On the Inheritance of Chinese Wushu from the Western Coaching System

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Abstract. This paper analyzes the characteristics of Western Coach System, confirms the superiority of Chinese martial arts' mentoring system in the comparison of Chinese and Western, also finds a lack of Chinese martial arts apprenticeship. At last, in order to enter the Olympic Games more quickly, we put forward suggestions on Chinese Wushu inheritance way.

Introduction

Control and physical training, is for the body view of Westerners, by Kuriyama Shigeruku and Foucault on the body view, we can sum up the western concept of the body characteristics: (1) people can analysis the flesh, through one by one analysis and practice, to make the body to training. (2) Pay attention to details; emphasize the importance of small things, because big events are accumulated by a few small things. (3) Emphasize the partition principle against ambiguous distribution, specific attention. (4) Focus on the competition, that competition is the driving force of progress. (5) The organization clear, clear hierarchy, use level specified in the system status. Western sports influenced by the western concept of the body, not only affected the form of movement, is also in the inheritance model of body view, the development of a unique system of western sports inheritance pattern to sports coach system primarily, this and our country is not the same way of martial arts.

The Connotation of Western Sports Coaching System

Aim at Competition and Competition

The purpose of sports competition is to realize the value of self, that is to say, the essence of human strength, and whether competition is the essence of sports? As for the definition of motion, movement is characterized by "playfulness", "competitive", and "intense physical activity" (three). Zhu Wenzhong pointed out: "the movement is a kind of practice, is an intermediary between man and nature, social relations is carried out, and the reason for the sports movement, not exercise their subjectivity, sport is a human creation, its essence is given by the people, and the nature of the movement is actually the people of this matter reflected by" [1]. Therefore, the movement is the realization of human's essence embodied, and sports are just part of human nature embodied.

Because of the different cultural background, the culture of Western society in favor of adventure, competition, transcendence, win, strive for personal ideals and the spirit of perseverance, so many people to exercise for their competition, hesitate, match all enjoy, after the failure of efforts, self affirmation is successful, this kind of spirit is the biggest driving force of western sports developed. Michael Chang said in his statement: "after the university can always enter, the job network must take advantage of youth", represents the spirit behind the western competitive sports. [2]

A training mode of sports coach system is fun for the purpose, with the tool rational characteristics, emphasis on efficiency and effectiveness, in order to win in the competition, showing good results, will design a complete set of training plan, training as a player. The game can must have a complete set of rules, the western competitive sports is a premise to protect athletes, "the game", "simple" and "unified rules" is the "game" can make the prerequisite. [3]

At the same time, competitive sports emphasize the integrity and accuracy of the rules. Because there is no strict and fair rule, norms and referees, competitive sports will fall into chaos. Within the
range of athletic competition, the rules of motion, however, are recognized, which are completely independent of race, politics and other authority, and have the highest power. Any athlete must obey and obey these rules. Therefore, the existence of rules and perfect is the premise of competitive development.

**Specialized Training**

In the western view of body, people can analyze the body, through analyzing and practice, to make the body to training, basketball, light a shooting action, players may be continuous shooting hundreds of times, even thousands of times, make the shot into their familiar habits or to; long jumpers, the training process to strengthen the leg muscles jumping ability, calculated from where to run, where began to accelerate, where to start, completely can jump "far away" as the main and single training target. The local extreme of professional training, development of athletes is extreme, like weightlifting size, because the ability of extreme training of hand grasping, the arm muscle extremely developed, the height is not high, the formation of an inverted triangle shape. As a tennis player because of the need to strengthen the hand swing action, in addition to exercise correct and sensitive, also training the strength to play, so the tennis player's arm because of the extreme training rather than the general population gross. The system of sports coach under coach, itself may be a born athlete or not are born athletes specializes in sport management, can use the scientific method to analyze the body by gradual training, in order to achieve the purpose of winning competitive.

**Establish Standards That Can Be Objectively Measured**

Westerners because of the attention to detail and accuracy of the requirements, the scientific development, for the movement of the body is the same, the result of training in order to be able to show in the game, so there must be a set of objective criteria. In the race for example, players at the same time, in the same place, the same sports equipment standard competition, speed depends on whether or not he arrived at the end point of time, time is fair and objective standards that can be accepted by all, so the race to the athletics and sports training in sports coaches like high jump mode; long jump, all kinds of sports have a set of objective criteria, the high jump height standard is very clear, very clear long jump distance standard; and even physical activities with the aesthetic aspects of gymnastics and diving, also give an objective measure of the difficulty of action, limb body harmony and beauty. Even when the audience watching the game, you can also understand the rules of judgment, the player's performance, so that this can objectively measure standard is verified, and the movement to go into the international arena, a set of objective standards is necessary. Mode of thinking of western sports is the single direction of thinking, to swim in swimming, for example, player's goal is to end point, is a single direction, in addition to arrive at the end point, the other players on non heart, can not have other thoughts, and to concentrate on a single.

**Clear Organization, Hierarchical Management**

Sports coach in the athletic competition system and promotion of education, to promote education for a ring belonging to the social education and national education, social education, leisure club, sports coaches, Park community sports coaches; leisure sports coaches club for some one to one teaching some groups, teaching, coaching as the main title, teaching content and schedule fixed, with a fixed form of organization with management. The sports coaching system in the park area is mostly group teaching, and it is a part of mass education, and it pays attention to the popularity of sports. With the school sports coaching system, the organization is clear, there is a fixed schedule, clear teaching objectives and teaching plans, and to popularize, promote the goal.

Organization is the best method for efficient management of athletes. In order to make athletes achieve the maximum training effect in a short time, hierarchical management can achieve the most effective control. For example, in the game of baseball training, a coach will command the team operation; there were also the pitching coach and running coach and batting coach, one for athletes training. This kind of management mode, in order to win as the only goal, to win over the other
team at the same time training, to take the most efficient and effective way, and organization management is to improve the efficiency of one method.

**Coach and Students on Both Sides of the Contract Relationship**

The relationship between the coach and the trainee under the coach system is to establish the relationship between the two parties in the form of contract. Once the contract is terminated, the two sides also terminate the relationship. The competition oriented training group, to the national training center as an example, by the state to hire a professional coach, in the training, coach for competitive sport, there are plans of training, once the end of the game, the two sides had lost the contractual relationship, the relationship between the two sides and also suspended. Leisure sports coach club in the relations between the two sides established in the contract with the exchange of money, and no emotion, ethical relationship, learning and instruction is purely technical, this contract is short and time, not for a long time.

**A Comparison of the Connotation of Chinese and Western Heritage Models**

Table 1. Comparison of Chinese and Western patterns of physical activity inheritance.

<table>
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<tr>
<th>Chinese traditional apprenticeship</th>
<th>Western sports coaching system</th>
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<tbody>
<tr>
<td>1. For the purpose of strengthening the body, keeping health, defending... (multi purpose orientation), with a middle course.</td>
<td>1. For the purpose of competition and competition.</td>
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<tr>
<td>2. pay attention to the whole body coordination and unity of body and mind.</td>
<td>2. special professional training: extreme, professionalism, specialization of the local.</td>
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<td>3.&quot;Dark energy&quot; and &quot;energy&quot; can not be used to measure the appearance and use of metaphor and imagination, attention to experience, multiple directions of thinking.</td>
<td>3. Establish standards that can be objectively measured: clarity, emphasis on rules, and a single direction of thinking.</td>
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<td>4. Elite inheritance (model learning): suitable for a small number of people, progress varies from person to person, without the urgency of time.</td>
<td>4. Organizational and hierarchical management: suitable for most people teaching, efficiency.</td>
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<td>5. pay attention to ethics: master and apprentice like father and son.</td>
<td>5. The relationship between the coach and the student is based on the contractual agreement, and the relationship is weak.</td>
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As shown in Table 1, in terms of the purpose of the two, the traditional Chinese apprenticeship system is characterized by strengthening the body, keeping fit and defending... For the purpose, not to compete for the main purpose of the western sports coach system usually in competitions, sports as the main purpose, of course, some western sports coaches also have physical fitness, defense function, but still is the main goal of the pursuit of victory. There will be such a difference mainly lies in the differences between Chinese and Western culture, China culture emphasizes a middle course, everything must be known in advance and retreat, humility as a virtue, which is the norm, "gentlemen no competition, will also shoot up to it, and the 8th, the struggle for the gentleman". Western culture social bias adventure, ambitious and beyond, competition, create a lot of people to exercise for their movement, hesitate, game to enjoy, after the failure of efforts, self affirmation is successful, this spirit is the biggest driving force of western sports developed. [3]

After a long time to cultivate China Wushu culture and humanism, evolved into martial arts, self-cultivation, fusion and health philosophy as a furnace of art, and with individual technology upgrading into the realm of ascension, the martial arts into the artistic realm. China of martial arts action must be combined with Chinese to culture performance, action requirements of integrity, including defense, movement, etc., and the opening and closing thoughts, every action is two
degrees, three degrees of thinking, pay more attention to the overall and integral. Western sports coach training system using special professional training, with each sport professional coach every sport, even every sport can be subdivided into different coaches, using the professional division principle of fine, the body of segmentation, extreme training for local action is a single idea, different from the China martial arts complex trait.

China in martial arts the spirit of moderation, not for performance, not competition, in the "Jin" training emphasizes "wrapping strength", in addition to external physical exercise, but also combined with the inner spirit, thoughts, especially sophisticated skill to a certain extent, ordinary people can not see with the naked eye, appearance, so can not be established objective to measure the standard. The purpose of western sports coaching system is to win in the competition, and to enter the category of international competition, it is necessary to establish a set of standards that can be objectively measured, and establish simple, clear and unified rules. The inheritance Chinese martial arts apprenticeship apprenticeship attaches great importance to ethics, the relationship established on the basis of emotion, in addition to physical technical training, for the inner spirit, the promotion of the realm, relying on both sides along a long period of time, to achieve subtle effect. The relationship between coaches and trainees in western sports coaching system is based on the contract model, and the emphasis is on the learning and transfer of technology. The relationship between the two parties has a certain time agreement, and the relationship is weak.

Conclusion

Chinese Wushu is a comparative art in essence. The method is intuitive, and the body view belongs to the unity of body and mind. Learning brings creation through imitation, the pursuit of results, the realm, experience and internal transcendence. The essence of western sports scientific method, gravimetric analysis, and physical and mental body view is two points, followed by learning the scientific principles, pursuit of excellence, the results about heavy competition, the development potential of extreme self talk. [if the inheritance of traditional Wushu in the mode of western sports coaches, it will inevitably lead to the deterioration of Chinese Wushu because of the difference of cultural essence]. In order to make Wushu enter the palace of the competition, Wushu must be reformed first, and then the unified moves should be formulated, and the simple and definite rules of the competition should be formulated. The unique flavor of the inevitable loss of traditional martial arts so different boxing, do not pay attention to basic skills (skill improvement, ignore the inherent spirit) enhance the relationship between coach and students lose mentoring both "tacit" education, the martial arts complex cultural connotation in the segmentation of athletics game.

Reference