

# **A Brief Discussion on Counter Attack Tactics and Application Technique in the Sanda Competition**

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**ABSTRACT.** *In the actual Sanda competition, counter attack is a kind of common tactics for athletes. The athletes can win scores in the relatively passive case if applying the counter attack tactics flexibly. This paper first introduces the basic concept of counter attack and its importance in the Sanda competition and then emphatically introduces the strategy for applying the counter attack tactics in the Sanda competition.*

**Keywords:** *Sanda; counter attack; Sanda tactics; tactical application*

## **1. Basic concept of counter attack**

The counter attack tactics is to seek an opportunity for attack and counter attack on the basis of defense. In the Sanda competition, an athlete is able to turn passive into active and takes control of the competition if applying the counter attack tactics. In addition, the effective counter attack of an athlete can bring a lot of psychological pressure to the opponent, so the opponent will make more mistakes in the subsequent competition.

## **2. Precondition for the application of counter attack tactics**

### ***2.1 Excellent attack technique and defense technique***

The application of counter attack tactics requires the athletes to have excellent attack technique and defense technique. Generally speaking, one key point for applying the counter attack tactics is that both the attack technique and defense technique of Sanda athletes can reach the standard and the Sanda athletes have the ability to apply the counter attack tactics. If both the attack technique and defense technique are weak, even if an athlete applies the counter attack tactics, loopholes will appear one after another and a real threat cannot be posed to the opponent. Therefore, in the daily training, the coach should attach importance to the training of athletes' basic attack technique and defense technique.

### ***2.2 Strong counter attack consciousness***

In the competition, if an athlete is in a weak position, the strong counter attack consciousness will always stimulate his or her attack enthusiasm and initiative to burst out the potential ability. The Sanda competition stresses being fast, accurate and resolute. If an athlete wants to reach these three requirements, he or she must have strong counter attack consciousness. In the daily training, the coach should make use of psychological knowledge to cultivate the athletes' strong counter attack consciousness.

### ***2.3 Keep a distance with the opponent***

In the Sanda competition, an athlete should keep a certain distance with the opponent by using flexible dodge and move and then seek the flaw in an offensive move to win scores. As for the distance, an athlete should make use of flexible dodge and move to keep a good distance with the opponent according to the opponent's attack features (like attack range and attack strength). It should be noted that the body balance and defense stringency must be maintained at the time of dodge and move so as not to be overpowered by the opponent to find a chance for applying the counter attack tactics.

### ***2.4 Pay attention to the opponent's fighting method***

Each Sanda athlete has his or her own fighting method. Some athletes are good at attack, but some athletes are good at defense. Some athletes only take two to three fighting methods in one competition, but some athletes take five to six fighting methods or even more in one competition. However, in the official competition, as the opponent's technique and tactics are constantly adjusted, an athlete should make an accurate judgment over the opponent's technical and tactical changes and then seize the opportunity to fight back and win scores. The strategy varies from person to person. An athlete should not be restricted by fixed technical and tactical movements but make a winning response in time according to the opponent's attack situation.

### **3. Application of counter attack tactics in the Sanda competition**

Now the following analyzes the counter-punch techniques for straight punch and tumbling in the Sanda competition.

#### ***3.1 Counter-punch technique for straight punch***

(1) If the opponent attacks with left straight punch, there will be the following two methods for counter attack:

Method 1: beat the opponent rapidly and forcibly to attack the forearm, approach the opponent's front body within the shortest time, and finally lift the right leg to hit against the opponent's chest and abdomen with the knee.

Method 2: lean the body rapidly to the left to elude the opponent's straight punch, lift the left leg to hit against the opponent's abdomen with the knee when it is too late for the opponent to take back the fist.

(2) If the opponent attacks with the right swing boxing, there will be the following two methods for counter attack:

Method 1: dive the body fast to elude the opponent's swing boxing, catch the gap to slightly lean the body afterwards while rapidly lifting up the body and then

lift the left leg to hit against the opponent's chest and abdomen with the left knee.

Method 2: after blocking with the left arm, immediately lift the right leg to hit against the opponent's chest and abdomen with the knee.

(3) If the opponent attacks with the left hook, there will be the following two methods for counter attack:

Method 1: if the opponent throws a left flat hook, dive the body immediately and then get up rapidly. After holding the opponent's neck in the arms, hit against the opponent's chest and abdomen with the knee.

Method 2: if the opponent throws a left upper hook, immediately lift the left leg after covering the elbow and then hit against the opponent's chest and abdomen with the knee.

### ***3.2 Counter-punch technique for tumbling***

(1) If the opponent attacks with the straight punch, there will be the following three methods for counter attack:

Method 1: dive the body rapidly and then lean the body forwards. Tightly hold the opponent's two legs with both hands, get up and then take the shoulder as the axis to tumble him behind the left side of your body after lifting up the opponent.

Method 2: dive the body rapidly and then lean the body forwards. Tightly hold the opponent's two legs with both hands, continuously lean the body forwards to resist the opponent's chest and abdomen forcibly, and at the same time pull with both hands towards yourself to tumble the opponent.

Method 3: by taking the opponent's right straight punch for an example, immediately block with the left hand and then rapidly turn the body outwards. Grab the opponent's right wrist with the right hand, hold the opponent's waist with the left hand and then rapidly turn the body left and exert force to tumble the opponent.

(2) If the opponent attacks with the swing boxing, there will be the following two methods for counter attack:

Method 1: if the opponent throws a left swing boxing, rapidly block with the right arm and then step forward to clip the opponent's neck with the right arm. Simultaneously, hold down the opponent's right leg with the right leg and then use the waist to drive the body turning left and exert force to tumble the opponent.

Method 2: if the opponent throws a right swing boxing, immediately defend with the left arm, hold the opponent's right forearm with the left hand and then dive the body. Let the right hand go through the opponent's crotch and grab the opponent's right thigh, and then lean the body forwards to tumble the opponent.

(3) If the opponent attacks with the hook, there will be the following three methods for counter attack:

Method 1: if the opponent attacks with the right flat hook, immediately block with the left arm and then step forward rapidly to clip the opponent's neck with the right arm. Make the body close to the opponent and continuously lean the body forwards. Simultaneously, slightly bend the left leg as the supporting point to tumble the opponent.

Method 2: if the opponent attacks with the left straight punch, lean the body backwards rapidly to elude the opponent's attack and then rapidly dive the body forwards. Hold the opponent's left shank with the right hand, unbend the left hand and then exert force to push the opponent's chest and abdomen to tumble the opponent.

Method 3: if the opponent attacks with the left flat hook, dive the body rapidly, hold the opponent's left shank with both hands, raise it up and simultaneously step the right leg forward to hold down the opponent's right leg and thus tumble the opponent.

#### **4. How to strengthen the training of counter attack technique**

In the daily training of counter attack technique, the athletes need to pay attention to the following several issues to improve the training effect.

First, the athletes should combine the defensive action with the attack action in the training course and strengthen the combined training of defensive and attack actions until a thinking set is formed in the brain and an action set is formed in limbs.

Second, the athletes should take various means to arrange the training of counter attack technique like hitting the counter attack target, hitting the signal target, imagery training and conditional counter attack practice.

Third, the athletes should improve the physical quality and psychological quality in the training course, which is an important guarantee for giving full play to the counter attack technique in practice.

Fourth, the athletes should bear in mind that defense needs to create favorable attack distance and body gesture for counter-attack and the counter-attack needs to be prompt, resolute and changeable. The athletes should always remember that “seizing the opportunity“ is the key for counter attack.

Fifth, the training of tactical consciousness should run through the training to accumulate experience and the blind and vacuous technical training that has no tactical consciousness should be avoided by all means.

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