

Analysis of the Factors Affecting the Development of Wushu Sanda Tactics

Ma Jin

Xi 'an PeiHua college, Xi 'an, Shaanxi, 710125

Keywords: Wushu Sanda Tactics, Development Trend, Affection Factors

Abstract. With the continuous development of Chinese martial arts Sanda, Sanda competition scale and degree of continuous improvement, Sanda tactics will inevitably follow the trend of the times and continue to develop and progress, affecting the various factors of Sanda tactics also highlighted through a variety of ways. In general, it is mainly influenced by three factors: kinematic factors, sociological factors and methodological factors. Only by making full use of these influencing factors, combined with the physical fitness of the Wushu Sanda athletes, the technical level, the training period and other sports training practice, scientific and reasonable improve the tactics of athletes in order to achieve the overall level of Sanda movement by leaps and bounds.

Introduction

From the rise of Sanda to the development so far, the tactical arrangement and tactical characteristics of Wushu Sanda are also affected by various factors. On the whole, it is mainly influenced by three factors: kinematic factors, sociological factors and methodological factors. influences. Among them, the kinematic factors mainly include the characteristics of Sanda movement itself, the change of Sanda's movement rules, the confrontation between attack and defense, and the change of competition conditions. The sociological factors mainly include the professionalism of Wushu Sanda, The development of commercialization and market popularization, the attention and attention of national officials to the Chinese martial arts Sanda movement. The methodological factors include the development of innovative thinking of Sanda and the progress of scientific research methods and scientific research methods of Chinese martial arts. In short, under the positive influence of these factors, the tactics of Chinese martial arts Sanda are also progressing, to a more perfect, more reasonable and more practical direction.

The Development of Chinese Wushu Sanda Tactics

China Wushu Sanda project from the development of that day, is full of competitive and confrontational characteristics, its martial arts value and movement value in the continuous development and reform progress, with the Sanda technology itself, the development of progress, a variety of tactical arrangements In addition to improving their own technology, are constantly absorbing the world's other confrontational projects of outstanding technical characteristics and tactical characteristics, and the movement of the world's martial arts Sanda athletes in order to achieve the victory of the game, in addition to improve their own technology, Cutting-edge development and continuous improvement of technology, must also promote the Chinese martial arts Sanda tactical progress.

China's martial arts Sanda's competition, commercialization, marketization and professional development, will inevitably lead to continuous improvement of Sanda competition rules, Chinese martial arts Sanda in order to base on the stage of the world athletic competition, it must be reform, and the focus of reform is also inevitable Is the martial arts Sanda competition rules, competition rules directly restrict the use of game technology and a variety of offensive and defensive changes, and all this, ultimately attributed to changes in martial arts Sanda tactics. Therefore, the Chinese martial arts Sanda in the continuous development process of the competition rules are constantly

adjusted and developed, the rules of continuous modification and improvement, will inevitably promote the tactical layout of the continuous innovation and practical. It is worth mentioning that the Chinese martial arts Sanda competition rules of every change, will cause a huge leap in the development of Sanda tactics. Facts have proved that the continuous development of Chinese martial arts Sanda tactical development with the Wushu Sanda competition rules continue to improve the changes are mutually causal.

Since the 21st century, with the new materials, the application of new technology, Chinese martial arts Sanda competition conditions have also been improved, the location of the game, the game equipment, the venue of the game, the game weather, the game light and so on conditions have improved, The earliest martial arts Sanda game venues is relatively simple, the ground laying is also relatively hard, the game players are vulnerable to the environment, lighting, equipment and other aspects of the impact of factors such as the better play, a variety of technology is also slow to develop, so tactical Development must be in a state of slowness. And today's Chinese martial arts Sanda competitions are held in the standardization of the ring, a variety of protective equipment, gloves, lighting, site ground materials, and even the venue temperature and so on are scientific and reasonable control, Sanda athletes can be cynical Devote themselves to the Sanda competitions, the use of various technologies to play the most vividly, in this environment, a variety of new technologies will inevitably emerge in large numbers, so tactical layout and tactical thinking has also been broadened development, Chinese martial arts Sanda Tactical development must usher in a new spring.

Research on the Developing Factors of Chinese Wushu Sanda Tactics

China's martial arts Sanda from the 20th century commercialization attempt to the early 21st century commercial development, the Chinese martial arts Sanda's professional and market-oriented process is also accelerating, the most prominent of these modes of operation is the professional high bonus makes China Wushu Sanda competition intensively and the degree of stimulation greatly increased, can be improved, Chinese martial arts Sanda into the club's commercial operation, attracting a large number of high-level Wushu Sanda athletes into the commercial competition which, the athletes in the high Bonuses and income to attract, in order to achieve better results, to strengthen their own martial arts Sanda technology training, through continuous hard training and bold technical innovation to achieve their own professional Sanda star dream, and then to a certain extent On the promotion of the Chinese martial arts Sanda campaign tactical progress, in turn, the Chinese martial arts Sanda campaign tactical development, but also to improve the Sanda sports can enjoy, attracting more viewers, coupled with a variety of popular new media intervention, making Commercial Chinese martial arts Sanda competition into the popularity, promotion and the world Big development of the times, and all this will inspire and promote leap Sanda tactics of Chinese martial arts fundamentally.

China's martial arts Sanda campaign with the Korean taekwondo, Japan's judo, Thailand's Muay Thai, etc., belong to the national movement, in the development of the world, not only ornamental, but also carry the maintenance of national dignity and the role of honor in Chinese martial arts, The importance of each country's attention to its own national movement is directly related to the future development of this kind of sports. The State Sports General Administration of China and all the relevant organizations have done the manpower, material and financial resources for the Chinese martial arts Sanda Huge investment and related work, making the Chinese martial arts Sanda can have a better development support space, Sanda tactics are also growing in the tide of the development of martial arts Sanda.

Chinese martial arts Sanda must inherit the excellent tactics and techniques of learning ancestors, and constantly learn from opponents and predecessors, absorb the advantages of others Sanda technology, and timely into their own technology, used to improve their own offensive and defensive, while in practice And constantly open up the development, making their own in the game of technical and tactical applications more flexible and smooth. Bold innovation is also the Chinese martial arts Sanda campaign continues to grow and develop the fundamental driving force. At

present, the rules of Chinese martial arts Sanda competition has been tended to improve its tactical development space has been quite limited, but the full development of new offensive and defensive technology, and timely and drastic reform of technical action style and characteristics, make full use of each athlete's own characteristics And physical advantages, continue to learn from, for the present use, foreign for the use of continuous learning and enterprising, bold innovation, open thinking, or a lot of room for development.

In the 21st century, the level of science and technology in the world has witnessed a great variety of development. Various modern and advanced scientific research methods have been emerging. A large number of high-tech products and methods have been applied to the training, teaching and competition of Chinese martial arts Sanda, Computers, high-tech sensors, digital high-definition video recorders, a variety of advanced radio communications equipment, etc., a variety of training and evaluation of athletes training equipment more and more sophisticated, more advanced, test methods and means more reasonable and scientific, Modern educational technology methods have also been applied to the Chinese martial arts Sanda scientific research, making the Chinese martial arts Sanda competition more visual effect, the intensity is also greatly improved. At the same time, other areas of related scientific research has also been the introduction of Chinese martial arts Sanda, and widely used in Sanda training program development, training load measurement, training evaluation, etc., a variety of analytical instruments and software also greatly improved the athletes in the game In the problem of finding efficiency, making the tactical layout of the game more scientific and complete.

Sanda rules of the amendment to the Chinese Sanda competition tactics of the overall changes in development have played a different positive impact. Tactical ideas, tactical tactics, tactical awareness, tactical knowledge, tactical form and tactical action of Sanda tactics have many new changes in different periods. Fully analytical good, good use, and grasp these tactics, for the victory of Sanda competition, and even the entire Chinese martial arts Sanda movement of the future development, have a positive effect.

In the Chinese martial arts Sanda competition, athletes and coaches of the game tactical concept for tactical arrangements and the formation of tactics have a crucial role. Only to establish a correct tactical ideas, innovative tactical ideas and ideas in order to be invincible in the game.

China's martial arts Sanda competition rules of the previous changes, and constantly contributed to the Chinese Sanda tactical concept of change and improvement, tactical ideas tend to more clever layout and singular innovation. "In the layout of the tactical process, for different Sanda athletes height, size , Technical characteristics, different opponents, different game specifications, different environments, etc., boldly break the routine, clever arrangements for the game tactics and in the actual game in time to seize the fighter, attack its not prepared, good luck, and strive to surprise and win. Change, pay the new tactical concept of form to control the rhythm of the game and the game time, pay attention to the actual score effect of the game.

With the Chinese martial arts Sanda sports competition and professional development, Sanda competition to win for the athletes career is essential. To this end, athletes must try every means to develop effective tactical tactics and efficient and reasonable implementation, and Sanda guiding ideology point of view, all the implementation of Sanda tactics should be "system without people" as the core, an excellent Of the Sanda athletes, will use this as the core to arrange their own tactics, grasp the initiative of the stadium, to achieve the perfect technology to play. Especially the two sides of the technical and physical performance and other aspects of the time, Sanda athletes tactical guiding ideology or not, directly affect the outcome of the game, only to grasp the correct tactical guiding ideology, scientific tactics, in order to grasp the initiative , In the game to mobilize opponents rather than opponents traction, focus on my power, decentralized opponents of the power to achieve the state of war.

Sanda competition rules several changes, making Sanda "do not control people," the core tactical guiding ideology is more prominent, and as a basis for comprehensive and multi-directional tactical factors, bold innovation and change the technical aspects Of the application, making their own strengths can be a good advantage to play, and to a certain extent, inhibited the opponent's technical

advantages. Grasp the key factors of winning, so that the core of the tactical guiding ideology to guide the technical "fast, accurate, ruthless" and other factors to give full play, making the Chinese martial arts Sanda tactics more practical and innovative.

Conclusion

China's martial arts Sanda tactics are affected by the development of many factors, and these factors are constantly expanding and changing them, only the full use of these factors, combined with Wushu Sanda athletes personal physical fitness, technical level, training years And other sports training practice, scientific and reasonable improve the tactics of athletes in order to achieve the overall level of Sanda campaign by leaps and bounds.

References

- [1] Yang Yufeng, Zhao Bin.Study on the influence of competition rules on the development of Sanda technology [J]. Journal of Chengdu Sport University. 2009 (11)
- [2] Wu Lianquan, Zi Fengqin. Talking about the characteristics and development trend of Sanda tactics [J]. Fighting. Wushu Science. 2009 (05)
- [3] Hu Yitong. Competition rules change on the impact of Sanda movement [J]. Journal of Jilin Institute of Physical Education. 2008 (06)
- [4] Li Peng. On the application of martial arts Sanda active attack tactics [J]. Fighting. Wushu Science. 2008 (09)
- [5] Paint Zhenguang. 2004 new rules on the impact of Sanda tactical changes [J].Fighting. Wushu Science. 2007 (06)
- [6] Li Yindong, Wang Huafeng, Chen Chao.Effect of the implementation of the new rules on the Sanda technology system [J]. Journal of Beijing Sport University. 2006 (10)