

## *Original Paper*

# Study on the Restrictive Factors of Wushu Sanda Movement in

## Weinan Middle School of Shan xi Province

Wang Zhen<sup>1(Note 1)</sup> & Zhuang Qin<sup>1\*(Note 2)</sup>

<sup>1</sup> Shaanxi Railway Institute, Weinan 714000, China

Received: June 17, 2023

Accepted: August 09, 2023

Online Published: August 19, 2023

doi:10.22158/assc.v5n3p92

URL: <http://dx.doi.org/10.22158/assc.v5n3p92>

### **Abstract**

*This paper analyzes the development of Wushu Sanda movement in middle schools in Weinan City, Shan xi Province through the research methods of literature, questionnaire, logic analysis and expert interview, clears out the constraints of Wushu Sanda movement in middle schools, and puts forward corresponding solutions. The results show that: the effective time can not be well mastered; The site is inadequate or unsuitable; May cause fighting or disorder; Lack of martial arts education; Lack of teachers; Prone to sports injury; The lack of interest is the restricting factor that restricts the development of Wushu Sanda movement among young people. The author suggests that we should classify teaching according to the purpose of learning; Optimize the allocation and use of space; Changing the perception of parents and students; Strengthen military morality education; Recruit excellent Sanda teachers; Improve teaching quality and optimize service; Injury prevention and rehabilitation treatment are the effective countermeasures to solve the problem of Wushu Sanda movement among young people.*

### **Keywords**

*Weinan Middle School, Youth group, Sanda*

## **1. Introduction**

### *1.1 Research Background*

In recent years, with the popularization and promotion of Wushu Sanda, the teaching level and content of social Wushu Sanda clubs and training courses are mixed. The rapid development of social Wushu Sanda clubs has played a role in promoting the promotion of Wushu Sanda to some extent, but some non-compliant Wushu Sanda clubs and training courses have also caused damage to the reputation of Wushu Sanda. The key group of Wushu Sanda promotion and popularization lies in the young people, and primary and secondary schools are the main gathering places of the young people. Strengthening

the Wushu Sanda movement in primary and secondary schools can greatly promote the spread and development of Wushu Sanda movement. Through the literature survey and research, it is found that there are few researches in this field in the academic circle. This paper takes the situation of Wushu Sanda in Weinan Middle school as the research object, aims to understand the restrictive factors of Wushu Sanda in this school, and puts forward some relevant suggestions. It is hoped to provide some theoretical basis for the general middle schools to carry out Wushu Sanda movement and promote the further promotion and popularization of Wushu Sanda movement.

### *1.2 Research Objectives*

In the schools of different historical periods in our country, martial arts have received different attention. Wushu Sanda, as an important part of Chinese Wushu, has not been popularized and developed well among the general public, especially among young people. At present, the situation of Wushu in schools is worrying, and it has reached a situation of “difficult step by step, surviving in name only”. It is a long way to go for Wushu Sanda to enter the school physical education classroom. This study investigates the situation of Wushu Sanda among the young students in Weinan Middle School, finds out the restrictive factors of Wushu Sanda among the young students in this school, and puts forward corresponding countermeasures to provide certain ideas for Wushu Sanda to enter the physical education class of ordinary middle schools as soon as possible.

### *1.3 Research Significance*

Wushu Sanda has many social value functions, can meet the needs of many aspects of society, and can adapt to the physical and mental development characteristics of young students. Young people are the builders and successors of socialism. They have a flexible mind, strong ability to accept new things, rich aesthetic taste, and various ways to understand Wushu Sanda. On the one hand, it is beneficial to the promotion and popularization of Wushu Sanda among young people, on the other hand, it is beneficial to the healthy growth of young people. Therefore, it is of great practical significance to study the restrictive factors and countermeasures of Wushu Sanda movement in Weinan middle school.

### *1.4 Research Status*

Wushu Sanda, as a traditional sport of the Middle family, has been continuously improved and perfected with the development of the society and the progress of The Times. In recent years, there are more and more studies on Wushu Sanda, but there are not many studies on the promotion of Wushu Sanda. Most of the existing studies on Wushu Sanda promotion are only comparative studies with Taekwondo and judo, and there are few studies that really solve the pain point of young people. In his Research on the Development Status and Countermeasures of Sanda, Shen Fengming pointed out that the current martial arts Sanda performance of young people is remarkable, but the award situation is not as good as that of foreign countries and the physical function of young people is not high, and put forward suggestions to improve the core quality of coaches, improve the skills training methods and optimize the training content. Fang Lizhong, Wang Xiaowen and Zhang Yong pointed out in a Brief Analysis of the positive impact and promotion Effect of Wushu Sanda on Teenagers in school that

Wushu Sanda can prevent campus violence and promote the improvement of teenagers' physical fitness. Lu Chuanwu pointed out in his Research on the Promotion Mode of Wushu Sanda among young People that the factors restricting the promotion of Wushu Sanda among young people are: the lack of sufficient teachers; Moral education in Wushu Sanda teaching needs to be standardized and perfected. The inappropriateness of Wushu Sanda clothing; The damage of Wushu Sanda technology; The lag of the development of Wushu Sanda duan system; The lack of "Sanda routine" exercise; The youth Wushu Sanda competition is relatively narrow. Hu Changling showed in Research on the Ways and Methods of Wushu Sanda Promotion among young People that the promotion and popularization of Wushu Sanda among young people is a long-term and systematic work involving many disciplines and aspects.

Young people are the future and hope of the motherland, Wushu Sanda must be popularized among young people. Make an in-depth investigation into what kind of martial arts Sanda is needed by the contemporary youth, and make a comprehensive analysis from the needs of the contemporary youth, the needs of the development law of martial arts Sanda itself, and the historical mission given to martial arts Sanda by the contemporary society. This paper tries to reform the current competitive martial art Sanda and find out the methods and paths to popularize it in the majority of young people. This is of great theoretical and practical significance for the development of traditional national sports and the all-round development of youth's morality, intelligence and body, as well as the promotion and cultivation of national spirit.

## **2. Research Object and Research Method**

### *2.1 Research Object*

The present situation of Wushu Sanda movement in Weinan Middle school is taken as the research object, and 120 students in Weinan middle school are taken as the investigation object.

### *2.2 Research Methods*

#### *2.2.1 Literature Method*

Through CNKI, Wanfang, Weipu and other network databases, with "Martial arts Sanda" and "youth" as the main topics, more than 30 effective literature articles were obtained, and through reading the literature, the research frontier and research direction in this field were mastered and understood. At the same time, referring to the Chinese Martial Arts Course (Volume 2), the History of Chinese Martial Arts, Introduction to Chinese Martial Arts and the Guidance and Practice of Youth Sports, and collecting a large number of materials through the Internet, the restriction factors of Wushu Sanda movement in young people are understood from more aspects, which provides certain ideas for carrying out this research.

#### *2.2.2 Questionnaire Survey Method*

A questionnaire on the specific situation of Wushu Sanda Movement among teenagers in middle schools in Weinan City was designed, including satisfaction, movement mode, existing problems, Sanda teaching materials, number statistics, main goals, martial arts education and etiquette norms.

Questionnaire was made by the APP of Juanxing and distributed online to 120 teenagers in Weinan Middle School. A total of 120 online questionnaires were recovered. The background of Juanxing automatically generated a data processing report, and I analyzed and summarized the data report.

### 2.2.3 Interview Method

This paper intends to interview 8 teachers and experts who are engaged in the teaching of martial arts Sanda in middle schools. The interview questions are as follows: 1. What do you think about the current development of Wushu Sanda among young people? 2. What problems do you think exist in the development of Wushu Sanda among ordinary middle school students? 3. How do you think it is appropriate to carry out Wushu Sanda among ordinary middle school students?

### 2.2.4 Logical Analysis Method

Through comparative analysis and summary of the collected literature and investigation results, this paper finds out the restricting factors of Wushu Sanda movement among middle school teenagers in Weinan City, and puts forward reasonable countermeasures.

## 3. Results and Analysis

### 3.1 Investigation on the Restrictive Factors of Wushu Sanda Movement in Weinan Middle School

#### 3.1.1 Investigation on Students' Basic Cognition of Wushu Sanda

Through the survey found that there are 3 people very understand, accounting for 2.5%; 35 people understood, accounting for 29.17%; 68 people did not know, accounting for 56.67%; 14 people do not know much about Wushu, accounting for 11.67% (see Table 1), indicating that most junior middle school students in Weinan City have poor basic cognition of Wushu Sanda.

**Table 1. A survey of the Cognition Degree of Wushu Sanda among Young Middle School Students in Weinan City**

Level of understanding	The number of participation	Percentage (%)
Very well	3	2.5%
Know	35	29.17%
Don't know	68	56.67%
Quite ignorant	14	11.67%

#### 3.1.2 Survey of Students' Satisfaction with Wushu Sanda in Ordinary Middle Schools

Through the survey, 16 people are very satisfied, accounting for 13.33%; 81 people were satisfied, accounting for 67.5%; 21 people were dissatisfied, accounting for 17.5%; 2 people were very dissatisfied, accounting for 1.67%; (See Table 2) indicates that many young students of Weinan middle school hope to carry out Wushu Sanda in ordinary middle schools.

**Table 2. Questionnaire of Satisfaction Degree of Young Students in Weinan Middle School to Wushu Sanda in Ordinary Middle Schools**

Level of satisfaction	The number of participation	Percentage (%)
Very satisfied	16	13.33%
satisfied	81	67.5%
unsatisfied	21	17.5%
Very unsatisfied	2	1.67%

### 3.1.3 Students Investigate the Way to Carry out Wushu Sanda in Ordinary Middle Schools

Through the survey, 46 people filled in the formation of the school Wushu Sanda team, accounting for 38.33%, ranking first; 29 people filled in to form a social Sanda club, accounting for 24.17%, ranking second; 21 people participated in extracurricular sports activities, accounting for 17.5%, ranking third; 13 people filled in the compulsory courses in the school, accounting for 10.83%, ranking fourth. 10 people filled in the proper development of Sanda competition in ordinary middle schools, accounting for 8.33%, ranking fifth; One person filled in the method, accounting for 0.83%, ranking sixth (see Table 3).

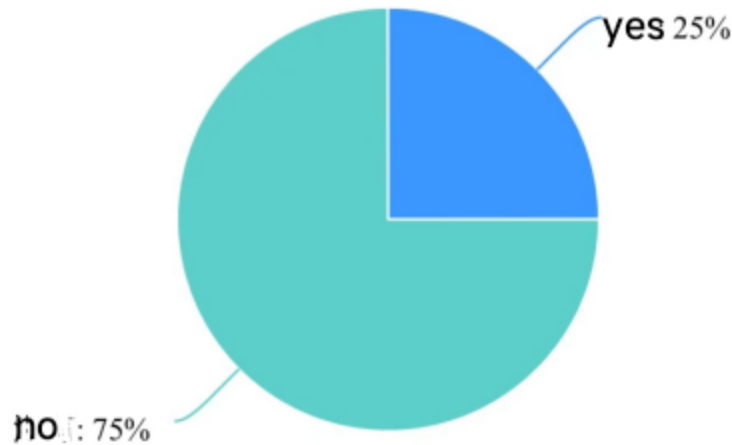
**Table 3. The Questionnaire of Weinan Youth Students on the Way to Carry out Wushu Sanda in Ordinary Middle Schools**

Implementation	The number of participation	Percentage (%)	Rank
Set up Wushu Sanda team at school	46	38.33%	1
Set up social Sanda club	29	24.17%	2
After-class activities	21	17.5%	3
Set up compulsory courses at school	13	10.83%	4
Held Sanda competitions in ordinary middle school	10	8.33%	5
Others	1	0.83%	6

### 3.1.4 Students' Investigation on Whether There Are Wushu Sanda Teaching Materials Suitable for Ordinary Middle School Students

According to the survey, 30 people think that there are Wushu Sanda teaching materials suitable for ordinary middle schools, accounting for 25%; 90 people think that there are no Wushu Sanda teaching

materials suitable for ordinary middle schools, accounting for 75% (see Figure 1). Considering the physical and mental characteristics of middle school students, Wushu Sanda teaching materials suitable for middle school students should be chosen.



**Figure 1. The Survey of the Teenagers of Weinan Middle School on Whether there Are Wushu Sanda Teaching Materials Suitable for Ordinary Middle School Students**

### 3.1.5 Investigate Whether It Is Necessary to further Strengthen Martial Arts Education and Martial Arts Etiquette Norms

According to the survey, 5 people think that they are not sure, accounting for 4.17%; 36 people think it is not necessary, accounting for 30%; 49 people think it is necessary, accounting for 40.83%; 30 people think it is very necessary, accounting for 25%; (See Table 4) indicates that most of the junior middle school students in Weinan City have realized the importance of further strengthening martial arts education and martial arts etiquette norms in ordinary middle schools.

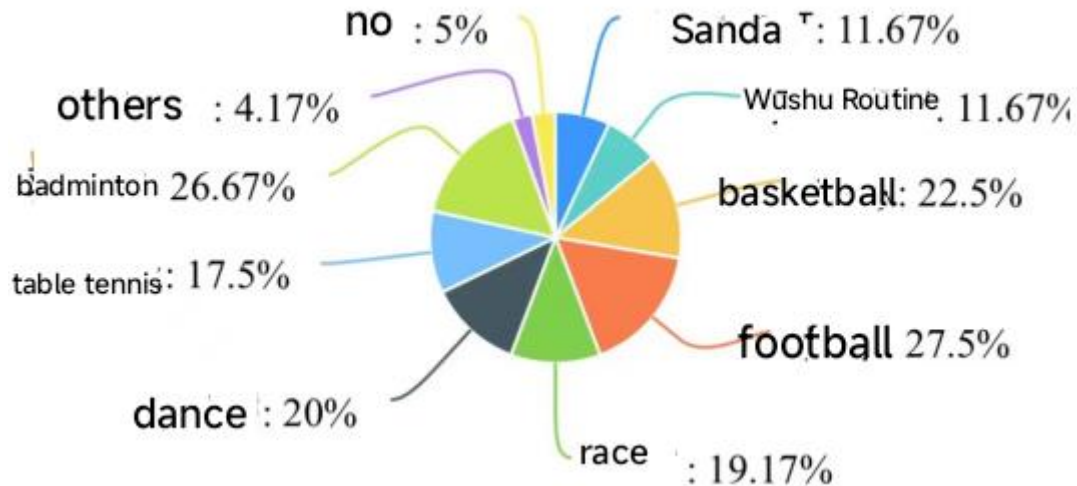
**Table 4. Whether It Is Necessary to Further Strengthen Martial Arts Education and Martial Arts Etiquette Standards**

Level of necessity	The number of participation	Percentage (%)
uncertain	5	4.17%
unnecessary	36	30%
necessary	49	40.83%
Very necessary	30	25%

### 3.1.6 Survey on the Number of Atudents Engaged in Wushu Sanda or Other Sports

Through the survey, 33 people chose football, accounting for 27.5%, ranking first; 32 people chose

badminton, accounting for 26.67%, ranking second; 27 people chose basketball, accounting for 22.5%, ranking third; 24 people chose dance, accounting for 20%, ranking fourth; 23 people chose track and field, accounting for 19.17%, ranking fifth; 21 people chose table tennis, accounting for 17.5%, ranking sixth; 14 people chose Wushu Sanda, accounting for 11.67%, ranking seventh; 14 people chose Wushu routine, accounting for 11.67%, tied for seventh place; 6 people chose no, accounting for 5%, ranking eighth, and 5 people chose other, accounting for 4.17%, ranking ninth. (See Figure 2)



**Figure 2. Survey on the Number of Middle Schools in Weinan City Who Carried out Wushu or Other Sports**

### 3.1.7 Students Investigate the Main Objectives of the Sanda Movement in ordinary Middle Schools

According to the survey, 77 people filled in the ideological and moral education of students through martial arts education, accounting for 64.1%, ranking first; 76 people filled in to improve physical fitness and promote health, accounting for 63.33%, ranking second; 75 people filled in the training of students' tenacious will quality, accounting for 62.5%, ranking third; 71 people filled in to improve their sports skills for competition and further study, accounting for 59.17%, ranking fourth; 52 people filled in to enhance students' social ability, accounting for 43.3%, ranking fifth; 47 people filled in to cultivate interest and form lifelong sports awareness, accounting for 39.1%, ranking sixth; 10 people filled in other goals, accounting for 8.33%, ranking seventh. (See Table 5)

**Table 5. Investigation on Main Objectives of Wushu Sanda Movement Carried out in Ordinary Middle Schools by Young Students in Weinan**

The main objective	The number of participations	Percentage (%)	Rank
Through martial morality education, students are educated in ideology and morality	77	64.1%	1
Improve physical fitness and promote health	76	63.33%	2
Cultivate students' tenacious will quality	75	62.5%	3
Improve motor skills for competition and further study	71	59.17%	4
Enhance students' social skills	52	43.33%	5
Cultivate interest and form lifelong sports consciousness	47	39.17%	6
Other goals	10	8.33%	7

### 3.1.8 Students Have Investigated the Main Problems of Wushu Sanda in Ordinary Middle Schools

According to the survey, 89 people had a long filling cycle and could not master it well within a limited time, accounting for 74.17%, ranking first; 83 people filled in the venue was not suitable or there was no venue at all, accounting for 69.17%, ranking second; 79 students may fight and disturb the social and school environment, accounting for 65.83%, ranking third; 64 students' parents worried about the lack of martial arts education in teaching, accounting for 53.33%, ranking fourth; 57 people filled in the lack of teachers, accounting for 47.5%, ranking sixth; 54 people fill out the study free combat is too dangerous, afraid of injury accidents, accounting for 45%, ranking seventh; 38 students were not interested, accounting for 31.67%, ranking eighth; 7 people filled in other questions, accounting for 5.83%, ranking 9th. (See Table 6)

**Table 6. Survey of the Main Problems of Wushu Sanda in Ordinary Middle Schools by Young Students in Weinan Middle School**

The main problems	The number of participation	Percentage (%)	Rank
Long cycle, limited time can not be better mastered	89	74.17%	1
The venue is not suitable or there is no venue at all	83	69.17%	2
Students learning Sanda may fight and disrupt the social and school environment	79	65.83%	3
Parents worry about the lack of martial arts education	64	53.33%	4
Inadequate or lack of teachers	57	47.5%	5



The cost of learning Sanda is too high for students to bear	57	47.5%	6
Learning free combat is too dangerous, afraid of sports injury	54	45%	7
Students have no interest	38	31.67%	8
Other problems	7	5.83%	9

### *3.2 Analysis of the Main Problems of Martial Arts Sanda Carried out by Junior Middle School Students in Weinan City*

#### *3.2.1 Limited Time Cannot Be Better Mastered*

The technical movements of Wushu Sanda are relatively difficult compared with track and field and ball games, but relatively simple compared with Wushu routines. Wushu Sanda is a combination of boxing, leg and wrestling in one sport, advocating the far kick and close hit close fall; The common technical movements are “three fists and three legs”, that is, straight fists, swinging fists, hooking, whipping legs, kicking legs, kicking legs. There is a certain span between Wushu Sanda’s technical movements and the actual combat. If we master the technical movements, it is not difficult for teenagers in ordinary middle schools. If you want to improve the actual combat ability, you need further systematic training.

#### *3.2.2 Inappropriate Venues or no Class Venues*

Common middle school sports arenas are mainly track and field, which is difficult to bear the class venues of Wushu Sanda. The Wushu Sanda movement requires students to train barefoot on spongy cushions, which makes it easier to protect students’ safety during training. The training ground and the competition ring occupy a certain space, and need to invest a certain amount of money. If the number of ordinary secondary schools studying Sanda has not broken through a certain scale, it is difficult for schools to provide students with matching training venues.

#### *3.2.3 Possible Fighting or Disturbing Order*

Some parents and students may have such a misunderstanding that students will fight and even disturb social order after learning free combat. As Wushu Sanda belongs to the heavy competition competition, its main form is fighting. Such concerns arise if parents and students do not have a deep understanding of the Wushu Sanda program.

#### *3.2.4 Parents Worry about the Lack of Martial Arts Education*

The reason for this may be that students deviate from martial arts morality after learning martial arts Sanda. But if you dig carefully, this is not the reason for Wushu Sanda, but for many reasons. Students are faced with the pressure of school homework, extracurricular tutoring and family, and children with poor psychological tolerance will inevitably be upset and do some behaviors that contradict their parents. Secondly, the quality of social martial arts training institutions is uneven, and there are some coaches who neglect martial arts education in teaching.

### 3.2.5 Lack of Teachers

Wushu Sanda has not been popularized in the middle school, and the middle school is lack of teachers. However, the physical education departments of physical education colleges and comprehensive universities cultivate a large number of martial arts professionals every year, which can supplement the post of martial arts Sanda teachers in secondary schools.

### 3.2.6 Learning Wushu Sanda Is Expensive

Off-campus martial arts Sanda training fees are not high compared with other non-disciplinary training, which is in line with the level of commitment of most parents. Social Wushu Sanda training clubs are numerous, there is no uniform standard. Parents are concerned about the price not only the Wushu Sanda project, but also the size of the venue, the level of coaches and other factors, often based on a specific training class to examine the price level, can not be reflected in the entire Wushu Sanda industry.

### 3.2.7 Fear of Sports Injury in the Learning Process

In Wushu Sanda movement, or other sports, sports injury is normal. Parents and students should face up to this phenomenon and should not not participate in sports for fear of sports injury.

### 3.2.8 Students Have no Interest

Students' interest in a particular sport is influenced by many factors, including external factors and internal factors. External factors such as teacher's personality, site condition, class mode, etc.; Internal factors are students' understanding of the project; Comprehensive consideration should be given.

### 3.2.9 Other Issues

The development of Wushu Sanda in Weinan Middle School and even the whole ordinary middle school is also affected by the proportion of students' time in each subject, whether there are martial arts textbooks suitable for middle school students, and the relationship with off-campus training institutions.

## 3.3 Countermeasures for young students of Weinan Middle School to carry out Martial Arts Sanda

### 3.3.1 Classified Teaching According to the Purpose of Learning

Elementary classes and intensive classes shall be set up according to the purpose of students to learn martial arts Sanda. The elementary class aims to improve young students' cognition of Sanda and master the complete air strike movements of Sanda in a limited time. The intensive class aims to cultivate the actual combat ability of the young students in Wushu Sanda, and serve for the future competition and further study.

### 3.3.2 Optimizing the Allocation and Use of Venues

Due to the limited campus area of ordinary middle schools, some schools do not have a separate training venue for Wushu Sanda. This is to take into account the optimal allocation and use of the site, and the existing site can be transformed to meet the requirements of training venues that can undertake various projects. At the same time, the number and time of students using the site should be reasonably allocated, so that they can enjoy better services within limited resources.

### 3.3.3 Change the Perception of Parents and Students

Sanda is a Chinese martial art, and its practitioners are bound by the Chinese martial arts. Many martial arts practitioners are often people of high moral character; Individual people with bad moral character are deeply rooted in malignancy, and martial virtues have not been able to fundamentally educate them. In order to actively change the cognition of parents and students, we should not have a paranoid cognition of Wushu Sanda because it belongs to the heavy competitive competition.

### 3.3.4 Strengthen Martial Arts Education in Teaching

Martial arts learning is the first to learn morality, martial arts education in the teaching of Sanda always put the first place. No matter the teaching of Wushu Sanda in schools or the teaching of Wushu Sanda training institutions outside schools, we should strengthen the education of Wushu morality to students. We do not require students to master relevant skills first, first ask students to be a noble person. Under the influence of good martial arts education, students can become a person of value to the society.

### 3.3.5 Recruitment of Excellent Teachers in Related Fields

Because there is no uniform standard for off-campus training institutions, the level of Wushu Sanda training teachers on the market is different, leaving a bad impression on many students and parents, which has become an obstacle to the promotion and popularization of Sanda. If we want to carry out Wushu Sanda movement in ordinary middle schools, we must recruit outstanding talents in related majors as a reserve force of teachers.

### 3.3.6 Improve Teaching Quality and Optimize Service

The cost of learning martial arts Sanda is not much different from the cost of other non-disciplinary training, so it cannot be called the cost of learning Sanda is high. Parents examine the price level not only to look at the project indicators, but also the size of the venue, the level of coaches and follow-up services. Improving the teaching quality of martial arts Sanda in ordinary middle schools and optimizing follow-up services (such as a sound rehabilitation treatment system, match channels and admission services) are the top priorities.

### 3.3.7 Injury Prevention and Rehabilitation Treatment

It is normal for students to have sports injuries when they participate in sports, and we should face up to this situation, especially the sports injuries in the confrontation events such as Wushu Sanda. Before the start of the exercise, actively prepare for the warm-up activities, after the exercise, do a good job of finishing and relaxing activities; It can effectively prevent injuries during sports. After a sports injury, it is necessary to treat it in time, and do not let it go.

### 3.3.8 Improve Cognition and Tap Students' Interest

Students' interest is influenced by many factors. Firstly, it is necessary to improve students' cognition of Wushu Sanda. Students should not give up this project because they do not have a comprehensive understanding of Sanda. Secondly, we should strive to improve the fun of the classroom, through sports games, formation changes, auxiliary equipment to attract students' interest.

### 3.3.9 Other Countermeasures

In addition to the above countermeasures, the reasonable arrangement of the proportion of school culture courses and Wushu Sanda courses, the writing of special Wushu Sanda textbooks suitable for middle school students, and the cooperation mode with off-campus clubs also need to be implemented.

## 4. Conclusions and Suggestions

### 4.1 Conclusion

- (1) Young students in Weinan Middle School have low basic cognition of Wushu Sanda;
- (2) Students are more satisfied with Wushu Sanda in ordinary middle schools; The top three ways to carry out martial arts Sanda sports in ordinary middle schools are the formation of school martial arts Sanda teams, the formation of social Sanda clubs, and school extracurricular sports activities;
- (3) At present, there are no special teaching materials for Wushu Sanda in ordinary middle schools;
- (4) There are many kinds of sports that students participate in, among which the number of students learning Wushu Sanda is relatively small, and the ranking is relatively low;
- (5) The main goal of students learning martial arts Sanda is to carry out ideological and moral education, improve physical quality, and cultivate strong will quality.
- (6) The problems of Wushu Sanda in middle schools of Weinan City are as follows: unable to master martial arts in limited time, inappropriate venue or no class venue, possible fights or disturbance of order, parents' concerns about the lack of martial arts education, inadequate teacher level or lack of teachers, high cost of Wushu Sanda learning, fear of sports injury in the learning process, and students' lack of interest.

### 4.2 Suggestions

- (1) It is necessary to further strengthen martial arts education and martial arts etiquette norms;
- (2) Train more Wushu Sanda teachers to improve the development level of Wushu Sanda in primary and secondary schools.
- (3) The introduction of external teachers from martial arts Sanda social clubs with good development status and strong teachers to alleviate the shortage of martial arts Sanda teachers in primary and secondary schools.

## References

- Fang, L., Wang, X., & Zhang, Y. (2019). Analysis on the positive influence and promoting effect of Wushu Free Combat Movement entering the school for teenagers. *Wushu Research*, 5(8), 41-43.
- Hu, C. (2008). In Research on the ways and methods of Wushu Sanda Promotion among teenagers (pp. 36-37). Master's thesis of Beijing Sport University.
- Liu, D. (2006). In *Research on Wushu Sanda entering Physical Education teaching in primary and secondary schools* (pp. 16-19). Master Thesis of Wuhan Institute of Physical Education.
- Liu, H. (2014). Discussion on the effective promotion of Wushu Sanda in universities. *Ethnic*

- Traditional Sports*, 4(26), 135.
- Lu, C. (2013). In *Research on the Promotion Model of Wushu Sanda among Teenagers* (pp. 30-32). Master Thesis of Beijing Sport University.
- Meng, L. (2019). On the Influence of Martial Arts Training on the development of students' personality and body and mind. *Sports World (Academic Edition)*, 2019(12), 84-85.
- Shen, F. (2019). Research on the development status and countermeasures of Youth Wushu Sanda. *Youth Sports*, 12(80), 78.
- Tian, M. (2017). *Sports Training* (2nd ed., pp. 50-53). Beijing: Higher Education Press.
- Wang, J. B. (2012). In *Research on the construction of evaluation index system of 1-6 Sports skill level of juvenile Wushu Sanda* (pp. 11-13). Master's Thesis, Shanghai University of Sport.
- Xu, W., & Liu, H. (2019). Research on the status quo of Wushu Sanda in Beijing Youth Sports Clubs. *Wushu Research*, 6(4), 52-54.
- Yang, X., & Cui, H. (2020). Research on the development strategy of Wushu Sanda in primary and secondary schools. *Education Forum*, (46), 152.
- Zeng, Y., Cai, R., & Zhu, R. (2003). In *Chinese Material Arts Tutorial Book II* (pp. 1-5). Beijing: People's Sports Press.
- Zh, H. (2020). Research on Development strategies of Wushu Education in Primary and secondary schools. *Wushu Research*, 2020(01), 18-21.
- Zhou, H., & Long, X. (2014). On the Promotion of Wushu Sanda in small and medium-sized cities. *Wushu Sanda Research*, 4(11), 59.
- Zhu, Q. (2018). Feasibility study on Wushu Sanda Duan rank System entering primary and secondary schools. *Journal of Wushu Research*, 3(9), 20-22.

## Notes

Note 1. The first author: Wang Zhen (1993-), male, born in Zhoukou, Henan Province, teaching assistant, master candidate, research direction: Martial arts and ethnic traditional sports.

Note 2 Corresponding author: Zhuang Qin (1992-), male, born in Jingzhou, Hubei Province, teaching assistant, master candidate, research direction: sports training.