

The Influence of Wushu Routine Rules Changes on Training and Competition

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ABSTRACT. *Wushu, as a long-lasting sport of the Chinese nation, plays a vital role in the development of traditional Chinese culture. At the same time, due to the great development of internationalization, Chinese Wushu has gradually joined the Wushu competition due to the influence of Western sports culture , And see if changes in Wushu rules affect Wushu competitions. This research is mainly based on literature data method, expert interview method, logic analysis and other research methods to summarize and summarize the impact of Wushu rules on technology in various periods. According to the changes of Wushu rules in different periods, the impact of Wushu rules changes on Wushu competition and training Analyze, adapt to the development of Wushu competitions, analyze the pros and cons of Wushu training and competitions today, adhering to the essence of Wushu to remove the scum Wushu spirit, and put forward reasonable suggestions for the future development of Wushu sports.*

KEYWORDS: *Wushu, competitive sports, rules*

1. Introduction

Since the first national sports meeting in 1959, Wushu routines have accompanied us for half a century under the guidance of the competition. It has been deeply rooted in the Wushu system. The routine of Wushu has been from the beginning. Today's constant changes are more challenging the physical fitness of Wushu people. The flexibility of movement has become a magic weapon to win in Wushu competitions. From the initial movement of poor jumping ability, to the perfect reversal of the air today, the breakthroughs have created contemporary. The multi-level martial arts system also enhances the charm of Wushu itself [1].

Training is one of the indispensable aspects of Wushu competition. Inheriting the essence of Wushu requires countless times of practice. After repeated consideration, the sentence of one minute on stage and ten years off stage is more appropriate for Wushu. Fairness and Science. Wushu routines have been revised and supplemented 12 times from 1959 to 2016. An important provision of the new rules is to use the difficult movements of individual outstanding athletes in the

competition as optional actions in the competition, and divided into three different levels of A \ B \ C, some athletes will work harder in order to get a better ranking, and strive for a perfect performance in the game, which means that the appreciation of Wushu competitions will be greatly increased. At the same time, we the difficulty of Wushu training has also increased, and athletes will devote more energy to training to participate in competitions.

Shortly after the implementation of the new rules, there were some fascinating problems. For example, athletes suffered muscle strains in order to achieve perfect movements, or due to the high intensity of usual training, the number of losing matches continued to increase, greatly reducing athletes ' Wushu enthusiasm of the game. For example, increasing the flexibility of the venue and increasing the quality of the props, but still does not reduce the trend of the above problems.

By analyzing the evaluation system, content revision, technical actions, athlete training and other aspects of Wushu competition rules, understand the development process and laws of competitive Wushu routines, and summarize the guidance of competition rules on the development of competitive Wushu routines. First, the role of the competition rules as a guiding document in the competition is very important. By studying the competition rules, it will provide a theoretical basis for competitive Wushu routine coaches and athletes to train and participate more scientifically. Second, with the continuous development of society, the competition rules must be adjusted accordingly. By exploring the development trend of the rules, Wushu competition rules are enriched and improved to promote the development of competitive Wushu routines.

2. The evolution of Wushu rules

2.1 Reasons for the evolution of Wushu rules

With the continuous development of martial arts, the rules of Wushu are not in line with the development of the general public. The determination to incorporate Wushu into the Olympic Games. The rules of Wushu are constantly changing. On the other hand, for Wushu athletes, the training of Wushu is to obtain a better level of competition. The task of the competition is to convert the acquired ability into achievements. The sports ability of athletes has inspired the fighting spirit of athletes, and also affected the training of Wushu [2].

2.2 Analysis of changes in Wushu rules

Throughout history, we can see that ancient traditional Wushu are mostly self-protection, most of which are techniques to suppress the invasion of foreign

enemies and to stop wars. It has effectively solved the foundation of regional security, and at the same time more people passed the training of Wushu makes the mind more flexible, strengthens the adaptability, and the simple and easy movements can easily improve the spirit and physical quality of people. With the development of the times, Wushu is not only a form of self-defense, but also evolve into competition Ways to make Wushu more systematic and scientific [3].

The 1959 " Wushu Competition Rules" is the first comprehensive, scientific and systematic one in China. It is also an important symbol for the realization of Wushu competitions. Wushu competitions are no longer disorderly and irregular. Its implementation is extremely conducive to the improvement of Wushu skills and adapts to the Wushu model at that time.

The 1960 " Wushu Competition Rules" were slightly adjusted from the 1959 rules, changing the amount of Wushu routine content and the speed regulations in Wushu.

In 1973, the scoring standard was classified according to technology, and the referee's scoring standard for athletes was more detailed. The referee can use the severity of errors and errors that occur when the athlete completes the action as a judgment standard, which is conducive to the referee's scoring and can be better. Guide the future development of Wushu.

The "difficulty in performing difficult and innovative moves equally" set in the 1973 rules has become a chattering topic in the Wushu world. Some people think that the difficulty of Wushu lies in the unique strength, strength, footwork and legwork of Wushu wait, mostly lies in the basic skills of Wushu; while the other school believes that the more flexible movements such as jumping and rotating in Wushu can reflect the difficulty of Wushu. In the subsequent Wushu competitions, most athletes developed Wushu jumps and other movements to standardize the difficulty of Wushu competitions, while ignoring the basic requirements of Wushu. At that time, the Wushu sports only stayed in the 360-degree rotation of the Wushu spinner. Through the breakthrough, the emergence of these problems has also attracted great attention from the Wushu community.

2.3 Comparison of old and new rules

With the development of Wushu and the improvement of the comprehensive ability of Wushu athletes, the old rules of Wushu no longer meet the needs of development. The new rules have greatly improved their actions and creativity compared with the old rules of the past [4].

2.3.1 The content of the routines of the old rules is quantified, and the space is restricted

For example: The old rules mainly focused on the basic framework of Wushu, such as basic hand shape, maneuver, walking, etc. There were strict regulations on jumping and balancing. As a result, most of the Wushu were mainly knee-lifting and Yan-style. Both the content and the specified shape are limited, which leads to the similarity of the participating routines as high as 60% or more, causing the audience to lose their fun, and the similar movements limit the good performance of the athletes' personal abilities.

2.3.2 The routine of the new rules is conducive to the athletes' personal ability

With the introduction of new rules, the difficulty setting is more diversified and specific, and the rules of Wushu are more detailed. The difficulty level of Wushu is set and scores are given according to the difficulty level of the action, so that athletes can within the scope, give full play to your strengths, avoid weaknesses, use your Wushu skills to the fullest, challenge your own difficulty level harder, and improve the success rate of Wushu difficulty. Many athletes go from clumsy to perfect jumping and spinning. This is an improvement.

Compared with the old rules, the new rules are more open to the difficulty movements specified. They are no longer restricted to athletes' Wushu sports. The difficulty coefficient of Wushu is also more detailed, which makes Wushu training more compact. Since the introduction of the new rules, Wushu competitions have attracted much attention. There are many people who commend the awards, and not a few critics. Undoubtedly, it has become the focus of debate in the Wushu industry. The new sports rules often amend the old and unreasonable regulations. However, we should pay attention to the introduction of a new rule as soon as there is a problem to make up for the loopholes and make the rules more complicated. Complicated, in reality, poor operability, it is not suitable for implementation.

3. The status and problems of the evolution of Wushu rules

3.1 Characteristics of the new rules

In the development of Wushu, it must follow its own regularity, otherwise it will deviate from the track. Wushu competition Since the 1950s to the present, the new rules of Wushu mainly take "high, difficult, beautiful, and new" as the main general development direction. "High" means that the quality of the actions to complete the Wushu routines is higher, To meet the basic requirements of the competition regulations, to achieve perfection; "difficult" refers to the difficulty of

completing the Wushu competition is greater, to play the comprehensive quality of athletes, high standards and strict requirements to increase the difficulty coefficient of Wushu, which also prompted Athletes who compete in Wushu play their unlimited potential and strive to surpass themselves; the word "beauty" literally means that there must be a sense of beauty in the completion of the action. "New" is innovation, and the development of things is inseparable from the ability to innovate, as is Wushu. A single Wushu routine is not loved and has no vitality, and innovation is the requirement of Wushu development. The integration of these four aspects is the direction of continuous development of Wushu.

3.2 Problems in the implementation of Wushu rules

In the spirit of continuous advancement and continuous creation of high-tech Wushu, the new specifications propose that Wushu should be of high quality, technically stable, and innovative in style. read. Therefore, athletes should take Wushu competition as the goal in their usual training, abandon the old traditional Wushu training methods, change the training content of Wushu, give full play to their own strengths, and challenge different Wushu tricks according to their physical fitness. In fact, this is a kind of progress. The development of things is from low to high and rising. Most athletes in Wushu training try to challenge high difficulty. It is a challenge to the self, and it has unlimited possibilities in limited ability. Friends are often, once unfinished moves, challenge again, not twice, try the third and fourth times again, have the Wushu spirit that will never lose. The emergence of new rules of Wushu will inevitably adapt to a period of time. However, in the process of adaptation, we have also seen that the development of Wushu rules is one-sided, only focusing on the difficulty of Wushu, and ignoring the essence of Wushu and basic technology that Wushu should pay attention to in the development proportion is constantly weakening.

3.2.1 The technical requirements are too high and the difficulty factor is large

Wushu competitions have always emphasized competition, and the Wushu rules also focus on the difficulty coefficient of Wushu sports. Compared with the new rules in 2003, the difficulty coefficient of Wushu has greatly increased, and the score of action quality is gradually decreasing as a result, many athletes deviated from their thinking, over-emphasized the difficulty of movement and ignored the key to the level of Wushu practice. Blindly pursuing gymnastic Wushu competitions, the competition lost its originality and creativity, and lost its original value.

3.2.2 Impact on Wushu athletes

Through the investigation of excellent athletes, many athletes can quickly adapt to the new rules of Wushu s and choose a reasonable training method according to their ability. It is observed that excellent athletes have formed their own Wushu style,

movement specifications and technology. All have been improved, but due to the increase in difficulty scores, most athletes need more energy to complete the prescribed movements, and often there are fewer technical training courses. Improving the level of exercise will inevitably take time and effort. Studying Wushu routines will inevitably cause reaction and increase the difficulty coefficient, causing many athletes to cause muscle strain and physical injury during training. At the same time, they may also cause self-loss, personal positioning shift, and loss of Wushu development direction. I don't know what is the original intention of practicing Wushu. The oppression of the competition, the pressure from parents, friends, and teachers are destined to increase the psychological burden of the athletes. It is bound to not be able to concentrate on the competition on the field. Various factors are what we need to pay attention to. Only focus on the completion of the action, ignoring the technical specifications and exercise level of the action.

4. Future development trend of Wushu rules

The rules of Wushu change, but don't ask to avoid the light. Don't pay too much attention to the difficulty of Wushu and ignore the inner essence of Wushu. Just like the development of our times, no matter how changes in technology and new trends will not abandon ancient Confucian culture. The importance of letters is not overlooked, as is Wushu, which is inseparable, we can increase the diversity of Wushu, create more Wushu culture, let more people understand the spirit of Wushu, and participate in Wushu competitions. After all, public recognition is the cornerstone of the development of everything [5].

Secondly, the requirements for Wushu training venues. Wushu training venues play a vital role in athlete training. Previously, we had no carpet and trained on the floor. Many athletes suffered from knee or arm silting due to movement errors. Youth or more serious situations are not conducive to the future development of athletes. After the Wushu association's rectification of Wushu venues, many athletes benefit, but after all, they are not popularized. Many Wushu venues are not standardized, hoping to attract the attention of Wushu organizations[6].

Once again adhering to the sporting spirit of taking its essence, Japan, which is across the sea from China and has the same Wushu culture as China, retains the original simplicity of Wushu in its development, and highlights the focus of Wushu development to make its Wushu[7]. The smooth development and scientific development will have their pros and cons. We can learn from the Japanese Wushu culture, learn from strengths and avoid weaknesses, Wushu can be more international, and more Wushu exchanges and communications between countries are essential for the future development of Wushu. The role of science is the world, and the more innovative self-martial arts culture is in line with the world and will never be outdated[8].

To enhance the comprehensive quality of athletes, many athletes can perfectly display their examples during the training process, and on the court, due to various factors will cause the competition to lose, looking at the Olympic champion, Li Na, Ning Zetao It is difficult for an athlete to win a championship when he wins a championship. This is very difficult for an athlete on the field. It may be seen that the other athletes play well, their mentality will change, and their palms will sweat. These are all problems that often occur among athletes. We can give ourselves a psychological hint that the instructor should give a certain guiding role during training, and cultivate the comprehensive quality of each athlete, which is more conducive to the smooth progress of the games[9].

Finally, we need to innovate Wushu routines. Most of the Wushu routines at this stage are evolved from the differentiation of traditional Wushu routines, mostly due to the competition of Wushu, and lack of logic. The innovation of Wushu routines should be introduced in the specified actions of the competition. Combining to avoid blindness, it is necessary to constantly exert subjective initiative during training, listen to the opinions and suggestions of experts, and avoid detours. At the same time, the Wushu Association should attach great importance to the arrangement of Wushu and strongly support and encourage athletes 'innovative moves. The difficulty coefficients in Wushu competitions is not uniformly specified, and the creative ability between Wushu coaches and athletes is fully utilized. The scoring standards for Wushu is more strict, and basic vocabulary and other vocabulary are not allowed, so that the referee cannot make a good evaluation, and there is a standard for misjudgment[10].

5. Research conclusions and recommendations

5.1 Research conclusion

(1) In the Wushu Routine Competition Rules, the referees adopt the form of group scoring as a sign, and divide the development of the competition rules into (1959-1995) and gradually mature (1996-present) two stages: 6 + 4 scoring and 5 + 3 + 2 scoring format has evolved from the initial manual scoring to the use of computer-assisted scoring, making the scoring more objective and fair.

(2) From 1959 to the present, the action quality score has been revised from the initial uncertainty to the prescribed 6 points and finally revised to 5 points, decreasing year by year. The scores of action quality scores are getting more and more detailed and quantified. The scoring methods in the 1979 version began to be divided into techniques, footwork, legs, hands, and steps; the 2003 version of the competition rules merged the previous methods, steps, etc. into The deduction of action specifications, and the addition of deductions for its error content, from 0.1-0.2 points for minor errors, 0.3-0.5 points for significant errors, 0.6-1 points for serious errors, and to the current confirmation of non-compliance Actions are

deducted by 0.1 points, and other errors are deducted by 0.1-0.3 points, which makes the evaluation of action quality more simplified.

(3)The score of the drill level is not determined from the 1959 version, to 4.3 points in the 1973 version, then 4 points in the 1979 version, and finally 3 points in the 1996 version. The scoring indicators have been refined from strength, coordination, spirit, rhythm, style, content, structure, and layout to the current strength, coordination, rhythm, style, and soundtrack. The addition of the soundtrack also reflects the scoring indicators of the Wushu competition level. It is due to the development of competitive Wushu routines and changes in social needs.

(4)With the development of competitive Wushu routines, difficulty action scores were gradually added to the routines, and the score increased from 0.1-0.4 to 2 at the current stage in 1973. In terms of the number of difficulty movements, the number of difficulty movements in the 1959 version is none. It has developed to 36 current difficulty movements and 56 connected difficulty movements. The difficulty movements are divided into four categories: leg, jump, balance, and plunge. By ranking groups, athletes can choose according to their physical capabilities, which enhances the comparability between athletes and the enjoyment of the game.

(5)At the initial development stage, the requirements of the competition rules make coaches and athletes pay more attention to basic movement techniques, specifications and quality, and avoid non-standard technical movements; while gradually mature stage, in the "high, difficult, beautiful. Under the guiding ideology of "new, stable and stable", coaches and athletes pay more attention to the novelization, diversification and cohesion and expressiveness of technical movements.

(6)From the initial development stage to the gradual maturity stage of Wushu competition rules, difficult movements become the focus of training, and the requirements for the development of physical fitness are more comprehensive; more attention is paid to the whole set of exercise drills; at the same time, psychological quality training is also gradually paid attention to.

(7)The sustainable development of competitive Wushu routines is inseparable from the essential attributes of Wushu, integrating Wushu culture, highlighting the characteristics of Wushu projects, adhering to the development of high, difficult, beautiful, new and stable competitive Wushu routines, and constantly improving the competition Standards make the competition rules more quantified, the competition scoring standards are more objective, and promote the international development of competitive Wushu routines.

5.2 Research recommendations

(1)The revision and improvement of Wushu routine competition rules must always meet the needs of the times. Optimize the deduction of the quality of Group A movements, which is conducive to the referee's operation; strengthen the quantification of Group B's exercise level, further reduce the impact of subjective factors, and promote the objective and fairness of the game; break the score of Group C's difficult movements and add some martial arts-specific features. Difficult movements maximize the role of competitive Wushu routines.

(2)Coaches and athletes should have a deep understanding of the rules of the competition, grasp the rules of the competition, and arrange daily training and competition scientifically and reasonably. Athletes should continue to strengthen the training of basic techniques and equipment methods of competitive Wushu routines. The quality and standardization of athletes 'movement techniques are still the key to the whole set of movements.

(3) The development of competitive Wushu routines needs to be rooted in traditional Wushu, so that competitive Wushu routines can make the most of the characteristics of this project. While combining ornamental, artificial and artistic features, they should give full play to the function and role of competitive Wushu routine competition, Promote the development of competitive Wushu routines.

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