

Chinese Archery Cultural Heritage : Illustrated Guide to Mongolian Archery Techniques

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Received : August 7, 2024; Revised : December 23, 2024; Accepted : December 24, 2024

Abstract

This article uses qualitative research methods to interpret and explore Chinese archery culture, inheriting and passing on traditional ethnic culture. Three research objectives have been formulated : 1) Research and collect the historical development of Mongolian-style archery in Chinese traditional archery culture 2) Study and analyze the advantages and disadvantages of Mongolian-style archery compared to Mediterranean-style archery 3) Describe the learning movements of Mongolian-style archery to promote archery culture and make it easier for people to learn and master archery.

This article uses qualitative research methods to interpret and explore Chinese archery culture, inheriting and passing on traditional ethnic culture. It provides detailed explanations of teaching illustrations for Mongolian archery techniques, covering topics from the history and culture of archery to its practical applications, and then to the study of archery techniques. Mao Haiyan, Cai Zhong. A Comparative Study of Traditional Archery in China and the Development of Kyudo in Japan. [Abstract Compilation of the 11th National Sports Science Conference.]. Based on the selected text direction for cultural exposition, introduce archery culture,

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expound the advantages and disadvantages of Mongolian shooting method, and analyze the functional usage of Mongolian shooting method. Delve into the role and usage of Mongolian shooting method in the history of archery development. Elaborate on the Mongolian shooting method, set teaching methods, and describe them in words so that learners can easily grasp the Mongolian shooting method from textual descriptions. At the same time, Finally, summarize and describe the problems discovered during the literature collection and teaching process, and describe each step of the Mongolian shooting method in written form, and promote and explain it in the form of drawings and written text.

Keywords : Graphic Text Interpretation of Mongolian Archery Cultural Heritage Teaching

Introduction

China is one of the four ancient civilizations in the world, with a long history and rich culture. It is also one of the few countries in the world that has not lost its ancient civilization culture, which has helped preserve and inherit many of China's famous historical and cultural heritage. With the continuous development of society and the progress of the times, the country supports the development of sports culture, and the comprehensive revival and promotion of traditional culture provide great opportunities for the development of art within the traditional cultural background Li Xiandeng (1993) On the important position of Zhou and Qin culture in the history of ancient Chinese civilization. Journal of the Chinese History Museum, 000(002), 35-38.

In ancient China, bows and arrows were used in warfare and were also one of the tools for leisure and entertainment. During the Shang and Zhou dynasties, archery was a festive celebration and ritual for sacrifices, while the "autumn archery" during the Qin and Han dynasties was an annual archery competition held in the autumn. "Beating the willows" was a custom in the Tang dynasty. In short, archery plays a key role in traditional Chinese sports. The traceability of the history of traditional archery

in China is significant, and it is also a direction for research on national traditional sports.

Since the 18th National Congress of the Communist Party of China, General Secretary Xi Jinping has repeatedly mentioned cultural confidence, expressing his cultural thoughts and viewpoints. He has emphasized "cultural confidence" and pointed out that "we should strengthen our confidence in the path, theory, and system of socialism with Chinese characteristics." Ultimately, we should uphold cultural confidence. Traditional national sports are entertainment activities passed down from ancient times, and can also be considered as a form of exercise, embodying the customs and cultural background of the country (Lv Jian. Research on the Confidence Path of Firmly Following the Road of Socialism with Chinese Characteristics). Traditional ethnic sports is just a large category, which includes traditional ethnic sports events, theories, and tools. Every country has its own unique sports events, and studying a country's sports events involves paying attention to its culture, history, life, and customs. Traditional ethnic sports are entertainment activities that have been passed down from ancient times, and can also be considered as a sport, incorporating the customs and cultural background of the country. Traditional ethnic sports is just a large category, which includes traditional ethnic sports events, theories, and tools. Every country has its own unique sports events, and studying a country's sports events involves paying attention to its culture, history, life, and customs. Archery is a traditional activity for many Chinese ethnic groups, each with its own characteristics, including different evaluation methods for the game, bow and arrow manufacturing techniques, and studying the history of ethnic archery can lead to a deeper understanding of ethnic history, providing insights into the social and historical landscape of various ethnic groups. Xu, Y. (2016) A case study analysis of the teaching of traditional Korean archery techniques. (Doctoral dissertation, Yanbian University).

Research Objectives

1. Research and collect the historical development of Mongolian archery techniques in Chinese traditional archery culture.
2. Study and analyze the advantages and disadvantages of Mongolian archery and Mediterranean archery styles.
3. Describe the learning movements of Mongolian archery to promote archery culture and make it easier for people to learn and master archery.

Research Methods

Research Method: The research method used in this study is qualitative research, structured as follows :

This study employed qualitative and quantitative research methods, structured as follows. 1) Population and Sample: The population in this study refers to the college students at Luoyang Normal University. The study utilized purposive sampling, including : 1) college students at Luoyang Normal University 2) teachers at Luoyang Normal University involved in archery research. Instruments: Surveys, interviews, observations, questionnaires. Data Collection: Information was collected through literature review. The literature data were sourced from research publications, journals, and museums, among others. From 2023 to 2024, researchers conducted investigations during the archery teaching process at Luoyang Normal University.

Data analysis : 1) Analyze students' learning behaviors of Mongolian archery in the classroom. 2) Understand and explore college students' knowledge and insights on Chinese archery and Mongolian archery. 3) Analyze college students' awareness of Mongolian archery and other archery methods.

Literature Reviews

Sun Shubin. Relationship between the release rhythm and high score in archery competition. *Sports World*, 2018(9). Archery is a competitive sport that requires high precision, skill, and synchronization of technical movements. The release technique is the most important part and essence of archery. A fast release rhythm can help reduce external interference and psychological burden. Consistent release timing has a certain impact on the score; the more consistent the timing, the higher the hit rate and the better the performance at a certain score. This study uses literature review, data analysis, and on-site observation as the main research methods, and concludes that the fast release rhythm and consistency of release timing are crucial factors affecting the hit rate, and only by combining these two factors can high scores be achieved in archery competitions.

Cao Qinghua, Feng Hui (2008) Development and Changes of Traditional Archery Sports of Mongolian Ethnic Group. *Journal of Chengdu Sport University*, 34(6). Archery culture is an important part of the traditional sports culture of the Mongolian ethnic group and a characteristic cultural project, which constitutes the spiritual pillar of the Mongolian people to overcome difficulties and strive tenaciously, exerting a significant influence on the development of the national history. The excavation and promotion of this culture to date have a positive impact on the development of the Mongolian ethnic group and the construction of socialist spiritual civilization.

Yi Hua. Conquering the Central Plains - Mongolian Hunting Tradition in East Asian Culture 2010 Archery has a long history and has formed two major traditions: the Mediterranean release technique and the Mongolian release technique. The Mediterranean release technique involves pulling the string with three fingers in the middle, mainly popular in the central and western Eurasian continent; the Mongolian release technique involves hooking the string with the thumb, mainly popular in East Asia. The West mainly uses single-piece longbows, while the East mostly uses composite bows. The bowstring, arrow shaft, arrowhead, and arrow feathers all have their own characteristics. While there are similarities and differences between the

two, there has been mutual exchange and influence. The Mongolian release technique is not limited to the Mongolian grasslands but is a shared archery tradition in China and even East Asia; correspondingly, there is a Mongolian hunting tradition in East Asia.

Chang Xianling, Yu Yan, Chen Yushi. The Control String Revolution of the Yin-Shang Legion : The Invention of the Thumb Ring and the Birth of Chariot Archers. In 2022, 45(3), using a paradigm that combines sports history, archaeology, and semiotics, as well as multiple methods such as interactive cognitive archaeology, ethnographic archaeology, processual archaeology, and text analysis, this study interprets the original symbolic meaning of the "thumb ring." It is argued that: 1) As an important prerequisite, the pre-thumb ring era roughly experienced two periods of "arrow pinching method" and "compound arrow pinching method," each corresponding to its own cultural ecology, with the former corresponding to survival strategies under the norm of mobile foragers and the latter corresponding to the continuous strengthening of militarization due to class differentiation. 2) Previous academic histories each have their own merits, but have failed to reveal the cultural essence of the thumb ring. 3) The invention of the thumb ring in the Yin ruins era is of milestone significance. The "thumb shooting method" enabled the Yin people to ascend to a mobile platform during the rise of chariots, initiating the origin of Chinese chariot archers. This "control string revolution" originating from Chinese civilization holds important cultural historical significance. It is hoped that the academic configuration ability that matches the complexity of the research object will be presented, and provide a reference interpretive strategy for the study of sports history.

Li Chuntao 2021 (2017-1) said that the character "guai" in the inscription of the cauldron of Cao Ding, which has long been misinterpreted as tiger by the academic community, is actually the character "guai". The character "guai" resembles a finger wearing a fingerstall, serving as a pictophonetic character. In the inscription, "guai" is used in its original meaning, referring to the fingerstall rewarded by guai,

King Zhou, which is listed alongside a bow and arrows. Similar usage can also be found in classical literature, making it very appropriate. Currently, the fingerstall is commonly referred to as "she", which is not accurate. A more reasonable term for the fingerstall should be "guai". By examining unearthed materials and classical literature, it can be seen that "guai" and "she" are different. "guai" is the fingerstall worn during archery, while "she" is the lining inside the "guai", and the two are not the same. The inscription on the Baoshan bamboo slips (No. 260) was previously interpreted as "wen", but it is actually a misinterpretation of the character "" and can be read as "she" in the bamboo slips. The fingerstalls unearthed from the Baoshan Chu tomb have leather linings - "she", which is consistent with the bamboo slip inscription and also explains the difference between "guai" and "she".

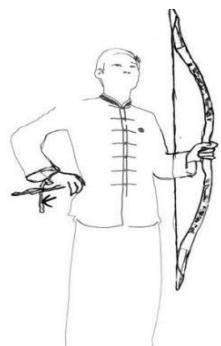
Kong Yaping. On the Structure and Ideal Release of Archery Stance 2010(8) Archery technique actions are divided into 8 parts, with the core being stance and release. This article analyzes the stance and release techniques, combines the requirements of stance technique, proposes some new perspectives and suggestions based on my long-term coaching experience and understanding of stance technique actions, and according to the requirements of ideal release force on actual release force, conducts a detailed analysis of various key points, and proposes new key points, presenting some new perspectives on release technique actions.

Li Zongfu. Analysis of the release technique in archery events [J]. Qinghai Sports Science and Technology (2013 : 2) The release action is a very important part of the archery technique, as the correctness of the release action directly affects the hit rate. This article analyzes the release technique of excellent archers at home and abroad and identifies the reasons affecting the release technique: first, stiff force and long time rhythm; second, loose release and outward spread. Through a detailed analysis of these issues, training methods to solve the problems have been identified in order to guide future training and competitions.

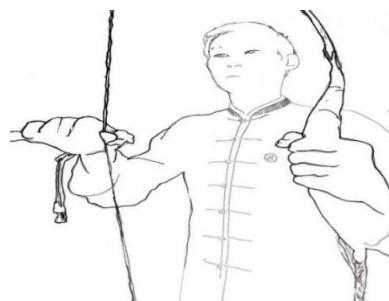
Research Results

1. Diagram representation and introduction of Mongolian archery method

Mongolian archery refers to the archery method practiced in ancient Eastern countries, including China, Mongolia, Korea, Japan, and other countries. Its characteristic is that the hand pulling the bowstring uses the thumb to hook the string, and the arrow tail is held in the notch between the thumb and index finger. Mongolian archery generally adopts the method of drawing the bowstring to a full extent, which helps to increase the power of the bow and arrow. In contrast to the Mongolian style is the Mediterranean style of archery, which is currently the mainstream archery method used in international archery competitions such as the Olympics. However, many traditional archery enthusiasts in Japan, Korea, and China still preserve the skills of Mongolian archery, persisting in passing down and inheriting this ancient archery art.



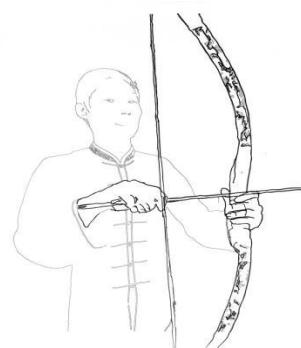
The Mongolian archery takes the arrows



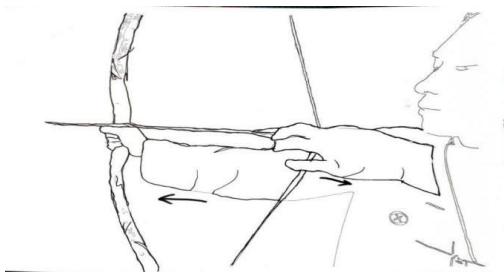
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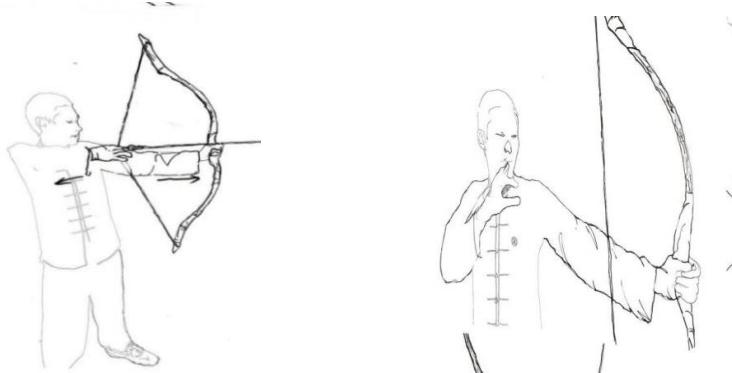
Mongolian type positive disease



The Mongolian archery method is solid



Mongolian archery for bow lifting



Mongolian firing method

The Mongolian archery method is scattered

Figure 1 The Mongolian archery takes the arrows

Image Source : (Xia Zhi you in March 2024)

2. Comparison of the advantages and disadvantages of conventional archery and Mongolian archery

The advantages of traditional archery include :

Suitable for horseback archery : While the thumb is hooking the string, the index finger can press the arrow against the bow handle, ensuring that the arrow does not fall off on a bumpy platform. In addition, using a bow with a small string angle, a short bow is more flexible on horseback, and placing the arrow nock on the outer side is also conducive to quickly nocking the arrow.

Helps to increase the draw weight and power : By using a method of large draw distance, the bow can be opened to its full extent, thereby increasing the power of the arrow.

There are certain advantages to shooting off the center: the hand that pulls the string uses the thumb to hook the string, and the arrow tail is wedged in the notch between the thumb and index finger, which results in relatively less disturbance to the string and arrow. Wei Dahong & Xiong Yan (2001 : 104-106). A Brief Discussion on the Origin of Bows and Arrows and Their Development in Ancient China. Journal of Jingzhou Teachers College.

Mongolian archery also has some disadvantages :

Difficulty level is high: all its advantages are basically beneficial for horseback archery, but the downside is that the margin of error is very low. A slight mistake in movement can seriously affect accuracy.

Vulnerable Fingers: The rapid retraction of the bowstring can easily scrape the fingers, so it is necessary to wear a finger tab on the thumb to protect the fingers and facilitate string control.

It is important to note that the advantages and disadvantages of archery methods are not absolute, and their effectiveness can be influenced by various factors such as individual skill level, practice level, and usage scenarios. For traditional archery enthusiasts, the Mongolian archery method has unique charm and value, and they have preserved this ancient skill through continuous practice and inheritance. Meanwhile, in modern archery sports, the Mediterranean archery method has become mainstream due to its relatively easy learning curve and suitability for standardized competitive requirements Bao Xiaoyan & Ge Zhiyi (2007 : 212-214) Revisiting the educational value of inheriting traditional Mongolian culture. Journal of Inner Mongolia Normal University (Education Science Edition). But no matter which archery method is used, archers need to undergo systematic learning and training to improve their skills and safety.

3. Mongolian shooting method

Here are some tips for practicing Mongolian archery to improve accuracy :

1. Master the correct posture : When pulling the bowstring, use the thumb to hook the string, and the arrow tail is wedged between the thumb and index finger.

Pay attention to the coordination and stability of the entire movement, and maintain balance in the body.

2. Use the right finger picks : Finger picks can protect your fingers and make it easier to control the strings. Make sure the finger picks are the right size, comfortable to wear, and adapt to the use of the finger picks to find the best way to control the strings for yourself. Different types of finger picks (such as tube finger picks, ramp finger picks, etc.) may require some time to adapt to.

3. Exercise back and arm strength : Mongolian archery requires a certain amount of strength to draw the bow and maintain stability. You can enhance the strength of the latissimus dorsi and arms through targeted training, such as single-arm bent-over dumbbell rows.

4. Basic training : Fixed action: Practice basic actions such as drawing the bow and releasing repeatedly to form stable muscle memory. Empty-hand practice : Practicing the movements of Mongolian archery without a bow helps improve coordination and proficiency in the movements.

5. Aiming methods : Currently, there are two reliable ways to aim. One is to use the extension line of the arrow, that is, after the archer opens the bow, extends the index finger to "know the cluster" to determine the direction pointed by the arrow, and use the consistency of direction sense and force to aim; the other is to find a reference object. When it is difficult to aim at a distant target using the extension line of the arrow with the naked eye, find a reference object to correspond to the position of your arrow release point. If you are not sure to hit the target in one shot, you can shoot an arrow first to observe the dispersion and landing point, and then adjust the aiming position based on the dispersion position or landing point of this arrow.

6. Pay attention to the release technique : Avoid common mistakes such as dropping the hand (instability of the front hand frame leading to the front shoulder dropping with the front hand swinging downward at the moment of release), deliberately flipping the wrist (extra force generating unnecessary movements

interfering with the arrow), and errors in the backhand action (such as inadvertently releasing the string outside or creating a large disturbance in the string). Maintain the stability and consistency of the backhand action, allowing the release action to flow naturally and smoothly, reducing interference with the bowstring and arrow.

7. Long-term practice : Improving archery accuracy takes time and patience, and continuous practice is key. You can develop a regular practice plan to gradually improve your skill level.

8. Pay attention to details : including fixing the position of the arrow rest, keeping the position of the arrow nock consistent, etc. These details have an impact on the accuracy and consistency of shooting.

9. Analysis and adjustment : After each shot, analyze the arrow's landing point and flight trajectory, identify any issues, and make corresponding adjustments. For example, if the arrow is off to the left or right, you may need to adjust the force of your fingers or make minor changes to your posture.



Figure 2 Teaching of archery technical knowledge the archery course of Luoyang Normal University

Image Source : (Photo taken by Zhang Yanzi, March 2024)

Research Discussion

This study focuses on data and experimental objectives related to the teaching activities of Mongolian archery.

Through in-depth understanding and practice, it is hoped that the Mongolian archery, which is an important part of Chinese archery culture, can be promoted. It is not just a technique, but also a spiritual pursuit of self-cultivation and willpower training. In ancient times, archery was considered one of the six arts of a gentleman, an essential cultivation for scholars. Through archery, people can learn qualities such as concentration, patience, and perseverance, and continuously improve themselves through practice Liang Weiqing (2004 : 106-108) Cultural characteristics of "archery," one of the "six arts." Sports Research and Education. The Mongolian shooting style is not unique to the Mongolian people. According to research, evidence from the unearthed bracers in the Fu Hao's tomb in Yin Xu shows that as early as three to four thousand years ago, ancient Chinese people began to use the Mongolian shooting style. It's just that the Mongolian people made this shooting style more memorable to others.

In modern society, with the progress of society and the acceleration of life pace, many people know little about traditional archery culture, and even have misunderstandings about it. They may think that archery is outdated, useless, or just a form of entertainment. Some people may not even know what Mongolian style archery is. The formation of such ideas not only hinders the inheritance and development of archery culture, but also deprives more people of a valuable opportunity to understand and learn traditional culture.

In order to change this situation, we conducted this research. We hope to understand students' awareness and attitudes towards the Mongolian shooting technique in archery culture through systematic investigation and analysis, as well as the difficulties and challenges they encounter in learning the Mongolian shooting technique. At the same time, we will also explore how to better inherit and promote

the culture of archery, allowing this ancient and charming culture to rejuvenate among young people.

We have adopted various methods. We conducted surveys :

1. Collected a large amount of data on the cognitive level and attitude of teenagers towards learning Mongolian archery. This data provides us with valuable reference points, allowing us to gain a deeper understanding of teenagers' views and attitudes towards Mongolian archery.

2. We have invited professional archery coaches and scholars to provide systematic archery training and cultural lectures for teenagers. Through these activities, teenagers can not only learn the basic skills and theoretical knowledge of archery, but also gain a deep understanding of the historical origins and cultural connotations of Mongolian archery. They experience the unique charm of Mongolian archery in practice and develop a strong interest in this culture.

3. We have also organized multiple archery competitions and exchange activities, providing young people with the opportunity to showcase their achievements and progress. These activities not only inspire their interest and passion for learning, but also allow them to continuously improve their skills and cultivation through practice. Through these activities, we have also seen the significant achievements and progress made by young people in learning Mongolian archery techniques.

Through this study, we have gained a deeper understanding of the awareness and attitudes of teenagers towards archery culture, and explored how to better inherit and promote archery culture in modern society. We believe that in the future, archery culture will rejuvenate among teenagers and become a valuable asset in their growth journey.

Research Conclusion

Research Conclusions on Mongolian Archery Teaching Method

In the process of data access in the process of research, no researchers use graphics to explain the teaching method of Mongolian archery. The archery method in China only exists in the interpretation of the action and action demonstration, and has not yet formed the graphical interpretation of the teaching mode. This paper is the first to open this teaching mode. Therefore, only according to the current situation of the research results, it is more conducive to students' learning in the actual teaching process. It allows students to gain a detailed understanding of the essence of Mongolian archery during the learning process. The following conclusions are drawn :

1. Technical Features and Advantages

The unique thumb hooking method of Mongolian archery provides greater draw weight and more stable release, resulting in increased initial velocity and range of the arrow.

The archery posture emphasizes the balance and coordination of the body, which helps the archer to maintain stability during the shooting process and improve shooting accuracy.

2. Effectiveness of teaching methods

Decomposition teaching method: The Mongolian shooting technique is broken down into multiple steps for teaching, allowing students to gradually master the essentials of each movement, effectively reducing the learning difficulty.

Personalized guidance: Provide personalized guidance and correction based on the student's physical condition and learning progress, helping students to form correct movement habits more quickly.

Practice training: A large amount of practical shooting practice is the key to mastering the Mongolian shooting technique. Through continuous practice, students can gradually adapt to the tension of the bowstring, improve the sensitivity of their fingers, and master the timing of release.

3. Problems in Teaching

Some students may have difficulty adapting to the way of using the thumb to hook the strings in the early stage, which can easily lead to finger pain and injury. It is necessary to strengthen finger strength training and protective measures.

For students with poor physical coordination, mastering the correct archery posture may require more time and patience, and the teaching progress may be affected to some extent.

4. Improvement Suggestions

In the early stages of teaching, increase finger strength and flexibility training, such as using grip strengtheners and other auxiliary tools.

Develop a specialized physical training program for students with poor physical coordination to improve their balance and coordination abilities.

Further optimize teaching content and methods, combine modern educational technologies such as multimedia teaching, simulation training, etc., to improve teaching effectiveness.

5. Promote the application

Mongolian archery, as a unique and culturally significant archery technique, plays an important role in the promotion and inheritance of archery sports. Through the teaching practices of this study, Mongolian archery can be introduced into more archery training institutions and school sports programs, enriching the content and forms of archery teaching, and promoting the development of archery sports.

Mongolian archery has unique technical characteristics and advantages, and through scientific and reasonable teaching methods, students can better master this archery technique. During the teaching process, it is necessary to pay attention to individual differences among students, address problems in a timely manner, and continuously improve teaching methods to enhance teaching quality and promote the inheritance and development of Mongolian archery.

Research Suggestions

1. Suggestions for applying research results

In the process of learning Mongolian archery and the current situation of students' learning, it is important to communicate with relevant experts and professors to provide suggestions and improvements for this course. Professor Qiao Fengjie, a Ph.D. supervisor at Tsinghua University and the inheritor of Cailian hand, focuses on guiding students in learning artistic movements while also telling them stories of Chinese historical and cultural processes, combining Mongolian archery with historical and cultural teaching to enrich students with profound life philosophy stories, immersing them in the experience. Dr. Wu, a Ph.D. from Luoyang Normal University and the inheritor of Zhoukou Xinyi Liuhe Quan, emphasizes the need to pay attention to students' emotional and psychological changes during the learning process of Mongolian archery, as the repetitive nature of the practice can lead to student fatigue and lethargy. It is important to communicate with students and actively identify any issues they may encounter. Founder of Track Fist, Mr. Li Zijian, points out the importance of focusing on students' practice movements during the learning process of Mongolian archery. If there are discrepancies between teaching content and practical application, adjustments should be made to achieve better teaching results. Asian Games archery champion Gao Yu emphasizes the importance of ensuring students' movements are correct, their breathing is adjusted to optimal levels, and that they achieve precision in archery. According to the data above, the teaching method of archery mapping explanation has shown significant advantages and effects in archery teaching. We will continue to research and improve teaching methods to provide a better learning experience for more archery enthusiasts. Additionally, we hope to strengthen communication and collaboration with peers to promote the development of archery teaching. Since the introduction and application of archery and graphic teaching methods in practical teaching, we have conducted comprehensive and detailed evaluations and research, achieving satisfactory results. This method presents complex archery techniques in an intuitive

and understandable manner, greatly enhancing learners' learning effectiveness and interest. Various evaluation methods, including learner feedback, skill test scores, and classroom performance observations, were used in the teaching evaluation process. The results show that learners generally find the teaching method of archery techniques and graphic explanations easy to understand, enabling them to quickly grasp the basics of Mongolian archery. At the same time, skill test scores have shown a steady upward trend, indicating a significant improvement in learners' Mongolian archery skills.

2. Suggestions for future research

In the process of archery teaching next will be more deep step to improve the teaching methods and teaching methods, make students more comprehensive to learn the theoretical knowledge of archery and Mongolian technique, in the learning process of learning will pay more attention to the students' learning process and learning psychological activities, improve the teaching way. we will continue to follow up in the following teaching work, from theoretical knowledge to daily life to archery teaching in the process of parallel theory and practice; in this process, actively communicate with students to understand the problems encountered in the process of learning archery, so that students understand their own shortcomings to strengthen practice. As a teacher, I should go out more and learn the knowledge of archery with more experts and professors to enrich myself.

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