

# Discussion on the Current Development and Reform Ideas about the Competitive Wushu Routine at Colleges in Jiangxi Province

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**Abstract**—Based on the new technology development direction of “high, difficult, beautiful, new” of the Taolu competition in Chinese martial arts, this paper analyses the current situation to the development of the competitive Wushu Routine at colleges in Jiangxi province by way of questionnaires, inquires and comparison. It discovers that the development level of the competitive Wushu Routine at colleges in Jiangxi province is worrying. The paper also discusses the causes of this phenomenon, and points out a new way to accelerate the development of the competitive Wushu Routine at colleges in Jiangxi province.

**Index Terms**—Jiangxi Province, Colleges, the Competitive Wushu Routine, Reform and Development.

## I. INTRODUCTION

The Competitive Wushu Routine is undergoing an important historical period, in which it is going along the new technology development direction of “high, difficult, beautiful, new” and showing its unique fascination<sup>[1][2]</sup>. So it is no doubt to put forward higher request for selecting the Taolu players scientifically and offering better training methods. Universities should not only provide advanced facilities and equipments for Taolu players and their training, but also arouse the teachers and the students' participation awareness of boxing and raise the colleges' reputation by way of the competitive Wushu Routine. During the whole process of Wushu competition in Jiangxi province 12th Sport Games, we watched and found that the ability of the high level group of Wushu from undergraduate colleges in Jiangxi provinces was far worse than that of national Wushu team and the level of the common lever group, compared to the three previous university groups in Jiangxi, showed a decline tendency in a whole. This is not optimistic for the Taolu competition in Jiangxi's universities. Therefore, we analyze the restricted factors for the common level group of Wushu from undergraduate colleges in Jiangxi province from many perspectives and point out a new way to accelerate the development of the competitive Wushu Routine at colleges in Jiangxi province

## II. RESEARCH OBJECTS AND METHODS

### A. Research objects

Research objects are composed of the whole athletes, who participated in the Wushu competition in Jiangxi province 12th Sport Games. All the players are composed

of 12 male competitors, 10 female competitors in high level group, 55 male competitors and 33 female competitors in undergraduate ordinary group.

### B. Research methods

#### 1) Observation

Observation method means to watch each competitor's show in live, who are participated in the Wushu competition in Jiangxi province 12th Sport Games.

#### 2) Questionnaire method

Questionnaire method is carried out among 11 coaches, 23 competitors from colleges in the sports event. The recovery rates are 100% and the effective rate is about 94%.

#### 3) Interview

Interview method is carried out on-site visit with one chief referee, six referees, ten local coaches.

#### 4) Comparison

Comparison method is based on two levels of competitions, according to the competition rules and grading standards examined and approved by Chinese martial arts association of Wushu in 2006. One is to compare the two groups between the high level group of Wushu from undergraduate colleges in Jiangxi province and the athletes participated in the Taolu match of the 10th National Games. Another is to compare the two groups between the common lever group this time and the three previous times.

## III. RESULTS AND ANALYSIS

### A. Poor state of the athletes' ability and achievement in the sports event

#### 1) Low level of Martial arts choreography

Martial arts choreograph reflects the technical characteristics of the art of attack and defense. Its action elements are generally divided into three basic action types. The basic actions belonging to “form” include series Wushu specifications, such as hand form, step form and body form etc., which should be complied with the high quality of the specification of Wushu competition rules defined. Those basic actions belonging to “essentials” include series Wushu movements, such as hand technique, footwork, leg technique, body work and eye technique. In the process of dynamic movement, the athletes' movements should be soft and firm, while conforming to the outfit and inner side advantage. The

ones belonging to jumping is full of light footsteps and skilled movements. When the athletes take off jumping, they should jump as high and light as possible<sup>[3][4]</sup>. In the Wushu competition, the movements acted by the high level group of men and women's athletes are in agreement with the requirement of the match rules basically, but the movement acted by common lever group of men and women's athletes is in next levels on average and lack of basic Wushu skills. Their forms are lack of specification. Their essentials are lack of attack and defense connotation as well as the stress of energy and their actions of jumping are lack of higher state and elegant appearance state, and so on.

#### 2) Low degree of difficulty of jumping movement

In the current Wushu competition rules, the three levels of difficulty of movement pattern are clearly defined, as can assess how a competitive Wushu athlete masters the level of difficulty and measure an athlete physical condition. In every game in martial arts, the jumping difficulty acted by the high level group is not too high, and their ground movements are lack of stability. While the athletes of common lever group of can only accomplish some simple jumping movements, such as flying kick with body turn, 3600 whirlwind kick, 3600 flying lotus leg swing etc and their movements are lack of standard. Only seven of male athletes do the action of side somersault in the lateral pattern matches.

#### 3) Lack of beauty for the skill movements

Attack and defense is the essential feature of the martial arts. Therefore, when the athletes perform, their actions should be perfectly reflected in action specification, power and romantic charm for different school Quans, the holding methods of different weapons. At the same time, their skill movements should represent the beauty of martial arts movement skills in the light of the nature law of Wushu, so as to show the style and features of a wushi. The Wushu Taolu competition rules define the specific criteria of evaluation for different movement lever. However, the athletic ability and performance of common lever group in the sports event are not good, which is mainly embodied in several aspects: lack of the coordination between the body motion and the inner mentality, vital energy and spirit, lack of the beauty of smooth channeling of energy, moving like flowing water, guiding by consciousness, unity of form and spirit, lack of charming of martial arts movements skills. In addition, their actions are lack of accuracy, exertion of force, hardness and softness and beauty of rhythm.

#### 4) Lack of novelty of the establishing action and artistic ideas

In the development trend of Competitive Wushu Routine, the new is put forward to the coaches and competitors about their creative thinking. After watching this year's match, we can find that the movements from establishing action to artistic ideas performed by the common level group of Wushu from undergraduate colleges are lack of novelty. The level of two-fifths of competitors remains the 2nd international competitive Taolu, even some competitors remove only the important

parts about side somersault and flying gun with body turn. The Survey Research shows that the establishing action and artistic ideas of this match are worse than those of the Taolu match of the 10th National Games.

### *B. The factors affecting the Taolu competition in Jiangxi's universities*

1) The shortage of College Wushu talent for the Special Test Project of Wushu sport excluded from college entrance examination

By means of questionnaire and interviews with experts, we find that the development of Wushu education in Jiangxi at colleges is facing atrophy trend since the Special Test Project of Wushu sport excluded from college entrance examination in 2000. The primary cause has two: First, some middle school students in the nature of good level of martial art have no chance to study in college through sports college entrance because of Wushu sport excluded from college entrance examination; second, the middle school students are not motivated to practice Wushu Taolu in some way because of the Wushu sport canceled, which causes that most students of P.E. colleges almost have no basic skills.

2) Competitors of Wushu Routine Training in a short time, and the basic skills in low level

By means of the survey of 11 college coaches, we find that the undergraduates of P.E. at colleges in Jiangxi are weak in basic skills and lack interest in practicing Wushu. To participate in Wushu Taolu competition, the best are selected inside the dwarfs, then they practiced well several routines after several months hard training. They wanted to have good achievement in the competitions by harmonious society, also they wanted to learn each other, now matter win or lose. In the other hand, an interview is carried out on-site visit with twenty-three competitors, we find that 16 of 23 players really begin to practice Wushu Taolu when they took the compulsory course of Wushu. Even worse, one player never touched on Wushu before she trained for Wushu Taolu competition, she only spent her spare time on intensive training for the large-scale provincial tournament. More notably, the player gained the third in 42-pattern Taoji Quan of woman group at a common level. In the light of the above facts analysis, it shows the basic skills of the Wushu Taolu players at colleges in Jiangxi.

3) Wushu Routine in Children's Amateur Sports School of county and city at the edge of dying

The current situation of amateur sports schools, provided Wushu Taolu training, at various countries in Jiangxi province is same as the saying goes, "The gate of the town is on fire, affecting the fish in the pool." When the interview is carried out on-site visit with 11 local coaches, we find out that: because of the Special Test Project of Wushu sports excluded from college entrance examination, the students heavily dropped out of local Wushu schools, which caused the survival of amateur sports schools of physical training at various countries in Jiangxi province to the edge of extinction. For actively organizing team to take part in Wushu Taolu competition of the youth group, five of nine local amateur sports schools enlarged an army from other Wushu schools to

training for the Wushu competition in Jiangxi province 12th Sport Games. The survey suggests that the coaches from 78.3% of the local amateur sports schools were forced to look for another job for the dropout of the students.

#### IV. SOME IDEAS ABOUT SPEEDING UP THE UPGRADING OF COMPETITIVE WUSHU ROUTINE AT COLLEGES IN JIANGXI PROVINCE

In order to change the present state of the competitive Wushu Routine at colleges in Jiangxi province in the new century and make it boom, several reform ideas are proposed.

##### A. *Adding Wushu Taolu in the college entrance examination of P.E.*

For improving the development level of the competitive Wushu Routine at colleges in Jiangxi province, it is necessary for Wushu Taolu to be included in College P.E. enter examination. There are two main reasons. First, as a starting point, it should be broken the current situation of Wushu talent and construct a platform of introducing talented people. Second, with the College P.E. enter examination as the leading role, it should provide impetus to the development of Wushu Taolu as middle school in Jiangxi so as to provide the excellent reserve force for colleges. Furthermore, it can activate the education markets in amateur sports schools of physical training in various countries in Jiangxi province. At the same time, when parents' concerns are eliminated, they will let their children practice martial art in amateur sports schools and it will promote the students' level of Wushu Routine and lay a foundation for providing more good seeded players of Wushu Taolu.

##### B. *Improving the curriculum construction of Wushu at colleges in Jiangxi and offering the training classes of Wushu Taolu*

With the reform in the curriculum of P.E. Major at Colleges in our country, the class hours of Wushu Taolu are reduced relatively, which hinders the development of the competitive Wushu Routine. For this reason, in view of the poor present situation of competitive Wushu Routine at colleges, the colleges can enroll the seeded players from their own students and offer a long-term training classes of Wushu Taolu to promote the scale and level of Competitive Wushu Routine at colleges to a new stage while the colleges go along with the he reform in the curriculum of P.E. Major.

##### C. *With the target of the new technology development direction of "high, difficult, beautiful, new", the seeded players selected.*

The Wushu Taolu competition rules issued in 2006 further focuses on the new technology development direction of "high, difficult, beautiful, new", which requires the present competitive Wushu Routine to reveal the following characteristics: high exercise quality, big jump difficulty, beautiful skill movements, novel establishing action and artistic ideas. In the light of the slow growth of Competitive Wushu Routine at colleges

in Jiangxi province, we should think about the players' qualities from several perspectives: acceleration, force, suppleness, harmony, agility, viqour, figure and looking when we select the first-rank competitors who participate in the Wushu Routine match, so as to lay a foundation for making good mark.

##### D. *Strengthening the coaches' awareness of innovation and promoting scientific training*

With the technology development of the Competitive Wushu Routine, innovative ideas are not only the need for the Competitive Wushu Routine itself, but also the need for the competition adapted<sup>[1][5]</sup>. The "new" in the development direction of the Competitive Wushu Routine puts forward new requirements for creative thinking of the coaches and competitors. The coaches should constantly adapt to changes in the rules of competition, break through the stereotypes and encourage their competitors to innovate on the basis of their own characteristics, without violating the aim of attack and defense. Also, the coaches can adopt innovative Wushu movements acted by the competitors and assure the novelty of the establishing action and artistic ideas. In their teaching, the coaches should actively guide the competitors to understand the intention of Taolu innovation, reasonably maser the instruction laws and avoid sport injury and the dull training methods.

##### E. *Creating a healthy cultural environment for the Competitive Wushu Routine*

To ensure creating a healthy cultural environment for the Competitive Wushu Routine, we should adopt three measures. First, the leaders of universities should give more attention to the Competitive Wushu Routine and give a strong support from two sides. One is to provide the training place equipped with advanced facilities, to increase the technological content of the Competitive Wushu Routine and to increase the research dollars. The other is to set the outstanding award gainer so as to activate the competitors to join in the training. Second, the leaders of universities should strengthen the communication each other, holding on the large-scale tournament to stimulate the creativity, initiative and enthusiasm of the participation in boxing, which can increase the chances of participation in big game for competitors. Third, the colleges and universities should hold on the Wushu Routine match or show of Wushu Team and present the charm of Chinese martial arts to arouse more teachers and students to participate in Wushu exercises.

#### V. CONCLUSION

The Competitive Wushu Routine at colleges in Jiangxi province should be increasingly recognized and supported from all levels of leaders and brought into the Special Test Project of college entrance examination again, which can be a shortcut to the talent selection of good level of martial art and promote the steady development of Wushu Routine at elementary and secondary schools and ctivate the education markets in

amateur sports schools of physical training at various countries in Jiangxi province so as to drive the vigorous development of Wushu Routine in Jiangxi province. In addition, with the Competitive Wushu Routine as the leading role, the leaders of universities should provide the human and material resources to dig coaches out of their innovation awareness and carry on the scientific selection of Taolu players and their training. Furthermore, Colleges and universities should strengthen the communication each other to promote the level of Wushu Routine.

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