



Innovative Principles for the Choreography of Competitive Martial Arts Routine Movements

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Abstract: With the increasing attention given by the Chinese State General Administration of Sports to local traditional sports, competitive martial arts has garnered more and more attention worldwide. Various international and domestic competitions have emerged, and in order to attract global attention while promoting the internationalization of competitive martial arts, the choreography of routines has become a hot topic of great concern to martial arts coaches, athletes, and researchers. This paper discusses the innovative principles for the choreography of competitive martial arts routines by reviewing literature and interviewing experts such as well-known martial arts coaches and referees, in order to broaden the thinking of innovative routines in competitive martial arts competitions, enhance the appeal of competitive martial arts, increase the excitement of competitions, and provide theoretical references for the adaptation and innovation of competitive martial arts routine movements.

Keywords: competitive martial arts; routines; choreography; innovative principles

I. Introduction

Competitive martial arts is a modern sport that has developed from traditional martial arts and emphasizes techniques for attack and defense^[1]. Competitive martial arts include various forms of sparring, such as full-contact, semi-contact, point sparring, and forms competitions^[2].

From a narrow perspective, competitive martial arts refer to specific martial arts styles or disciplines that have established competition circuits and events, such as karate, taekwondo, judo, boxing, and kickboxing^[3]. These competitions often include sparring, forms or kata, and breaking, with a focus on scoring points or knocking out opponents within the rules and limitations of the sport^[4].

From a broader perspective, competitive martial arts encompass any form of martial arts that is practiced with the intention of competing against others in a structured setting. This can include traditional martial arts styles such as kung fu, as well as modern hybrid styles such as mixed martial arts (MMA)^[5].

Competitive martial arts can be divided into two categories: competitive martial arts routines and competitive martial arts combat. Competitive martial arts routines are the main content of competitive martial arts. It refers to a set of exercise forms created based on the variation rules of conflicting movements such as attack and defense, advance and retreat, and rigidity and softness, with the main material of actions that have offensive and defensive meanings. It is a modern martial arts competition project that aims to create excellent sports performance and win competitions through routine practice forms, which is characterized by sports competition. The academic community has expanded the concept of competitive martial arts routines, which is a new technical system created to meet the needs of sports competitions. The main practitioners of competitive martial arts routines are martial arts athletes and students in professional colleges. Athletes aim to participate in sports competitions, while college students aim to learn martial arts skills.

Competitive martial arts routines are the main content of competitive martial arts because in the late 1950s to the early 1980s, the so-called martial arts competitions only had routine forms. At that time, although there was no term "competitive martial arts routines," the specific competition content was competitive martial arts routines. In the 21st century, competitive martial arts routines were listed as the top priority for martial arts application, so the national level pays much attention to it compared to other martial arts contents. Although competitive martial arts routines were developed based on traditional martial arts, there are significant differences between them. "Gong, Shi, Yong, Tao" are the main structure of the traditional martial arts technical system. Therefore, the main body of traditional martial arts routines is closely related to martial arts combat, serving martial arts combat. In contrast, competitive martial arts routines pursue the artistic beauty of martial arts movements and are a performance-oriented sports project that is in line with the traditional martial arts style of "Manpianhuacao."

With the increase in the Chinese State Sports General Administration's attention to local traditional sports, competitive martial arts has attracted more and more attention worldwide. Various international and domestic competitions have



emerged. In order to attract worldwide attention, promote the internationalization of competitive martial arts, make martial arts competitions more exciting and increase their appeal, the compilation and creation of routines have become a hot topic for martial arts coaches, athletes, and researchers.

II. History and Literature Review

In academic circles, Chinese martial arts are often divided into traditional martial arts and competitive martial arts from a cultural perspective. Traditional martial arts refer to a technical system consisting of multiple boxing styles centered around combat skills and embodying distinctive features of Chinese traditional culture. Competitive martial arts, on the other hand, are a new form of martial arts system influenced by Western competitive sports and exhibit characteristics of both Eastern and Western cultures. This new system is referred to as generalized competitive martial arts. Martial arts competitions were held during the period of the Republic of China, with both traditional forms and a "fighting and training combined" format featuring preliminary rounds of routine practice and final rounds of combat in various categories, including unarmed fighting (Sanda), wrestling, and weapon categories such as staff and spear, and knife and sword.

Modern competitive martial arts mainly developed after the founding of the People's Republic of China and can be divided into several stages of development:

Establishment stage (1950s):

Competitive martial arts routines were initially created in the 1950s by the Chinese martial arts community. At that time, the movements in competitive martial arts routines were mainly based on traditional martial arts, such as boxing, sword, staff, and spear, and the competition format was relatively simple.

Improvement stage (1960s-1970s):

With the popularization and commercialization of martial arts at home and abroad, competitive martial arts routines began to gradually improve. In 1963, the Chinese Wushu Association was established, and rules and action contents of competitive martial arts routines were standardized. In the 1970s, competitive martial arts routines began to incorporate elements of Western sports, such as gymnastics, jumping, and spinning, enriching the forms and difficulty of the movements.

Internationalization stage (1980s-1990s):

In 1987, the International Wushu Federation was established, unifying the rules and competition standards of competitive martial arts routines and promoting their international development. With the increase in international competitions, the performance forms of competitive martial arts routines gradually became more standardized.

Diversification stage (early to mid-21st century):

In the early to mid-21st century, with the development of competitive martial arts routines, athletes from different regions and countries began to incorporate their own cultural elements, such as dance and music, into their routines, making the performance forms of competitive martial arts routines more diverse and rich.

Education stage (late 21st century to present):

Since the late 21st century, competitive martial arts routines have gradually moved towards educational development. Many countries have included competitive martial arts routines in their school physical education curriculums to promote students' physical and mental health and overall development. At the same time, many countries have begun to develop and promote teaching outlines and standards for competitive martial arts routines to improve the training level and competition results of athletes.

Through reviewing a large number of literature materials on the creation of martial arts, the author found that there is currently a plethora of papers on this subject, but there are very few in-depth studies on the principles of innovative arrangement of martial arts routines. The following representative research achievements are as follows:

"The Rules of Competitive Martial Arts" and "The Rules of Competitive Martial Arts Routines" were the earliest rules formulated by the Chinese Wushu Association regarding competitive martial arts routines, marking the formal establishment of competitive martial arts routines^[6] ^[7]. The rules provide detailed regulations on the composition of competition events, time limits, technical actions, and judging standards.

Chinese Wushu Curriculum is a comprehensive martial arts textbook that contains a large number of routine demonstrations and analyses, playing an important role in promoting the popularization and development of martial arts routines^[8].

International Wushu Federation Competition Rule was the first rule formulated by the International Wushu Federation specifically for competitive martial arts routines, marking the recognition and development of competitive martial arts routines internationally^[9].

Competitive Wushu Curriculum Standards specify the teaching content, teaching requirements, and evaluation standards of competitive martial arts routines in primary and secondary school education, providing important references for the teaching of competitive martial arts routines^[10].

This book Guidelines for Teaching Competitive Wushu Routines provides detailed explanations of the teaching methods, teaching skills, and teaching management of competitive martial arts routines, and is of great reference value for improving the quality and effectiveness of the teaching of competitive martial arts routines^[11].

These literature materials represent important milestones and stages in the development of martial arts routines. The first, second, and fourth literature materials mark the formal establishment and international recognition of competitive martial arts routines; the third literature material provides important textbook support for the popularization and development of martial arts routines; the fifth and sixth literature materials provide detailed specifications for primary and secondary education and teaching methods, which are helpful in improving the quality and effectiveness of the teaching of competitive martial arts routines. These literature materials are not only witnesses to history but also indispensable important resources in the development process of martial arts routines.

Martial Arts of the World: An Encyclopedia is a global encyclopedia on martial arts, exploring various types of martial arts and providing historical and cultural background. While it does not focus specifically on martial arts forms, it can provide readers with basic concepts and background knowledge on martial arts forms^[12].

Sport, Masculinity, and Nationalism in Modern China explores the sports culture in modern China, particularly the relationship between male identity and national identity. It mentions martial arts as an important sports activity and its impact on the image of China and male identity. This book provides a framework for understanding the importance of martial arts forms in Chinese society^[13].

The Body of Chinese Martial Arts: History, Embodiment, and Politics studies Chinese martial arts, including martial arts forms, from the perspective of the body. It states that martial arts forms express values related to the body, health, and philosophy in Chinese culture through body skills and movements. Additionally, the book discusses the role of martial arts forms in politics and society^[14].

The Transformation of Chinese Martial Arts: From Traditional Culture to Global Commodity explores the transformation of Chinese martial arts in the context of globalization. It mentions how martial arts forms have become a commercially valuable product, combined with sports, fitness, movies, and other areas. This book discusses the impact of these changes on the cultural and social aspects of martial arts forms^[15].

Chinese Martial Arts Cinema: The Wuxia Tradition explores Chinese martial arts movies, especially the martial arts forms in Wuxia movies. It states that movies are an important way to spread martial arts forms, and also influence the interpretation and expression of martial arts forms. Additionally, the book discusses the role of martial arts forms in movies^[16].

Bowman explores the representation and interpretation of martial arts forms in Wuxia movies. The author states that martial arts forms in movies are seen as a dramatic performance art with characteristics of dance and music, interacting with the plot and character development. The author also explores how martial arts forms in Wuxia movies reflect Chinese cultural and social values, and how these movies shape the image of Chinese martial arts. Additionally, he mentions the commercial and global development trends of martial arts forms in movies^[17].

The Development Direction of Internationalization of Martial Arts Routine Sports and the Theoretical Research on the Creation of Martial Arts Routines lack consistency. As one of the local ethnic projects, in such a vibrant period, it should seize the opportunity of the times. It should not only improve its status in the minds of people around the world by applying to become an Olympic sport but also constantly try to innovate on the basis of retaining its original characteristics and charm. Based on the local characteristics of martial arts and its own development characteristics and movement laws, this study uses scientific methods and reasonable creative concepts to explore innovative principles and methods that are more suitable for promoting the internationalization of martial arts^[18]. This will be of great practical significance for optimizing the innovation environment of martial arts movement techniques, expanding the vision of movement technique innovation, exploring methods of technological innovation, and mobilizing the enthusiasm of martial arts movement technique innovation.

III. Principles of Innovative Arrangement of Martial Arts Routines

3.1 Scientific and Reasonable Principle

Any sports should conform to scientific and rational principles, and martial arts, as one of the traditional national sports projects, should also do so. In the innovation of martial arts routines, the premise should be not to change the technical characteristics of this sport, while using the theories of sports human science, physiology, anatomy, and sports biomechanics as guidance. In addition, the psychological quality of the athletes should also be considered, especially in the connection of difficulty level.

For example, before innovating difficult movements, a scientific overall idea must be formed in the brain, and based on the athletes' own physical conditions, technical characteristics, and competition requirements, the innovative difficult movements can be achieved in practice.

3.2 Principle of Individual Differences Among Athletes

Firstly, the physical condition of the athlete is the prerequisite and prerequisite for the completion of the movement. Secondly, the designed movement should fully consider the athlete's movement style characteristics. If the movement cannot meet the athlete's physical conditions and technical style, and does not meet the competition requirements, then this innovative martial arts movement cannot be achieved in practice.

3.3 Principle of Novelty

The principle of novelty mainly refers to the uniqueness and rarity of the athlete's movements. The novelty of innovative movements also embodies a forward-looking consciousness, including advanced ideas, difficulties,

connections, and so on. Novelty is the most important manifestation of innovative activities in competitive martial arts movements. For example, in a martial arts competition, most athletes practice ordinary routines, but only a few athletes have unique styles and rare movements, which will attract the attention of judges. In addition, with a high level of performance, they will surely achieve good results.

3.4 Principle of Targetedness

According to the characteristics of competitive martial arts routine sports events, there should be a certain degree of targetedness in the arrangement and innovation of routine competitions. Competitive martial arts routines are divided into boxing and apparatus categories. The general trend of modern martial arts routine arrangements is "high, difficult, beautiful, and new," and the difficulty value of innovative movements has been added in the competition rules^[19]. Under this premise, athletes and coaches should not be blind in the process of arranging routines, but should be targeted. First, they should focus on the characteristics and development trends of the project. Second, they should focus on the athletes' own characteristics, their comprehensive abilities, and the specifications and quality of movements. Third, they should focus on the competition rules of martial arts routines. Fourth, they should make full and reasonable use of the venue, and the requirements for apparatus in the competition rules, and use the apparatus properly to maximize its performance.

3.5 Principle of Aestheticism of Movements

With the development of society, modern martial arts combines technique with sports. It fully displays the characteristics of "high, difficult, and beautiful," and has become a sports event for modern people to watch. While appreciating its unique local charm, people are also fascinated by the graceful beauty of its movements, and appreciate the beauty brought by different boxing style^[20]s. Therefore, in the process of routine creation and arrangement, researchers and creators should keep pace with the times, based on aesthetics and the style of the routine project, and arrange movements based on the principle of movement aestheticism, thereby increasing the competitiveness of martial arts.

IV. Conclusion

With the continuous development of national sports projects in China and the trend towards the internationalization of competitive martial arts, the arrangement of martial arts routines should pay more attention to innovation while not losing its principles and methods. Domestic professional martial arts routine athletes, coaches, and related scientific research workers need to explore and progress in the process of competition practice, and cooperate with the pace of the times to make our martial arts more attractive worldwide.

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