

A Comparative Analysis of the Application of Sanda Techniques under Sanda's New and Old Rules

JianHua Chai

Railway Police College, Zhengzhou, 450000, China

Abstract: As an important part of Chinese culture, Sanda has developed very well in recent years. Since the country implemented the new Sanda rules in 2004, it has exerted a great influence on the application of the three techniques of leg, boxing, and throwing in Sanda and changed the traditional form of competition. At the same time, compared with the traditional Sanda techniques, the use of Sanda techniques under the new rules has undergone tremendous changes, the most obvious of which is the reduce of throwing laws and greater emphasis on the flexibility of Sanda techniques. This article will analyze the application of Sanda techniques in detail under the old and new rules, and conduct a comparative analysis of the two.

Keywords: Sanda; New and old rules; Techniques application; Comparative analysis

1. Introduction

With the continuous development of social science and technology, the forms of Sanda competitions are constantly being developed and improved. In order to meet the needs of Sanda development, the Martial Arts Sports Management Center of the General Administration of Sport of the People's Republic of China has introduced and implemented the Sanda new regulations after rigorous analysis and discussion. The impact of the new rules on Sanda techniques is far-reaching. It effectively promotes the popularity of Sanda in society and allows Sanda to develop into a highly confrontational, high-intensity competitive game.

2. Clarify the Connotation of Sanda, and Prepare for the Comparative Analysis of the Application of Sanda Under the old and New Rules.

Sanda has distinctive nationality, sports and confrontation, which is a kind of Chinese culture that is very infectious and vital. It is also known as the Sanshou and developed from ancient fights, hands fights, and the art of attack and defence in wushu. Tracing the origin, Sanda originated from the foraging of people in the primitive society, and it has been well developed in the Spring and Autumn and Warring States period. Sanda developed into a competitive competition program in China in 1979. It gradually became a national sporting event and has received high praise from the countries around the world. Nowadays it has become a modern sports competition project. At the same time, Sanda, like all sports competitions, is gradually adapting to international athletic sports

according to the Olympic spirit of "faster, higher and stronger".

However, the development of Sanda into its current form has been a very turbulent process, mainly due to people's incomplete understanding to the connotation of Sanda. Sanda is different from boxing and Taekwondo. And Sanda matches are also fundamentally different from martial arts. Due to the rendering of the self-defense martial arts in folk and movies and the description of the supernaturalization, it brought a subjective illusion to people, resulting in all kinds of fames are bestowed on it by people without thinking. In fact, the Sanda competition is a judo project. During the course of the game, kicking and elbow impacting are not allowed to occur, only the methods, such as dropping, mixing and smashing, can be used. Because of its distinctive national characteristics, Sanda has distinct characteristics of the times, which are different from the traditional forms and modern forms that we usually refer to. The new and old rules mentioned in this paper are also launched under the background of different eras. It is not a negation of the form of Sanda under the old rules, however, it is the evolution and enriche of the connotation of Sanda.

In the information society, in the process of the development and inheritance of modern civilization, we should not allow the people's awareness of Sanda to remain in the narrow conception of "killing you". We need to synthesize the essence of sports and various popular martial arts and integrate it into simple and easy forms of sports. It not only enriches the connotation of Sanda, but also develops it from a purely competitive project to a physically-strengthening sport, giving Sanda the new vitality. It will promote Sanda to the world stage, strengthen

competition and sports exchanges, and contribute a special era power for the inheritance of Chinese culture. It is because the relevant research and promotion departments in China that realized the real connotation of Sanda and adopted the correct decisions and methods. Sanda has gained powerful development. Judging from the current form of Sanda sports, Sanda is the same as other sports events, but it also incorporates the special nature of Chinese traditional martial arts. At the same time, it is clearly distinguishable from the aggressiveness that causes disability, which is Judo mentioned above. Sanda clearly stipulates that severely offensive tactics cannot be used, and human's sensitive and important parts can not be hit, such as the back of the head, neck and so on, which also determines that Sanda is manifested in a clear form of confrontation.

Modern Sanda attaches great importance to techniques. At present, the main techniques of Sanda include boxing, wrestling and legging, that is far kicks, close fighting and close wrestling which people often say. Sanda pays attention to comprehensive technology, and the skills are flexible in the scene. Boxing are the most commonly used methods and sports in Sanda competitions. Boxing consists of five types: straight boxing, hooking, swinging, boxing and whipping. In the specific competitive process, boxing is the most flexible, and it is more speedy than the legging. Those who regularly watch the Sanda competition and engage in the Sanda movement will clearly perceive that boxing can hit the opponent fastest and most effectively within the shortest distance. Boxing training has strong randomness and it can carry out at any time, and it can be combined with other skills to grasp the timing of punching and can give the opponent the most powerful attack skillfully. "Overcoming hardness with softness" is its best explanation, so the requirement to Sanda's techniques are very high. The legging is a technique that is harder to master in Sanda. The common Sanda exercise has low requirement to legging. Only the experts with strong professional ability can use more leg methods. Wrestling is a symbolic skill of modern Sanda and it occupies a very important part. There are a wide variety of skills for wrestling and involve a wide range of topics. From the perspective of throwing

and mixing, the use of physics knowledge is easier to explain. The throwing is based on the principle of balance of gravity, which use the power to attack the opponent's center of gravity to make the opponent's center of gravity out of balance, to achieve the effect of win by one attack. Mixing relays on skillful power to win, but due to the complexity of the situation on the scene, simple training can not accurately grasp the mixing techniques, its requirements to experience are relatively high and its technical difficulty is relatively large. The other rules and techniques of Sanda will not be introduced here. If you are interested, you can learn more based on the references in this paper.

Introduced here, I believe that everyone has a basic understanding of Sanda, the following we step into the topic, to specifically explain the comparative analysis of the application of Sanda techniques under Sanda's new and old rules.

3. Comparative Analysis of the Application of Sanda Techniques Under Sanda's new and old Rules

The competitions of Sanda is divided into two forms: group competition and individual competition. The competition modes are divided into three ways: circular competition, single defeat elimination competition and double defeat elimination competition. In the competition, the clothing and protective equipment also have obvious requirements. The protective gears in the competition are divided into two kinds: red and black. Players weighing 65 kg or less wear boxing gloves with weight of 230 grams, and those who weigh 70 kg or more wear boxing gloves with weight of 280 grams. The Sanda competition stipulates that participating athletes must wear boxing gloves, head guards, mouth guards, shin guards, leg guards, and instep protections that meet the requirements of the convention. In addition, both sides of the competition need to wear vests and shorts that are the same color as protective gears used in the competition, and the jockstrap must be worn inside the shorts. The weight classification in the competition is shown as follows:

Classification (kg level)	52	56	60	65	70	75	80	85
Classification (kg level)	<or=52	>52, <or=56	>56, <or=60	>60, <or=65	>65, <or=70	>70, <or=75	>75, <or=80	>80, <or=85

Figure 1. Body-weight Classification Figure

Compared to the old Sanda rules, the new Sanda rules have significant promotion significance for the development of Sanda. In 2003, the rules of the Chinese Sanda Competition had been introduced, but after one year's consideration and revision, the new Sanda rules began to

be implemented in 2004. As the name suggests, the implementation of the new Sanda rules is of obvious practical significance. As we have mentioned above, Sanda is of great significance in the times. Since the reform and opening up, with the continuous acceleration of the

process of modernization in China, people's living standard has been greatly improved. At the same time, people's aesthetics and the pursuit of health and lifestyle are also undergoing major changes. Since its development, Sanda now has a vivid application and aesthetic taste. In the process of moving toward the international stage, Sanda also needs to constantly change its rules. In recent years, the competitive style of Sanda and the competitive state of players are urgently needed to be guided and standardized by the new rules. In the new era, Sanda as a sports event is being carried out to the public, and it needs to get rid of the pure "violence" and develop towards competitive and high-intensity competitions. Therefore, under the joint action of many factors, the new regulation of Sanda came into being. The main is that the old rules have been reasonably increased or reduced, and the players' scoring points have been transferred to technical attack, which greatly improves the understanding degree of Sanda competitions. The revision of the rules of Sanda is the most historic milestone in the history of the development of Sanda. Under the new and old rules of Sanda, the application of Sanda techniques is different, mainly in the following aspects.

3.1. The change of athletes' style under the application of new and old rules of Sanda

The new rules of Sanda modify the technical action's requirements and scoring criteria of the old rules. Compared with the old rules, the revised rules are more focused on the practicality and effectiveness of the Sanda's technical actions. The technical movements and the scoring standards in the old rules of Sanda led to the phenomenon of scoring but not having advantage, while the new rules clearly limit the occurrence of such phenomena. The new rules pay more attention to the real strength of the Sanda players, and put forward higher requirements for the overall quality of the players. As a whole, the new rules have not been completely changed. The scope of the modification is not large but precious. It is enough to encourage Sanda players to change the previous style of competition, and clearly exclude the possibility of getting scores using kicking legs by whip in the old rules. In the competitive process, the new competition rules specified that, if the players choose leg in combat, players can score only through hitting opponent's limited region above the knee.

In the past, during the course of the competition, the player used kicking legs by whip to a great extent, ignoring the use of side kicks. On the one hand, the use of kicking legs by whip can effectively prevent the other side from wrestling. On the other hand, the use of kicking legs by whip has a high probability of scoring. However, such an attack strategy affects the overall strength of the contestants, and the result of the competition is deviant from the actual level. After the implementation of the

new rules, the competitive style of the stage has been greatly changed. This requires the Sanda players to pay attention to the research and training of the side kicking in the normal training process. Of course, when the new rules were just implemented, the approval and opposition came one after another. But according to the application effect in the past decade, the application effect of the new rule is very obvious, and it has a correct guidance for the development of Sanda.

3.2. Great difference in the intensity of Sanda competitions under the old and new rules of Sanda

The Sanda competition under the old rules lacks active offensiveness and lasts for a long time. The intensity of scenes needs to be improved. In the past, both parties liked to wait for each other's shots during the competition and did not like to take the initiative. This leads to a long time for the competition so that many viewers will lose patience, and can not cause excitement of fast game. The new rules broke the limitations of Sanda in the past few years, and put forward a new rule of "negative 3 seconds and lost 1 point" for the first time. The new rules for scoring are that when a player uses an active-down action to attack an opponent, if he does not hit the opponent and he cannot stand up within 3 seconds, the referee will determine that the active attacker has been passive for 3 seconds and the active player will lost 1 points. This requires that both sides of the competition have to enhance the coherence of the application of the Sanda skills and actively apply various techniques to attack opponents. The active participation of the game, the positive transformation of the players' attack methods and the increase of attack speed can directly mobilize the conversion rate of the attack and defense, and the rhythm of games will become stronger. As the game scene became fierce and exciting, the audience under the stadium will be excited and the entire stadium will be in a fierce atmosphere.

At the same time, the new rules of Sanda also modify the scoring standards for the use of excellent movements and techniques during the active attack in competitions. Actively falling to the ground and then attacking each other is the most commonly used Sanda skills. The new rules stipulate that if a competitor knocks the opponent down to the ground after taking the initiative to fall to the ground, the party that fell to the ground can take timely measures to press the active offensive relying on the powerful conditions of his body. If the active attacker quickly stands up, it will change the advantages of both parties. If the attacker successfully prevents the active attacker from standing up quickly, the active attacker is judged to fall first and the attacker gets a point. If this happens in the old rules, the referee will judge both sides to fall to the ground and the both will not get scores. According to the analysis of the scoring rules, the new rules have significantly improved the professional and scientific-

ic requirements of the players' skills compared to the old rules. The new rules not only require the players to use the Sanda skills reasonably and effectively, but also impose higher requirements on the player's flexibility. The new rules encourage Sanda players to actively use some of the practical and highly ornamental actions to attack opponents, which can effectively enhance the excitement of games.

3.3. The tactical changes in the application of Sanda techniques under the new rules and the old rules of Sanda, and the changes of difficulty of promotion

Through the analysis above, we can fully understand that the old rules of Sanda are very powerful for the tactical players and are not advantageous to the actual attacking players. The lethality of actual offensive player's boxing method and the leg method are strong, and the endurance in competitions is good, but the disadvantage is that its physical flexibility is not good enough. The tactical and technical players have higher flexibility in physical flexibility and tactical flexibility, but their patience and attack are not equal to actual offensive player. In the process of Sanda Competitions under the old rules, the tactical and technical players often use the rules to find the points that are beneficial to themselves and win by the number of points. The competition is lack of intensity, and the scene is rather dull and uninteresting. The implementation of the new rules directly reverses the strategy and tactics of the players, and the antagonism has dramatically increased. In the competition under the new rules, athletes' physical fitness and endurance are emphasized, and players must be able to participate in multiple games continuously to meet the needs of the audience. The Sanda under the new rules is more suitable to popularize to the public. The use of the protective equipment obviously reduces the damage caused by the Sanda. Today, with the increasing market competition pressure, people's life and work pressure is increasing. Many people need such sports as Sanda to relieve stress. The

Sanda Sports under the new rules satisfies the needs of the people in the current era and is conducive to the expansion of Sanda's mass base and benefits the Chinese traditional culture.

4. Conclusion

Through the analysis of the previous study, we can conclude that the new rules of Sanda are more conducive to the development and dissemination of Sanda. In recent years, China has successively held various types of Sanda competitions, which have achieved good ratings and participation rates. In the new era, the scientific and rational application of Sanda players' skills has been significantly improved compared to Sanda players under the old rules. Since the release of the new Sanda rules, Sanda has undergone a tortuous development, but the final results are remarkable. It is believed that with the continuous development of social science and technology in our country, Sanda will be carried forward and yield unusually brilliant results in the world.

References

- [1] Fan Li. Comparison and Analysis of the Application of Women's Sanda Techniques under the Old and New Rules of Wushu Sanda [D]. Tutor: Wang Meijuan. Shandong Sports Institute, 2015.
- [2] Ni Hongxuan, Zhu Ruiqi, Li Junfeng. Comparison and Analysis of the Application of Sanda Techniques under the Old and New Rules of Wushu Sanda [J]. *Journal of Beijing Sport University*, 2015, (11): 132-134.
- [3] Tie Feijun, Liu Qingqing, Liu Shuguang, et al. Comparison and Analysis of the Application of Sanda Techniques under the Old and New Rules [C] // National Sports Science Conference. 2011.
- [4] Yin Haili. Study on the Application of Offensive Combination Techniques in Sanda Competition by Rule Revision [D]. Beijing Sport University, 2004.
- [5] Zhou Xiaoqing, Zhang Dongqin. Research on the Application Characteristics and Development Trend of Sanda Technique under the New Rules of Competition [J]. *Journal of Beijing Sport University*, 2011(9): 142-144.