

# Current Situation and Improvement Strategies of Internationalization of Competitive Wushu Routines

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**ABSTRACT:** *By using the method of combining oral history of martial artists with literature review, 13 martial arts experts were interviewed to study the internationalization of competitive martial arts routines. The internationalization development of competitive Wushu routines also has the problems of "uneven scale of development of various countries" and "lack of strict evaluation criteria". Four countermeasures are put forward: 1) simplifying actions and establishing normative standards; 2) establishing a fair and just arbitration system and coordinating evaluation methods.*

**KEYWORDS:** *Competitive martial arts; martial artists; Oral history; Martial arts routines; Internationalization; Internationalization of martial arts*

## **1. Introduction**

In recent years, the extensive development of oral history research has enabled various strata to establish a broad sense of belonging and mutual understanding between generations. The unique value of Wushu in its development and inheritance and the important position of Wushu practitioners in the field of Wushu have become an important reason for the urgent need to carry out the study of oral history of Wushu. The group of Wushu countries selected in this study is the first group of members of the expert committee of the National Wushu Research Institute and 10 well-known professors in the field of Chinese Wushu research. In addition to the late

Wushu artists, 13 Wushu experts were interviewed with an average age of 78 years. They are located in Beijing, Shanghai, Guangzhou, Hangzhou, Wuhan, Chengdu, Taiyuan, Shijiazhuang and other places. These Wushu practitioners are witnesses of the development of Wushu in the People's Republic of China. They have participated in the formulation of policies for the development of Wushu and experienced major historical events of Wushu. They have provided abundant oral historical data for exploring historical details and historical events of little known and turning significance in the development process of Wushu. While enriching the research perspective of Wushu discipline, on the one hand, it broadens the research vision of Wushu history, and makes a useful supplement to the development of the history of Wushu in the People's Republic of China. On the other hand, it also strengthens the humanistic concern of Wushu history, which has important historical and cultural significance for the promotion of traditional culture and the promotion of humanistic literacy<sup>[1]</sup>.

## **2. Current Situation of International Development of Competitive Wushu Routines**

### ***2.1 The uneven scale of development of Wushu competition organizations in various countries exposes the imbalance of international promotion of Wushu***

In the process of international promotion and development of competitive Wushu routines, the uneven development of regional overall level, the significant difference of popularization efficiency among countries, and the phenomenon of not going deep into the public and only staying at the service of professional teams have become the shackles hindering the development of competitive Wushu in various countries or regions. Firstly, although the international promotion of competitive Wushu has established various international Wushu competition organizations and held international Wushu competitions regularly, it is only limited to the development and promotion of professional team competitions in various countries, which limits the popularization and propaganda of Wushu among the overseas public. For example, in an interview, Qiu Pixiang said, "In a world Wushu championship in Rome, only athletes were competing, and there was no audience. Roman citizens did not know that local Wushu competitions were held, and the

venues were very depressed. Although Wushu has entered the world and been promoted to the international level, there is a big gap in the popularity of Wushu. In many cases, a few people represent a country to participate in the competition. Secondly, although more and more Wushu organizations and groups have been set up in succession in various countries and joined the International Wushu Federation, this does not reflect the popularity of Wushu in the country. The international membership of many organizations is only the overseas Chinese of the country who are supporting their development. It has been reported that many people in many countries are puzzled when asked whether they know the Wushu routine and whether they have heard the name of a certain type of boxing. On the one hand, it reflects the differences in the propaganda and popularization of Wushu in different countries; on the other hand, it is the reason why Wushu technology is separated from the public for competition service, that is, whether the existing competitive Wushu routine technology adapts to the specific situation of foreign personnel's learning and training, and whether it should be adjusted and transformed in the process of development. During the interview, many Wushu experts mentioned that the injury of competitive Wushu routines is an important issue in the internationalization of Wushu. Especially in foreign countries, most of the coaches are personal coaches, and the coaches are responsible for the injuries of athletes in training. In the interview, Chen Shun'an said, "Competitive Wushu is very difficult, competition training is vulnerable to injury, the treatment and insurance after injury is the problem facing, so it has become an obstacle to the development of competitive Wushu in the world<sup>[2]</sup>."

## ***2.2 Lack of strict criteria***

The development of competitions reflects the problems faced by competitive Wushu routines in the internationalization of competition-oriented development, the most prominent one of which is the establishment of evaluation criteria. Strict criteria are the important guarantee of fairness and fairness. Due to the low discrimination in judging competitive Wushu routines, delegations have been arguing about the final ownership of gold medals in various competitions. Especially in international competitions, there is little difference in the level of the first few martial arts athletes. The lack of rigid indicators in Wushu routine competitions is a

difficult problem in its internationalization development. The evaluation criteria also become an obstacle for Wushu to enter international competitions. On the one hand, this problem is not conducive to the promotion of foreign competitions. On the other hand, the difficulty of evaluation easily leads to the difficulty in defining the first and second rankings, and on the other hand, Wushu routines emphasize the characteristics of Chinese traditional culture of perception, which makes Wushu difficult to develop. The routine competition is more challenging on the road of internationalization. On the basis of fully studying the characteristics of this project, we should find out the suitable international scoring methods for Wushu routines, and the competitive Wushu routines aiming at the Olympic Games need to take a solid step towards the Olympic Games through careful study of rules and refereeing methods. In the interview, Pang Lintai suggested: "To facilitate concretization, evaluation, control and operation, we should continue to improve and develop the evaluation criteria on the basis of existing rules<sup>[3]</sup>."

### **3. Improvement Strategy of International Development of Competitive Wushu Routines**

#### ***3.1 Setting Standards and Simplifying Action***

The quantification of difficulty standard and the change of every link of technical action are the turn to adapt to the international development to promote the standardized development of routine technology. From the perspective of external development, if a sport is to be carried out widely in the world, it needs to have the training conditions for popularization, simplification, unification and standard of sport technology. Firstly, the movements should be simple and easy to learn, highlight the characteristics of fists and emphasize the norms of movements. In the form of retaining the characteristics of movements and technical styles, the complicated movements of Wushu routines should be simplified and the lengthy routines should be re-combined in series. This will not only facilitate foreign teaching to adapt to the learning methods and characteristics of international groups, but also can keep the style characteristics of fists. For example, Tan Guixiang combined his own learning to create a simplified routine of Chen's Taijiquan, which attracted many international friends to come to study. Secondly, whether in

competitions or as teaching content, competitive Wushu needs unified and simplified standardized movements as support, referring to the technical norms and methods of other international projects, according to the specific conditions of the physical and mental characteristics of the international population, targeted design of action norms and teaching standards, so as to facilitate training. Finally, the development of competitive Wushu routines should be different from the spread and development of traditional Wushu. The internationalization of competitive Wushu routines should be based on the simplified norms of technical movements, establish national standards for popularization and popularization, and take "coordinated regional overall development" as the ultimate goal, so as to realize the internationalization of competitive Wushu<sup>[4]</sup>.

### ***3.2 Establishment of a fair and just ruling system and coordination of evaluation methods***

Fairness and justice are the most basic principles and professional baseline that judges should abide by in competitive Wushu competitions. To establish a fair and just system of arbitration, we need to solve two problems: one is the form of arbitration; the other is the evaluation method. The form of judgment mainly adopts the scoring method of "avoidance system". It ensures fairness and fairness by combining the big evasion method of referees who have nothing to do with the first few referees and the small evasion method which can not give their own national athletes a score. As a referee, we should set up correct judgment concept, be proficient in business, be familiar with competition rules and judgment law. For example, Xia Baihua believes that "proficiency in rules includes not only proficiency in written language, but also proficiency in meaning and application. It requires personal experience, practice and research." On the other hand, in terms of evaluation methods, the rules of competitive Wushu routines initially drew on Gymnastics scoring methods. At present, there are various problems, which indicate that competitive Wushu can not be completely evaluated in accordance with higher, faster and stronger requirements, can not be completely evaluated in a scientific and quantitative way, and gymnastics is not all quantified, and needs to be evaluated in an evaluative way. Qiu Pixiang put forward: "We can learn from the evaluation method of Wushu competition of"rough evaluation and detailed evaluation". The

so-called rough estimation is the overall impression of the Chinese martial arts hand, eye, body, footwork, spiritual, Qigong after a set of training, according to the ability, coordination, spirit, technical specifications and so on, a general score, good or bad can be distinguished and compared. After defining a basic score, a detailed review of the technical details, such as the penalty for foul errors, will be carried out. The emphasis of evaluative judgement lies in the referee's professional ability. We should not only know the characteristics of boxing, but also define the style of routine exercise. The expression of movement and strength can be seen from the skill of one punch and one leg, which is the requirement of the referee's "rough estimation" ability. "Detailed evaluation" requires the formulation of quantitative standards, and on the basis of the study of technical characteristics, it studies the actual problems in the competition, in order to demonstrate the feasibility of quantitative standards. Xi Yuntai put forward: "The difficulty of movement is a score, the body method and the strength are a score, the impression is divided into a score, the three scores are added together, and the specific deduction points should conform to the rules<sup>[5-8]</sup>."

In the process of moving from domestic to international, the competition system, rules, methods and supporting measures of competitive Wushu routines are also changing adaptively, and are constantly being tested and challenged by the collision of Chinese and Western cultural exchanges. Reviewing and reviewing the internationalization development of competitive Wushu routines is to explore new ideas for the better development of competitive Wushu routines. While reconstructing the blueprint for the internationalization development of competitive Wushu routines, it also opens up a new way for the development of oral history for the study of today's Wushu discipline.

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