

Research on MMA Technology System of Taichi Push Hand

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Abstract: Chinese Wushu has a long history, extensive and profound. After several generations of unremitting efforts, Chinese Wushu has gained a very high reputation in the world. Among them, Taijiquan has an unparalleled influence, according to a survey released in 2007 by the National Center for Supplementary and Alternative Medicine, affiliated to the National Institutes of Health (NIH). According to the report, about 3 million people in the United States engage in Taijiquan, while in 2015 the number of Taijiquan practitioners worldwide reached 300 million. It can be said that Taijiquan is a business card of traditional Wushu. However, in recent years, several confrontations between Taijiquan and modern fighting have all ended in failure, which makes people think that the concept of Taijiquan has lagged behind the times. Therefore, we need a platform to rebuild people's confidence in Taijiquan boxing, and also to avoid the development of Taijiquan blindly emphasizing traditional culture and health preservation. After fighting, we should know that the soul of Wushu is fighting. Once Taijiquan leaves fighting, it is a water without source and a wood without foundation. Comprehensive Combat (MMA) is the hottest type of combat at present. It follows the idea of Western pragmatism and the rule of open and inclusive, and its skill is undoubtedly high. If Taijiquan can participate in it, it can prove its fighting ability through the stage of comprehensive fighting first. Secondly, the huge market crowd of comprehensive fighting will promote the development of Taijiquan to another height. However, if Taijiquan athletes want to participate in the field of comprehensive fighting and want to show the technical concept of Taijiquan in the open competition of comprehensive fighting, they should first clarify the technical concept and general style of comprehensive fighting and the theory of Taijiquan, so as to carry out technical movement training targeted. And tactical arrangements. This paper studies the development of Taijiquan boxing theory and the formation of MMA technology in UFC competition, and explores the possibility of incorporating Taijiquan technology into MMA technology system through their commonalities.

1. Theory of Taijiquan

Taijiquan's fighting theory is based on the dialectical concepts of Taijiquan and Yinyang in Chinese traditional Confucianism and Taoism. It combines the changes of Yin-Yang and Five Elements in Yi-ology, meridian and collateral science of traditional Chinese medicine, ancient guiding techniques and Turner techniques to form a kind of Chinese traditional boxing which combines internal and external training, gentleness, slowness, agility and rigidity.

1.1 The Taijiquan Boxing Theories in The Theory of Taijiquan

“Taijiquan Theory” was written by Wang Zongyue in the late Ming and early Qing Dynasties. Although its people can not be studied in history, his “Taijiquan Theory” tells the tactics, skills and action points of Taijiquan in general. It can be said that it is an encyclopedia of Taijiquan circle. Therefore, it is respected as an authoritative work by the majority of Taijiquan practitioners and later generations. In the inheritance and development of Taijiquan, “Taijiquan Theory” can play a guiding role in the theoretical level.

Taijiquan in actual combat will not blindly rush, nor blindly passive defense, but in the “quiet” to find the opportunity to “move” and finally return to the quiet, that is, confrontation - action - back to confrontation or the end of a battle process, and “move” and “static” timing is not based on their own design, but According to the opponent, this is the tactical thought of Taijiquan “sacrifice

oneself from others”, that is, to react to the opponent's actions. One of these reactions is “moving is divided, static is combined, no more than that, stretching along with the music”, which means controlling the distance in confrontation and action. Taijiquan emphasizes “hitting people like touching fire”. Once the action is taken, the opponent will be attacked immediately. If it is against the opponent's action, it will choose to use distance to defuse the opponent's offensive. After the action is finished, it will approach the opponent and confront him, and carry out the next round of attack and defense. However, whether it is to avoid the edge of the opponent or to take the initiative to approach, it must maintain a “degree” and break away from this. “Degree” means escaping from the edge of the opponent, and initiative approach becomes initiative to reveal flaws. Therefore, in actual combat, to maintain a reasonable range of action and distance of movement, I will retreat as much as the opponent approaches me; when the opponent does not act, it will maintain a reasonable distance to confront; the second is to confront both sides. The control of power means that when an opponent gains the upper hand, he should avoid his sharp edge. When the opponent falls into passivity, he will actively think of him to oppress and consolidate his Dell advantage. The important condition for Taijiquan to control confrontation-action-to return to confrontation or end the fight is the tactical execution of “haste is urgent, slow is slow”. That is to say, to find the rhythm of the opponent and integrate it into the final destruction, for example, when the opponent makes a fast-paced attack, I have to quickly. If I slow down, my opponent will beat me like a sandbag, but when the opponent maintains a cautious stance, I also need to hold myself, because superfluous actions can neither effectively attack nor make the opponent find a break.

Taijiquan can not be achieved without its core technology - “listening ability”, which is also called “prediction” in modern fighting technology. That is to say, Taijiquan can feel the subtle change of strength, the deviation of body's center of gravity and the activity of waist and hip when it is in contact with its opponents. By observing these elements, it can be concluded that Taijiquan can not be realized without its core technology - “listening ability”. To be able to clearly see the opponent's next move and react, “One feather can't be added, the fly can't fall, people don't know me and I know only one person, and all heroes can reach it.” What is said is to be able to accurately feel the subtle changes in contact with the opponent, even the weight of feathers or flies. The required information has been obtained and the accurate judgment has been reached. This kind of accurate judgment ability can make the situation of the enemy and ourselves clear, and when the opponent's movement is in full control, then the tactical thought of “sacrificing oneself and others” which reacts according to the opponent's action can really play a role.

Taijiquan Theory summarizes the tactical thought of “sacrificing oneself and human beings” of Taijiquan boxing theory, the technical system with “listening” as the core, and the characteristics of “soft” movements, which are continuously inherited by the majority of Taijiquan practitioners as authority. “Taijiquan Theory” can indeed be said to be an encyclopedia of Taijiquan boxing theory, but not the whole of Taijiquan boxing, because Wang Zongyue as a predecessor has a limitation of the times, so later generations should keep up with the times while inheriting.

1.2 Cross Application of Taijiquan Theory

In the course of its development, Taijiquan has emerged many famous Wushu masters. Through their own practice, they have greatly enriched the theoretical system of Taijiquan, the most important of which is Sun Lutang (the founder of Sun's Taijiquan). Although Sun Lutang is a great Taijiquan master, in fact, his Wushu system is not only Taijiquan, but also Xingyiquan and Bagua Palm. In his Wushu system, the technical system of Taijiquan is not limited to the sects and movements of Taijiquan, but is integrated with Xingyiquan and Bagua Palm. Sun Lutang is in Quan. In Yishu Zheng, it is written that “the three schools of boxing have different forms, but their principles are the same; their usages are different, and their centre of control is to win over others.” Sun Lutang broke the framework between different schools and combined Taijiquan with Xingyiquan and Bagua palm according to the theoretical characteristics of Taijiquan, forming the earliest comprehensive martial arts, which was the first attempt to combine Taijiquan with different schools of martial arts.

Today, with the wide spread of modern fighting technology, one martial artist has to mention that Bruce Lee is a pioneer of world martial arts reform, a martial arts fighter, a martial arts philosopher, the founder of UFC, the father of MMA, a martial arts master, the founder of Kungfu movies and the founder of Jeet Kung Do. In Bruce Lee's Wushu system, Taijiquan contains Chinese traditional Taoist thought and Taijiyin-yang thought, which plays an important role in the Jeet Kune Do system established by Bruce Lee.

Through Sun Lutang's development, Taijiquan technique combines with Xingyiquan and Eight Diagrams Palm to form a new boxing technique. Bruce Lee absorbs and utilizes the boxing philosophy contained in Taijiquan in establishing the boxing system of Jeet Kune Do, which proves that Taijiquan can be combined with other Wushu through the analysis and transformation of techniques. He can also set up a new fighting system on the basis of his boxing theory. The way to integrate Taijiquan into the comprehensive fighting system is nothing more than the analysis and transformation of the techniques and the establishment of the technical and tactical system on the basis of the theory of Taijiquan. The Wushu research of Sun Lutang and Bruce Lee provides the theoretical basis for the integration of Taijiquan into the comprehensive fighting.

2. The Research Results of Taijiquan Integrating into Comprehensive Fighting System

In the early comprehensive combat competition, people can clearly see the style of the players, because different genres of players seem to have their own unique skills, they all want to find the time to use their skills in the competition. However, this single style of play has been eliminated, because no matter how strong the athletes practice their own genres, they can not get rid of the limitations of a single technical style. In order to make up for their own shortcomings, they can only cross-train with the techniques different from the original genres. Through cross-training of different skills and attacking styles, athletes can fight in various situations. This is called comprehensive attacking. Its representative is Fido Amelianco (Czar). His powerful boxing, strong wrestling ability and superb ground JIUJITSU enable him to stand without weaknesses on the ground. In the face of stand-up attack, wrestling and jiu-jitsu, the players of integrated style often show overwhelming advantages, because the players of single style can not occupy overwhelming advantages in their own areas of expertise to win directly, but also be on guard against them. Comprehensive players use other styles they are not familiar with. On the contrary, comprehensive players do not have much concern. As long as they slightly avoid their sharp edge, they can take advantage of the corresponding techniques according to the characteristics of their opponents. Therefore, it can be said that the emergence of comprehensive fighting heralds the arrival of a new era - comprehensive fighting is not a different kind of fighting between different martial arts, but a mixed application era in which athletes cross-train different genres of styles.

2.1 Orientation of Taiji Push Hand Technology

The technical characteristics of Taiji Push Hand are very consistent with the wrestling technique, because both are close-range physical contact confrontation, using a series of techniques to destroy the opponent's gravity center and throw the opponent down. Therefore, Taiji pusher athletes can draw lessons from the successful experience of wrestlers in comprehensive combat competition and the combination of standing attack technology and jiu-jitsu, and formulate corresponding tactics according to their own fighting concept. However, Tai Chi pusher can not copy the development experience of wrestling completely, because in the form of fighting, wrestlers usually use kneeling brace style of wrestling posture, by lowering their center of gravity to control the lower body of the opponent for leg wrestling. Taiji pusher is a standing wrestling skill, which is different from the use of skills to destroy the opponent's center of gravity in standing entanglement. Therefore, the integration of Taiji Push-hand technology into comprehensive combat can draw lessons from the test of wrestling, but the movement should be analyzed and reformed, and the corresponding techniques and tactics should be established on the basis of their own boxing theory.

2.2 The Final Form of Integrating Taiji Push Hand into Integrated Fighting System

At present, the mainstream MMA is the comprehensive play, that is, standing strike combined with wrestling. Athletes will find the connection between different techniques according to the needs of the competition, and then connect them to form their own comprehensive play. Taiji pusher can learn from the experience of the combination of boxing and wrestling. Firstly, the standing posture of Tai Chi pusher is analyzed, which includes the strength of virtual spirit, chest pulling out, waist loosening and buttocks restraining, crotch loosening, tail collar centering and shoulder falling elbow. Generally speaking, the head keeps upright and slightly receives the chin, the shoulder closes the chest and abdomen inward, the center of gravity slightly sinks but keeps in the middle of the feet, the spine. Keep upright. The joints are relaxed and not stiff. This standing posture can be seen from many standing fighting skills combined with fists and legs. For example, in defensive embracing, most standing techniques will hold the chin, shoulders contain chest and back pulling, and the more upright body is relatively more flexible in movement. In the standing competition of kicking boxing, for the sake of the smooth combination of boxing and legs, the players will not press the center of gravity as low as boxing, while the center of gravity of Taiji pusher will change with the opponent's technique and tactics, and will not be rigid. Therefore, the technique of Taiji pusher can adapt to the standing habit of kicking boxers, and the combination of the two forms a new style. Second, as a wrestling technique, Taiji Push-hand technique is unique to our country. In the process of integration with kick-boxing technique, we can choose Sanda system which is also unique to China, because the combination of the same origin and the same origin will avoid some cultural obstacles, and Sanda system is strong. The talent reserve also provides talent guarantee for Taiji pusher to integrate into the cause of comprehensive fighting.

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