

Rational Thoughts on Martial Arts Training Theory from the Perspective of Modern Science

Wang Yuxia

School of Physical Education and Health, A Ba Teachers University, Wenchuan, Sichuan, 623002, China

Keywords: Science and technology, Competitive martial arts, Training theory, Modernization development.

Abstract: Chinese martial arts have profound traditional culture, but it is limited to a certain extent in the process of modernization. With the continuous development of science and technology, Chinese traditional martial arts needs to introduce the Internet in the process of inheritance, screen positive energy content from it, abandon low-level useless content, so as to expand its influence. Therefore, this paper first introduces the development status of Chinese martial arts modernization, then explores the impact of modern science and technology on the development of martial arts, and finally puts forward new ideas for the development of martial arts training from the perspective of modern science, so as to provide some ideas for the rapid development of Chinese martial arts in modern society.

1. Research Background

1.1 Literature review

A martial art plays an important role in improving athletes' quality, which has been discussed in detail by many scholars at present. Jiang Quan Hua and others believe that a martial art training needs to be improved in combination with modern scientific methods. The development and best efforts of a martial art training science are based on the scientific nature of a martial art (Jiang, 2012). He Bing Quan, based on the perspective of cultural communication, believes that competitive a martial art is too adherent to the cultural bottom line and sticks to the conventions and rigid copies in the process of communication. Therefore, he believes that competitive a martial art should open up a path of individualized exploration and enhance its viability in the dissemination of national culture (He, 2019). Liu Wen Ju discussed the cultural loss in the process of a martial art development and inheritance, and explored the reasons for the cultural loss in the process of a martial art dissemination. He believed that it was due to the integration of eastern and Western cultures, the value orientation in the process of a martial art transformation, and the complicated content of economic and social development. He put forward his own views on the inheritance of a martial art (Liu, 2011). Deng Lei and others believe that Chinese martial arts has profound oriental culture, but its development is tortuous. In order to expand its influence in the international arena, Chinese martial arts should be practiced as a new type of competitive a martial art. The author studies the scientific training of competitive a martial art, so that readers can clearly understand Chinese competitive a martial art (Deng, 2011). Jin Jian Cheng believes that with the rapid development of modern science and technology, advanced teaching means and methods should be used in physical education teaching activities. For example, teaching, multimedia teaching and software production can enable trainers to consciously and systematically imagine the details of action when learning and mastering technical movements (Jin, 2012). Jiang Bing Gang discusses martial arts and combat ability as well as the influence of martial arts on spiritual quality, explaining that martial arts provide reference for military training in the reform of a strong army, and the practical significance of martial arts under the condition of information-based combat (Jiang, 2017). Yao Xue Qin believes that Chinese martial arts culture is the crystallization of Chinese national history and culture. With the influx of Western culture, traditional culture has been impacted and its status has been declining. Under such circumstances, if a martial art does not innovate, it may be

submerged in the long river of history. Therefore, the sustainable development of a martial art culture is very important (Yao, 2007). Liu Jin Song and others studied the current situation of Chinese martial arts, combined with the characteristics of western sports culture, reflected on the reasons for the backwardness of Chinese martial arts, and had a new orientation for the development of a martial art (Liu, 2014).

1.2 Research purposes

The development of a martial art has an important impact on the dissemination of Chinese culture. At present, the national characteristics of Chinese martial arts are quite obvious. In the process of a martial art scholar's innovation, we should not only combine the national characteristics, but also develop with the help of modern science and technology. Chinese martial arts has been in a very important position in China for thousands of years. At present, the continuous development of science and technology can provide teaching means for the development of modern a martial art. Therefore, how to keep pace with the development of the times and realize its own value, we should grasp the scientific methods and contribute to the modernization of Chinese martial arts.

2. The Modernization Development of Chinese martial arts

A martial art has distinct national cultural characteristics and is also a model of traditional Chinese sports. Chinese martial arts has many values, such as fitness, entertainment, competition and so on. Chinese martial arts has lasted for thousands of years. Under the influence of Chinese culture, it also has rich content, colorful sports forms and profound cultural connotation. With the continuous development of society, the value trend of entertainment and fitness has changed. Therefore, traditional a martial art can not meet the needs of entertainment and fitness of contemporary people. Especially the contemporary youth groups lose interest in Chinese martial arts projects, but tend to foreign sports culture. In this case, how does Chinese martial arts innovate and adapt to the rapid development of contemporary society? Because Chinese martial arts bears the mission of history, so a martial art should meet more challenges to realize its own continuous development and reflect its own value. The main theme of the future development of Chinese martial arts and the main direction is how to realize the modern development of a martial art.

2.1 Interpretation of a martial art Modernization

With the further development of society, a martial art has given new attributes and sports. A martial art was originally a kind of attacking art. With the development of the times, it has become one of the excellent Chinese traditional cultures. Under the background of social modernization, a martial art is the classic representative of Chinese traditional culture and is in the process of building a harmonious socialist society. In the process of realizing the modernization of a martial art, it is necessary for the modernization of local sports to develop in harmony with the modernization of society. Some people believe that the transformation of a martial art modernization is the coordinated development of traditional offensive and defensive a martial art, competitive a martial art and fitness a martial art. The main characteristics of the transformation process are mainly scientific, industrialized and internationalized. The characteristics of sports modernization are compared with traditional and modern sports. In order to realize the modernization of a martial art and revive its culture, we should not only combine the requirements of modern a martial art, but also inherit and develop traditional a martial art. To a certain extent, a martial art depends on the development of sports modernization, and its development process is influenced by the development process of sports modernization.

2.2 Main contents of the development of a martial art modernization

A martial art is not only the modernization of sports itself, but also the modernization of every aspect of social interaction. With the continuous development of social science and technology, A martial art also needs to be constantly improved and enriched. While developing a martial art, we need to use multimedia technology to make it a continuously developing modern system. The

modernization of a martial art mainly includes the following aspects: the modernization of a martial art communication, the modernization of competitive a martial art, the modernization of a martial art industry, the modernization of school a martial art, the modernization of mass a martial art and the modernization of a martial art culture. However, the modernization of a martial art is not a thorough transformation of traditional a martial art, but a transformation or removal of its part which is not accepted by the contemporary society, so that a martial art has its original characteristics, and combines the development needs of the contemporary society, and develops harmoniously with all aspects of society. Therefore, to promote the sustainable development of a martial art modernization. If a martial art can follow the needs of social development and adapt to the changes of the times, and make it realize the modernization of traditional national sports, it is of great significance to fill in and enrich the national characteristics.

2.3 The pioneer of the modernization of chinese martial arts

Competitive a martial art is the result of the integration of Chinese and Western sports culture. It is the result of learning from Western sports. It has obvious competitiveness. It also has the characteristics of standardization, openness, clustering and fairness. The main contents are competitive San Da and competitive routines. The development of competitive a martial art is quite different from that of folk a martial art, such as a martial art training and a martial art competition. Athletes are the protagonists of a martial art competitions. One of the necessary conditions for the sustainable development of competitive a martial art is to have a certain number of a martial art athletes, which is also the condition for the modernization of modern a martial art. In order to carry out international a martial art competitions, it is necessary to establish an international referee team comparable to other sports. Therefore, the promoter of a martial art competition is the referee team of a martial art competition. An important sign of the modernization of a martial art is whether it can become an Olympic event. Whether competitive a martial art can develop in an all-round way in the world is also influenced by whether a martial art can enter the Olympic Games. However, the entry of a martial art into the Olympic Games is not the ultimate goal of its development. An important guarantee for the continuous development of competitive a martial art is to have high-level and highly educated coaches, because coaches play a leading role in the process of a martial art training. In addition, the economic basis for the modernization of competitive a martial art is the investment of a martial art training funds and the high-level training ground. The modernization of competitive a martial art is not only embodied in the technical system of a martial art itself, but also in the material guarantee of a martial art competition, which is the basic requirement of competitive a martial art.

3. The Impact of Modern Science and Technology on the Development of a martial art

Modern society has been transformed by the revolution of modern science and technology, and at the same time, it has brought certain influence to human society. What impact does modern science and technology have on the development of a martial art and what inspiration does it bring to the modernization of modern Chinese martial arts? The key is that the negative impact of scientific and technological thought and modern science and technology on Chinese martial arts exists. Generally speaking, the development of things is not perfect, and the alienation of a martial art is also a normal phenomenon. Therefore, how to correctly deal with the alienation of a martial art itself is more important. Only by correctly treating the errors of guiding ideology can negative effects be avoided. The innovation of a martial art technology should follow the technical style of a martial art, not be influenced by western sports and ignore the spirit of a martial art itself. It is especially noted that the modernization of Chinese martial arts should keep its basic national characteristics, not regard a martial art as a sport to carry out Western-style transformation. The transformation of Chinese martial arts includes not only technological innovation, but also rich ideological connotation. Only in this way can Chinese martial arts lay the foundation for its own development, and will also spread its unique charm on the world stage.

4. New Thoughts on the Development of a martial art Training from the Perspective of Modern Science

Modern a martial art is developed from traditional a martial art, so traditional terms are often brought in during training. Therefore, a martial art training must be scientific. Traditional a martial art pays attention to the training of body meridians, which is far from modern scientific concepts. Some traditional concepts lack scientific empirical basis. In the course of daily training, the negative traditional ideas should be screened out in the process of a martial art teaching, so that a martial art can be modernized.

4.1 Scientific emotional experience training

Because of the different requirements of a martial art content, teaching forms and learning purposes, athletes' psychological and physiological states are different. In a martial art teaching, different emotional experiences often occur, so athletes often have different emotional experiences. Therefore, in the field of modern science, to play the greatest role of science and technology, a martial art scholars can learn a martial art through multimedia video, but also can ease their mood. When a martial art athletes complete difficult movements in daily training, they should be praised and affirmed, because the success of a martial art movements can excite people's spirits, and thus generate the emotional strength, which will give other athletes a psychological hint to complete difficult movements, not only can reduce the exhaustion of athletes. And improve their confidence in completing difficult movements. These experiences will enhance the endurance of trainers, and help to improve the effect of sports.

4.2 Scientific body memory training

Because of the different types of a martial art events, the psychological quality requirements are higher in the process of sports. Only by mastering all kinds of technical movements, especially the requirement of memory, can we improve and improve a martial art movements on the basis of correct memory. If you can't remember in the learning process, you can use multimedia technology to help memory. If you want to improve the technical action, you must understand the elements of action and the technical characteristics of action, and remember the action by watching repeatedly. The initial formation of memory is formed in the process of explanation by coaches or demonstrators. Only by constantly practicing and imitating in the ordinary practice, can the action representation be gradually formed and the memory be expanded. Memory action emphasizes the experience of the spirit, rhythm and style of the action, but also the mastery of the route. In this process, athletes need to pay a great price, and can only be achieved through various methods and means. Without strong will, it is impossible to complete.

4.3 Training of scientific instrument sense

A martial art athletes should have a special psychological quality, that is, they should have a sense of equipment for drilling instruments. The key is that we must use scientific and technological methods to enhance the unique "sense of apparatus" in a martial art. Excellent a martial art athletes can coordinate movement, integrate body and equipment, and integrate inside and outside. They can accurately respond to the speed of the running of sports equipment, thus reaching a perfect state and further sublimating the movement. Only in the long-term training process can we practice such psychological quality.

References

- [1] Jiang Q.H., Wu Y.B. (2012). Rational Thoughts on a martial art Training Theory from the Perspective of Modern Science. a martial art Research,9(12),69-70.
- [2] He B.Q. (2019). Examining the Development of Competitive a martial art from the Perspective of Cultural Communication. Journal of Sichuan University for Nationalities,28(01), 85-88.
- [3] Liu W.J. (2011). Rational Thoughts on a martial art Culture: Based on the Phenomenon of

Cultural Loss in the Process of a martial art Inheritance. A martial art Research,08(6),28-29.

[4] Deng L., Cao L.F. (2011). A review of Scientific Training of Competitive a martial art in China. a martial art Research,08(10),7-10.

[5] Jin J.C. (2012). On the Application of Imagination Training in a martial art Teaching. New Course (2),8(5),103-104.

[6] Jiang B.G., Li Y.H.(2017). Research on the Military Training Value of a martial art. Chinese a martial art (Research),7(08),19-21.

[7] Yao X.Q. (2007).Rational Thoughts on the Sustainable Development of Chinese a martial art Culture. Fighting. A martial art Science,4(4),18-19.

[8] Liu J.S., Xiao H. (2014). Rational Thoughts on Contemporary Chinese martial arts Culture. Hu Bei Social Science,28(12),121-124.