

RESEARCH ON THE OPTIMIZATION OF THE TECHNICAL AND TACTICAL SYSTEM OF MARTIAL ARTS SHORT-SOLDIER SPORTS AND THE TRAINING PATH OF HIGH-LEVEL ATHLETES

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Abstract: As an emerging project that combines traditional Chinese martial arts with modern competitive sports, martial arts short-soldier sports are both practical, ornamental and competitive. With the continuous improvement of the rules of martial arts short-handed competition and the continuous improvement of the level of competitions, it is difficult for the traditional technical and tactical system to fully adapt to the needs of high-level competition, and the training of high-level athletes is also facing the problem of insufficient systematization. On the basis of combing the current situation of the development of martial arts short-handed sports skills and tactics, this paper analyzes the main problems in the current use of skills and tactics, discusses the basic principles and implementation paths of the optimization of the skills and tactics system, and proposes a scientific path for the training of high-level athletes from the aspects of training concept, material selection mechanism, competition practice and guarantee system. The research believes that building a systematic, practical and scientific technical and tactical system is the key to improving the competitive level of martial arts short soldiers and promoting the training of high-level athletes.

Keywords: Martial arts short soldiers; technical and tactical system; system optimization; high-level athletes; training path

1. Chinese short-handed combat

Martial arts short-handed combat is a modern competitive sport developed on the basis of traditional Chinese short-handed combat. It has been scientifically improved in terms of rules, safety protection and competition forms, so that traditional martial arts skills can be presented in the form of competitive sports. In recent years, with the development of national competitions and the expansion of participating groups, the competitive level of martial arts short-soldier sports has been continuously improved, but the construction of the technical and tactical system and the training model of athletes are still in the exploration stage.

In high-level competitions, it is difficult for a single technical or empirical style of play to gain an advantage, and the gap between athletes is more reflected in the system, stability and adaptability of the use of skills and tactics. Therefore, it is of great theoretical significance and practical value to study the optimization of the sports skills and tactics system of martial arts short soldiers and explore the scientific training path of high-level athletes.

2. The technical composition of martial arts short-soldier sports

The techniques of martial arts short-soldier sports mainly include offensive techniques, defensive techniques, counterattack techniques, and combination techniques. Offensive techniques focus on stabbing, splitting, point, and sweeping, emphasizing speed, angle, and accuracy; defensive techniques focus on blocking, dodge, and footwork adjustment; counterattack techniques emphasize the timing of offensive and defensive transitions; combination techniques reflect continuous offense and tactical awareness.

These technologies are interconnected and together form the technical basis of martial arts short-soldier sports.

The essence of criminal justice is to balance social protection with human rights protection. Traditional Chinese law emphasizes the "unity of etiquette and law", with collective interests as the core, while the modern rule of law requires individual rights to take priority. This conflict of values is manifested in judicial practice as :

The imbalance between procedural justice and physical justice: excessive pursuit of crime fighting may ignore procedural legality, such as the risk of human rights violations during the investigation phase ;

The challenge of social transformation: The deepening of the market economy has spawned new types of crimes, but judicial resources are limited, leading to a dilemma of efficiency and justice.

(1) Construction of theoretical framework

Unity of formal rationality and substantive rationality: Criminal justice needs to find a balance between procedural norms (such as rules of evidence) and physical results (such as adaptation to crime and punishment), so as to avoid mechanical application of laws and ignore social effects.

The priority of human rights protection: drawing on international conventions, internalize the principles of the presumption of innocence and the prohibition of torture into domestic law, strengthen judicial review mechanisms, and prevent abuse of power.

Dynamic adaptation of social protection: In response to new forms of economic crime and cybercrime, the judiciary should flexibly adjust its combat strategies, while adopting preventive legislation to reduce social risks.

(2) The integrity and confrontational nature of the technical and tactical system

Martial arts short-soldier sports are highly confrontational, and the use of techniques and tactics emphasizes integrity and coherence. Athletes not only need to have solid individual technical skills, but also flexibly adjust their tactical strategies according to the characteristics of the opponent, score changes and the rhythm of the game in actual combat.

Therefore, the technical and tactical system is not a simple technical superposition, but an organic combination of technology, tactics, psychology and physical fitness.

3. The main problems in the sports skills and tactics system of martial arts short soldiers

(1) Systematic deficiencies in technical and tactical training

At present, part of the training is still stuck at the level of a single technical repetition exercise, and there is a lack of systematic tactical training around the competition situation, which has led to the incoherent use of skills and tactics by athletes in actual combat.

(2) Actual combat is not targeted

In high-level competitions, the styles of different athletes are obviously different, but there is a lack of tactical exercises for different types of opponents in training, and the athletes' on-the-spot resilience is insufficient.

(3) The research on technical and tactical theory is relatively weak

Compared with modern competitive sports, martial arts short-soldier sports still have room for improvement in technical and tactical data analysis, competition video research, etc., which restricts the scientific optimization of the technical and tactical system.

4. The path to optimize the sports skills and tactics system of martial arts short soldiers

(1) Build a competition-oriented technical and tactical system

The optimization of the technical and tactical system should take competition rules and actual combat needs as the core, organically combine technical training with tactical awareness training, and highlight offensive and defensive conversion, rhythm control, and scoring efficiency.

(2) Strengthen technical and tactical combination training

Through technical combinations, tactical routines and simulated confrontation training, athletes' technical and tactical execution ability in complex confrontation environments is improved.

(3) Introduce scientific training and analysis methods

With the help of video analysis, data statistics and other methods, quantitative analysis of competition techniques and tactics is carried out to provide a scientific basis for the adjustment of training programs.

5. Research on the training path of high-level martial arts short-handed athletes

(1) Scientific material selection and echelon construction

The training of high-level athletes should pay attention to the comprehensive investigation of physical fitness, responsiveness and psychological fitness, and establish a hierarchical and progressive talent training system.

(2) Construction of systematic training model

Training should cover technical, tactical, physical and psychological aspects, form a long-term, stable and systematic training plan, and avoid one-sided pursuit of short-term results.

(3) Use competition to promote ability improvement

Through a multi-level competition platform, it provides athletes with actual combat exercise opportunities, and continuously tests and improves the technical and tactical system during the competition.

Conclusion

The optimization of the technical and tactical system of martial arts short-soldier sports and the training of high-level athletes are important guarantees to promote the sustainable development of the project. Through the construction of a scientific, systematic and actual combat-oriented technical and tactical system, and the establishment of a sound athlete training path, it will help to comprehensively improve the competitive level and overall development quality of martial arts short-soldier sports. In the future, the combination of theoretical research and practice should be further strengthened to lay a solid foundation for the standardization and internationalization of martial arts short-soldier sports.

The theoretical cornerstone of criminal justice modernization: the

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