

Research on the Developing Status and Countermeasures of Competitive Sanda

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Abstract: At present, there are two main types of Sanda in China. One is competitive Sanda, another is the mass Sanda. These two types of Sanda are under serious unbalanced development. Through consulting various literatures, combining with the teaching practice of some schools, and referring to the development characteristics of other countries, this paper makes a comprehensive analysis of the problem. This paper describes and analyzes the current situation and countermeasures of competitive Sanda sports. It also puts forward personal opinions while analyzing factors that limiting the development of Sanda Sports, hoping to make contribution to the rapid, stable, continuous and efficient development of martial art Sanda events in China.

Keywords: Competitive Sanda; Development status; Countermeasures

1. Introduction

Martial art Sanda is an important sports event, which is welcomed and favored by more and more people, and occupies an important position in the world sports field. From the aspects of speed and degree of development, the mass Sanda develops obviously far from than the competitive Sanda. The serious imbalance of development has formed an obstacle to the all-round development of Sanda. Therefore, in order to ensure the status of the Sanda in the world sports, it is necessary to consider the problem from the perspective of the all-round development of Sanda. Sanda should be continuously expanded and improved, and assessed from the angle of all-round development. Promote harmonious and coordinated development of competitive Sanda and mass Sanda. Gradually make them the popular and lovable sports just like fighting sports which is welcomed by people all around the world. Fighting sports contains many projects such as boxing, wrestling, karate, kickboxing and Sanda should also refer to it and continuously enrich its content. Moreover, many projects of fighting have already entered the important lists of Olympic Games. They have strict rules of competition, and can also reflect national characteristics. They are cultural symbols of martial arts of a certain country or a few countries. The well known Japanese Judo and South Korean Taekwondo enjoy high reputation in the international competitive stage, and are applied and known well by people in daily life. Compared with them, development of Chinese martial art Sanda is far away. We should fully understand the development status of Sanda, and compare it with other Olympic Games, and analyze the various factors that affect the development of competitive Sanda. And seek solutions with hard study and experiment to make China's martial art Sanda go to the Olympic Games as an important

project in fighting sports, contributing to the development of martial arts and the dissemination of Chinese contribute and maintain the development advantage of Chinese competitive Sanda.

2. Difference and Development Status of Wushu Sanda

2.1. Difference between competitive Sanda and mass Sanda

Competitive Sanda has a rule for competition, and it's a concentrated showing of attacking and protecting technology such as kicking, punching, throwing, catching, blocking, and holding when playing against players. It is one item of sports as well as a part of Chinese boxing sports. Competitiveness is an important feature of competitive Sanda, and in the course of competitive sports, competitive players pay much attention on their competitive performance. The relevant rules must be obeyed, and according to the relevant requirements, athletes use certain skills and tactics to hit the important parts of the opponent's body to achieve high performance. To achieve competitive success, athletes must use both intelligence and physical strength. Mass Sanda greatly differs from the competitive Sanda. The former doesn't pay much attention to practicability and competitiveness and its main function is for entertainment, fitness, education and so on. People use it to make their bodies healthier. The diversity of mass Sanda embodies on having no fixed form, routines or strict requirements, making people with various nationalities, beliefs, ages and sexes be able to practice it without any constraints. It is a sport item which everyone can participate in.

2.2. Development status of Sanda

Chinese martial art Sanda has a deep historical origin. It is one of the sports developed by traditional martial arts. Not only it is a continuation of martial arts athletes' skills but also it combines other marital art skills, showing significance in developing Chinese martial arts. It contains kicking, beating, throwing, holding and other actions, and in addition to hands and feet for the range of protection and attack, other offensive techniques such as wrestling can also be used. In recent years, with the increasing development and exchange of Thai boxing and other sports which has wide usage of leg, and knee more, the restriction on attacking the knee and elbow is loosen in Sanda. The means of attack and anti attack are also highlighted. There are numerous ways of martial art Sanda. It is fiercer, contains the richest combating projects and uses more skills. Therefore, whether martial art lovers or ordinary audiences have strong interest in it and love it.

At present, the martial art Sanda is constantly developing to every corner of the world, and it has become the focus of some national and regional sports. The reason why people love lies in its rich content. It is a sport combining Judo, taekwondo, Thai boxing, and is a relatively more intense combat sport. The continuous development of Sanda must conform to the international standards. When making relevant rules, it must be strict and independent. After learning and mixing the advantages of other fighting skills, it must constantly improve its various aspects. The development of Sanda in China has been developing rapidly. The communication with foreign countries has been increasing. It has held a lot of competitions and exchanges of professional boxing sports in some countries, and has achieved excellent results in competitions as well as great inspiration and progress during communication. In order to win great success, Sanda must stick to the strategy of going out. First, technology should go out; second, thoughts should go out. The combination of the two makes sure of the development of the Sanda movement. Sanda has become one of the events of boxing competitions in the Asian Games. Nearly 100 countries in the world are developing and participating in this sport. So it can be seen that Sanda has been paid unprecedented attention. The rapid development is surprising, and the momentum of development is also very good. However, the popularity of competitive Sanda is not high. Apart from courses offered by the Sanda Team in provinces and cities, as well as all kinds of sports colleges and martial arts schools, there are few courses opened in primary and secondary. Competitive Sanda is not only competitive sports, but also the integration of Chinese martial arts culture. It is the innovation and reproduction of traditional sports. Therefore, dissemination scope of the sport should be enlarged, passing it on from internal control to comprehensive teaching. Achieve the essence of martial arts, fully displaying the characteristics of Chinese martial arts.

2.3. Factors affecting the development of competitive Sanda

2.3.1. The influence of imperfect competitive rules

In 1979, China began to formally carry out the competitive sports such as Sanda. During this period, the rules changed a lot and were in a state of constant modification, though its whole structure remains the same. After decades of development, competitive Sanda has become an independent competitive sport, and cannot see the shadow left by traditional martial arts, which is the main reason for the change and formulation of rules and regulations, showing the importance of the rules. Importance should be attached to the position determination of competitive Sanda. It's the key to work and the ways to solve the problem to guide and promote Sanda into the Olympic Games and have certain development advantages. It is known that there are some differences between competitive Sanda and other fighting games. Judo takes mixing, throwing, and seizing as its three main techniques and determines the winner by the situation when one player makes other side fall down with his or her back down as well as make other side commit lose through forcing his or her elbow garrote and strangling neck. While as for Taekwondo, it prohibits attacking knee elbow, pushing and falling, and normally obtains scores by fist and feet. But unlike other sports, Sanda forbids cerebral and crotch attack as well as counter action. Apart from them, it contains rich actions and use various martial arts to realize the anti attack tactics except the prohibited ones.

The different forbidden parts reflect the different characteristics of various competitive sports, becoming their own feature. The technical characteristic requires different technical features which has become an important part to decide the winning and losing of competitive competitions. Taekwondo is characterized by its fist and feet techniques, which is an important embodiment of the rules setting. Sanda's rules are also constantly enriched in order to various fighting ways and too much limitation will seriously affect the martial arts characteristics of Sanda, and will cause trouble to the final result of Sanda. There are a lot of problems in the traditional technique of martial arts such as being unsuitable for actual combat. Besides, the athletes are lack of practice in daily life, which weakens their competitive ability and affects their final result. If Sanda relies too much on the traditional technology, it will greatly weaken its practicability in actual combat, leading to less comprehensive action, weak state of initiative attack and less high-scored action.

2.3.2. The spreading mode affects the development of competitive Sanda

Although being one of the ethnic martial arts in China and having developed for more than 20 years, competi-

tive Sanda has very low popularity rate. It is mainly spread out and known by people through competitions. The sports colleges and schools also make little contribution to its spreading which should be enhanced. The spreading by teaching needs the professors with professional level who have not only years of Sanda teaching experience but also practical competition experience. Only in this way, can the overall level and its competitive level of the Sanda be promoted.

2.3.3. The influence of the economic system itself

The constantly increasing level, which is improved through various competitions, of competitive Sanda plays an important role in its own development. A great publicity has been formed through international and domestic competitions. The wide popularization of Sanda technology has also become an important process for the world to understand China. The low degree of popularization is not conducive to the development of traditional sports. In the field of education, if the level of professors is not high, it will inevitably affect the promotion of Sanda. The limited formulation of rules also depresses the characteristic and style of Chinese martial arts style which should be under vigorous, open and diversified development.

3. The Development Strategy Based on the Development Status of Sanda

3.1. The development strategy for competitive Sanda

3.1.1. Innovation of traditional technique

The key of Sanda is the innovation of techniques. However, there lacks of deep research of traditional martial arts techniques, resulting in the single modern Sanda technique and improper application which effects the development of Sanda. Therefore, on the basis of inheriting the advantages of traditional martial arts, a lot innovation and change should be carried out to achieve national characteristics and obtain flexible and rich content, providing greater strength for the development of Sanda. The all-around and deep research of Sanda technique will play the most direct role in promoting Sanda, and also contribute to the technological innovation of Sanda, thus achieving the rapid upgrading of Sanda level. A lot of hasr work should put in the field of combinatorial innovation. Carry out specific research and refer related experience. From the aspects of creating flexible actions and vigorous and agile skills, provide comprehensive progress in Sanda technology, achieving great development in the core.

3.1.2. Strengthen the rule making and improve the quality of the referee.

In competition, the rules are very important and the correct and fair rules can make more effective the result, which can potentially promote the continuous progress of

the Sanda technology. Besides, the quality of the executor of the rule-- the referee, is also very crucial, because referee is the person who decides the winner and affects the fairness of the results, playing important role in improving the enthusiasm and skills of the athlete. To a large extent, the quality of referee shows great influence on the progress and development of the whole sports events as well as the level of the events. Therefore, while formalizing the standards and rules, a perfected system for managing referee should established to ensure the correct and reasonable scientific system can be implemented in a fair and impartial environment and ensure that athletes' every drop of sweat can get a fair return, thus making sure of the efficient, fast, stable and healthy comprehensive scientific and orderly development of Sanda sport.

3.1.3. Strengthen the advertizing to realize the fashion of Sanda Sports.

On the basis of publicity and advertisement, Sanda constantly become popular and walk into the lives of ordinary people. In the effective communication, improve the efficiency of media cooperation to enhance the publicity of Sanda and provide enjoyable project to more people. There is a gap between the development of Sanda and that of judo, taekwondo and other forms of competitive sports. Therefore, we should constantly learn from other sports for their publicity and packaging experience. Create new development and propaganda means, so as to enable people to understand Sanda in the shortest time and be willing to enjoy Sanda sporting events, providing conditions for the development of Sanda Sports more quickly. The enhancement of the fashion of Sanda should start with its basic costumes, so that the competitive personnel can have relatively fashionable and attractive clothing that can represent the uniqueness of Sanda skills. Enhance the mass basis of Sanda so as to provide help for its development.

3.1.4. Strengthen the integration of traditional martial arts to form the correct etiquette and enhance the strength of Sanda skills.

On the one hand, the introduction of the traditional martial arts can be conducive to long-term development of Sanda with increasing its cultural thickness; on the other hand, it can attract and train a number of martial arts talents who have martial arts quality and level. Set up martial arts etiquette is the foundation to achieve the idea of being accomplished with both the pen and the sword. In addition, the reflection of national elements in the clothing and protection equipment is an important way of cultural communication. Under the unified and standardized mode of communication, Sanda will gradually become the world's top fighting sport.

3.2. The development strategy for mass Sanda

3.2.1. Make direction path and even the breakthrough point of development.

As the most effective development measures, it is an inevitable move to find the best breakthrough and path for the promotion and development of the mass Sanda. The education and teaching of the campus should also become the important publicity and development direction of the Sanda. The popularization of Sanda, should pay attention to development and advertisement with the multi-channel and from multi angle. The campus curriculum reform can be used to meet the technical requirements of adolescent for Sanda. Playing the role of Sanda as a fitting way is an important development method, laying important foundation for propaganda and smooth development of mass Sanda.

3.2.2. Carry out experience exchange and study through other fighting sports, constantly improving the fighting techniques and reform.

At present, in some foreign countries, fighting sports such as Korean taekwondo, Japanese judo and karate, have been developing very fast which has attracted wide attention worldwide and even become a popular sport for young people. With a long development history and rich development experience, various traditional sports can provide reference for mass Sanda to refer to, to achieve the improvement of its level and develop its techniques.

3.2.3. Pay attention to the problems of athletes after their retirement

For the training of reserve personnel, instead of totally rely on the state appropriation, all resources should be made fully used of and make reasonable financing. The sports department and the education department should

fund together to promote the development and the combination between Sanda and sports teaching. On the basis of making full use of social resources and resources, we should strengthen the organic composition of sports and social forces and adopt various ways of raising funds to increase the relevant system configuration of coaches and athletes, thus constantly promoting and improving teaching and training.

4. Conclusion

In a word, Chinese martial art Sanda is facing a serious problem of unbalanced development, mainly the gap between the developments of competitive Sanda and mass Sanda. Facing with such problems, we must find a way to solve it and in the existing countermeasures, solutions should be enriched to deal with the problem from all aspects. Sanda competitive technology should be developed in a comprehensive, orderly and scientific way according to the relevant provisions of the state, and get relevant development experience during the competitions with other countries. The characteristics and solutions of Sanda should be established and perfected, so that Sanda can move forward in a higher, stronger, sunnier, more stable and faster way.

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