

Integrity in Sportsmanship-Experiencing Existence Through Sports

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Abstract

Sport games are spontaneous and intriguing to many participants. Many great athletic celebrities were produced and adored by the fans and the public. With some ingenious 'packaging', there are a myriad of competitions with various scales offering financial gains, trophies, glories, etc. We advocate 'Sports for sports' sake' and status and financial gains should be secondary when engaging in sports. Hence, the essence of sports resides in experiencing, i.e., the awareness of body motion. This research studied well-known fable of Taoism. The message was that a person might experience some hardship at the early stage of engaging in a sport as he/she is catching up with its skills and concept. Over time, with the assistance of instructors or

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coaches, the sportsman learns to set aside the ego and pressures from performance. Then can the sportsman progress well not only in skills but also integrity, and consequently enjoy the experience of existence. A sportsman will naturally perform his/her best if he/she can experience existence through sports. Such a sportsman can be at ease as he/she is free from chaos and disturbances.

Key words: existence experience, sports, fable, arousal level

競技老手之存有經驗：以紀昌習射推演

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摘 要

本研動機究旨在探討在運動情境中，有激烈的競爭、高額的獎金、名次金牌廣告代言的利益，處身其中難免有許多的困頓紛擾，而享受不到為競技而競技的運動經驗，但經由正確薰習教化，和體育老師良好優質的指導，的確可以使人秉性超越，而獲得運動存有經驗。研究之進行以分析一則極具競技體驗之寓言故事：紀昌習射，藉由解構分析和重新建構之研究方法，經層層論證並和運動情境相推演，得到以下研究結果：一、運動可以做為吾人修養精進，體現自我存有、自我實現良好的媒介。二、吾人受到環境背景影響，雖不自覺而產生性好執著、主觀見識，然藉由運動之操作，有助吾人驚覺自我之情識紛擾。三、正確的思想蘊入運動，可以克除運動中諸般情識束縛之紛擾。四、運動為本，道中修持，確可發生運動存有經驗。五、運動存有經驗不可名狀，情境殊勝，且至少具兩種趨向：(一)運動成就完美、自覺輕鬆。(二)具價值感：所受經驗豐盈充實、充滿人生價值。

關鍵字：存有經驗、運動、寓言、激發水準

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