

Discussion on Taichiquan Sanda and Competitive Sanda Technique and Teaching

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Abstract: *Through the analysis and comparison of the origin, development and connotation of Taichiquan Sanda and competitive Sanda, it was found that Taichiquan and competitive Sanda have many common concepts of fighting techniques that avoiding reality and attacking virtual, combining attack and defense, they are in line with the principle of biomechanics, Taichiquan Sanda and competitive Sanda are both a combination of aerobic and anaerobic exercise. Taichiquan taolu is aerobic exercise, but there are some differences, Taichiquan is guided by consciousness, it is not only a physical exercise but also a mind exercise embodying Yin and Yang. This paper puts forward the characteristics of Taichiquan Sanda and competitive Sanda as well as teaching methods and principles in colleges and universities. Practice Taichiquan Sanda should be combined with Wushu Sanda, it can bring the audience the enjoyment of beauty, and promote the development of Sanda. It is of great significance to promote the development of Taichiquan, to carry forward the culture of Taichiquan and to promote people's health.*

Keywords: *Taichiquan, Sanda, Competitive Sanda, Colleges and universities*

1. Introduction

Taichiquan has been added to the cultural heritage list of the UNESCO in 2020, it is not only a symbol of Chinese culture, but also has become a favorite sport for the people of the world. More and more people love to practice Taichiquan, Tai Chi quan integrates Taichi culture and Chinese martial arts, it is a philosophy quan integrating yin and yang, Chinese traditional medicine, wushu conditioning. Taichiquan is a treasure of Chinese traditional culture and also an important content of sports. Several recent reviews have suggested that Tai Chi appears to improve mood and enhance overall psychological well-being because of its integrating physical, mind and breath effectively [1,2]. Taichiquan can improve strength, balance, flexibility, agility, cardiovascular and respiratory function, Rheumatoid Arthritis and Spondyloarthropathies, as well as pain reduction and improved quality of life of people including cancer patients [3,4,5] and human immunodeficiency [6].

At the present Age, many people mistakenly believe that Taichiquan cannot be put into actual combat and can only be used to promote health, but in fact Taichiquan has more offensive and defensive techniques, Taichiquan is Nei Jia Quan, it comes from Chinese martial arts and Chinese culture, it is more difficult and more complicated than Sanda, it is difficult to understand the connotation of its offensive and defensive technology by practising Taichiquan routines without practicing Taichiquan Sanda, and practicing Taichiquan routines has lost its essential significance. Therefore, it is an important measure to inherit and to develop Chinese Taichiquan culture to strengthen the understanding of the offensive and defensive techniques of Taichiquan and increase the interest of young people in learning Taichiquan. It is also an effective method to promote people's health, carry forward national culture, enrich people's lives and implement "the thought of health first" in the new era.

Competitive Sanda players must follow the rules of Sanda and use various martial arts methods to defeat their opponents, it needs to be faster, more aggressive, more powerful, hard hitting and fast throwing are very important in the game, a heavy hit and a quick throw are all very important in competition compared with Taichiquan Sanda, Taichiquan Sanda is not only beneficial to the masses to understand the significance of Taichiquan attack and defense, to improve their interest of learning Taichiquan, to popularize national fitness and Taichiquan, and to develop national sports services, but

also to improve the ability of Sanda athletes, to promote the development of Sanda, so in addition to skilled offensive and defensive technology, it is also very important to improve Sanda athletes's shockproof ability.

2. Origin and Development of Taichiquan and Sanda

About the origin and founder of Taichiquan, there are many different opinions, such as Xu Yiping in the Tang Dynasty, Zhang Sanfeng in the Song Dynasty, Zhang Sanfeng in the Ming Dynasty, Chen Wangting and Wang Zongyue in the Qing Dynasty. But most martial arts experts now consider Chen Wangting to be the originator of Taichiquan.

Chen Wangting, a general, created ancient Chinese tradition Chen-style Taichiquan for self-defense in the 1600s [5]. The philosophy of Taichiquan is to resolve and to make use of force from opponent instead of firm resistance, in order that both sides will not be injured to some extent. Taichiquan Practitioners often embrace to deplete force with softness (yin) and redirection. As commonly stated in Tao Te Ching by instructor Lao Tzu, "The soft and the pliable will defeat the hard and strong" [7].

The "hitman" in the old shelf of Chen style Taichiquan is the earliest Taichiquan Push-hand, Later, Taichiquan has evolved into Yang style, Wu (hao) style, Sun style and Wu (Wu Jian Quan) style but these origins come from Chen-Style. With the development of Taichiquan, all styles have their own Taichiquan routines and Push-hand. In the Qing Dynasty (1636~1912), Yang Luchan learned Chen-style Taichiquan from Chen Changxing as a sixth-generation inheritor of Chenstyle, As a result, many other school taichiquan came into being.

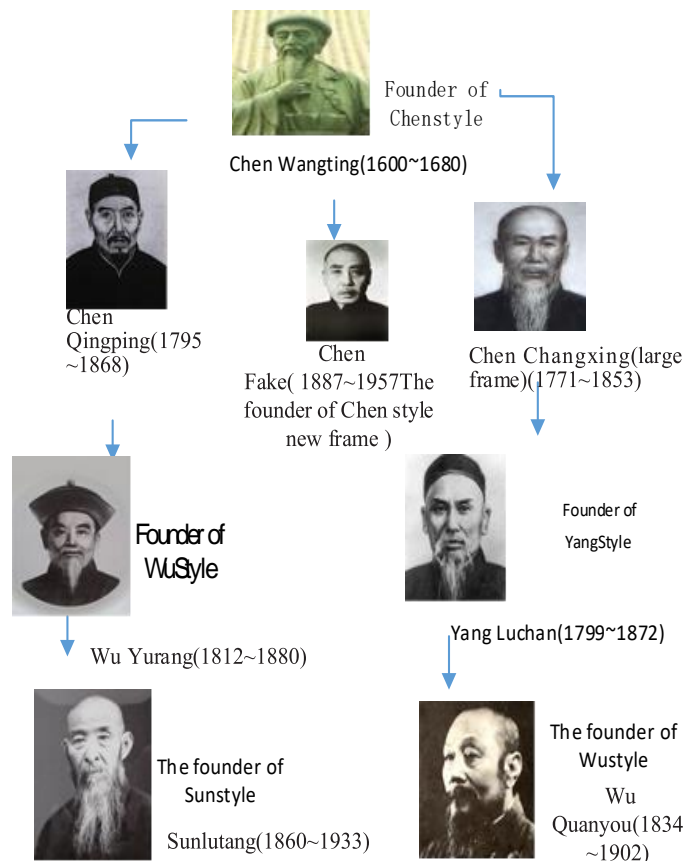


Figure 1: Lineage of the five styles of Taichiquan

As shown in the figure 1, Chen Wangting found Chenstyle, Yang Luchan created Yangstyle by learning Chen-style from Chen Changxi, and then Wu Quanyou created Wustyle by learning Yangstyle from Yang Luchan; the other Wustyle was founded by Wu Yurang through learning Chenstyle from Chen Qingping, then Sunstyle was founded by Sun Lutang from learning Wustyle.

Taichiquan Sanda is a more profound study and flexible application of Push-hand on the basis of Taichiquan routines and basic skills. It is the most advanced form of Taichiquan and the essence of Taichiquan reputation at all times and all over the world.

Sanda is a sport of free-hand combat under certain rules by kicking, beating, wrestling. It has experienced a long history. As early as in the primitive society, human beings in order to survive, in long-term hunting, predation and fighting with the fierce beasts, gradually learned to punch, kick, hold, wrestle and other free fighting movements. In the history, Sanda was mainly manifested in a challenge competitions stage. Sanda was regarded as a key project in the national examination in 1930s in China, In the early days of the founding of the People's Republic of China, Chinese martial arts mainly developed routine performances and competitions. Until 1979, the National Sports Commission in the "on the excavation of martial arts heritage notice" pointed out: "excellent technology long-term buried, if not continue to organize, there is a risk of loss." In 1979, a public performance of Sanda was held at the National Martial Arts Communication Conference held in Nanning, which was a great step forward in promoting the development of Sanda. Since then, with the joint efforts of the National Sports Commission, sports colleges, local sports committees and martial arts associations, martial arts Sanda has developed rapidly into competitive Sanda, and various Sanda competitions have sprung up quickly. From 1979 to 1988, Sanda was mainly held in performances and invitational competitions throughout the country. In 1989, the National Sports Commission incorporated Sanda into regular competitions. Sanda was introduced into the National Games in 1993, and into the Asian Games in 1998. Competitive Sanda has become a well-known sport. Sanda schools and training institutions all over the country came into being, laying a foundation for the introduction of Chinese martial arts to the world.

3. The characteristics and comparison of Taichiquan Sanda and competitive Sanda

3.1 Characteristics of Taichiquan and its Sanda (Sanda)

Taichiquan includes routines and Push-hand and Sanda, Taichiquan routines are graceful and physical fitness, promoting the complete harmony of body and mind. Taichiquan can get better effect on body because of breath regulation according with movement and keep thought to calm. The common characteristics of Taichiquan are: Softness in well-being and hardness in technique, head upright, the body is natural and relax and upright, and the movements are soft, slow and coherent. It is designed as a unique and profound self-defense technique. It integrates fighting and health promotion, and it is the movement of will and spirit and is a kind of sport item with a mind-body combination, requiring movement guided by Qi and strength, showing the combination of rigidity and flexibility[6]. The practitioners of taichiquan need to keep calm, they often have meditation focusing on mind, and deep breathing to get deep relaxation for mind and body by breathing control and keeping steady rhythm and muscle stretching[8-10], there are 8 methods of offense and defense that are called Peng (warding off), Lv(rolling back), Ji(pressing), An(pushing), Cai(pulling down), Lie(splitting), Zhou(elbowing), Kao(body stroke), that form the effect of Zhan Lian Nian Sui(touching, sticking, adhering and following), conquering strength with weakness, overcoming hardness with softness, sometimes overcoming hardness with hardness and overcoming softness with softness, coping with all motions by remaining motionless, retreating in order to advance, combining hardness with softness, contracting the chest and lengthening the back, striking only after being struck, retreating in order to advance, incorporating cultural elements into martial arts, Now Yang-style and Chen-style are the most popular in the world.

Taichiquan is Philosophy fist, it is the Integration of Man and Nature by Yin and Yang Five Elements Eight Diagrams. It reflects the harmony and unity between man and man, man and nature, it explores the mystery of spiritual sublimation. Chen-style Taichiquan emphasizes more power, speed and jumping, interval fast and slow, interval soft and hard, it is difficult to practice Chen-style. Yang-style Taichiquan has uniform rhythm with the characterized by slowness, gentleness, and stretch a gentle posture, it gives a beautiful feeling, it is easy to learn, It has become the most popular sport because of its fitness effect and its easy.

Taichiquan is an innovative traditional forms of martial arts, with its specialty in Strengthening physique, improving physical quality, promoting health, which is the reason why so many people practice Taichiquan. There are three aims to practice Taichiquan: 1. Entertainment and Fitness. 2. Competition and Performance; Practitioners should pay attention to the organic combination of spirit, Qi and mind. 3. The actual combat of Taichiquan: Practitioners want to improve Taichiquan Sanda, mainly concerned with the attack and self-defense [11].

Taichiquan Push-hand is an antagonism sports, it is pair-exercise to practice Taichiquan skills by two persons, it improves perception and responsiveness, the actual combat level and Taichiquan Shanshou level.

Competitive Taichiquan Push-Hand is a match sport event, it is mainly performance competition, but not really combat, Taichiquan Sanda is to apply all kinds of Taichiquan offensive and defensive skills in actual combat after mastering the skills of Taichiquan, so as to achieve the purpose of defeating the opponent. Only after a long time of practice can people improve their offensive and defense skills. Taichiquan Sanda advocates static braking, conquering the unyielding with the yielding, with small force to win strong. Taichiquan Sanda need to experience its essence in confrontation training. Only in this way can Taichiquan continue to develop, so that Taichiquan can be deepened and recognized.

3.2 Characteristics of competitive Sanda

Competitive Sanda is a new concept of martial arts derived from the history of Wushu Sanda. It is an effective combination of kicking, punching and wrestling. It is the embodiment of comprehensive qualities such as speed, strength, agility, endurance, technology, intelligence and will. It has high-speed, high-power, attack, score-oriented technical style, but it is not allowed to control joint and elbow hitting methods. Competitive Sanda is fair and safe. Sanda players absorb the strengths of various martial arts techniques, they can use various boxing techniques to defeat each other and pay attention to the main points of "direct attack, preemptive strike "," take advantage of the opportunity "," hidden feint attack, hidden flash skillfully take" and so on. It has strong appreciation and meets the requirements of "faster, higher and stronger" of contemporary competitive sports. Therefore, its technology is developing towards the direction of competition, fairness and appreciation.

3.3 Comparison of Offensive and Defensive Techniques between Taichiquan Sanda and Competitive Sanda

Yang Chengfu pointed out that Taichiquan is still soft and strong, flexible. Its softness and firmness depend on the situation. When the opponent feels I'm unfathomable, he's naturally distracted. A person with Taichiquan skills often defeats the strong with the weak. It relies on sensitivity to the opponent's movement and center of gravity to produce an appropriate response to the opponent's imbalance. Therefore, the main training of Taichiquan is to effectively destroy the stability of the opponent's center of gravity during contact by relaxing joints, muscles and mind rather than tensing muscles to initiate an attack [12]. The force of Taichiquan accords with the mechanical principle of human biomechanics and reflects the scientific truth of Taichiquan.

How does the power of Taichiquan come about and how does it work? Many boxers are still puzzled about it, so many people think that Taichiquan is just an ostentatious exercise, and has no actual combat effect. In "On Taichiquan" written by Zhang Sanfeng, "The head and neck is straight upward and Qi sinks Dantian, the strength is rooted in the feet, originated in the legs, dominated in the waist and shaped in the fingers". From the point of view of modern biomechanics, their point of view is reasonable to some extent, but it is incomplete. The power of Taichiquan is not only from a certain part of the body, its real power comes from the whole human body, the parts of the body in contact with the outside world. Human body coordination force to the ground comes into foot-floor impact force, it is a equal and opposite direction force, The reaction must be passed to the human body each other that can play a role, when contact with each other, each other's strength through the contact point to their own body, through the muscles and joints to relax, to change the direction of force.

Taichiquan Sanda is a form of Sanda, Taichiquan Sanda notices loose and elastic, solid foundation, enrich spirit, the whole body relax, internal and external combination, breathing goes well, Taichiquan Sanda combat method is 'Bring in the opponent and make him to attack empty' and gain the initiative by changing the direction of attacks or dodging attacks, the action on Taichiquan Sanda is compact, flexible and continuous. The slowness of the Taichiquan can let more muscle to work and improve the exercise effect so that it can send out more power, faster speed. In fact, Taichiquan Sanda is better at defeating opponents.

Because of Competitive rules, within the prescribed period of time for the game in Competitive Sanda, the players are facing numerous audiences and coaches, relatives and expects, in the face of the bonus of gain and loss, etc. These to add to the pressure, athletes' offensive and defensive technology often changes because of the situation, Sanda is protean and unpredictability, increasing the

appreciation of the sport. It is particularly important to grasp the timing of attack and defense because of the variety of competitive Sanda. When the opponent's back foot is off the ground, the feet are crossed and the feet are opened, the opponent's upper body or head can be attacked with a punch. It is better to punch straight, swing and bounce. When the opponent attacks, you can first resolve the opponent's attack, change defense to attack, grasp the attack and defense conversion rhythm, master the initiative, generally use the following principles: advance and retreat alternately, avoid actual attack, make the attacker lose balance, then turn defense to attack; Sometimes the attack speed of the opponent is slow, this time we predict the attack in advance, we can take an active approach to the opponent, control the attack link, and counterattack the opponent in time.

Taichiquan Sanda and competitive Sanda both belong to Sanda, but Taichiquan Sanda is more complex. It emphasizes on winning strong with the weak by skills, it focuses on defence taking defence as attack, and it is a traditional sport in line with Chinese culture [13]. And competitive Sanda is relatively simple, but higher requirement to the physical qualities and tactics, it is not only a confrontation of technical level, but also a contest of psychological will and wisdom. A good Sanda player can use his physical and technical skills to attack his opponent's shortcomings and win the game. The attack speed, strength and precise target are main factors to win a game, often appear the situation of the two sides attack and increase the ornamental value of the game, if a Sanda athlete can use the technique of Taichiquan in competition, It's very entertaining to watch, A Sanda athlete can improve his actual combat capacity, improve the athletes's wrestling and anti-wrestling abilities by practicing Taichiquan and promote good health.

For the ordinary persons, the main purpose of learning Wushu Sanda is to keep fit, strengthen the body and defend oneself. Only when the vast majority of the people take an active part in Sanda can the rapid development of Sanda be promoted and the competitive level of Sanda in China be improved.

All in all, Taichiquan Sanda and competitive Sanda are both the crystallization of the wisdom of the Chinese nation, are the precious wealth and cultural heritage of the Chinese nation, Taichiquan Sanda is a mass sport, that is suitable for the broad masses of ordinary people to practice, the purpose is to strengthen physical health, rich cultural life, improve fitness, improve the level of Taichiquan applications at the same time; And competitive Sanda is a sport competition, the main purpose of the practitioners is to improve the Sanda competitive ability, and strive to defeat the opponent in the competition. Sanda courses in colleges and universities are usually called Wushu Sanda. Their relationship can be understood as the difference between professional Sanda and amateur Sanda. Although they can improve the level of Sanda, ordinary Sanda is more about mutual play, its main purpose is fitness and entertainment, practitioners do not have competition pressure, but the excellent skills of competitive Sanda athletes is worth amateur Sanda lovers to appreciate and learn.

4. Teaching comparison of Taichiquan Sanda (Sanda) and martial arts Sanda in colleges and universities

Taichiquan is becoming more and more popular among female students in Chinese colleges and universities. The proportion of female students choosing taichiquan was 88.28%, while the proportion of female students choosing basketball was 11.72% (Fig 2) in Zhejiang university of technology in 2021, So it is very important in colleges and universities on Taichiquan teaching.

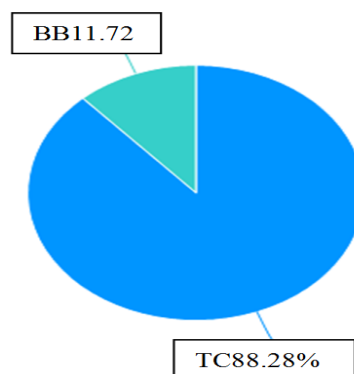


Fig 2: Percentage of college female students choosing Taichi quan(TC) or basketball(BB)

Taichiquan Sanda is on the basis of Taichiquan routines, essential kungfu. Taichiquan routines and Sanda techniques should be combined in teaching, the teaching methods are mainly Language explanation and demonstration, complete and decomposition method, group practice method, learn each other, from the view of mechanics, physiology, anatomy, etc to analysis principle of Taichiquan, to practice Taichiquan Push-hand to decompose the main technical points of the every movement, to grasp essence of offense and defense of a punch. It is the key to improve students' interest in teaching on Taichiquan in colleges and universities. We should make great efforts in the teaching of basic skills of Taichiquan, strengthen adversarial exercises, and can not teach only Taichiquan routines, but also integrate essential technique while practicing Push-hand and compare them with martial arts Sanda and competitive Sanda, absorbing Sanda techniques to integrate Sanda and Taichiquan.

Fig 3 shows: Tai Chi is composed of Yin and Yang, TCM(Traditional Chinese Medicine) holds that Yin and Yang should keep balance, People can keep healthy, because yin-yang disharmony is a disease. The performance on yang excess (yin deficiency) is strong heat, evil heat, manic disturbance and restless, face red thirsty, dry yellow urine, moss yellow and other solid heat symptoms, The performance of yang deficiency (yin excess) is the decline of warm body function, yin and cold relative hyperactive, fear cold, prefer warmth, limbs cold, mental lethargy, fatigue lying less movement, pulse weakness, urine long, edema and other symptoms.

In Fig 3, the black is yin and the white is yang, it looks like two different colour fish, there are two eyes whose colours are the opposite to the fish, the black fish has a white eye and the white fish has a black eye, it means there is yin among yang and there is yang among yin so that it can keep the balance between yin and yang.

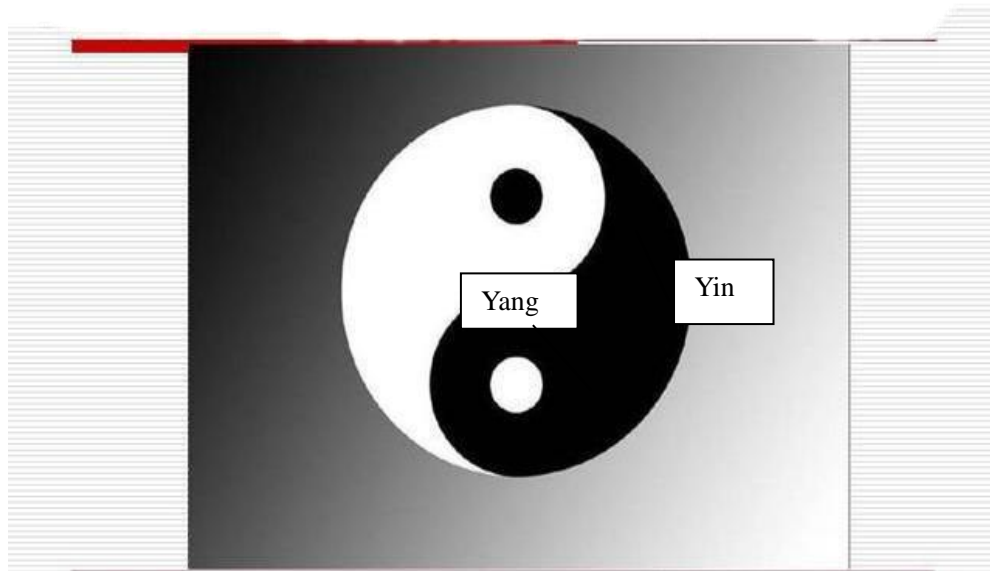


Figure 3: Tai Chi figure about Yin and Yang

Taichiquan can keep the meridians unblocked and keep the balance of Yin and Yang, We should teach Tai Chi culture in Chinese universities and colleges, let students to know why we should learn Taichiquan and understand Taichiquan more so that they make progress in learning Taichiquan and improve interesting in learning Taichiquan.

Competitive Sanda is the application of martial arts Sanda in competition, which is characterized by competition, appreciation, safety, wisdom, nationality, fitness, entertainment and friendship. When learning the course of Sanda in colleges and universities, we should learn the rules of Sanda firstly, learn martial morality, set up the thought of friendship first and competition second, strictly implement the rules of competition, and pay attention to safety first. Secondly, learn the basic skills of Sanda, improve physical quality and promote physical health. Finally learn offensive and defensive tactics, competition tactics. In the teaching method, the first use of unified practice method to learn the basic skills, and then two people in a group to fight against the practice, and do not hurt others in practice. In class, students should be inspired to innovate, Sanda combat has many changes and is complicated to deal with. For example, the same defense of the opponent's straight fist attack can adopt a variety of coping strategies, such as boxing, dodging, slapping, pulling and other coping strategies, and different strategies have different follow-up actions.

Table 1: Comparison of Taichiquan (TCQ) and Competitive Sanda (CS) Teaching

	aims	contents	Key point	method
TCQ	Fitness, entertainment, research, innovation Taichiquan technology and cultural connotation	Taichiquan essential kungfu exercises (standing gung, hand- method, leg- method, step-method, mind, breath.), Taichiquan routine and its offense and defense points, Taichiquan Push hand, Sanda footwork, Sanda confrontation, Taichi theory and cultural Push hand and Yang Style Taichiquan or 24 forms simplified Taichiquan for most people as an introductory textbook	Soft, slow, light, continuous, flexible; The axis by waist and steadily connecting each movement, The meaning of each action	Exercise Together, counteracting exercise the routines on Push-hand two persons in a group Correct mistakes.
CS	winner	Competitive rules, basic skills such as kicking, hitting, Taichiquan skill, actual combat	Quick, accurate, tough	Practice Basic skills on Sanda together Practice confrontation against each other

In the course of teaching Taichiquan Sanda, we should focus on the basic practice of confrontation between two people in a group. It should embody the attack and defense function of Taichiquan, and teachers can teach routine while teaching Push-hand and Sanda, the main content for beginners is Taichiquan Push-hand, It is difficult to understand the meaning of routine action by practicing only routine not Push-hand, Not to mention deepening and developing Taichiquan. Push-hand technique needs to be practiced in confrontation and improved in actual combat. The process from fixed Push-hand action to changing actual combat is the process of Taichiquan Sanda improvement.

Martial arts Sanda is the foundation of competitive Sanda, only when people have mastered the skills of Sanda systematically can they participate in martial arts Sanda competition, therefore, competitive Sanda participants are outstanding practitioners of martial arts Sanda. College Sanda is not for the purpose of competition, but in order to improve the level of Sanda, promote the improvement of physical quality, in teaching, people should focus on kicking, hitting, falling, holding and basic step exercises, footwork exercises, at the same time, selecting the appropriate time to adopt practical exercises to consolidate and apply what they have learned the basic skills.

Teaching methods, such as explaining model law, video analysis, unified practice and group practice, correcting mistakes, etc., are commonly used in martial arts Sanda teaching, In college and university teaching, we should strengthen the cultivation of innovation consciousness, encourage students to innovate in science and technology, and advocate divergent thinking. There are many ways to deal with the same attack, for example, the defense methods of Taichiquan Sanda may be different, so we should study and discuss the technology and improve it.

5. Conclusions

(1) Taichi Sanda and competitive Sanda accord with the biomechanical principle. Taichiquan routines and Taichiquan Sanda not only increase the ability of attack and defense, but also increase the friendship of practitioners and promote the physical and mental health of practitioners. Taichiquan is a treasure of Chinese sports and culture. Competitive Sanda, because of the purpose of win, is the process of fighting wisdom and courage among the players.

(2) Taichiquan and competitive Sanda have the main points of attack and defense, such as "avoiding reality and attacking virtual, combining attack and defense, to control and not to be controlled", but Taichiquan pays more attention to the combination of inside and outside, combining spirit with force. Taichiquan main points are to transform the coming force to attack by spiral winding to lose opponent's balance, .Sanda is a modern fighting method that combines kickboxing and wrestling in addition to grappling techniques. Competitive Sanda's aim is to win the match or to improve Sanda level by actual match, more fast, more high, more strong, reflect fast attack fast defense, increase the appreciation of the game, attack is main, defense is minor.

(3) Practice Taichiquan Sanda should be combined with Wushu Sanda, the basic standing posture and footwork of Taichiquan Sanda are basically consistent with Wushu Sanda. The combination of the two can not only improve the level of Taichiquan, but also promote the improvement and development of competitive Sanda. Taichiquan Sanda can win opponents by using technique, the main element in this pursuit is balance, by unbalancing opponents to gain control to master initiative, it can bring the audience the enjoyment of beauty, and promote the development of Sanda.

Acknowledgement

National Social Science Fund Project: Study on the Inheritance System of Tai Chi Sports Culture, No.: 14CTY027

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