

Research on the Integration of Traditional Martial Arts Skill Training with Sanda Training

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Abstract: In the current field of Sanda training, it can be observed that the traditional martial arts training model is gradually gaining wider application and development. This trend has led to the emergence of diversified training methods based on traditional martial arts training models, enriching the content and forms of Sanda training. There are significant differences between traditional martial arts training and Sanda training, yet they are intricately connected. As a result, many coaches have begun to boldly experiment with incorporating traditional martial arts training models into Sanda training. This exploration not only helps enhance the overall quality of the trainees but also allows for better inheritance and promotion of traditional martial arts elements within modern Sanda training. This article aims to delve into the value of integrating traditional martial arts training models into Sanda training and to explore their positive impact on improving training effectiveness. Additionally, we propose corresponding training methods to provide new ideas and perspectives for Sanda training, assisting coaches and trainees in applying them flexibly in practical training, thereby advancing the sport of Sanda to a higher level. Through this approach, we can both tap into the profound cultural heritage of traditional martial arts and meet the practical needs of modern Sanda training, finding a better balance between inheritance and innovation.

1. Introduction

Martial arts are a treasure of Chinese civilization spanning five thousand years and a product of traditional Chinese culture. Over thousands of years, martial arts have developed a profound theoretical and practical content, with a wide array of techniques that can generally be categorized into two major systems: Martial arts forms (taolu) and sanda (free fighting) ^[1]. Sanda specifically embodies the essential attributes of Chinese martial arts. It features unique national sports characteristics, including fitness, self-defense, entertainment, competitive interaction, and the cultivation of willpower ^[2]. As society develops and international exchanges increase, martial arts have gained popularity among enthusiasts in various countries.

In terms of traditional martial arts, skill training involves every part of the body and various bodily functions. However, with the development of sanda, the influence of training systems, conditions, and methods, as well as the demands of training cycles and the short-sighted mindset of some coaches, have led to a singular approach to training for sanda athletes ^[3]. This has resulted in an imbalance in practical abilities, such as insufficient striking power and weak resistance to blows.

This paper aims to enhance the practical abilities of sanda athletes and enrich the training content by integrating traditional martial arts skill training methods into modern sanda training, thereby promoting the development of both practical capabilities and the sport of Sanda.

2. The Relationship Between Traditional martial arts and Sanda

Traditional martial arts are an important part of Chinese culture, carrying a long history and rich philosophical connotations. With a deep-rooted heritage, it encompasses various schools and techniques, focusing not only on physical training but also emphasizing the unity of breath, strength, and spirit. Sanda, as a modern combat sport, has a relatively shorter origin and development, yet it is closely related to traditional martial arts, with profound connections between the two ^[4].

Firstly, Sanda is based on the fundamental techniques of traditional martial arts. Many of the basic movements and techniques in Sanda, such as punches, kicks, and throws, are derived from the forms practiced in traditional martial arts. These skills complement each other technically and embody the essence of traditional martial arts in practical combat. This allows Sanda to effectively integrate the advantages of traditional martial arts, forming a complete system that meets the demands of modern competition.

Secondly, Sanda continues the values of traditional martial arts on a spiritual level. Martial ethics and etiquette are essential components of traditional martial arts, and the training process in Sanda similarly emphasizes the moral character and sportsmanship of the athletes. In Sanda competitions, although the competitors are opponents, they must still adhere to the rules of the match, demonstrating respect for their opponents and the spirit of martial arts.

However, there are also some differences between traditional martial arts and Sanda. Traditional martial arts emphasize the diversity of techniques and the beauty of forms, focusing on both internal and external cultivation, while Sanda places greater emphasis on practical effectiveness and tactical application. Therefore, Sanda is more suited to the environment of modern competitive sports, becoming a popular form of combat.

In summary, the relationship between traditional martial arts and Sanda involves both inheritance and development. Through innovation in form and practicality, Sanda breathes new life into traditional martial arts. Sanda athletes, through specific training methods, absorb reasonable traditional martial arts techniques during their regular training, adhering to a persistent and progressive training attitude. They utilize modern methods and equipment to train in speed, agility, strength, endurance, and flexibility, achieving a beneficial combination of modern Sanda training and traditional martial arts training, resulting in a complementary effect that also serves as a means of preserving traditional martial arts.

3. The Value of Integrating Traditional martial arts Training Models with Sanda Training

3.1 Improving Technical Skill

The traditional martial arts training model emphasizes the honing of fundamental skills, enabling athletes to master solid basic techniques through repeated practice. In Sanda, whether it involves punches, kicks, or throws, athletes must exhibit speed, accuracy, and power ^[5]. Additionally, the foundational training in traditional martial arts, such as stance training, strength, and body mechanics, enhances athletes' technical proficiency and combat capabilities. Through traditional martial arts training, Sanda athletes can effectively grasp the essentials of movement and understand the nuances of techniques, allowing them to flexibly apply learned skills during competitions.

3.2 Facilitating the Cultivation of Martial Virtue

Traditional martial arts stress the development of martial virtue, focusing on etiquette and moral cultivation. In Sanda training, athletes must not only learn how to defeat opponents but also respect them, adhere to rules, and maintain good sportsmanship. The principle of “learning etiquette before learning skills and cultivating virtue before practicing martial arts” in traditional martial arts positively influences the moral character and martial spirit of athletes. Through traditional martial arts training, Sanda athletes can comprehend the essence and spirit of martial arts, thereby showcasing noble moral conduct in competitions.

3.3 Contributing to Character Development

Traditional martial arts training is not just a physical exercise; it is also a method of character development. Through rigorous training, athletes can cultivate resilience and the will to persevere. In Sanda competitions, athletes with strong determination are more likely to overcome formidable opponents and pressures. The traditional martial arts training model can strengthen athletes' willpower and foster an indomitable spirit when facing challenges, which is crucial for the personal growth of Sanda athletes.

3.4 Preserving Chinese martial arts Culture

The traditional martial arts training model carries rich cultural connotations of Chinese martial arts, and integrating it into Sanda training helps promote this culture. By learning traditional martial arts training methods and cultural philosophies, Sanda athletes gain insight into the origins, development, and technical features of Chinese martial arts. Moreover, the philosophical thoughts, moral concepts, and humanistic spirit embedded in traditional martial arts provide athletes with a broad cultural perspective and intellectual inspiration. In the context of Sanda competitions, the display of the cultural heritage of Chinese martial arts by athletes not only enhances the cultural depth of the competition but also boosts the national pride and cultural confidence of both the athletes and the audience.

4. Strategies for Integrating Traditional martial arts Training Models with Sanda Training

4.1 Building a Diversified Sanda Training System

First, diversified technical training. In Sanda technical training, emphasis should be placed on the practicality of techniques, the flexibility of combinations, and the variability of strategies. Athletes are required not only to inherit the techniques from traditional martial arts but also to draw on skills from other combat sports to form a rich technical system. With the advancement of technology, tools such as video analysis and sensors can be introduced to conduct precise analyses of athletes' technical movements, allowing for corrections and improvements in skill levels ^[6].

Second, diversified physical training. Physical fitness is the foundation for Sanda athletes to achieve excellent results. In physical training, attention should be given to enhancing strength, speed, endurance, flexibility, and coordination. In addition to conventional running and strength training, methods from other sports such as yoga and judo should be incorporated to improve flexibility and balance. It is also important to monitor athletes' recovery and to arrange training intensity reasonably to avoid injuries caused by overtraining.

Third, diversified psychological training. Sanda is a high-intensity, high-pressure sport that places significant demands on athletes' psychological qualities. Therefore, psychological training

should be integrated into the Sanda training system to help athletes learn to cope with pressure, enhance their confidence, and strengthen their willpower. In addition to conventional motivation, team-building, and psychological training methods, techniques such as hypnosis and meditation can be introduced to help athletes remain calm and perform at their best during competitions.

Fourth, diversified tactical awareness training. Tactical awareness is a key factor in Sanda competitions. Athletes should possess a wealth of tactical knowledge and be able to apply it flexibly based on their opponents' characteristics. Beyond basic offensive, defensive, and counterattack tactics, athletes should also develop their observation and judgment skills, enabling them to adjust tactics according to the situation in the ring. Additionally, fostering a spirit of tactical innovation is important, encouraging athletes to experiment with new tactical combinations during competitions. In the process of cultivating tactical awareness, simulating real combat scenarios is a common method. By simulating various combat situations, athletes can practice their tactical application skills in an environment that closely resembles reality, enhancing their adaptability during competitions. Electronic devices and virtual reality technology can also be introduced as auxiliary tools to simulate real competition environments, allowing athletes to train in simulated combat scenarios.

4.2 Combining Traditional martial arts Training Models with Modern Sanda Training

Firstly, the integration of technical systems. There are certain differences in the technical systems of traditional martial arts and Sanda; traditional martial arts focus on the application of techniques and the cultivation of internal strength, while Sanda emphasizes striking skills and practical combat abilities. To combine the two, it is necessary to sort out and integrate their technical systems. On one hand, we should retain the techniques and internal strength training methods from traditional martial arts that have practical value; on the other hand, we need to optimize these techniques to meet the demands of modern Sanda. By combining the two, we can leverage the advantages of traditional martial arts while addressing the technical shortcomings of Sanda.

Secondly, unifying training philosophies. The training philosophy is the core idea guiding the training process for coaches, and there are certain differences between the training philosophies of traditional martial arts and Sanda. Therefore, it is important to ensure a unified philosophy during the integration process. On one hand, we need to understand the core concepts of traditional martial arts, such as "overcoming the hard with the soft" and "using stillness to control movement," and incorporate them into Sanda training; on the other hand, we must clarify the practical and confrontational characteristics of Sanda to ensure that the training process consistently revolves around this core. By unifying the training philosophy, Sanda training can place greater emphasis on internal strength cultivation and technique application, thereby further enhancing training effectiveness.

Thirdly, innovating training methods. Training methods are key to achieving training goals, and both traditional martial arts and Sanda training have their own characteristics. Innovation is needed during the integration process. On one hand, we can utilize the technique practice methods from traditional martial arts, such as Tai Chi and Xingyi, to improve the physical fitness and skill levels of Sanda athletes. On the other hand, we should incorporate modern technology, such as sports biomechanics and exercise physiology, to improve the training methods of traditional martial arts. Through innovation, we can develop a training method that embodies the essence of traditional martial arts while aligning with the characteristics of modern Sanda, thus enhancing the training level of athletes.

Fourthly, inheriting cultural heritage. As an important component of Chinese culture, traditional

martial arts possess a profound cultural foundation. The application of traditional martial arts training models in Sanda training involves an indispensable process of cultural inheritance. On one hand, we should deeply explore the cultural connotations within traditional martial arts, such as "martial ethics" and "martial etiquette," and integrate them into Sanda training. Through this inheritance, athletes can not only master skills but also cultivate good moral character and cultural literacy; on the other hand, we should actively promote traditional martial arts culture to help more people recognize its charm. This not only enhances national pride but also lays a broad social foundation for the integration of traditional martial arts and Sanda.

5. Conclusion

In summary, integrating traditional martial arts training techniques and philosophies into Sanda training not only helps to refine training skills and methods but also enriches the training model, effectively enhancing overall performance. The relationship between traditional martial arts and Sanda can create a complementary advantage, promoting mutual development, which plays a crucial role in enriching the techniques and theories of both. Therefore, it is essential to develop both traditional martial arts and Sanda. Additionally, establishing a form of mutual promotion and harmonious development between the two is also urgently needed.

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