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Research on The Development Process and Enlightenment of Red Sports of The Communist Party of China (1921-1949)

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Abstract

The purpose of this study was to inherit the great achievements of red sports, absorb the rich spiritual nutrition and belief strength of red sports, strengthen the original mission of the Communist Party of China, and provide theoretical basis and historical reference for drawing a grand blueprint for the development of sports in the new era, opening up a new situation in the construction of a sports power, and realizing the

glorious mission of the great rejuvenation of the Chinese nation. **Methods:** Taking the cause of red sports led by the Communist Party of China as the research object, through the research methods of literature, history and logical analysis. **Results:** Taking the practice of red sports carried out by the Communist Party of China as the historical main line, this paper interprets and combs the glorious course of red sports led by the Communist Party of China in different periods, and summarizes the basic experience: Including the fundamental experience of "the party leads everything"; Competitive experience of "revolutionary battle"; Educational experience of "highlighting specialty"; The popularization experience of "taking the people as the heart". **Conclusion:** Inheriting the great achievements of red sports and absorbing the rich spiritual nutrition and belief of red sports, New China will surely realize the great rejuvenation of the Chinese nation

Key words: Communist Party of China; Red Sports; Cause; Revolutionary Struggle; Great Achievements; Historical Experience

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1 Introduction

When the Opium War broke out in 1840, the imperialist powers broke open the door of the country with their ships and cannons, ushering in the beginning of China's modern history and ushering in a century of humiliation, groping and struggle. In 1921, under the leadership of the Communist Party of China, the glorious New China was established, and the cause of socialism with Chinese characteristics began its journey. As the carrier of the spirit and civilization of the Communist Party of China, the red spirit plays a vital role in promoting national rejuvenation. In May 2021, Xi Jinping published a good article on "Make good use of red resources, inherit red genes, and pass on from generation to generation" in the magazine "Seeking Truth"; in June, Xi Jinping presided over the collective study of the Political Bureau of the Central Committee of the Communist Party of China "Make good use of red resources, continue to red blood" theme conference, emphasizing that "red resources are the testimony of our party's arduous and brilliant struggle, and are the most precious spiritual wealth" ^[1].

Drawing the driving force of progress from historical experience is a fine tradition of our party. As an indispensable part of red culture, red sports contains the value of the times worthy of discussion and analysis ^[2]. In the process of building the modernization of China's sports undertakings today, the great achievements made by the Communist Party of China in leading sports undertakings during the Revolutionary War cannot be ignored. General Secretary Xi Jinping pointed out that "realizing the Chinese dream of the great rejuvenation of the Chinese nation is closely related to the dream of China's sports power. "On the occasion

of the centenary of the birth of the Communist Party, in November 2021, the "Sixth Plenary Session of the 19th Central Committee of the Communist Party of China" passed the "Resolution of the Central Committee of the Communist Party of China on the Major Achievements and Historical Experience of the Party's Centennial Struggle", which summed up the Party's centenary struggle. Major achievements and historical experience, highlighting the focus of the new era of socialism with Chinese characteristics. It is of great historical and epochal value to sort out the great achievements of the red sports revolution led by the Communist Party of China and summarize the basic experience, which is helpful to deeply explore the historical characteristics and laws of the development of red sports, and to clarify the importance of red sports in the journey of building a strong sports country. Historical value and positioning have epochal significance.

2 The Connotation and Characteristics of Red Sports

2.1 Red Sports Connotation Interpretation

In 1933, Mao Zedong first proposed the concept of "red sports" in "Youth Truth" . Let Chinese red sports penetrate into all aspects of social life and become a thing full of national identity. Red is a symbol of revolution, political power, and victory. "Red Sports" is a cultural activity that serves the "Red Revolution" and has the full connotation of "Red Revolution". It has gone beyond mere sports behavior and is a cultural symbol integrated with revolution. Red Sports is a sports event that took place in the vast liberated areas led by the Communist Party of China from 1921 to 1949. The development process of red sports in China is divided into four periods: the germination of red sports thought in the early days of the founding of the Communist Party, the development of red sports practice during the Agrarian Revolutionary War, and the maturity of military sports during the Long March period and the War of Resistance and Liberation. Among them, the sports thoughts of our party's early representatives before and after the "May 4th" Movement played an important role in the enlightenment of red sports cultural thought. In October 1927, the Communist Party established the Jinggangshan Revolutionary Base Area as the starting point of red sports. During the Agrarian Revolution, red sports were called "Soviet Area Sports", during the Anti-Japanese War, it was called "Base Sports", and during the Liberation War, it was called "Liberated Area Sports"^[3].

2.2 Red Sports Characteristics Combing

As a red sports bred in the era of the Revolutionary War, the practicality of facing military needs, the basics and innovative practicality of the people have become the most distinctive features of red sports. The purpose of "serving the people wholeheartedly" during Jinggangshan and the Long March vividly interprets the "people's nature" of red sports, and will "make the masses the direct participants and beneficiaries of physical exercise" throughout the red sports under the leadership of the Communist Party of China. Sports cause. During the Yan'an period, the features of red sports were inheritance, reference and reform and innovation, truth-seeking, pragmatic, scientific and practical experience, class and front unity, and unity of individuality and mass ^[4]. Red sports contains the valuable features of seeking truth from facts and pioneering and innovative, hard work and serving the revolution, and has the educational value of "educating morality and educating people". It can strengthen the patriotism education of red sports for the younger generation, and can transform historical experience into spiritual wealth and ideological power. It brings new enlightenment to the planting of red genes and the promotion of red sports spirit in the new era .

Although red sports came into being under difficult circumstances, the "scientific nature of seeking truth and pragmatism" is still the creed that the Communist Party always adheres to. After 28 years of arduous struggle by the Communist Party of China, red sports has gone through four stages in the complex struggle situation: the first stage was the budding stage of red sports thought from 1917 to 1927; the second stage was from 1927 to 1934 During the Soviet period, a red sports culture with Chinese characteristics was born; the

third stage was the Long March period of the Red Army from 1934 to 1937, which honed the tenacious will and formed the spirit of revolutionary optimism; the fourth stage was from 1937 to 1949 in the Shaanxi-Gansu-Ningxia Border Region and The militarized national defense sports in the base areas of the Anti-Japanese War Liberation Theater, at this time, the red sports cause is more mature, and various sports policies, regulations, organizational structures and The level and scale of sports competition have been qualitatively improved and developed, and the party's ruling power has also been fully affirmed by the military and the people.

3 The Outstanding Contribution of The Communist Party of China in Promoting the Development of Red Sports.

3.1 Initial Stage (1917—1927) : The Birth of Early Red Sports Thought

The early representatives of the Communist Party of China, Chen Duxiu, Li Dazhao, Mao Zedong, Yun Daiying, Yang Xianjiang, Deng Zhongxia, etc., used sports as a call to promote democracy and science, oppose the shackles of feudal ideology, and call on the people to awaken. A new interpretation of sports, emphasizing the role of sports, using it in ideological enlightenment and national salvation, proposes that sports is an effective means to improve national physique and reshape national character. Although the red sports thought in the budding period has not yet formed a system and the relevant sports practice has not been fully carried out, it is the first time in the history of modern Chinese sports to break through the limitations of class and spread the sports thought of "exercise and defend the motherland" to the proletariat. The initial period of the establishment of the Communist Party was limited to the background of the special era. The Communists did not clearly formulate and promulgate programs and policies related to sports, and could only explore the prototype of the red sports thought from the educational thoughts and propositions of a few Communists. Among them, the most influential is Mao Zedong's "Research on Physical Education", which places sports in an important position and systematically expounds the purpose and direction of physical education. In April 1917, the young Mao Zedong published the article "Research on Physical Education" in the magazine "New Youth" under the signature of "Twenty-Eight Picture Students", marking the germination of China's red sports thought. It is pointed out that the purpose of Chinese sports today is to "focus on the world, save the nation and survive", to defend the territory and build the motherland, and to plant the idea of "exercise and defend the motherland" in the hearts of the people.

Yun Daiying gave clear guidance on the problems existing in school physical education and the direction of reform in the article "Research on School Physical Education". He proposed: The purpose of school physical education is to "promote the health of students", criticize "elite sports" and "military sports", and change "fragmented" and "boring" physical education into "systematic" and "interesting" school sports, and made a detailed implementation plan. As one of the founders of the Communist Party of China, Li Dazhao cared for people's sports in the process of spreading Marxist theory. He advocated that the body and spirit should be adjusted and developed with each other, the purpose is to gain rest time for the working people. At the same time, he also urged the government to build and update the facilities and equipment for workers' sports, providing material guarantees for workers to carry out amateur sports activities.

In 1921, the great Communist Party of China was born in Shanghai. Since then, the Communists have shouldered the glorious mission of overthrowing the three mountains pressing on the people. Since its establishment, the Communist Party of China has consciously accepted, recognized and actively practiced the Marxist concept of sports, which has provided practical possibilities for the construction and development of red sports, and has continuously given new connotations in the long-term revolutionary struggle. In 1927, the Kuomintang mutiny led to the failure of the Great Revolution, and the cooperation between the Kuomintang and the Communist Party broke down in an all-round way. In October of the same year, the

Communist Party of China established the first rural revolutionary base in Jinggangshan. In November, the establishment of the main government of workers, peasants and soldiers in Chaling County officially began the stage of regime establishment. The establishment of the Communist Party of China and the establishment of the first red regime became a realistic stage for the advanced sports ideas of Mao Zedong, Chen Duxiu, Li Dazhao and other early communists to be nurtured, and also provided a political platform for the birth, development and growth of red sports. The spiritual matrix of theory and practice.

3.2 Forming Period (1927—1934) : Red Sports Culture In The Revolutionary Base Areas of The Soviet Area

In 1927, under the guidance of the correct line of Committee Mao Zedong, the Communist Party created the first People's Armed Chinese Workers and Peasants Red Army and opened up the Jinggangshan Revolutionary Base. In the face of the layers of "encirclement and suppression" and material blockade by the Kuomintang opposition, the party is particularly concerned about the health of the military and civilians. With the repeated instructions of Committee Mao and the cooperation of the military and civilians, the practice of red sports was born during this period. A

From 1927 to 1928, Deng Zihui, Zhang Dingcheng and others personally set up martial arts groups such as the Boxing Hall and the "Jagged Regiment" in western Fujian, leading the local military and civilians to practice boxing and martial arts, marking the beginning of the Communist Party's red sports practice in the Soviet area. During this period, Mao Zedong often led the Red Army to carry out a kind of sports game activity of "grabbing the top of the mountain", that is, planting two red flags on the top of the mountain. After the soldiers heard the order at the foot of the mountain, they ran to the top of the mountain to snatch the red flag, and the victor would get three bullets. Material rewards such as tobacco leaves or straw sandals. It reflects the care and encouragement of the revolutionary leaders for the development of the soldiers' sports practice. In December 1929, the Communists held the Gutian Conference in western Fujian. The meeting pointed out that while carrying out military sports activities, the brigade should also be used as a unit to carry out sports competitions such as football and martial arts, which greatly enriched the cultural life of the army. In November 1931, the Provisional Central Government of the Chinese Soviet Republic was established, marking that the laboring masses of Chinese workers and peasants had their own government from now on, and the people were the masters of the country and enjoyed equal rights to education and sports. As soon as the Chinese Soviet government was established, the work policy of sports in the Soviet area was clarified: "Exercise the iron muscles and bones of the working class and defeat all enemies", "Develop red sports, cultivate the group spirit and strong physique of the workers and peasants, suitable for class struggle needs [5]. "

At this stage, magazines such as "Red China" and "Youth Truth", the organs of the central government, began to frequently publish articles on sports. In order to strengthen the physical education of young people, "Youth Truth" specially set up a "Sports Column", which became a propaganda. An important front channel for red sports culture. The publication of various sports books such as: "Junior Team Gymnastics", "Physical Education Teaching Method", and "Various Red Sports Rules" ensures the scientific and normative nature of sports in the Soviet area [6]. Mao Zedong once emphasized that "sports should be carried out among the workers and peasants" and should "truly make the people of each Soviet area more lively, happy and healthy." In the same year, the government promulgated the "Outline of the Constitution of the Chinese Soviet Republic" on the level of school sports. The outline stipulates that compulsory education for children and adolescents aged 7-15 should be popularized within the permitted range, and this provision should be made one of the basic programs of the country. Under the leadership of the Communist Party, there has been a wave of sports activities in schools in the Soviet area. According to "Youth Truth", sports activities in the

Soviet area are carried out as scheduled every day. Sports competitions spread all over the place, and the number of athletes continued to rise. Under the leadership and encouragement of the Party, the Red Army soldiers with arduous combat tasks still carried out sports activities in an orderly manner. Sports "is booming."

In May 1932, in order to celebrate the victory of the Zhangzhou Battle, the Red Army held the "May Red" Sports Conference in Zhangzhou. The sports events of the Games include basketball, volleyball, table tennis, long jump and high-level traditional sports, as well as special events such as flower guns, grenade throwing, and mountain grabs that directly serve the battle. Commander-in-Chief Zhu De even practiced by himself, taught by words and deeds, and personally joined the volleyball and basketball exhibition competitions. Commander-in-Chief Zhu, who is superb in ball skills, injected fresh leadership vitality into the Games. From May 30 to June 3, 1933, the Chinese Soviet government held the first National Sports Games in Ruijin, which was also the only "National Games" in the Soviet period. Comrade Mao Zedong performed at the Games. The inscription "Exercise the iron muscles and bones of the working class and defeat all enemies" will integrate the enhancement of the people's physique with the victory of the revolution, reflecting the distinctive characteristics of the people's sports spirit of the Communist Party of China. The congress produced the Red Sports Committee of the Chinese Soviet Republic, the highest authority leading sports in the Soviet area, and established branches in Jiangxi and Fujian. "The "Red Sports Association" became the earliest mass sports organization in the revolutionary base area, and the organization played a vital role in the subsequent Soviet sports joining the "Red Sports International" organization, which fully proved that the sports activities in the Soviet area have been in line with the world proletariat. The revolution has produced far-reaching significance.

3.3 Growth Period (1934—1937) : March Combat Sports During the Long March

Because the "left" opportunists in the party rejected the correct leadership of Comrade Mao Zedong, the Red Army lost its fifth counter-"encirclement and suppression". In 1934, the Red Army left the Central Soviet Area and marched north, starting the 25,000-mile Long March that shocked the world. During the Long March, the soldiers of the Red Army, with their tenacious perseverance, climbed the snow-capped mountains and grasslands, fought unfolding with the enemy, overcame infinite difficulties and obstacles, and finally successfully joined forces in northern Shaanxi in 1936. During this period, the leaders of the Red Army attached great importance to carrying out cultural and sports activities during the rest adjustment after the rapid march. As soon as the troops arrived at the camp for a short rest period, basketball, volleyball, armed mountain climbing, obstacle crossing and other sports were organized one after another. In 1935, in order to celebrate the smooth convening of the Zunyi Conference, the Red First Front Army organized a basketball game in companies, which greatly enhanced the courage and determination of the soldiers to overcome difficulties and obstacles. In 1936, under the advocacy of Commander-in-Chief Zhu De, the Red Fourth Front Army launched the Trumpet Temple Games. At this time, on the eve of the Red Army crossing the grassland, the holding of the Games played a huge inspiring role in stimulating the fighting spirit of the Red Army soldiers^[7]. The soldiers' sports equipment and facilities fully carried forward the revolutionary fine tradition of "adapting measures to local conditions" and "simplifying complexity". The three square tables were put together as table tennis tables, gauze was used instead of the middle block, and wooden boards were used to make rackets for competition. The Red Army also loves swimming events. As long as they encounter ponds and rivers on the way, they will carry out swimming activities such as surveying the river head. The skilled swimming skills of the Red Army soldiers played a key role in rescue and breakthrough in many famous battles. For example, in the battle of "Forced Crossing the Dadu River" on the way of the Red Army's Long March, Lieutenant General Sun Jixian personally led seventeen warriors to open a gap in the natural danger defense line set by the enemy army, seized the beachhead position, won the battle victory, and

helped the Shaanxi-Gansu detachment of the Red Army and the Red Army in northern Shaanxi. Lay a solid foundation for the smooth meeting of troops.

3.4 Prosperity Period (1937—1949) : Red Sports In Shaanxi-Gansu-Ningxia Border Region

In October 1935, the Red Army arrived in northern Shaanxi and established the Shaanxi-Gansu-Ningxia Revolutionary Base. The establishment of the Anti-Japanese National United Front in 1936 made the people of the whole country rally together to resist. At this time, political, economic and cultural construction is mainly based on resisting the Japanese invaders, and sports are no exception. The establishment of the regime in the Shaanxi-Gansu-Ningxia Border Region provided a platform for the development of red sports. During this period, sports served the consolidation of the regime and won the victory of the Anti-Japanese War. Various sports and cultural activities were carried out smoothly, showing the characteristics of the times, diversity, comprehensiveness and standardization^[8]. On the basis of the new situation and new tasks of the War of Resistance Against Japanese Aggression, the red sports continuously improved the thought, line and policy of red sports from practice, and profoundly clarified that red sports shouldered national liberation and national liberation. The glorious mission of revival.

Judging from the will of the revolutionary leaders, the prosperity of red sports is inseparable from the spirit of "sports to save the country". In July 1937, the War of Resistance Against Japanese Aggression broke out. In August, the central government held the "August 1st" Anti-Japanese War Mobilization Movement Conference in the whole region to commemorate the tenth anniversary of the founding of the Red Army. The number of people participating in the sports conference was as high as 469. Mao Zedong personally came to the sports meeting. The site mentioned: "This sports conference is not only a sports competition, but also to mobilize for the war of resistance". Medals were awarded to the soldiers who won the ranking. The sports conference also called the soldiers of the Red Army ahead: "At this juncture of the urgent survival of the famous Chinese people, it is not enough to defend the country unless they rise up and resist to the end. "I wish you victory", which fully reflects the Games' ardent care and passion for the soldiers ahead. Marshal He Long attached great importance to the physical fitness training of soldiers in his revolutionary career. In 1941, He Long promulgated the "Sports Instructions" and established special sports institutions to ensure better military training. In 1942, He Long wrote an inscription at the "September 1st" Expanded Games in Yan'an: "Militarization of sports." Taking red sports as the main means to improve the physical fitness and military combat level of Red Army soldiers has been highly valued by party and military leaders.

At the level of school physical education, in 1938, the central government proposed to "change the old system and old curriculum of education, and implement a new system and new curriculum with the goal of saving the country during the Anti-Japanese War" for the development of school physical education. School physical education has thus added militarized characteristics, which is mainly reflected in: the proportion of physical education courses in primary schools in border areas is second only to Chinese courses, and the courses include teaching content with strong military colors such as field camping, military exercises, and rapid marches^[9]. Yan'an University was established in 1941, and the Physical Education Department of Yan'an University came into being. The Department of Physical Education has a 2-year academic system. In addition to the public compulsory courses offered, it also offers courses in physical education theory, pedagogy, anatomy, track and field, gymnastics, basketball, volleyball and other courses. In the summer of 1942, due to the scarcity of sports talents, 30 students from the Department of Physical Education of Yan'an University graduated early and went to the army or schools in remote areas to serve as physical education teachers. The Department of Physical Education of Yan'an University has cultivated a large number of

backbones of sports work for the Shaanxi-Gansu-Ningxia Border Region, adding new impetus to the prosperity of red sports.

At the level of sports organization construction, in February 1942, the Yan'an Sports Association cooperated with the "Liberation Daily" to launch a call for the "Ten Minutes Movement" [10]. The number of various mass sports organizations and associations has soared, and sports activities and sports and cultural exchanges have become more active. According to historical records, only from 1936 to 1941, the sports organizations established in northern Shaanxi included the Yan'an New Sports Association and the Shaanxi-Gansu-Ningxia Border Region Youth Club. On the occasion of the establishment of the New Sports Association, Commander-in-Chief Zhu called for: "All organs, troops and schools in Yan'an should implement sports work in an organized and planned manner, and closely integrate sports and health." As a senior in China's sports world, Commander-in-Chief Zhu also attached great importance to sports. During the Anti-Japanese War in Yan'an, sports competitions were organized by the Yan'an Sports Association almost every Sunday. Every year, "International Women's Day", "Labor Day", "Youth Day", "Army Day" and other holidays, large-scale sports are arranged. During the Yan'an period, there were a wide variety of mass sports that were suitable for the public to participate in, and traditional sports were combined with new sports. Sports in the Yan'an period were aimed at the broad masses of workers, peasants, soldiers, scholars and businessmen, and any profession and any famous ethnic group had the right to participate in sports activities. In the 1942 "September 1st" Expanded Games, the participants included central cadres, farmers, soldiers, businesspeople, etc. all participated in the Games, and the number of participants reached 1,766, the largest in the border area.

On August 15, 1945, Japan announced its unconditional surrender, and the Chinese people defeated the Japanese aggressors and won the War of Resistance. The Red sports changed from serving the War of Resistance to serving the War of Liberation. For school physical education, the government promulgated the major policies and policies of wartime education, and made clear regulations on the content and organizational form of physical education courses: let sports related to military warfare enter physical education classrooms, and train students to master certain military skills, such as throwing firearms. Projects such as shooting, throwing grenades, passing letters, etc., enable teachers and students to have the ability to defend themselves; in the upsurge of military training in the army, sports activities focusing on military events have also been carried out. Such as bombing, assassination, stoning, drawing hard bows, etc.

The Communist Party of China in Yan'an have given birth to the Yan'an spirit that is admired by the Chinese people. During this period, red sports played a role in encouraging the fighting spirit of the military and civilians in the Liberated Areas to resist Japan, stimulating patriotism, quelling domestic reactionary forces, and enhancing the physique of the whole people. It has played a positive role in promoting it. It is an important scene that cannot be ignored in the history of modern sports development in China, and it has also laid a solid foundation for the development of sports after the founding of New China in terms of ideology, system and culture.

4 The Experience And Enlightenment of The Development of Red Sports of The Communist Party of China

4.1 Adhere to The Fundamental Experience :Uphold the leadership of the Communist Party of China

In the development of sports in China, the leadership of the Party plays a vital role. Looking back on history, red sports is a social practice of far-reaching significance under the guidance of the Communist Party of China, facing the working people, adhering to the political line of the Party, and aiming at serving the central task of the Party. Under the guidance of the Party, the "red gene" nurtured by red sports continues to

develop and grow. In the early days, the Communists Mao Zedong, Chen Duxiu, Yun Daiying, Li Dazhao and other capable people with lofty ideals broke through the confinement of the feudal system and started an action to emancipate the mind, giving sports the political need to "Strong the people and save the nation". Sports in the Soviet area gradually developed on the basis of the establishment of the armed regime by the Communist Party. In the process of successive victories in the revolution, "red sports" became a key link for the Party Central Committee to enhance the combat effectiveness of the army and consolidate the revolutionary base areas, and it was also an important way to promote military and civilian exchanges. Red sports in the Yan 'an period, closely centered on the two core of military service and national participation, exercised the physique and will of the army and people in the revolutionary base areas through different stages of practice, and injected new vitality into the victory of the subsequent battles.

Under the guidance of the Thought on socialism with Chinese Characteristics for a new era, the development of sports in China follows the fundamental purpose of the Party's leadership and serving the people, and is committed to advancing socialist construction. The Party's core leadership role has been given full play in sports work, ensuring the firm implementation of the Party's principles, lines and policies, and according to the actual situation of the country, to improve the national physique and national quality as the primary task, to accelerate the pace of building a sports power. In this process, we will adhere to the concept of innovative, coordinated, green, open and shared development, take sports development as the guide, transform government functions, and build a modern sports system with Chinese characteristics.

4.2 Summarizing The Competitive Experience: Strong Epochal Character

In different historical periods, the CPC has promoted the development of sports in different ways and focuses, but it has always carried out the purpose of "sports for the people", and has continuously endowed new connotations and missions with the development of The Times. The red sports developed in the revolutionary years, the character of "sports in the service of war" has become one of the most distinctive features, and has gained competitive experience in the militarization of sports and the enhancement of combat effectiveness. The red sports activities primarily center on military sports, emphasizing the integration of physical training and military skills to enhance the combat effectiveness of the Red Army and the People's Liberation.

Sports competitions held during the revolutionary period effectively integrated military and sports, significantly enhancing the overall quality of both the army and the people, and nurturing revolutionary heroes capable of overcoming adversity. The widespread promotion of sports competition served as a catalyst for modern sports culture to take root and flourish in China. Inheriting the competitive experience from the "revolutionary battle" era entails upholding the patriotic ethos of "Strong the people and save the nation" in this new era, and harnessing the competitive spirit demonstrated in contemporary sports as a potent motivational force for unity and struggle among all Party members and people of various ethnicities nationwide.

On February 4, 2022, Beijing hosted the opening ceremony of the 24th International Winter Olympic Games, once again uniting Chinese civilization with Olympic ideals to script an inspiring narrative of unity, peace, and friendship. From addressing "the three questions of the Olympic Games" to becoming a "City of Double Olympics," this signifies China's ongoing expansion and advancement in its sporting endeavors.

4.3 Promote The Educational Experience: The high-quality development of school sports in accordance with the realities of China.

School physical education has accumulated valuable educational experience in the Party's 100-year journey. Over the past century, school sports has undergone various stages of development and has embarked

on a socialist school sports development path that aligns with China's national conditions and embodies Chinese characteristics. From 1921 to 1949, the history of red sports, led by the Communist Party of China, served as the core of China's sports spirit and exemplified the patriotism and sense of responsibility of the Chinese people. The evolution of school sports, from the concept of "saving the country through sports" to the implementation of "revitalizing the country through sports", and then to embracing a strategy for sporting prowess in this new era, is deeply rooted in its "red gene". In its early days, forward-thinking ideas on reforming school physical education were proposed by the Communist Party of China and put into practice in Soviet areas, closely integrated with theory, planning, and practice during Yan'an period. This process reflects both comprehensive leadership from within the Party as well as an educational philosophy emphasizing gradual progress, holistic planning, and systematic instruction. Especially during the Yan'an period, despite challenging school conditions and a lack of professional sports equipment and facilities, teachers and students upheld a spirit of self-reliance, simplicity, and creativity in physical education activities. In this difficult environment, they conducted physical education in an organized manner, actively participated in sports activities, and gradually established a school physical education system, curriculum system, and textbooks to meet the needs of the times. This left a profound impact on the history of Chinese sports by embodying the red sports spirit.

4.4 Promote the Popular Experience: The Party derives its wisdom from the populace.

Marxism believes that the people are the main body of social practice and understanding, and the people have rich experience and knowledge, which is the source of wisdom for the party. Looking back on the development process of red sports of the Communist Party of China, it always abides by the core concept of people-centered and the fundamental purpose of party leadership^[11]. In the 1920s, the Communist Party of China proposed to "build a democratic sports system with equal rights for everyone", making it undertake the dual revolutionary mission of politics and economy for the future of the nation. During the arduous revolutionary years, red sports, which served the war and served the soldiers of the Red Army and the masses of workers and peasants, not only laid the foundation for improving the fighting quality of the soldiers, but also educated and inspired the revolutionary consciousness of the masses of workers and peasants. Mao Zedong once pointed out in the report of the Seventh National Congress of the Communist Party of China: "The people, and only the people, are the driving force for the creation of world history." In September 2020, General Secretary Xi Jinping also pointed out the important role of sports at a symposium of education, culture and health domain experts - improving people's health, satisfying people's yearning for a better life, promoting all-round development of people, demonstrating the country's cultural soft power, and reflecting the degree of social development and civilization. It fully demonstrates the pursuit of the value of the people's subjectivity in which the development of sports is the main body of people's value, the development of sports depends on the main body of people's practice, and the achievements of sports development are shared by the people. Relying on the people is the source of power for the Communist Party of China to explore the value of red sports^[12]. The development of sports has always been closely tied to the participation and support of the people, reflecting their central role in its advancement. In the historical context of sports, political and cultural progress has influenced the people's sports practice, leading to a shift from passive acceptance to active pursuit of sports rights. The concept of "people-centered" has been widely promoted and practiced, resulting in significant progress in people's understanding and practice in the field of sports. Over time, sport has become an integral part of people's lives, contributing to improved quality of life and physical health. The love and pursuit of sports by the people not only demonstrates their vitality and enthusiasm but also reflects social civilization progress and national prosperity.

5 Conclusion

The red sports cause under the leadership of the Communist Party of China is the crystallization of deep insight into the law of historical development and practice. Over the past hundred years, red sports, as an important force for national self-improvement, social harmony and progress, and talent training, its development process and experience have shown the unique value and role of sports in the development of the country and the nation. From 1921 to 1949, the course of China's red sports is full of ups and downs and glory, which witnessed the leap-forward development of Chinese sports from a weak foundation to a world sports power under the guidance of the Party. This history not only reflects the rise of Chinese sports, but also is an important milestone on the journey of the great rejuvenation of the Chinese nation. The spiritual wealth and belief power of red sports have laid a solid foundation for the sports cause of New China. Under the leadership of the Communist Party of China, China's sports industry will continue to be guided by the realization of the "two centenary goals", uphold the original aspiration and mission, and draw a grand blueprint for sports development in the new era. In this grand journey, Chinese sports will continue to write new chapters and contribute unique strength and brilliance to the realization of the Chinese dream of the great rejuvenation of the Chinese nation.

Competing Contributions

B.J. and L.Z led the study. All authors conceived and designed the study. B.J, S.J.W and L.Z drafted the article. All authors made critical revisions to the manuscript for important intellectual content and gave final approval of the manuscript.

Competing interests

The authors declare no competing interests.

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