

# The Present Situation and Development Strategy of Sanda

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**Abstract:** Sanda has a long history and is one of the important components of Chinese martial arts. There are many appellations in the past dynasties, such as Xiang Po, hand fighting, white boxing, demolition, martial arts and so on, most of which are in the form of confrontation. Sanda can improve people's physical and mental development, and also promoted our traditional culture. By summarizing the characteristics and techniques of Sanda, the present situation is analyzed in depth. According to the development direction of Sanda Sports in China, corresponding development strategies are proposed to provide a certain theoretical basis for improving the level of Sanda.

**Keywords:** Sanda; Current situation; Development; Strategy

## 1. Introduction

In China, Sanda originated in 1980. Through continuous improvement and development, Sanda has achieved good results and plays an important role in China's Wushu Industry. In recent years, the sport evolved from Sanda has also been popular among people. In the era of national fitness, Sanda, as a sport mode, has a broad space for development[1]. The integration of Sanda in PE teaching is of great help to enhance students' physique and the ability to guard against danger. Based on this situation, the Sanda movement has attracted attention from all sectors of society, which can improve people's enthusiasm for exercise and play a vital role in the comprehensive development of our society.

## 2. Characteristics and Skills of Modern Sanda

The development process of the Sanda does not go off smoothly. From the beginning to the gradual rise, Sanda has undergone a long process[2]. Unlike traditional Chinese martial arts, Sanda has many difficulties in making people accept, because people's understanding of traditional martial arts usually comes from the plots in movies and novels, with certain legendary characteristics, and they can often win by one stroke. And people think the defense effect of Sanda is weak. In fact, this is a deviation in understanding and needs to be corrected. In the process of social progress, people's thought and behavior are becoming more and more civilized, and the opportunity of Sanda as a way of defense is becoming less and less, and gradually evolved into a physical exercise. The purpose of physical fitness is achieved while people learn about Sanda. Only in this way can Sanda get better development in today's society. Sanda is different from

other sports. It is a kind of sport based on contest, which requires interaction between the two sides. This is a major feature of the Sanda movement. The people who usually fight against each other have done professional technical training and action learning. The confrontation within a certain range and time is not only a technical countermeasure but also an intellectual contest. China's Sanda has its own unique characteristics and strong national characteristics. In the process of continuous development, it is more in line with the physical quality and sports needs of contemporary citizens. There are many different ways of fighting in Chinese Sanda and other countries. Taekwondo usually uses the head, knee and elbow, and the judo often uses the way of catching and mixing legs. Compared with these fighting methods, the confrontation process of Chinese Sanda is more complicated. There are more skills used in Sanda, and there are different ways and skills in far body attack, near body attack and close attack. The characteristics and techniques of Sanda in China are not static which are gradually improved in the process of continuous development. Sanda is a very comprehensive sport, which is similar to martial arts. However, Sanda's boxing and leg techniques also compromise many Taekwondo skills. The quick-throw method used in personal attacks originates from traditional Chinese wrestling. Although Sanda Sports has integrated a variety of economic methods and has strong practicability, it is not so ornamental. More Excellent Wushu movements can be integrated into Sanda, so that Sanda Sports can be developed in all directions. Through analyzing and summarizing Sanda, the technique can be divided into the following features. First, it is mainly defensive, and the attack is supplemented. Secondly, the confrontation usually uses one kind of action and lacks the skills to make the action coherent. Finally, there are

fewer regressive actions and there are insufficient skills in quick attack.

### **3. Analysis of the Present Situation of Sanda**

Although Sanda gradually evolved into a form of exercise, it is still far away from people's daily lives. Most of them exist in professional teams and martial arts schools. As a new way of sports, the development degree of Sanda is far from the expected goal. The reasons for the current status of Sanda are as follows. First of all, the Sanda movement lacks specific standards and regulations in the course of competition. Secondly, in the course of China's development, Sanda is controlled by various aspects of culture and thought[3]. For every sport item, rules and systems are important factors determining its development. With the progress of society and the development of the times, more and more forms of sports appear. This is an opportunity and a challenge to the development of Sanda in China. In recent years, China has hosted a number of Sanda matches, which has brought the development of Sanda to a new stage. In fact, there are still many deficiencies in the present situation of Sanda Sports in China. It is not perfect either in management or in competition rules. Regulating the rules of the game is an inevitable trend in the development of China's Sanda. The first time for China to formulate corresponding rules was in the 90s of the last century. In the next few years, it was continuously improved during the implementation process and was formally applied to the Sanda competition after 8 years which makes Sanda better into people's lives and enables Sanda to become more involved. This is a key turning point in the development of Sanda in China. However, the current promulgation of this provision is not very complete, there are many parts that need to be improved[4]. In addition, with the gradual development of Sanda in China, the requirements for Sanda coaches have also been improved. Because of the lack of clear professional related requirements, the overall quality of coaches is generally low, which has a certain impact on Sanda Teaching. Therefore, it is necessary to make strict demands on the relevant teaching staff and assess their professional standards so that Sanda in China will be better developed. In the development of the Sanda movement in China, there is currently a shortage of funds. Some infrastructure is not perfect, which has a very bad influence on the development of Sanda. In response to this problem, it is necessary to actively seek government's assistance and do a good job of attracting investment so that this situation can be alleviated.

The scope of our country's martial arts is very extensive, and the development of martial arts martial arts has a relatively short period of time, but it is still a form of sports competition with strong characteristics in our country. The emergence of Sanda, the first Sanda Competition held in ten years, and the formal promulgation of

the rules of Sanda are the key turning points for the development of Sanda. China's Sanda used its own unique charm to prove itself to the world and was included in the National Games and the Asian Games. In recent years, Sanda sports competitions have emerged one after another. This sport has become one of the competitive sports that people are more concerned about. With the development of Sanda, there are still some disharmonious factors which restrict the development of Sanda. The corresponding policies should be formulated to make Sanda develop better and gradually integrate into our daily physical exercise.

## **4. The Developing Direction of Sanda**

### **4.1. Shaping professional Sanda**

After years of development, Sanda in China have achieved remarkable results. But compared with some developed countries, there is still a gap, such as the serious lack of commercialization and professionalization of China's Sanda movement, which has not had much influence on the competitive market in China. Therefore, the direction of development of Sanda in recent years in our country must be based on professionalism, and Sanda must create a Sanda brand with its own characteristics, which puts forward higher requirements for Sanda Athletic Competition and continuously regulates the rules of competition[5]. In the course of training, professional management has made Sanda move toward a more formal path. While Sanda is developing professionally, we need to constantly strengthen the research on management mode, competitive rules and scientific training. A certain reward mechanism is adopted to increase the enthusiasm of the coaches and the players, strengthen the exchanges among the various players, and achieve resource sharing and common progress.

### **4.2. Promoting the industrialization of Sanda**

If Sanda want to be industrialized, Sanda must join the Olympic Games. Only to the Olympic Games, Sanda can really get the attention of the world sports industry and has a broader space for development and a more sufficient material basis. Only when Sanda are recognized and concerned by the public, can more people be attracted, and the sustained development of the surrounding industry of Sanda can be promoted.

### **4.3. Guiding the brand development of Sanda**

At present, many competitive sports and sports programs in China have achieved good results, which is a good attempt for the establishment of Sanda Sports Brand in China. On this basis, we will continue to improve and boldly innovate to create Chinese Sanda sports brands that are recognized by the public and the whole world, hold more attractive and exciting competitions. The im-

age of Sanda stars must be established so that these Sanda athletes go out and form an idol effect. All along, many athletes have been labeled with celebrities, and played a certain role both in the sports industry and in the entertainment industry. The building of the Sanda stars brand can bring a certain economic benefit and social status to Sanda, and make the Sanda athletes better realize their own value. At the same time, it can also make more people know Sanda, love Sanda, and really participate in Sanda, which brings a constant source of impetus to the development of Sanda.

## 5. Exploring the Developing Strategy of Sanda

Sanda needs continuous development to make it grow, and sustainable development requires the coordination and common progress of various components [6]. In addition, the development of Sanda must meet the characteristics of the times and meet the current needs of people for sports. The sustained development of Sanda cannot be formed overnight. It is necessary to formulate corresponding strategies to maximize the application of various resources and gradually expand the development scope of Sanda, so that Sanda will step out of China and move toward the world.

### 5.1. Attracting the Government's Attention

Since the 1980s, Sanda in China has been developing at an extremely rapid pace, which is inextricably linked with the government's strong support and attention. However, at present, there are still many deficiencies in Sanda. For example, Sanda is often a form of confrontation. People can only watch and cannot really participate in it. Some of the Sanda moves are too difficult to accept, and Sanda Sports has shown a lot of deficiencies in physical fitness. For this problem, the relevant personnel should constantly improve Sanda in the process of practice, and the government departments should also strengthen the control ability of Sanda and increase the propaganda. According to our country's socialist development guidelines, if the three major movements are to be better developed, the government must take relevant measures. In fact, sport has always been one of the issues that national leaders attach great importance to. As early as the founding of the People's Republic of China, Chairman Mao proposed to vigorously improve the sports spirit at the National People's Congress. Since then, the idea of national fitness has begun to rise, which has greatly promoted the physical fitness of people. Coincidentally, the rest of the world is also the same. For example, the United States attaches great importance to the National Basketball Association. Every year, the President of the United States will entertain these players in the White House. Russian President Putin is very fond of Tae Kwon Do and is also a Taekwondo expert. This is why Taek-

wondo became popular in Russia in recent years. It can thus be seen that the importance of the state leaders, the party, and the government plays an important role in the development of Sanda in China.

### 5.2. Upgrading Sanda technologies

After many years of development, Sanda in China contains unique Chinese traditional culture and national spirit, which needs to be passed down by the younger generations. In particular, Sanda athletes with rich experience must pass on their own skills to more people, so that Sanda in our country can strive for excellence and make continuous progress. Under this core thought, China's Sanda needs to carry on a deeper reform and integrate it into people's daily physical exercise to achieve the development goals of Sanda that include competition, fitness, and entertainment.

### 5.3. Perfecting competition rules of Sanda

In order to promote the better and faster development of Sanda, it is an effective means to conduct competitions. In the competitive process, the participants can better play their skills and find weaknesses in the process of confrontation and continuously improve their skills. At present, China's Sanda competition has formed a certain scale, and it is necessary to conduct research on the fitness Sanda competition so that more people can participate in Sanda. This is an important task that is conducive to the development of Sanda, and it should be implemented immediately after conducting investigations.

### 5.4. Building a standard technical evaluation system

The technology used in Sanda has certain specifications. In the competitive process, according to the athlete's mastery of the technology, on-site environment, the technology is appropriately improved and applied flexibly. Therefore, the evaluation criteria for technology in Sanda are also different from other sports methods. The evaluation of traditional martial art techniques has a certain degree of appreciation, and it is evaluated according to its degree of difficulty and beauty. Sanda evaluates the effective attacks during the resistance process, and assesses the athletes' ability to master the skills so as to rank the competitive results. The technical evaluation standard of Sanda is not the ornamental and coherent of its action, but the offensive effectiveness. It can be concluded that the establishment of Sanda technical evaluation standards should emphasize its purpose, and the specific actions in the process are not included in the evaluation criteria as long as they do not violate relevant regulations. In order to establish a reasonable technical evaluation standard, it is necessary to understand the characteristics of Sanda. The requirements for purpose are much higher than the performance. Only to be faster, more embarrassing, more

accurate, can get better results in today's technical evaluation standards.

### 5.5. Promoting Sanda widely

The popularization and promotion work in Sanda is still not perfect. No matter whether it is at home or on the international stage, the attention it receives is obviously insufficient. In addition, China's Sanda lacks professional guidance. The lack of professional skills of the coaches has a great negative impact on the sustained development of Sanda in China. Based on this situation, Sanda needs to strengthen propaganda and train more outstanding Sanda talents. The popularization and application of advanced Internet technology will lay a solid foundation for the development of Sanda in China.

### 6. Conclusion

Sanda has achieved tremendous progress through its development over the years and plays an important role in the inheritance of traditional sports in China. At the same time, Sanda will gradually go out of the country and go to the world stage. Therefore, in the process of continuous development, China's Sanda needs to recognize its own status, find out the existing deficiencies, and continue to improve. By combining the advantages of traditional Wushu in our country, the spirit of Wushu in China is promoted. It is necessary to gradually expand the popularity of Sanda, especially among the children, so that Sanda will be passed down and children will also be trained to have a strong, brave will in the process of sports. In the

process of participation, the physical quality of the country has been strengthened and people have a positive and progressive mental outlook. However, in the development of Sanda, it is still necessary to pay attention to strengthening management. With the support of the party and the government, it is necessary to improve the social status of Sanda. In the competitive process, the technology is continuously innovated and meets the needs of the development of the times. Only by using reasonable strategies, Sanda in our country will flourish.

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