

Research on the Explosive Training Skills of Wushu Sanda Athletes

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Abstract: Research on the explosive training skills of Wushu Sanda athletes is conducted in this paper. Wushu Sanda is the product of the modern transformation of traditional Chinese martial arts. It was developed because it is completely based on the actual combat ability of martial arts. Explosive strength training is through the professional sports training, allowing athletes to coordinate with each other, so that athletes can release greater and stronger strength in the shortest time during exercise. This paper studies the combination of the models, and the proper integration is discussed.

Keywords: Wushu; Sanda; training skills; explosive training; training; athletes

1. INTRODUCTION

Wushu Sanda is the product of the modern transformation of traditional Chinese martial arts. It was developed because it is completely based on the actual combat ability of martial arts. It once brought certain vitality and vitality to the development of Chinese martial arts that was once routine.

In the competition with other fighting events also won praise for Chinese martial arts. However, in the current training, we are facing with the listed challenges.

(1) For a long time, the development of Wushu Sanda has not been able to make substantial progress, precisely because the Wushu world has not fully grasped the special characteristics of the movement [1-4].

(2) The sparring coaches themselves may not have a clear understanding of wushu sparring teaching cognition is not clear enough, and in the daily training process, they do not incorporate the traditional as the coaches themselves may not have a clear understanding of the teaching of the sparring, but they do not integrate the best elements of traditional martial arts techniques, such as gong, techniques and methods, with sparring techniques. The result is that the training techniques are very uniform, and the level of the athletes' confrontation ability is affected.

(3) Competitive sports are different from school sports and mass sports for the purpose of improving physical and mental health, further mastering sports skills, aesthetic leisure and entertainment. Physical activity as the main goal.

Based on the review, the functionality of the Wushu Sanda can be considered from listed aspects. (1) Practicing Wushu Sanda has a regulating effect on people's psychology, which can relax nerves in a tense state, relieve pressure, and help sleep; Practicing the Wushu Sanda can also make people's mentality more positive and healthy, and improve self-confidence. (2) The Wushu Duan system test can use the test content of setting routines and actual combat at the same time, not only can learn from each other's strengths and make progress together, but also meet the different needs of the practitioners, so that Wushu has physical fitness, performance appreciation, competitive confrontation and also will-quality

cultivation at the same time function. (3) Wushu Sanda has a variety of attack and defense skills, and these routines need to be effectively trained in daily practice and can be used proficiently. In the Sanda training process of the "combination of fighting and training" mode, by improving the practice of Sanda routines, it helps athletes to comprehensively improve their hitting ability and defense ability. In daily training, the practically applied moves are also flexibly combined to re-establish Sanda routines that conform to the athlete's own characteristics, build a comprehensive system that fully fits the athletes, and at the same time cultivate the athletes' ability to flexibly apply the Sanda routines to actual combat.

In the figure 1, the example of the Wushu Sanda is presented and in the next sections, the details will be discussed.



Figure. 1 Example of Wushu Sanda

2. THE PROPOSED MODEL

2.1 Athlete's Explosiveness Analysis

More and more coaches apply the method of the combined strength training to training practice, which will improve the overall physical quality of the Chinese athletes, especially for coaches to develop explosive power of athletes. Based on the review, the related models are [5-9]:

(1) The essence of compound training is to form an overall dynamic linkage through the combination of a single training content, and use the integration of various action contents, so that the application of sports training items can improve the overall physical fitness of athletes in a targeted manner. For

example, the application of the squat-up training program in compound training is not solely to strengthen the power of the leg muscles. During this process, the athletes' joint muscle mobility and cardiac fitness will also be further improved.

(2) The training of explosive force can accelerate the speed from centrifugal contraction to the centripetal contraction. The effective combination of traditional strength training methods and super length training methods is an effective way to then improve the explosive power of athletes.

(3) In the training process, the effective combination of fast strength exercises and basic strength, or the effects of strength training can migrate and influence each other, which will produce a good training effect.

Explosive strength training is through the professional sports training, allowing athletes to coordinate with each other, so that athletes can release greater and stronger strength in the shortest time during exercise. The graph of the relationship between strength and speed shows that in the process of exertion, the greater the force load, the slower the movement speed, and the force load has been increased until the movement speed is terminated. In the process of sports training, when a large load force is used, the contraction ability and strength of the muscles are improved, which will effectively improve the strength component of the explosive force, and when a small load force is used in the sports training process, the speed of the explosive force Ingredients can be effectively enhanced. The figure 2 shows the pattern.

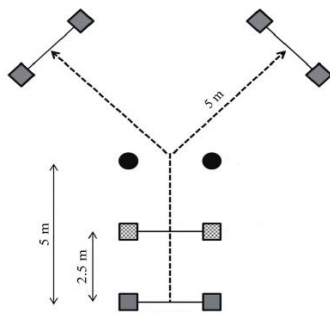


Figure. 2 The Analysis Pattern

2.2 Training Skills of Wushu Sanda Athletes

The domestic academic circles introduced the theory of alienation into the study of Wushu Sanda relatively late. The current research focuses mainly on the form of the alienation phenomenon of Wushu Sanda and the reasons for the phenomenon of Wushu Sanda alienation. Few studies take alienation theory as the theoretical basis to study movement of the Wushu Sanda. Analysis of the connotation, causes and governance paths of alienation phenomenon. The teaching content of competitive Sanda is different from the teaching content of the school Sanda, and the teaching content of competitive Sanda does not meet the requirements of school Sanda. Competitive Sanda teaching focuses on techniques and tactics, and has high requirements for athletes in all aspects of physical fitness.

The ultimate goal is to achieve excellent results in actual combat. The school's Sanda focuses on cultivating students' interest, mastering basic martial arts skills and keeping fit. Therefore, the teaching of the Wushu Sanda should correctly understand similarities and differences between competitive Sanda and school Sanda. Wushu Sanda teachers should pay

attention to the confusion between competitive Sanda and school Sanda teaching modes when creating textbooks. The technical structure of Wushu Sanda is more complex, the definition of technical standards is relatively vague, and the requirements for modern transformation technology are also higher. In the technical application of Wushu Sanda, the emphasis is always on "far kicking, close punching, and falling close to the body", which not only emphasizes the rational use of Wushu Sanda's complex techniques, but also clearly expresses characteristics of Wushu Sanda technology. Under the design of complex technical structure, the special training of Wushu Sanda can not only stop at boxing or leg training, but requires a comprehensive training system - designed with the basic technical system of "fist, leg, throw" Special training system. However, apart from "fist, leg, throw" which constitute the core of the technical structure, the footwork and defense system of Wushu Sanda should also be included in the technical structure. In the "combination of fighting and training" Wushu Sanda training, the practice of martial arts is a particularly important part, and the combination of fighting and training is more conducive to improving the level of martial arts skills of athletes.

Skill exercises are complex and systematic, and need to be practiced according to the actual level of the athlete. Sanda is a professional competition venue. Athletes from both sides of the same weight use the kicking, hitting, and throwing techniques in martial arts to defeat the opponent's sparring and sparring sports, and use reasonable techniques to hit the opponent's scoring area, according to the number of points scored. Evaluate victory and defeat. The separation of fighting and practice leads to the completely different training methods of Taolu and Sanda, and different training methods make the lack of internal connection between Taolu and Sanda. In order to improve the training effect, Sanda abandoned the traditional martial arts technical movements with huge content, and directly practiced several movements (kicks, punches, and falls) with obvious actual combat effects, and carried out high-intensity repeated practice for a long time to achieve a very high technical level.

3. THE CONCLUSIONS

Research on the explosive training skills of the Wushu Sanda athletes is conducted in this paper. Chinese Wushu is an indispensable structure in Chinese traditional culture. Wushu has rich connotations on thoughts, behaviors and values of life. Therefore, the training mode of "combining fighting and training" can improve the skills and life connotation of Sanda athletes. Combined practice is to combine the valuable and practical techniques of traditional martial arts with the techniques of sanda, and to split the boxing techniques of traditional martial arts, such as Taijiquan and Xingyiquan reasonably, so as to make it more in line with the daily training of sanda athletes. In the future, we will apply the model into the further discussions.

4. REFERENCES

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