

# Application Study of Whipping Leg Technique in Class Teaching of Sanda

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**Abstract:** In Sanda, whipping leg technique is extremely powerful and is an important leg skill. It has the characteristics of flexing leg skill as well as the function of twisting leg skill. Its technical content is rich and attack area is relatively large, and it is characterized by fast recovery speed and so on. Among the many tactics, the whipping leg technique is one of the most important ones which has a wide range of application and strong attack and has been paid much attention by many professional athletes. According to the related teaching experience, the present paper analyzes and interprets the whipping leg skill in martial art Sanda, aiming to cultivate students' interest in learning, enhancing the teaching effect, and enabling the whipping leg be one of the popular fitness project in Sanda.

**Keywords:** Whipping leg; Martial art Sanda; Class teaching

## 1. Introduction

The whipping leg technique of martial art Sanda has the characteristics of flexibility, flexion and extension, fast speed of withdrawing legs and wide range of attack. Athletes of marital art Sanda also often use this killing technique to defeat their opponents which proves the power and practicability of whipping leg. In the Sanda Teaching, attention should be paid to the training of the tactical style of the athletes, and the rational use of the whipping leg technique.

Kicking and wrestling play an important role in Sanda competitions. And whipping leg is relative powerful kicking skill which owns clear characteristics, rich technical content, thus being widely used in competitions. Many Sanda martial artists have discussed it in some literature and recognized its actual practicability in actual combat. As for in competitions, under the atmosphere of highly centralization and alert, athletes who uses whipping leg in knee lift sliding attack can distract the opponent's attention. It has good using which enables fast attack. The so-called "in the world of kungfu, speed defines the winner." means finding the right time, grasping the distance and adopting the most appropriate techniques to attack at the fastest speed and defeat the opponent by accident, including using some quick attacking skill such as a finger play which uses feint movements to distract attention, unexpectedly. Because of its characteristics of whipping such as enabling continuous fast attack, it has become the key movement at the critical moment that can settle for victory. As the game goes on, when it passes the middle of the competition, both players have consumed great physical strength. At this moment, if the main parties take the whipping leg technique, he or she can beat his or her opponent quickly. Some

relevant documents about Sanda whipping leg movements show that whipping leg is also known as the side whip leg and is a power transmission of kicking with lower leg technique by lateral arc attack. In many martial arts and athletic competitions, whipping leg technique is widely applied. Many athletes with high technology and high level get high scores through this method, and win the match. It shows the most obvious features of the whipping leg technique: fast operating speed, flexible combat method and strong attack power. The basic steps in using the whipping leg techniques are: under the condition of normal operation of the supporting leg, kick the rear leg and lift the keen, rotate the trunk counterclockwise around the frontal axis of the hip joint at the same time throw the hip forward. Attention should be paid to the proper matching of rotation range and rotation speed. The stability and coordination of the body must be ensured, so as to better exert strength to the other side without increasing own load.

The function of the whipping leg in the Sanda is exceptionally prominent. It is widely known that it has also formed a general rule and lacks of novelty in the application. Nowadays, Sanda sport has been developing vigorously. It has attracted more and more attention and favor and plays an important role in some sports events. At same time, it also bears great competition pressure. However, whipping leg technique has many unique uses among many techniques, so it has become the subject of continuous research, and brings great benefits in actual combat. Therefore, it plays an important role in Sanda technology. Whipping leg can be used to attack, defended, and as an emergency method to play in the offensive and defensive process. Therefore, in the physical education of various colleges and universities, whipping

leg technology is the main content of the Sanda teaching. School teaching must lay an important foundation for the popularization of Sanda technology and whipping leg technology on the basis of training students' interest in learning, improving teaching results and improving teaching level. Education is inheritance. Whether it's Sanda whipping leg or other technologies, attention must be paid to the effectiveness, scientificity, correctness, interestingness and sustainability of related education and teaching.

Martial art Sanda has become one of the most important sports competitions in the world, and its richness and interest are gradually strengthened. Under the strong demand of the vast Sanda enthusiasts, practicability of Sanda in the actual combat is becoming stronger and stronger with flexibility, diversification and richness as its important characteristics. As one of the most powerful Sanda technology, the whipping leg technology is indispensable. This has promoted the development of Sanda technology in China, increased the quality of related events, established and improved related competition system, improved the level of competition, and enhanced the interest and competitiveness of sports competition. The whipping leg technology has unique advantages among the marital art Sanda technologies and become an updating technique with athletes continuously strengthening its effect by continuous research and reform. A series of research on the whipping leg technique is proved to be correct, because its own characteristics cannot be ignored. This paper is a further discussion and analysis on the basis of countless predecessors research, and is expected to provide theoretical support for technological innovation and development of the whipping leg technique, thus promoting deeper development of Sanda in Chinese sports to a greater extent, strengthening exchanges and cooperation with relevant movement in a way of mutual promotion, mutual help, and mutual growth. It is the meaning of advertizing martial art Sanda to bring the national elements into the Sanda competitive sports and form a unique marital art culture.

## 2. Research Methods of Whipping leg Technique

### 2.1. Related literature analysis

Search for relevant literature of the whipping leg technique in library. And make meticulous analysis, to obtain the research direction and related content.

### 2.2. Video watching

On the basis of watching and appreciating the video of the sanda competition, carefully analyze the technique of the whipping leg of the Sanda athletes and grasp the principle and effect of its application.

### 2.3. Comprehensive analysis

According to the collected data, make effective analysis and induction to draw effective conclusions from it, providing more theoretical research directions for the research of Sanda whipping leg technique.

### 2.4. Questionnaire

Carry out the investigation of sports colleges and the marital art schools who start relevant courses, as well as other competitive technical institutions, to provide the ideological foundation for summing up experience, finding problems, grasping the rectification measures; in addition, investigations can carried out to the whipping leg enthusiasts to obtain the practice information, deepening the research.

## 3. Analysis of the Research Results of Whipping leg Technique

### 3.1. Analysis of whipping leg technique in Sanda

#### 3.1.1. Basic characteristics of whipping leg technique

The side leg kicking also named as whipping leg is a kind of lateral arc attack and belongs to flexing and stretching leg techniques in the full sense. The use of the whipping leg technique by an athlete has a great effect on knocking down each other in a moment and decides victory or defeat. The key hitting parts of the side leg are the head, chest, abdomen, back, legs, etc.

#### 3.1.2. The training of the tactical style of the whipping leg technique

In the practice of marital art Sanda competition, athletes have certain technical and tactical forms. In Sanda competition, the athlete's skills is the key, mainly containing two types: wrestling and kicking. Athletes and coaches use kicking more which has obvious advantage, namely easily gets high scores and wins the competition. The whipping leg is extremely important among kicking techniques, because it shows the excellence of kicking sports. The whipping leg can sweep a leg and attack intensely. At the same time, it can protect the body itself, making the body not easy to be attacked. The key to the training of the athlete's tactical style lies in the use of the technique, If athletes use this technique properly, they can get the refinement of the technique and distribute their energy in the process of application. Thus, they can win the favorable situation of the competition, which is of great significance for the developing their competitiveness and stability. Players can use the whipping leg to quickly hit the opponent, and then after withdrawing the leg he or she can take a series of hitting at a certain distance, making the opponent defenseless. In competitive competitions, the physical retention of the athletes and finding the right time to attack the opponent can greatly guarantee the playing of the athlete's personnel tactical style. Competitive competition should pay attention to

the hitting rate, which requires finding the best time to make fast and fierce punch in a short time. Thus there is a better chance to knock down the opponent. The skilful skill of the athletes must be established in weekday training. The whipping leg technique has high practical value, therefore, the coach must pay attention to the unique style and establish its high power, making the technique be more handy to score. The whipping leg technique owns huge advantage in Sanda competition with its strong attack and fast operation. Opponents can hardly find the weakness of the athlete. It has fewer routes and is more coherent which enables fast attack and fierce hitting.

### **3.2. Principle of leg attack**

Leg attacking has complex characteristic because it involves forcing, attacking, withdrawing and twisting and other aspects. There are different leg rotations from jumping off the ground to the accomplishment of using whipping leg technique. The speed of the rotation of the thigh is faster, through the counter clockwise rotation, the calf is also in the rapid rotation, to achieve the coordination action. Joint kinematic chain theory and momentum transfer principle tells that when the speed of one part is relatively small, the speed of other related parts will increase. And based on the relevant knowledge, it is known that at the same time, the changing of speed and amplitude in the thigh and calf are different from each other.

### **3.3. Characteristics of body rotating**

In the use of the whipping leg, the rotation of the body also affects its effect. The whipping leg will mobilize the form and method of the whole body, and make the movements of the lower extremities form regular operation. The body carries on the compound rotation, so that the whole movement and the playing method can be flexible. The relative rotation effect of the whole body is driven from the preparation, withdrawing the hips and lifting of the knee, so as to make the flexibility and strength of the rotation same to form a huge motion system. On the one hand, the starting speed of the body should be increased and make the body's center of gravity stable and fast translate, so as to support the leg movement. On the other hand, the muscles of the extremities are attacked and great power is exerting through contraction in order to create better conditions of force. The stability is relatively high. In addition, based on the striking force and hitting speed of the leg attacking, it is at a relative distance that can achieve the balance between attack and defense, which ensures the substantial improvement of the whipping leg technique in Sanda.

### **3.4. Training of whipping leg technique in Sanda**

While understanding the relevant structure of action, we should grasp the specific operation points and the main

operation points of the related training skill of whipping leg, and grasp the direction of movement. Imitation of the whipping leg action will help to have a better understanding of the important aspects of the movement. In training, the training of knee lifting, whipping and knee extension must be paid attention to. Under the guidance and cooperation of technical teachers, technical skills will soon be completed, and continuous training will greatly improve the training effect. Though the usual training is carried out in competing with a partner, air hitting training is also very important which constantly repeats training with an imaginary opponent, and makes air hitting aiming at various skills and tactics. The competitive situation can be realized in the right direction, route, accurate and balanced force situation. Of course, whether it is stepping forward quickly at the same time or withdrawing after the attack, the order of priority as well as the attention should be practiced.

### **3.5. Combination of auxiliary practice and actual combat training**

In the practical practice of the whipping leg, it is able to carry out the targeted training. The main significance of actual combat training is to increase the actual combat experience of the athletes, to improve their actual combat skills, and to give full play to the overall effect of the whiplashing power of whipping leg. In addition, it can test technical level of athletes, and constantly make up for the shortcomings, to enhance athletes' comprehensive ability. Of course, whether it is training or competition, we should pay special attention to the safety management and ensure the safety of the athletes first, and the actual performance second. Auxiliary exercises should be carried out in the midcourse of whiplashing power training. According to the athlete's physical conditions, make active and detailed training plan and carry out hard and scientific training, to cultivate sports superb athletic skills, competitive firm and indomitable perseverance, flexible response ability, and strong endurance, which will play out the whiplashing power of whipping leg to the maximum to achieve the effect of defeating the opponent by the surprise move.

### **3.6. Infusing the spirit of martial art Sanda into the teaching class**

Students are the main body and beneficiaries of the teaching skills, and also the learners. Therefore, in the training of technical style, we should pay special attention to infusing the spirit of martial art Sanda into class. On the one hand, it is necessary to make clear the trend of students' thinking; on the other hand, students should be cultivated the perseverance of the students, the tenacious will, and the spirit of suffering. At same time of constantly reaching the exquisite technology level, it is necessary to combine the education of traditional martial

arts morality, pay more attention to the inheritance of marital art morality and shape a good mental outlook and related qualities.

#### 4. Improvement Measures and Conclusions

The teaching of whipping leg technique should be combined with boxing, wrestling, and stepping to improve the teaching content, enhance training times, and establish more scientific training method, making students obtain the core elements of whipping leg technique in Sanda during learning and training.

Strengthen the training of students' expertise, clarify teaching objectives, cultivate students' excellent mental outlook and strong will quality to achieve the real purpose of Sanda teaching.

Strengthen the imagery training of the whipping leg technique in Sanda. In the course of the training, students can find the basic movement direction and imitate the related difficult movements. Learning in a proper degree of difficulty, arouse the attention of the students to a greater extent, and strengthen students' related memory of the technical movements. Teachers' demonstration plays a direct role in promoting students' initial cognition. Guide students to observe carefully to find out the main points of action and operation skills, so that students can establish a complete image of applying the whipping leg technique in the mind.

Integrate and modify the whipping leg movements learned by students. On the one hand, enhance students' deep understanding of related movements, and on the other hand, modify students' technical movements and make them get to reach a higher standard. At the same time, it is necessary to transform the single action of the students into the systematic action through guidance, enhance the coordination of the action and improve the learning system of whipping leg technique in Sanda.

Imagery training can enhance students' perception and control of muscles, then control the rhythm of movements, understands the connection between actions, judge whether their actions are right or not, strengthen the analysis, and constantly enhance the correctness and scientificity of the application of whipping leg technique. Strengthen the students' consolidation practice. The repeated exercises are conducive to the formation of conditioned reflex, and make the students subconsciously memorize the technical movements of the whipping leg. Imagery training is an important way to improve and consolidate skills. It can effectively regulate local movements, achieving overall integrity, and enhancing rhythm and coordination of movements. The training of the students' strain capacity should be carried out on the basis of training the martial arts action skills. The imagery train-

ing only plays a guiding role, and it is necessary to find a breakthrough from the students' self-study and repeated practice. By using auxiliary methods, students can have a deeper understanding of the core of whipping leg technique in Sanda, and then achieve effective coordination between concentration and relaxation in training and actual combat, thus forming a perfect whipping leg technique exhibition.

#### 4. Conclusion

The learning of whipping leg technology should focus on coordinating related movements, grasping core elements, and strengthening imagery training. And under the combined function focused training and auxiliary exercises, the actual combat level of whipping leg technique in Sanda can be improved.

The application of whipping leg technique in teaching, on the one hand, should pay attention to the cultivation of students' interest in learning and create an efficient classroom. On the other hand, qualities related to willpower of the students should be cultivated more to improve their personality and enhance their abilities in all aspects. Thus, play an important role of Sanda teaching, and at the same time popularize Sanda technology in colleges and universities.

#### 5. Conclusion

The application of the imagery training method in the whipping leg technique in martial art Sanda is the comprehensive embodiment of the formation of action skills and movements. In this way, students can master the routines of the whipping leg technique in marital art Sanda and get more correct whipping leg technology in the process of continuous adjustment, which also plays an important role in the automatic adjustment of students' psychology. Educators should pay attention to the guiding role of this method, and constantly improve and enrich the teaching methods of Sanda. On the basis of consolidating practice, the practical effect of Sanda whipping leg technique in the field of students' application can be realized.

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