

On the Development Ideas of Contemporary Chinese Martial Art Sanda

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Abstract: The experiment teaching of Chinese martial art Sanda has started in three pilot units of Wuhan Sports University, Beijing Institute of Physical Education (now known as Beijing Sport University) and Zhejiang Provincial Sports Commission since 1979. Over the past 40 years, Sanda has gradually attracted worldwide attention, which cannot be separated from the scientific leadership of the government, the contributions of predecessors in the martial arts circle, and the efforts of martial arts lovers. But objectively speaking, Chinese martial art Sanda is currently in a rather awkward development situation. To review the past development process and analyze the existing problems to be solved urgently as well as how Sanda conforms to the characteristics of the times and moves forward in the future has become a topic that we need to think deeply about.

1. Introduction

In the long history of the Chinese nation, martial arts, like one of the shining stars, emit glittering starlight. The core of martial arts is the art of attack and defense, and the soul of the art of attack and defense in traditional martial arts is “kicking, boxing, wrestling, and grappling”. Since the reform and opening up, the experiment of antagonistic event for Sanda has started in three pilot units. So far, Sanda has become one of the important competitive sports in China. At present, the development of Sanda has encountered a plateau so that we need to analyze the future development ideas according to the current development situation of Sanda and the characteristics of the times in order to carry forward the essence of Chinese traditional culture.

2. Analysis on the Development Status of Chinese Martial Art Sanda

2.1 Sanda Carries Forward Chinese Traditional Culture

Chinese traditional martial arts were bred in the traditional culture and produced under a specific historical background and traditional culture atmosphere. For thousands of years, traditional martial arts have been shining brilliantly under the nourishment of the Chinese nation's history and culture. Although the development of Sanda has lasted for 40 years only since the experiment teaching was carried out in three pilot units originally, the core or soul of Sanda has evolved from and even directly borrowed from traditional martial arts. Therefore, Sanda has carried forward Chinese traditional culture to a certain extent. Specifically speaking, on the one hand, Sanda pays attention to “learning morality before skills” and places the cultivation of martial arts morality in an important position. Since ancient times, martial arts morality has always been the soul of martial arts values. In boxing manuals of most martial arts schools, the opening is about martial arts morality, which puts forward higher requirements for the martial arts morality of martial arts learners. Nowadays, the education of martial arts morality is still placed in an important position in contemporary Sanda. We can see from the real life that Sanda lovers mostly have very strong patriotism and awe-inspiring righteousness; on the other hand, Sanda takes Chinese traditional “Taoism” as the realm it pursues. In actual practice and operation, Sanda is characterized by

“seeking stability and integrity”, and in terms of practice methods, Sanda advocates “syncretism of inside and outside”, that is, taking all parts of the body as a whole to realize the comprehensive application and transformation of “boxing, kicking, and wrestling” in the midst of an attack, as well as the rapid conversion between defense and counterattack, all of which is originated from Chinese traditional philosophy.

2.2 Misunderstanding about Sanda in Mass Psychology

There is a common saying that “a rogue who knows martial arts is more terrible than a rogue who climbs a tree”. Although it is just a joke, it also reflects from an indirect perspective the impression that martial arts are too violent in the popular consciousness. It is precisely because of the public misunderstanding about Sanda that many parents don’t really understand the connotation of martial arts and they think that learning Sanda may make children violent and extreme so that they keep children away from Sanda; at present, although the teaching scope of Sanda has been relatively large, Sanda hasn’t been popularized nationwide, and many schools that have offered a Sanda course still need to pay more attention to this course. To better carry out the Sanda course in schools needs the joint efforts of the school authorities, parents, Sanda lovers and workers so as to create a good learning atmosphere and environment for those students who are interested in Sanda.

2.3 The Theoretical Research on Sanda Lags Behind.

At present, the research on Sanda tactics and exercise training has been at a relatively high level in China, while the theoretical research on Sanda has lagged behind compared with the research on actual combat. Numerous experts say that Sanda should develop a complete system with training, teaching and competition as the principal line. As far as the actual development situation of Sanda is concerned, we are far from reaching the extent of developing a system. As far as the theoretical research on Sanda is concerned, it lacks influential research results and mainly lacks explaining and dealing with various development problems of Sanda in a way of interdisciplinary application. In view of the current situation, we should follow “practice is guided by theories” to exert counterforce on the theoretical research with the development of practice and realize the better development of Sanda in a spiral way.

2.4 Sanda Lacks Reserve Talents

The development of any cause requires talents as a reserve force. Without a wide range of lovers, learners and participants, the noblest cause will cease to advance as well, and the same is true of Sanda. However, as far as the current situation is concerned, Sanda lacks sufficient reserve forces in China. On the one hand, ordinary people even hold prejudice against Sanda, and they worry that their children like to solve problems with violence after learning Sanda. Meanwhile, most families have only one child, and we all know that learning Sanda is very hard so that parents can’t bear to let their children eat such bitterness. All kinds of reasons lead to the current situation that students in martial arts schools are relatively few. In addition, as far as the educational mechanism is concerned, there is a lack of perfect cultural education connection between martial arts schools and colleges & universities, which is a disadvantage for Sanda athletes to enter a higher school. Because Sanda athletes started professional training from an early age, and their learning intensity of cultural courses is relatively small, so there is definitely no advantage for them to enter a higher school in the future, and it may even mislead the public that “practicing Sanda will affect learning”, thus further reducing the popularity of Sanda among primary and secondary school students. On the other hand, Sanda competitions are presented as fierce antagonistic competitions, and their dangerousness is self-evident even though the injury probability of participating athletes has been reduced to a great extent after the constant modifications of the rules. In consideration of students’ physical safety, schools and education departments are less enthusiastic about holding Sanda competitions. In turn, the lack of Sanda competitions in schools leads to the lack of actual combat opportunities for Sanda practitioners. Such a continuous cycle leads to the increasing shortage of reserve talents for Sanda in China, which ultimately restricts the forward development of Sanda in China.

3. Future Development Ideas of Chinese Martial Art Sanda

3.1 Conduct Market-Oriented Operation

With the continuous improvement of the market economy system and the enhancement of the people's attention to sports, it has become the general trend to develop sports which also includes Sanda through market-oriented operation. In the process of conducting market-oriented operation of countless Sanda sports, we should explore their advantages, such as their inherent traditional culture, physical exercise and antagonism. Coupled with the appropriate modifications of Sanda rules, it is also possible to develop Sanda to the popularity degree of "square dance". The specific market-oriented measures need to start with the following aspects: first, create a set of competition rules with stronger appreciation and stimulation to attract the audience. For example: 1. Only when the strength reaches a certain level, can boxing and kicking get scores; 2. Appropriately increase the intensity of punishment for indecent movements, such as running away from opponents; 3. Reduce the score for the wrestling which lacks appreciation; second, actively seek investors. For example, attracting enterprises to sponsor competitions by naming competitions so as to accumulate more funds for Sanda competitions, thus expanding the popularity of enterprises and achieving win-win results for both sides; third, expand the popularity of Sanda competitions through media coverage so that appropriate economic incentives can be adopted to encourage media rebroadcast or coverage of Sanda competitions.

3.2 Explore Potential Sanda Lovers through Developed Network Channels

A specialized website or mobile phone application can be created to promote Sanda to people, and some predecessors in the martial arts circle can be found to shoot some promotional videos and show the charm of Sanda in the videos; now WeChat has become an indispensable communication tool in people's life, and the promotional ability of WeChat official accounts is naturally self-evident, so we can create a WeChat official account that is specially used to promote Sanda. On this WeChat ID, several different projects can be planned, such as expert interview where some senior Sanda athletes or well-known professional athletes are interviewed, and their stories of martial arts practice are listened to, so that people can better comprehend the mental power brought by Sanda while improving their understanding of these athletes; video highlights where some Sanda competition videos can be edited, and professionals are asked to dub them with explanation subtitles, so that those lovers who are interested in Sanda but don't know the competition rules can have a clear mind instead of watching just for fun when watching competitions; knowledge contest where some small questions that are helpful to understand sanda can be designed, and some small exquisite gifts can be given such as small medals named "Sanda Knowledge Expert" when the correct answer rate of fans accumulates to a certain extent in the official account.

In addition, we should make full use of the advantages of the Internet era, rely on big data to locate those potential Sanda lovers according to the frequency of people searching on the Internet for the contents related to Sanda, the length of stay on relevant pages, the number of searches for keywords, the topics of interest of Weibo users and related search lists, etc. and design a corresponding promotion scheme for these potential lovers so as to expand the popularity scope of Sanda.

3.3 Perfect the Personnel Training System of Sanda

The main reason why such sports as Taekwondo and boxing can set off a worldwide craze is that these sports have relatively sufficient reserve talents as well as lovers and inheritors. So similarly, in order to realize the long-term development of Sanda, we also need to excavate abundant reserve talent resources besides expanding its popularity scope, hoping to overcome the threats brought by other sports. School is the best place to develop an educational program, and it is undoubtedly the most reliable method to popularize Sanda in learning in its development process. Education departments should add Sanda to the PE class in colleges & universities, secondary schools and primary schools. In consideration of the students' learning intensity and physical fitness, schools don't have to make it a compulsory course, but can make it an elective or experiential course so as

to improve students' understanding of Sanda. At the same time, Sanda can be introduced into the sports meeting, but schools should modify the competition conditions to ensure that the dangerousness of participating students is minimized.

In addition to the popularization of Sanda in colleges & universities as well as primary and secondary schools, attention should also be paid to the training of professional Sanda personnel. Taking excellent Sanda athletes as an example, Kaiyin Zhang, Hailong Liu, et al. all came out of martial arts schools, but at present, students in martial arts schools are relatively few, which will inevitably have a negative impact on the cultivation of professional Sanda talents in China. Based on this situation, the relevant education departments should increase their support for martial arts schools in both aspects of policies and funds, and at the same time, improve the level of higher education received by professional Sanda talents in order to break the prejudice of "Sanda athletes have a very low cultural level" in the eyes of the society, and make more parents willing to expose their children to this sport, thus solving the worry of potential Sanda lovers about martial arts practice and effectively increasing the reserve talent forces of Sanda.

4. Conclusion

In today's era, in order to get a place in various sports, Sanda must carry forward its core spirit under the condition of adapting to the trend of the new era, modify the competition rules appropriately according to the actual situation, change people's "violent" prejudice against Sanda, expand its popularity among teenagers and even all the people, realize the market-oriented operation of Sanda on the basis of perfecting relevant laws and regulations, and achieve the sustainable development of Sanda by the leverage of market economy.

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