

Reflections on the new rules of competitive wushu routines on the choreography of self-selected gunnery routines

- - Taking the 2024 version of wushu routines competition rules as an example

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Abstract

Competitive wushu routine is the benchmark of the development of wushu sports, the evolution of the rules at the same time can also reflect the development of wushu sports changes, wushu routine competition rules since the first edition issued in 1959 to the present 2024 edition, there has been a 10 edition of the evolution of the scoring rules of the wushu sport, which each edition has adjusted, the development of gunnery corresponding to the development of a very long time developmental changes, the paper Mainly by literature method, comparative analysis method and other methods to study the impact of the rule changes on the self-selected marksmanship routine choreography, mainly from the 2024 version of the competition rules, focusing on analysing the self-selected marksmanship routine choreography, according to the scoring rules and the requirements of the action to consider, and put forward their own opinions on the choreography of the routines. The study found that under the guidance of the new rules, the choreography of optional marksmanship can be choreographed in terms of rhythmic changes, route distribution, and reflection of personal style.

Keywords

Competitive wushu; routine rules; routine choreography; optional gunplay; 2024 edition competition rules.

1. Introduction

The development of the gun in Chinese history is extremely long, since ancient times has been used as the main killing weapon in the war, compared with the technical characteristics of the stick, the gun has a stab, pick, drop, split and other technical characteristics, the length of the stick is also longer than the length of the stick, it can be a very good attack on the enemy, so the gun is also known as "the king of a hundred soldiers", in the modern sports, the main function of the gun is no longer to kill the enemy in battle, more of a performance nature. In modern sports, the main function of the gun is not to kill the enemy, more of a performance nature, our martial arts competitions first appeared after the founding of new China, the 1953 National National Ethnic Performance and Competition Conference, at this time the wushu has been towards the direction of the performance of the development of the gun, many of the gun in the technical action is also a lot less, into a column to take the zha, split the gun, wrestling the gun, dance, such as the action of the gun, the wushu has become our performance projects, there is a match with the competition, and so on. After Wushu became our performance sport, it also had competition rules to match. At this time, competitive Wushu competitions were classified according to Longquan, Nanquan, and Taijiquan, and according to the competition rules, action

specifications as well as incorrect movements were stipulated, and optional routines were allowed to be created[1]. The competition rules can be divided into four stages, each of which has its own characteristics, and the corresponding arrangement of the optional gunplay is also different, from the earliest Hundred Guns, in which each martial arts school had its own gunplay, to the later emergence of the "Group A Gunplay", which fused the basic characteristics of the Hundred Guns to form the first set of standardised gunplay movements. Gun art action illustration, the whole set of action varied, flexible pace, more fully embodies the action characteristics of the gun art, with the development of the rules, the ability of athletes have been fully enhanced, in 1989, the National Sports Commission created the "first set of international wushu competition routines", which is the first time to go out of the country, rushed to the international wushu routines! This is also the first time to go out of the country to the international level, and the first time to be used in the Asian Games. As the international set of gunnery is adapted on the basis of Group A gunnery, and also aims at reflecting the basic characteristics of gunnery, the rhythm of the practice is relatively compact, and the completion of 53 movements in one minute and thirty seconds, the practice is more difficult, and the popularity of the practice is greater. Therefore, from 2003 to 2012, the National Sports Commission introduced two new editions of the rules of wushu, and also introduced two new sets of optional routines for gunnery, namely the "second set of international wushu competition routines" and the "third set of international wushu competition routines", which is the "third set of international wushu competition routines", based on the previous two sets. The third set has increased the basic difficulty on the basis of the previous two sets, and the movement changes have also been streamlined, and at the same time, it can also reflect the characteristics of "high, difficult, new and beautiful" in the development of wushu[2][2] This is also a great progress in the arrangement of self-selected gunnery, and with the experience of the predecessors, this paper also mainly analyses the arrangement of self-selected gunnery with the rules of the 2024 version, and analyzes the arrangement of self-selected gunnery with the excellent rules of the 2024 version. This paper also focuses on the 2024 version of rules to analyse the choreography of self-selected marksmanship, and takes the excellent athletes' choreography as a template, analyses the basic characteristics of marksmanship choreography, and puts forward its own suggestions for the choreography of the choreography.

2. Analysis of the choreography of self-selected marksmanship routines

Optional gunplay routines are generally divided into four paragraphs, to the competition rules require that we choreograph the routines first of all the time must be controlled between one minute twenty to one minute thirty-five (adult group requirements), in the content must contain at least include stopping the gun, taking the gun, zapping the gun, wearing the gun, collapsing the gun, pointing the gun, dancing flower gun, picking the handles of the eight kinds of gunplay, which must be 3 consecutive one-time completion of the stopping, taking, zapping the gun; bow step, horse step, servant step, Bow stance, horse stance, servant stance, false stance, and rest stance[3] . These are regarded as the basic skills of gunnery, so it can be seen that the new rules require the basic basic skills of wushu athletes, which is also the basic requirements of the set choreography, and in the remaining movements, the athletes can increase the movement connection according to their own ability requirements.

2.1. Analysis of sets of good athletes

This study focuses on modelling the routines of two outstanding athletes in the 14th National Games to analyse the patterns of routine choreography. As shown in Table 1 and Table 2

Table 1 The 14th National Games Men's Riflemanship Optional Routine Technical Movement Statistical Table

name and surname	Li***	first paragraph	Starting position, zhang gun and turn to drop gun, back to jump and split gun and drop gun, turn to back gun and servant's step.
		second paragraph	Dance Flower Gun, Za Gun and Step-up Strangling Gun, Turning Za Gun and Strangling Gun, Strangling Gun Back Leg Jump and Turning Wrestling Gun, Horseback Gun, Turning Wrestling Gun
		third paragraph	Turn around and change the gun arc step, turn back under the gun, point collapse gun, front through the gun to catch the bow step
		fourth paragraph	Bar take zha, zha gun after insertion step, through the gun to catch the false step, close the posture
		Difficulty	Spinning Body 360° + Spinning Kick 720° + Falling Pitch Fork Outside Swinging Leg in the Air 540° + Horse Stance Outside Swinging Leg 360° + Throwing Catch Side Flip 360°

Table 2 The 14th National Games Men's Riflemanship Optional Routine Technical Movement Statistical Table

name and surname	Ch**	first paragraph	Starting position, horse stance and front jabbing spear, turn and tie the spear to catch strangling spear, strangling spear back leg jump to catch turn and drop the spear
		second paragraph	Dancing Flower Gun, Forward Leaping Step and Twisting Gun, Turning and Avalanche Gun, Step Up and Zap Gun, Turning and Jumping Splitting Gun, Turning and Twisting Avalanche Gun
		third paragraph	Arc step, back to jump split gun, lunge jump zha gun to catch falling gun, turn over front through the gun to catch the back insertion step poke gun, up step point gun, bar take za
		fourth paragraph	Turn around and catch the horse spear, pick the handle and catch the blocking and zapping, front through the spear and catch the false step, and close the stance.
		Difficulty	Spinning Body 360° + Spinning Kick 720° + Falling Fork Outside Swinging Leg in the Air 540° + Horse Stance Outside Swinging Leg 360° + Throwing Catch overhead front kick

Through Table 1.1 and Table 1.2 we can find that the excellent athletes in the routine, the first paragraph of the action is relatively small, mainly ZaGun, split gun and wrestling gun action used more, which is also in the second paragraph of the difficulty of the action to prepare, the second paragraph, remove the difficulty of the action in the dance of the spear to the beginning, continuous use of strangling gun avalanche gun split gun and other actions, the second paragraph can be said to be the most wonderful paragraph, the third paragraph to the

beginning of arc steps, the purpose of this paragraph is to run half a circle around the field, which can choose to march between the avalanche gun jump split gun and so on. At the beginning of the third paragraph to arc step, the purpose of this paragraph is to run half a circle around the field, which can choose to march between the avalanche gun, jump split gun, etc., the fourth paragraph most of the choice of the bar to take the zha as the beginning, through the gun to catch the virtual step finally even receive potential. On the difficulty of the action, the level of high-level athletes do turn 360 and whirlwind feet 720 is very easy, but for most people, try to choose their own appropriate difficulty, the same can be arranged in the second paragraph, this time is also more abundant, can be very good to complete the difficulty is not easy to get hurt.

2.2. Comparative analysis of the two versions of the rules

We took two excellent athletes as models, analysed the movements of their whole sets and gave our opinions, but what we can find is that the 14th National Games will be held in September 2021, and the rules adopted will be the 2012 version of the Wushu rules, which is also slightly different from the 2024 version of the Wushu rules, and there are mainly the following differences in the scoring criteria.

2.2.1. Motion Specifications

The 2012 edition requires that 0.1 point be deducted for each occurrence of a movement gauge specification that does not match the requirements, and 0.1-0.3 points for each occurrence of other errors. In the 2024 edition, the requirements are the same as the previous ones, except that 0.05-0.3 points are deducted for the occurrence of other errors.

2.2.2. Choreography requirements in the exercise level

The 2012 version requires athletes to complete movements that do not match the requirements, deducting 0.1-0.2 points for each occurrence. In the 2024 version, the requirements for the rehearsal are that the athletes appear to have movements that are not in accordance with the choreography, and 0.1-0.5 points will be deducted for each occurrence.

2.2.3. Difficulty requirements

In terms of connection difficulty, the 2012 edition stipulates that the difficulty of completing an A-level connection is 0.05 points, the difficulty of completing a B-level connection is 0.10 points, the difficulty of completing a C-level connection is 0.15 points, and the difficulty of completing a D-level connection is 0.20 points. The 2024 version has an overall increase of 0.05 points from the 2012 version, i.e. 0.1 point for completing a Grade A connection, 0.15 points for completing a Grade B connection, 0.2 points for completing a Grade C connection, and 0.25 points for completing a Grade D connection. The judging of jumps has been increased to include an assisted run of no more than 4 steps. In the connecting movements, the "dynamic connection" has been increased to include the "flying foot with external swinging lotus" and the "whirlwind foot with external swinging lotus", and no running aid is allowed in the connection of the two difficulties. There are detailed regulations on the number of assisting steps for other difficult connections, such as Flying Feet + Side Flip, Spinners + Spinners 360°, the assisting step cannot be more than one step, Flying Feet + Spinning Feet, Flying Feet + Outside Pendulum Lotus, the assisting step cannot be more than two steps.

2.3. Summary

Through the analysis of the two outstanding athletes and the analysis of the two versions of the rules, we know that in the choreography of the routines, the first paragraph is selected as a short and concise, the purpose is to attract the referee's eyes, the starting movement must be magnificent, the second paragraph of the difficulty selection to choose the difficulty suitable for their own difficulty, the difficulty of the end of the choice of the dance of the lance, zha lance connected to the upper step of the strangulation, turn around the zha lance connected to the

strangulation, strangulation of the back of the lance leg jumping to the turn around the wrestling gun, Horseback gun and other actions, the second paragraph is required to show their most skilled, the most beautiful action, which is also the most exciting paragraph, the third paragraph may not be able to keep up with the physical strength, the choice of arc step running across the half-court to receive the turn and back jump to drop the gun fixed action, for the preparation of the fourth paragraph, due to the rules require that the set must contain three complete blocking zha action, so it can be put blocking the zha zha in the fourth paragraph, the fourth paragraph. The blocking of the spear is followed by a false step through the spear, and then by a final reception of the stance, which distributes the strength more evenly, and makes the whole routine look exciting. In terms of rules, the 2024 version of the rules of the three scoring requirements, on the basis of the previous version of the deduction points, especially on the difficulty of the action is more detailed deduction points, for example, our difficulty connection, the flying foot plus whirlwind feet, running can not be more than two steps, the movement of the connection between the whirlwind feet plus the external pendulum lotus, in the middle of the run can not appear. This also puts higher requirements on the athletes' physical quality. Therefore, when we are choreographing the routines, more consideration should be given to the specifications of the movements, and the basic movements should be made better and more perfect, and the same can be learnt from the previous version of the rules of the athletes in the choreography of the routines.

3. Requirements for athletes

In the new wushu rules, according to the scoring requirements of different wushu athletes also put forward new requirements, optional gunnery with other optional items, has changed a little, whether it is the difficulty or rehearsal, more is reflected in a requirement to show the technical characteristics of the project, at the same time, optional gunnery belongs to the category of the long instrument, the year knife, stick and lifetime gun, gunnery with the same as swordsmanship, the stance of the requirements of the very high! Therefore, the practice of marksmanship for athletes, it takes a long time to accumulate, which is also reflected in the rules of martial arts, movement specifications and rehearsal level has accounted for as much as half of the total score, the basic skills will be well practiced coupled with the movement with the body, the difficulty is also considered to be the icing on the cake.

3.1. Pay close attention to the practice of basic techniques

Any sport, whether it is track and field or ball sports, basic skills are always throughout the entire technology, such as track and field sprints, which is not a simple run just run, sprinting contains the basic technical training is also quite a lot of the more common are small steps running, stride jumping, high leg running, and so on, in contrast to the difficult to beautiful type of project wushu aerobic gymnastics, etc., is more focused on the basic skills of the practice of optional! The basic skills of the gun art include: blocking the takeza, split the gun, crash the gun, drop the gun, dance flower gun, pick the gun art, gun art in the combination of actions is also these basic techniques connected and formed, basic skills is also the foundation of the action, on a simple blocking the takeza practice, we require the gun to tie a line, the art of the work in a circle^[4], the gun focus on the gun with a straight zha, the purpose of the gun tip to play the efficacy of the technical combat, straight zha far to get Give play to the advantages and strengths of the gun, the requirements of the gun straight line when the gun, so that the tip of the gun, the tip of the nose, the tip of the foot in the same level, our bar gun and take the gun is required to draw a semi-circle, the bar to take the circle is also the basic defence techniques in the gun art, the bar to take the gun and the gun combined with the gun, the attack with the defence, defence containing the work of a major feature of the art of gun art techniques. At the beginning of the practice of marksmanship, the blocking of the zha should be the earliest learning of the gun,

although in the set arrangement contains not much, but the requirements of the whole set must contain three consecutive blocking of the zha gun, which shows the importance of this gun, practice blocking of the zha zha not only can experience the characteristics of the gun, but also practice to the action and the body's co-ordination, the main thing is to bring the waist of the gun, we are in the lunge to tie the gun to prepare for the bar to take the power of the lower limbs to reach the upper limbs, the waist, the lower limbs and the body's strength. To reach the upper limbs, the waist is an intermediary system, through the twisting of the waist will convey the power up, so that the power to play the maximum. Therefore, to pay close attention to the practice of basic skills, but also pay attention to the flexibility of the method, the practice of basic skills should be throughout the whole process of training, but the proportion of each stage is different.

3.2. Focus on the development of personal style

Wushu routines is indeed a subjective awareness of the project, although there are strict rules of martial arts, but each person's understanding of martial arts is different, we can not follow a template to carve each athlete, the cultivation of personal style is also the focus of wushu training and routines. For example, athletes with good flexibility should choose to stretch generously, reflecting the body and modelling movements; faster and stronger athletes should choose to be brave, fast and jumping movements; smaller and more co-ordinated athletes should choose to be small, flexible and changeable combinations of movements. The arrangement of the routine is closely related to the individual's ability, according to their own ability to arrange the style characteristics of the routine in order to make the individual's level of performance to a higher level. For the gunnery set choreography, the level of higher athletes, the difficulty of the completion of a high degree of athletes, in the completion of the action of the athletes can go to the pursuit of higher difficulty, while the level of the athletes in general should be focused on the performance of the combination of movements, stable difficulty and go to the fight for the performance of the action.

3.3. Talking about changes in the rhythm of the routine

The arrangement of the routine should also pay attention to a form of beauty of the aesthetic law, neatness, hierarchy, harmony, balance, rhythm, variety and unity are the form of beauty of the expression, in the creation of the routine should also comply with this aesthetic law^[5], embodied in the routine is the whole set of movements of the distribution of the difficulty of the movement, the movement of the culmination of the emergence of the reasonable distribution and the hierarchical development of the development of wushu through the viewing of wushu competitions video and Q & A with the coaches can be found. Through watching the video of Wushu competition and Q&A with the coaches, it can be found that in the routine, the difficulty is generally placed before the second paragraph, the second paragraph is also the most wonderful paragraph in the whole set of routines, the third and fourth paragraphs are also a wonderful continuation, but due to the previous two paragraphs and the difficulty of the movement on the consumption of physical strength, the latter two paragraphs of the action of the wonderful degree of the two paragraphs is far less than the previous. The whole set is presented as a normal distribution graph, which inspires us that we can further show the changes of the rhythm of the whole set through the fast and slow rhythm, rigid and soft strength, high and low ups and downs when we are choreographing. In addition, although the whole set of routine is only a short one minute and thirty seconds, but the consumption of physical strength is very great, in order to prevent the athletes in the rehearsal of the later part of the way to the physical exhaustion of the situation, you can consider the intensity of the first half of the intensity to increase the intensity of the second half of the intensity of the second half of the intensity of the lower part of the intensity of the whole section of the routine was distributed in waves, so that through the reasonable and effective layout of the distribution of the next or

the next section of the action of the exercise to provide sufficient physical strength, in order to The physical strength is sufficiently distributed to rehearse the whole set of routines in a full spirit.

3.4. Focus on the distribution of movement routes

Reasonable route of movement is also the key to the creation of the routine, the route of movement can also reflect the athletes' understanding of the movement, in the routine, we require is to run full of the four corners of the whole field, a reasonable and even distribution of the movement, the key combination of movements should be placed in the core of the whole field and the centre of the field, that is to say, the combination of the movements in the second paragraph above, the most powerful section of their own completely to the audience and the referee, which is not only a reflection of confidence, but also a strong reward for their hard work. This is not only a sign of self-confidence, but also a strong reward for one's hard work. The practice of martial arts on the carpet is in fact an artistic expression. It is not a simple listing of movements, but we can imagine ourselves as a paintbrush, drawing our own pictures on the carpet. We can divide the whole set into a number of paragraphs, and create the climactic difficult parts of the paragraphs at the golden mean^[5]. By imagining it in this way, we can see that the direction and route is an indispensable element, if the direction is single and the route is monotonous, it will only give people a sense of flatness, which is a greatly reduced performance for scoring.

4. Reach a verdict

The introduction of the new rules of Wushu routines has brought us a lot of thinking, whether it is in terms of training or routines choreography has a brand new understanding, the new rules are also a new development of Wushu, more standardised and international. Self-selected gunnery choreography under the guidance of the new rules also has new requirements, the purpose is to pay more attention to the project's technical characteristics and highlight the personal style, we must be based on the rules of the rules of scoring rules to consider, according to the requirements he put forward within one and a half minutes to include the necessary actions, in addition to adding their own ability to add to highlight their personal style of action, in the choreography should also be taken into account is the line of the In the choreography, it is also important to consider the line planning to form a routine that is uniquely your own.

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