

The Role of Kirin Whip Exercise in the Harmonious Development of Society

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Abstract: The Kirin Whip exercise has begun to make a name for itself within Chinese society, attracting attention with its unique characteristics and charm. This article covers the origins and features of the Kirin Whip exercise, including its positive impact on health and its role in the harmonious development of society. It details the fitness functions of the Kirin Whip, its benefits for the nervous, respiratory, and digestive systems, as well as its effects on promoting physical beauty and delaying aging. Moreover, the paper discusses the exercise's adaptability to societal trends and the interactive effects in domestic sports exchanges, concluding with recommendations.

Keywords: Kirin Whip; Social Harmony; Development; Value

1. Introduction

In the 1990s, an exercise known as "Chinese Kirin Whip" emerged in Shenyang City, hereinafter referred to as "Kirin Whip." Kirin Whip is based on traditional martial arts routines, incorporating and continually innovating with soft martial arts equipment techniques. With the philosophy of "making friends through the whip, and achieving a healthy and optimistic outlook," Kirin Whip came into being. It stands out uniquely in the field of mass sports and fitness in our country with its distinct charm and style.

2. The vibrant Kirin Whip exercise

During the practice of Kirin Whip, it is physically required that one's qi (vital energy) and blood circulate harmoniously, ensuring each of the body's organ systems is thoroughly and appropriately tuned. In terms of whip technique, a balance of offense and defense is emphasized, which serves not only for self-defense but also for strengthening the body and improving health. Socially, enthusiasts meet and spar with peers, exchanging and refining their moves, which not only allows them to master new skills but also

broadens their social interactions, garnering identity recognition and emotional resonance within the community. It is precisely because of these characteristics that the Kirin Whip, in just over two decades, has gone from being virtually unknown to widely recognized, even gaining international fame. Whether in urban parks and plazas or rural fields and streets, wherever there is open space for physical exercise, one can almost always find people practicing the Kirin Whip. With the gradual implementation of the "National Fitness Plan (2016-2020)" and the "Outline for Building a Leading Sports Nation" issued by the State Council, a renewed wave of national fitness enthusiasm has swept across China, providing favorable conditions and new opportunities for the Kirin Whip. It has gradually gained official recognition and obtained registered patents. In recent years, a variety of competitions involving the Kirin Whip, such as national traditional martial arts contests, the National Chinese Kirin Whip Invitational, and the China Kirin Fitness Whip Soft Weapon Invitational, have been held successively. These events have differed significantly from the past in terms of their level, scale, and impact.

3. Characteristics of the Kirin Whip Sport.

The Kirin Whip is a sport mainly consisting of routines. The names of its moves fully reflect the characteristics of the Kirin Whip's actions. The routine movements of the Kirin Whip are primarily focused on the five major whip techniques, which include lifting, thrusting, raising, chopping, and pointing the whip[1]. These actions integrate a variety of martial arts routines into one, endowed with a strong rhythmic martial arts pattern. The movements of the Kirin Whip are characterized by their grace and generosity, combining strength and softness, as well as alternating between motion and stillness. Due to the high-efficiency aerobic respiration involved in practicing the Kirin Whip, long-term adherence to its practice can promote metabolism, enhance gastrointestinal motility,

and balance blood lipids and blood pressure[2].The Kirin Whip can serve to strengthen the body, cultivate sentiment, delight the mind and body, prolong life, and enhance physical and mental health. Therefore, the Kirin Whip has significant promotional value and is suitable for widespread implementation among the general populace.

3.1 The Kirin Whip Has Strong Fitness Functions

The routine movements of the Kirin Whip are characterized by their holistic approach to physical and mental training. This holistic approach refers to the practice of not only physical movements in routines but also the cultivation of the internal aspects of "essence," "energy," and "spirit." Only when the two are inseparable can one achieve the effects of holistic cultivation. Therefore, long-term persistence in practicing the Kirin Whip can enhance the functional state of various organs in the body and has a good regulatory effect on various bodily systems. Existing research indicates that long-term Kirin Whip practice can have a beneficial effect in delaying and treating certain diseases and is effective in the prevention and health care of various diseases[2-3].

3.2 Improve the Function of the Nervous System

Swinging the Kirin Whip can improve the function of the nervous system. The complex coordination of movements and reaction ability involved in swinging the Kirin Whip is highly beneficial for the development and enhancement of nervous system functions. Firstly, swinging the Kirin Whip can strengthen neuromuscular connections. During movements, the nervous system transmits instructions to the muscles to perform corresponding actions. Through continuous practice, this neuromuscular connection can be improved and strengthened, enhancing the body's movement response speed and accuracy. Secondly, swinging the Kirin Whip can enhance the body's balance and coordination abilities. Maintaining balance and stability while swinging the Kirin Whip demands the coordination functions of the nervous system. With constant practice, the nervous system can gradually adapt and improve the body's balance and coordination, enhancing stability and accuracy in various movements. Additionally, swinging the Kirin Whip can also

promote the reaction speed and sensitivity of the nervous system. Quick responses and adjustments are required when swinging the Kirin Whip, posing challenges to the reaction speed and sensitivity of the nervous system. Through repeated training, the nervous system can be stimulated and adapted, increasing the speed and accuracy of neural signal transmission.

3.3 Improve the Function of the Respiratory and Digestive Systems

Swinging the Kirin Whip can help improve the function of the respiratory system. When swinging the Kirin Whip, one needs to inhale and exhale forcefully, which can increase the activity of the lungs and enhance lung capacity. Swinging the whip also strengthens the contraction of the ribs and abdominal muscles, making the respiratory muscles stronger, thus improving the efficiency and depth of breathing. Moreover, it can improve the function of the digestive system. During the swinging process, we engage the abdominal and back muscles, which can increase intra-abdominal pressure, promote intestinal peristalsis, and the secretion of digestive juices, thereby improving digestive function. The Kirin Whip exercise can also strengthen the contraction of the abdominal and back muscles, enhance the stability of the abdomen, and reduce the accumulation of abdominal fat.

3.4 Shape Physical Beauty and Delay Premature Aging

Swinging the Kirin Whip requires various movements, such as rotating, jumping, and swinging arms. These movements can exercise different muscle groups in the body, including the abdominal muscles, back muscles, and gluteal muscles. By enhancing muscle strength, more toned and tight body lines can be sculpted. The movements of the Kirin Whip require flexibility and suppleness of the body. Swinging the whip can stretch and relax muscles, increasing the body's flexibility. Improved suppleness can make the body more agile and reduce the risk of sports injuries. The Kirin Whip is a high-intensity aerobic exercise that can help burn fat in the body. Through continuous aerobic exercise, metabolism can be accelerated, the efficiency of fat burning improved, thus reducing body fat content and sculpting a more slender figure.

4. The Health Benefits of Kylin Whip Exercise

4.1 Value in Strengthening Physical Fitness

The Kylin Whip routine is a rational form of exercise, in line with the physiological development of the human body. Practitioners who perform Kylin Whip routines seriously and adhere to its principles with accurate and standard movements, and who consistently maintain their practice, can enhance physical fitness and promote longevity. The intensity of Kylin Whip movements is moderate, constituting a medium-intensity aerobic exercise that leaves practitioners feeling energized and in high spirits. Long-term practice can significantly improve flexibility, coordination, physical fitness, body shaping, and extend life, offering unique fitness benefits.

4.2 Value in Delaying Aging

In recent years, as people have become more concerned about their health, fitness clubs have sprung up everywhere, and a fitness craze has surged among the general populace. With the official launch and widespread development of national fitness programs, which have been warmly supported and welcomed by the masses, the Kylin Whip has become widely loved through the promotion of these fitness initiatives. As China's elderly population continues to grow and the country approaches an aging society, the quality of life of the elderly has garnered widespread societal attention. The Kylin Whip, known for its excellent fitness effects, not only has health-preserving functions but also cultivates practitioners' emotions. Elderly individuals can participate in group practices, which can strengthen their physique, promote longevity, add joy to their lives, enrich their cultural activities in their spare time, effectively prevent loneliness among the elderly population, and have a positive impact on their physical and mental health.

5. The Role of Kylin Whip in the Harmonious Development of Society

5.1 The Social Adaptability of Kylin Whip Exercise

Practicing Kylin Whip has the effect of adapting to society. The exercise can help individuals develop coordination, agility, and strength,

making them more suitable for various daily life and sports activities. By enhancing physical fitness and function, Kylin Whip can improve individuals' athletic abilities and adaptability, allowing them to better meet various physical challenges and needs in society. Additionally, participating in Kylin Whip can bring social and psychological benefits. These exercises are often conducted in teams or groups, promoting interpersonal communication and team cooperation. By practicing and competing with others, individuals can build friendships, strengthen team spirit, and cultivate a positive competitive consciousness and cooperative spirit, all essential skills for integration and interaction in society. In summary, practicing Kylin Whip not only improves individuals' physical quality and health condition but also helps them meet various physical challenges and needs in society. Moreover, these exercises also have social and psychological benefits, fostering abilities for interpersonal communication and team cooperation. Thus, Kylin Whip can play a positive role in adapting to society.

5.2 The Interactive Effects of Kylin Whip Exercise in Sports Exchange.

Amidst the trend of martial arts going global, the Chinese Kylin Whip has a unique charm that blends martial arts with dance. Its aesthetic movement, health benefits, and rich cultural connotations are increasingly recognized by Chinese people. Kylin Whip enthusiasts from various provinces have traveled to Shenyang to learn its routines, viewing it as an effective traditional health-maintenance method, reflecting widespread national attention to Kylin Whip. Through its societal influence, Kylin Whip has shown an increasingly active interactive effect in promoting friendship and sports cultural exchange during the harmonious development of society. Widely spread across the country and recognized by people of all ethnic groups, Kylin Whip plays an immeasurable role in sports exchanges among different ethnic groups in China.

6. Conclusions and Recommendations

6.1 Conclusions

(1) Persistently practicing the Kylin Whip exercise routines not only improves the functions of various systems within the human body, strengthens fitness, and promotes

longevity, but also has significant effects on enlightening one's intellect, cultivating temperament, aiding in weight loss, and sculpting physical beauty.

(2) In the context of harmonious social development, the Kylin Whip movements, which adapt well to societal changes, provide an outlet for people to relieve and channel stress in work environments characterized by intense social competition. Effective practice of the Kylin Whip exercise can lead to a pleasant mood, emotional balance, a cheerful personality, relaxed muscles and tendons, coordinated body and mind, and the elevation of wisdom.

(3) The "martial dance" charm of Chinese Kylin Whip, with its various effects in the harmonious development of society and its role in domestic sports exchange, has enhanced friendships among people of all ethnic groups and provided an effective pathway for the exchange of traditional national sports cultures.

6.2 Recommendations

Vigorously promote the fitness and health-preserving values of the Kylin Whip exercise routines to increase public understanding and awareness of the Kylin Whip exercise, and encourage active participation in the practice of these routines for greater benefits. Long-term commitment to Kylin Whip routines not only plays a role in strengthening the body, cultivating the mind, refining one's demeanor, and delaying aging, but also improves mental

and physical health in the fast-paced modern society, promotes sports and cultural exchanges and friendships among different groups of people, and enhances the welfare of humankind. This excellent traditional Chinese sport should be strongly promoted and given high regard in the harmonious development of society, so as to better serve the physical and mental health of humanity and play its proper role in the harmonious development of society.

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