

Research on the Evaluation of Taijiquan under the Background of Competitive Sports

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Abstract: Taijiquan is broad and profound with profound connotation. The highest realm pursued by Taijiquan is the human body's grasp and control of its own strength, so as to better perceive the changes of external forces and compete in the classic routine to show the beauty of the balance art of the human body. Rule oriented gradually desalinates the essential connotation of Taijiquan. With the increase of movement difficulty, movement alienation and innovation, athletes excessively pursue the appreciation and performance of Taijiquan, which is more like acrobatic gymnastics and dance performance, which makes it lose the essential significance of Wushu. The formulation of rules is not to avoid mistakes, but to guide the technology to be more perfect. The extra points of the new rules for difficult movements make the Taijiquan competition oriented to the pursuit of difficult movements, and lose the artistic conception that Taijiquan really pursues, such as body method, balance control, virtual and real transformation, and overall strength. The movements of Taijiquan seem to have a simple structure on the surface, but it is very difficult to play well. How to quantify and evaluate the completion quality of Taijiquan is the key to the evaluation of Taijiquan competition, and it is also the key to guide the development of Taijiquan in a reasonable direction.

1. Introduction

Taijiquan competitive rules are an indispensable part of martial arts competition rules, and martial arts competition rules are formed and developed based on the internal, inherent and own development law of competitive martial arts, a physical movement, and the influence of diversified external factors. The competitive rules of Taijiquan refer to the laws and regulations that take referees, coaches and athletes as the objects, embody the principles of fairness, impartiality and openness, and ensure the smooth progress of Taijiquan competitive competition. It contains the details of Chinese traditional culture. The competition rules are the unified norms and guidelines formulated for sports competition. It can enable athletes to compete reasonably and openly under the same conditions. The rules can not only reflect the technical level that Taijiquan athletes can achieve, but also promote the continuous development of Taijiquan technology. In the early days of the founding of new China, Wushu existed as a cultural carrier, showing the breadth, depth and long history of Chinese traditional culture, but it lacked a set of scientific and systematic norms and principles. According to the time axis development characteristics of Taijiquan competition rules, Wushu competition rules were revised for many times from 1959 to 1996, and a total of 7

competition rules were issued.

The martial arts competition rules formulated in 1996 and the Taijiquan routine rules of martial arts competition are an important symbol in the history of martial arts. The implementation of block scoring and scientific scoring standards make up for the disadvantages of one-sided subjective impression of referees, and it has entered a stage of steady development. With the implementation of the rules in 1996, the evaluation points focused on the score of the specified actions, so that the final score completely depends on this, which is not conducive to athletes with high drill level, excellent action technology and elegant technical style. For example, the above defects reduce their practicability. To sum up, if Wushu, which contains 5000 years of Chinese culture, goes out of the country and moves towards the world, it is urgent to combine the spirit of “higher, faster and stronger” with the new Olympic culture and seek the meeting point of the grand martial arts concept and the Olympic Games. The new edition rules of 2002 were born, drawing on the essence of the 1996 version of the “cut score” and the requirement of the Olympic rules. Covering the characteristics of the new Wushu competition, great changes have been made.

The rules have strong guidance for both a project and a culture, and can even determine its development track. After the implementation of the new rules (referring to the competitive Taijiquan rules in 2003), the score of Taijiquan difficult movement reaches 2 points, which is divided into movement difficulty and connection difficulty (as shown in Figure 1)

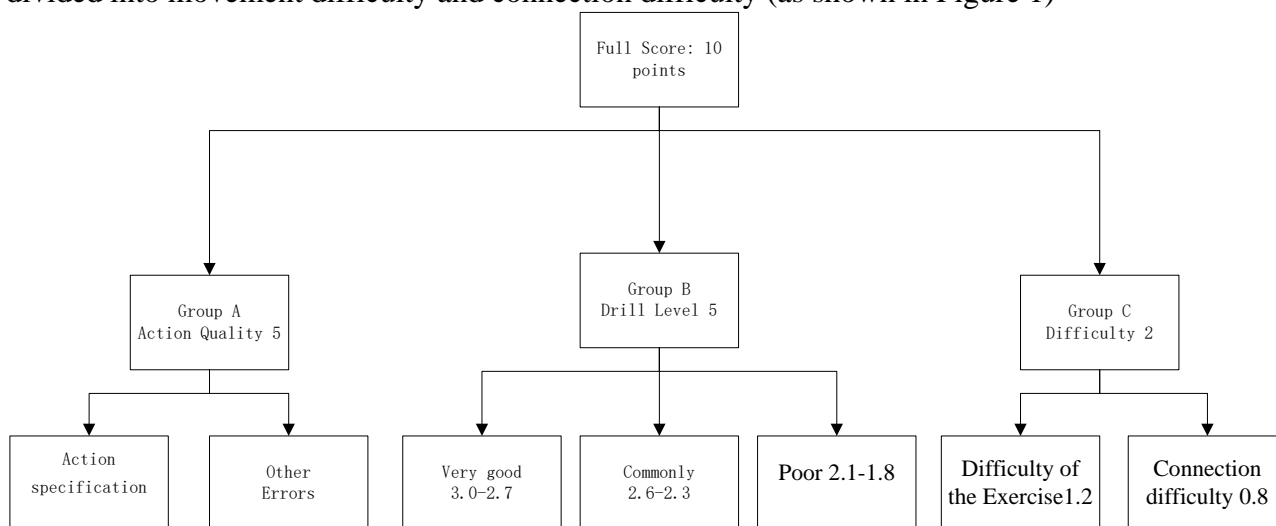


Fig.1 Scoring Standard of Competitive Taijiquan

It can be seen that the contemporary competitive Taijiquan competition is largely the difficulty of competition, rather than the technical difficulty of the essence of Taijiquan. The scoring of movement quality and exercise level is subjective. Although there is score evaluation, it lacks scientific quantitative standards. Under the guidance of this rule, athletes and coaches have to focus on difficult movements in routine arrangement and training, excessively pursue appreciation and performance, and reduce and ignore the grasp and training of basic techniques of Taijiquan.

2. Meaning of Rules

The competition rules of Taijiquan should be simple, quantifiable and scientific, rather than vague, subjective and not quantifiable. As a kind of martial arts, Taijiquan has profound connotation. The level of practitioners should be determined in the form of physical confrontation. However, due to the particularity of the inheritance of Taijiquan routine, how to evaluate the exercise level of Taijiquan determines the future development direction of Taijiquan. Today's rule orientation

gradually desalinates the essential connotation of Taijiquan. With the increase of movement difficulty, movement alienation and innovation, athletes excessively pursue the appreciation and performance of Taijiquan, which is more like acrobatic gymnastics and dance performance, making it lose the essential significance of Wushu. Some scholars analyzed the Taijiquan competition video and found that in addition to the difficult movements, the Taijiquan technical level of the contestants is not much different from that of the amateurs, and even some contestants make mistakes in body method because of their pursuit of difficulty and beauty. The formulation of rules is not to avoid mistakes, but to guide the technology to be more perfect. The extra points of the new rules for difficult movements make the Taijiquan competition oriented to the pursuit of difficult movements, and lose the artistic conception of Taijiquan's real pursuit, such as body method, balance control, virtual and real transformation, following the trend, and overall strength. The movements of Taijiquan seem to have a simple structure on the surface, but it is very difficult to play well. How to quantify and evaluate the completion quality of Taijiquan is the key to the evaluation of Taijiquan competition, and it is also the key to guide the development of Taijiquan in a reasonable direction.

3. Theoretical Value

Modern competitive sports competition is fierce, but the corresponding competition rules are more detailed. With the continuous progress of science and technology, the rules and law enforcement are also more perfect. The essence of competition is to decide the outcome and constantly improve technology in the process of pursuing faster, higher and stronger. Therefore, if Taijiquan is a highly difficult movement, Taijiquan will develop in the direction of gymnastics and lose the essential connotation of Wushu. Promote the development of Taijiquan towards its essence. That is, the perception of force. The movements are round like beads, flowing clouds and water, and follow each other up and down. Through the scientific measurement method, further improve the scoring rules of competitive Taijiquan competition, remove the fuzzy artificial subjective judgment, take the objective data results as the guidance, promote the internalization and improvement of Taijiquan, maintain the essential connotation of Taijiquan as Wushu, and return the Wushu to its origin through the change of rules. In modern martial arts fighting, most of the techniques are still standing techniques, and it is rare to score in the air. Take the traditional Yang's Taijiquan as an example, there is basically no flying movement, and the traditional Chen Style Taijiquan has only a few jumping movements. Taijiquan is a martial arts sport combining practice and cultivation. Today's martial arts competition places too much emphasis on difficulty, which greatly reduces the sports life of athletes. The sports life of professional basketball and football players can reach 30-40 years old. This study opens up a new path for the scientific evaluation of Taijiquan, scientifically quantifies the evaluation method, reduces artificial subjective fuzzy judgment, and promotes the inheritance and development of Taijiquan.

4. Recommendations

By changing the rules to rejuvenate the ancient sport of Taijiquan, more youth will participate, and Taijiquan will be driven to a higher level through intuitive and quantifiable standards. The factors that break the sect barriers and affect the spread of Taijiquan make it a common fitness project for mankind, with common rules and evaluation criteria. The highest realm pursued by Taijiquan is the human body's grasp and control of its own balance in exercise, so as to better perceive the changes of external forces. The changes of Taijiquan moves reflect the beauty of occupying type, seizing power and flowing clouds and water. Stagnation, duality and instability are the disadvantages of Taijiquan routine practice. The player who completes the prescribed number of

virtual and real transitions or prescribed movements without drawbacks or within the time allowed by the rules, with the correct structure, has the higher level of Taijiquan. Judging stagnation requires scientific instruments and standards, which will be the basis for the change of competition rules.

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