Dance Team, Shanghai Institute of Physical Education Dragon and Lion Dance Team, Wuhan Institute of Physical Education Lion Dance Team, etc., many professional sports colleges and universities have a number of highly skilled, distinctive and innovative team. The development and growth of professional sports colleges and universities lion dance team has become the main representative of the development of competitive lion dance. However, the development of competitive lion dance has also led to a decrease in the participation of children and the elderly in learning lion dance. Sports lion dance sport development to the present day, there are three main types: folk lion dance, competitive lion dance and campus lion dance, these three are not their own independent development, but mutual learning and interdependent progress.



Figure 3: Sports Lion Dance Movement

3. THE VALUE FUNCTION OF INHERITING SPORT'S LION DANCE MOVEMENT

3.1 Educational Function

Sports lion dance is not a person's single performance, but a collective project, athletes in the lion dance, not only need the lion head and tail tacit cooperation to complete the required action drill, but also need to guide the lion and music closely with the athletes, the degree of tacit cooperation between each other is the key to victory in the competition, the members of the mutual encouragement, support each other, cooperate with each other, have a very strong sense of collective honor and the spirit of mutual cooperation. Sense of honor and the spirit of mutual help and cooperation, only in this way can they dance the lion "live"; at the same time, sports lion dance also educate people to have a brave, cheerful, upward spirit, in the folk, people involved in sports lion dance, not only can strengthen people's physical fitness, but also allow people to participate in the lion dance activities at the same time, the dance in the teaching, delighting the body and mind, and invigorating the spirit.

3.2 Fitness and Entertainment Function

Sports lion dance sports is a collective force, intelligence, technology in one of the sports, athletes in sports lion dance sports performance in order to show the lion's charisma, dance out the lion's state of mind, the need for performers to go through a number of repetitions of the training, the performers have to go through a long period of time, rehearsal, in order to make the living lion show in front of the audience (Xu, 2019). Sports lion dance movement contains dance movements and martial arts movements, lion dance performers choose the soundtrack is mostly varied, can present a variety of lion forms of rhythmic music, performers in the exciting, festive

soundtrack to complete the lion shape, for the performers is a spiritual satisfaction, but also a physical fitness exercise, for those who watch the game is also a rare visual feast. The performers not only exercised their body and spirit during the performance, but also brought joy and beauty to the audience.

3.3 Promote Chinese Traditional Culture and Enhance National Cohesion

Carry forward the traditional culture of the Chinese nation is the main theme of the times, sports lion dance sports program in the Chinese land has thousands of years of inheritance, sports lion dance sports program can be enduring in this land and the traditional culture of the Chinese nation is inseparable, sports lion dance sports to absorb the outstanding part of traditional Chinese culture, enrich the cultural connotation of sports lion dance sports, sports lion dance sports more with the image of traditional Chinese culture. It makes the sport of lion dance have more images of Chinese traditional culture. Through the sport lion dance, people can have further understanding and knowledge of Chinese traditional culture through the cultural connotation of the sport lion dance, as long as the sport lion dance is constantly developing, Chinese traditional culture is also in the process of continuous development. The organization of sports lion dance sports events, the Chinese children are closely linked together, sports lion dance sports produce a strong national cohesion is conducive to the construction and development of socialist society, is conducive to the country's wealth and strength, national revitalization, people's happiness (Xie, 2017).

3.4 Promote International Exchanges

With the continuous progress and development of science and technology, economic globalization has a deep impact on the world, and international exchanges are becoming more and more frequent, sports lion dance is no longer simply a recreational activity, competitive projects, sports lion dance is gradually moving towards the world, towards a broader stage of development. As the Chinese continue to move overseas, more and more overseas Chinese, sports lion dance sports with the migration of overseas Chinese, and gradually to the international stage, not only overseas Chinese love sports lion dance sports, sports lion dance sports wherever they go is also loved by the local people. In all the international sports lion dance competitions, overseas sports lion dance athletes in the competition to show their superb skills, so that the spectators marveled, sports lion

dance sports to build a bridge of international exchanges, so that exchanges between countries are getting closer and closer.

4. INHERITANCE AND DEVELOPMENT DILEMMA OF SPORTS LION DANCE MOVEMENT

Based on the oral account of Huang Qintian, a non-genetic inheritor of the sport of lion dance, we study the dilemma of the inheritance and development of the sport of lion dance. Huang Qintian is a national non-genetic inheritor of Guangdong lion dance and a national advanced individual in mass sports. He began learning martial arts from his master when he was less than ten years old, which laid a solid foundation for his subsequent career as a lion dancer. After years of hard work, he has become a lion dance team backbone, and often invited to participate in all kinds of lion dance activities. 1990, at the age of 25, Huang Qintian began to recruit disciples, and set up a lion dance team. His team has won more than 40 international championships and more than 50 national championships on behalf of his country, and has been called the "Lion King of the World" for its superb skills in various competitions both at home and abroad.

4.1 Regional Limitations Inhibit the Development of Folk Lion Dance

Me: "Mr. Wong, how do you think our folk sport lion dance is developing at the moment, and are there any constraints?"

Mr. Huang: "Sports lion dance sport (Southern Lion) in the Lingnan region developed relatively well but now has reached a bottleneck. Under the strong support of government policies, lion dance in schools, folklore performances, competitions and contests have been better developed. But after so many years of development, has reached a saturation level. By now, there is gradually a trend of decline. The most obvious performance is: from the beginning of a village a lion team, many lion team due to market competition pressure and operation does not go on. Lion dance events from a quarter of a competition to now only two or three games throughout the year. Secondly, the masses in the Lingnan region have been impacted by other cultures, and there is also aesthetic fatigue towards lion dance, and the status of sports lion dance sport has been shaken to some extent." We also learned from Mr. Huang that the sport of lion dance outside Lingnan was dominated by the Northern Lion Dance, and later, because of the continuous development of the Southern Lion Dance, the spectacle gradually became slightly better than the Northern Lion Dance.

In the early and middle ages, the ground exercises of folk lion dance seemed to be rather dull and lengthy, and the high threshold of viewing was mainly manifested in the fact that the public did not know the meaning of a traditional lion dance and could not understand it. Practice threshold is high for the "new school" (Lingnan region colloquialisms) lion dance difficulty relative to the difficulty of other projects, practice time is also relatively long, not easy to get results, and in this fast-paced society, sports lion dance sports "long battle line" training and learning slightly It is not easy to be effective in this fast-paced society. Different regions prevailed in the development of different forms of lion dance, which is destined to have a certain impact on the folk lion dance, want to sports lion dance sports development, we have to put aside all prejudice to do both, so that the lion dance culture 'blossomed'.

4.2 Competitive Sports Lion Dance is Deeply Limited in the Scope of Radiological Influence

Me: "Mr. Wong, in recent years the sport of sports lion dance has developed into a competitive sport, how has it developed so far, and are there any other areas of trouble?"

Mr. Huang: "Competitive lion dance has been developed in China for more than 20 years, but the talent cultivation system is not scientific enough and the institutional mechanism is not perfect enough, resulting in the scope of the radiating influence of the competitive sports lion dance sport is hindered. Competitive sports lion dance is in the development of folk lion dance, but it is not an Olympic Games, National Games of competitive sports events, therefore, the relevant national policy involves very little, not much support, the public's awareness of competitive lion dance is not high, and most of the competitive sports lion dance sports team is also composed of campus lion dance team and folk lion dance team. Competitive lion dance for athletes have strict technical requirements, only after professional training has a certain foundation of people can carry out the project, and technical difficulties also prohibit the development of competitive lion dance."

4.3 Low Popularization of Lion Dance in Campus Sports

Me: "Mr. Huang, what do you think about the development of sports lion dance movement on campus? , is it difficult?"

Mr. Huang: "Sports lion dance sport is not difficult to either enter the campus, or folk performance. The degree of popularization and

development of campus lion dance is closely related to the allocation of resources, and generous lion dance teacher resources, equipment resources, and venue resources can better carry out campus sports lion dance sports. For example, in the 2019 12th China University Student Dragon Dance and Lion Dance Championship held in Anqing City, Anhui Province, schools from Hunan, Jiangsu, and Guangzhou accounted for 14 of the 24 teams participating. In the 2019 National Youth Dragon and Lion Dance Championship, 11 of the 14 schools were from primary and secondary schools in Zhejiang and Guangdong." Where the popularization of sports lion dance is high, it is more favorable for the development of campus lion dance, and the level of resource allocation is also an important factor in the popularization of campus lion dance. Campuses with insufficient resources to develop sports lion dance can only indirectly understand sports lion dance through stage performances and TV programs, which kills the interest and passion of students to learn sports lion dance, so the popularity of lion dance and the allocation of resources have a direct impact on the development of sports lion dance on campus.

4.4 Low Public Media Attention to Sport Lion Dance Movement

Me: "Mr. Wong, how do you cite the current public perception of the sport, and has the media attention to the sport increased a bit more than between?"

Mr. Huang: "As a representative of the outstanding traditional culture of the Chinese nation inherited sports lion dance sports, through the public media publicity is also one of the effective methods of sports lion dance sports culture development, but today's media is not very high attention to the national traditional sports projects, and the projects they pay attention to the mass acceptance of the surface, the degree of popularity of the highest level of content (Wang et al., 2023). Popular sports have been better developed under the publicity of the mass media, but every time a lion dance competition is held, there is not much media coverage, and the live broadcast of the competition site is watched by very few people. In today's era of social modernization, the media plays a very big role in promoting people's understanding of lion dance, but the media's attention to lion dance is not high."

4.5 Inadequate Equipment Technology and Innovation

Me: "Mr. Wong, do you think the equipment during the lion dance puts a greater burden on the body?"

Mr. Huang: "Images of lions and dragons in the sport of lion dance are usually tied together by materials such as bamboo, wood and cloth, which tend to be heavier, resulting in a higher overall weight of the equipment. On the one hand, overweight equipment is a physical test for the dancers, which can easily cause physical fatigue and affect the performance effect; on the other hand, overweight equipment also increases the difficulty of transportation and storage, which is not conducive to the promotion and popularization of the lion dance sport. And modern people's concept of sports has changed a lot, the next step to think about how to integrate this kind of sports into modern sports, so that people can enjoy the charm of lion dance sports in the process of sports."

5. COUNTERMEASURES FOR THE INHERITANCE AND DEVELOPMENT OF SPORTS LION DANCE SPORTS

5.1 Breaking Regional Limitations and Strengthening the Influence of Folk Lion Dance

There are different schools of lion dance in different regions, and each school should break the regional limitations, give full play to the multiple social values of folk lion dance culture, and highlight the social functions. Sports lion dance sport is a cultural value, fitness value, artistic value, national cohesion value, etc., which as a cultural treasure can highlight the charm of the national traditional sports, and have a certain enhancement of cultural literacy. Strengthening the influence of folk sports lion dance movement is not only to inherit the folk lion dance skills and techniques, but also to understand the folk lion dance culture, so as to love the folk lion dance culture, protect the folk lion dance, and inherit the folk lion dance culture. Folk lion dance is the beauty, endurance, speed, flexibility, amplitude fused together in the sports program, it can not only exercise the human body can exercise the human will, is the human body, mental two-layer enhancement. Folk lion dance should break through the regional limitations, mutual learning, eclectic, so that the inheritance and development of sports lion dance sport "blossom".

5.2 Cultivate High-Quality Lion Dance Talents to Broaden the Influence of Competitive Lion Dance

To broaden the influence of competitive lion dance, just to improve the

athletes' lion dance technology and skills is not enough, what today's society needs must be excellent high-quality talents, sports lion dance is no exception. Competitive wushu need is to have a superior lion dance technical skills and excellent theoretical foundation of high-quality talents. We need to cultivate contemporary outstanding lion dance inheritors who love to understand traditional cultural knowledge, can learn school education well, and have excellent lion dance skills. In many colleges and universities, lion dance has been carried out as a special sport as a course in the major of traditional national sports, and we should continue to strengthen both the theory and technique of competitive lion dance to cultivate high-quality lion dance talents in social colleges (Zhao, 2023).

5.3 Improve the Allocation of Lion Dance Resources to Promote the Development of Campus Lion Dance

In campus lion dance, the good or bad training ground and the old equipment and costumes will hinder the development of lion dance. In order to improve the resource allocation on campus, the school authority should designate a relevant system to encourage the school to carry out sports lion dance, to ensure that the resource allocation for lion dance can be effectively supplied in the long term. At the same time, we should also carry out more lion dance instructors exchange seminars to enhance the teaching level of teachers, the school can also develop incentive mechanisms, in the national and even world-class lion dance competition based on good results based on bonuses, so as to improve student motivation, the formation of a benign mode of interaction within the campus, to better promote the development of campus lion dance. Government departments should also increase the relevant policy support, in the campus there is an imbalance of resources when the government can strongly intervene (Zhang et al., 2023).

5.4 The State to Increase the Attention to the Lion Dance Culture, the Media to Strengthen the Publicity of Sports Lion Dance Movement Degree

Many folk lion dances and local lion dances are listed as intangible cultural heritage, and government departments should strengthen the protection of them, promote the development of lion dance culture, and strengthen the inheritance of national sports culture. In the era of rapid development of the network, everyone a cell phone, through the network to promote the lion dance, improve people's awareness of sports lion dance sports, so as to show the value of lion dance culture. We can use

microblogging, microblogging public number, self media and other media media to enhance the network influence of sports lion dance movement (Baffelli et al., 2021; Jia & Geng, 2023).

5.5 Innovative Development of Sports Lion Dance Sports

Innovation of performance content and form, in terms of performance form, traditional lion dance performance is usually accompanied by musical instruments such as gongs and drums and suona, and the performance form is relatively single. In recent years, sports lion dance sports have begun to combine with modern music, dance and other elements to create a more innovative performance form (Ding & Xie, 2021). For example, adding street dance, rock and other modern dance elements in the lion dance performance makes the lion dance performance more energetic and fashionable; improving and upgrading the technical equipment of sports lion dance sports, mainly including improving the material and durability of the lion dance costumes, increasing the wearability of the lion dance costumes, enhancing the realism and operability of the lion dance props, introducing modern technological means, and increasing the safety and protection measures, etc.; strengthening the integration of sports lion dance sports and modern sports. The integration of modern sports, for example, adding lion dance movements in fitness exercises, or integrating lion dance elements in yoga exercises, can make the exercise more interesting, and at the same time, can also improve the effect of exercise.

6. CONCLUSION

As a sport with Chinese traditional sports characteristics, sports lion dance sport is one of the important forms of Chinese traditional culture. At a time when competitive sports are becoming more and more mainstream sports, it is the common responsibility of sports people to seize the opportunities and challenges, respect the tradition, encourage innovation, and pass on and develop the Sports Lion Dance Sport. With the continuous exchanges and mutual understanding between Chinese and Western sports culture, Sports Lion Dance will definitely take a big step towards the world, and the Chinese traditional culture integrated and carried by Sports Lion Dance will also blossom in the exchanges and dissemination, which will definitely make due contribution to the inheritance and development of national traditional sports and the promotion of Chinese traditional culture.

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