Research on the Training Focuses and Approaches to Restore Physical Condition for Taekwondo and Shadowboxing from the Perspective of Athletic Injury

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## Abstract

In this paper, we conduct theoretical research on the training focuses and approaches to restore the physical condition for taekwondo and shadowboxing from perspective of athletic injury. Hidden trouble in security sports teaching is teachers and school leaders pay close attention to the problem. These hazards can cause injury to students in the sports that affect students' study and life. Therefore, in the university sports teaching, sports injury prevention is imperative, this problem, this paper analyzes the safety situation of university sports teaching, and puts forward some suggestions. With the assistance of the empirical analysis, we achieve the novel perspective and nderstanding of the optimal training pattern for taekwondo and shadowboxing.

### Keywords

Training Focuses, Taekwondo and Shadowboxing, Athletic Injury, Restore Physical.

## 1 Introduction

At present, many universities on the students' safety education work are not particularly in place, that causing students have no way to avoid the injury. School professor without undertake to the student sports injury prevention knowledge, for students in the sports injuries have a direct impact. Due to the lack of the student sports injury prevention knowledge, so they don't know how to adopt effective measures before exercise to prevent, resulting in injury often occur and each person's physical quality and ability is different, so the school must undertake to the student education, the choice suits own sports, once or more than the body can withstand the load will cause potential harm to the students.

Based on the survey, we summarize the potential causes for the injury as the follows. (1) Lack of warm up ready to sport. Before engaging in sports, the need for proper warm-up, regulate the body's organs and nervous system excitability, the margin of activity increases the strength of the muscles and joints. If you don't have to warm up, directly take part in the sports, at this point, the body will not be able to accommodate larger load movement, muscle and the ligament strength is not enough, the relatively poor coordination of the body, increasing the likelihood of injury produced and causes joint damage and muscle. (2) The management of the sports venues and the sports equipment. Colleges and universities sports teaching needs vast sports venues and sports equipment, help to improve the safety of sport as improper management of college sports venues and sports equipment. (3) Understanding of sports injury is not enough. In normal colleges and universities sports teaching process, as a result of the students more energetic, understanding of sports injury is not enough in the thoughts, think of all sports themselves can attend, coupled with physical education teachers to student's management is loose while lack of the safety awareness. (4) Too much exercise intensity, technical movements is not correct. Nissan in colleges and universities sports teaching, the exercise of improper arrangement and technical movement is not correct which is likely to cause injury [1][2][3].

the physical training occupies very important position in and there is no strength training, improvement of sports competitive ability is difficult to guarantee. The study of physical training in China starts late, lags behind other sports power theory research and practice. At present domestic about the concept of the physical training is not clear enough, the project characteristics, and physical fitness in different project or failure to appreciate the role of the individual and the position of the different project theory and practice of physical training system is not established, has not formed a complete system of theory and methodology of the physical training structure[4].

In this paper, we conduct theoretical research on the training focuses and approaches to restore the physical condition for taekwondo and shadowboxing from perspective of athletic injury. As shown in the figure one, training principles of taekwondo and shadowboxing are illustrated. Exercise fatigue is sports must be a complex process, light person influencing the full play of the technology and the improvement of performance, the person that weigh will bring the serious impact to the health of the body, so you must cause wide with attaches great importance to physical exercise, combining physical exercise and the elimination of fatigue as a whole, effective in exercise. There are many types of the recovery method of the fatigue, exercise according to the different sports time characteristics and their different body conditions can choose the appropriate method in recovery. In the following parts, we will conduct in-depth research on the mentioned problems.

## 2 The proposed methodologies and approaches

### 2.1 The Taekwondo training

Taekwondo athlete's skill is the ability to athletes with the movement hit each other. Skills include two aspects of the basic technology and skills and the rationality of the basic technology refers to grasp the action. Using ability refers to the athletes in the competition both sides of the position changing conditions and instantaneous action effectiveness. Taekwondo skills training task, it is both quantity and quality of the overall grasp of the basic action, to improve the conditions for adopting the action in the game under the condition of the dynamic reflection ability. Excellent athletes through many years after the training, and master the basic technology of quantity and quality, there is a difference between each other will not. In such cases, the use of basic technical ability will play a leading role on the outcome of the game. Based on the understanding, the essence of taekwondo skills training is to raise the athletes in the match with action ability of conditioned reflex. Therefore, the basic quality of the taekwondo athletes could be summarized as the follows[5].

* Strength quality. Power quality is the most basic quality of human movement, it is good or bad impacts on the development of other qualities. In taekwondo athletes in strength training according to own actual power base as mainly composed of fast strength training.
* Flexible quality. Flexibility refers to the human body each the amplitude of the joints and the muscles, and ligaments stretch ability. It is one of important qualities of taekwondo athletes, directly affect the quality of the complete action and the master of high-difficulty technology.
* Sensitive quality. Sensitive quality refers to the various complex conditions, the athlete quick, reasonable, coordination, agility and accurate finish all kinds of action ability.
* The speed quality. The speed quality training is the use of a variety of specific and the effective method and means, make human body speed quality was fully stimulate the potential, achieve comprehensive quality as the perfect degree of each part. The key to improve the quality of the speed training strike action and the reaction speed.

Traditional fast strength training system of training reserve talented person has a significant role in the development of fast strength as this training phase of the implementation of core strength training intervention athletes, in the ascension of the fast power has no obvious embodiment. Main reason is at the stage of initial training athletes, general physical quality training is more than special physical quality training, the development of the comprehensive, coordinated and attaches great importance to the athletes' physical qualities, attaches great importance to the athlete the larger muscle groups, the development of shallow muscles with deep muscle development exercise, exercise less, for the fine movement of athletes in this phase of the training should give priority to with general physical quality training as a comprehensive focus on athletes' physical qualities.

### 2.2 The shadowboxing training

Tai chi as the crystallization of Chinese traditional culture, it has a wealth of technical system and the great arts and the humanities connotation. Shadowboxing theory formation is affected by Chinese traditional culture without a doubt, a wide range of the traditional Chinese culture, including philosophy, religion, science, literature, technology, art, education, culture, life, etc. which plays a leading role in this wide range of philosophy [6][7].

Research system is the most important purpose is to find out or to achieve some function of the system, and some beneficial to nature, society and the human. Clear system, not only can help people know why is there a system, can more clearly how important of the existence of a system. System is made up of elements, but the elements can't directly show the role of the system, but by the movement of the system as a whole to show it. System, therefore, not to study in the study and examined each of element in the system of independent action, but from the overall consideration.

To this form, the training of shadowboxing should be based on the listed guidelines. (1) Inclusion of spirit. It has a long history of Chinese traditional culture from beginning to end throughout the tolerance of broad mind, the formation and development of shadowboxing theory as well. History has gone from us, but the ancients have affected the way of looking at the world today's position and the attitude of the Chinese people to outside world. Through shadowboxing theory research and learning we can appreciate different period, different schools and different thoughts in the traditional culture blend and penetration. (2) The people-oriented thoughts. Very fist theory embodies the humanistic spirit of the Chinese traditional ideas. Productive labor and social practice, martial arts and cultural exchanges between the exhibits is the driving force of development, and the penetration of traditional culture, refining and generalization is the basis and source of its theory.

### 2.3 The athletic injury pattern

Sports injury is to point to in the process of sports, due to external factors and internal factors cause damage to the human body. Although the essence of sports is to keep fit, but once appear injury, it will seriously influence students' normal study. Some of standardization of the action of sports demand is higher, if action is not standard and it is easy to cause damage to the body. Often occurs in the sports teaching, the students the phenomenon of concentration, the teacher lecture attentively, but they are not listening, so the teacher emphasized behavioral essentials and key technique of they did not understand, just learn to other students with practice in practice, especially easy to cause injury. Whether in normal or large competition scene in the sports teaching, we can see students or athletes to warm up, this is the preparation activities. However, many of students without preparing activities under the condition of exercise, the motor nerve and the muscle has not yet been thoroughly activation, the motion signal response is relatively slow and the muscle ligament strength is smaller, the extent of joint activities, physical coordination is bad, under such condition, it is easy to cause muscle strain that also some classmates too excited, not according to the requirements of the teacher, make preparation activities, resulting in a decline in physical function that has yet to begin movement has been exhausted and will not in the actual movement to cause its own muscle damage.

Modern college students' physical quality is poorer, largely due to lack of exercise, most of the time to indulge in the network. In physical education teaching, if teachers ignored the status quo and it is possible to cause the student movement damage and this is because the teacher does not take into account the students to take exercise, make students exercise load increases, local damage can occur easily. In sports, due to the lack of physical knowledge, it is easy to appear muscle damage. Sports knowledge is not only a sports skill including the use of sports equipment. This requires teachers to prepare lesson earnestly, to record all necessary knowledge. Good students in the class management discipline, so that the students can listen to the teacher carefully, undertake to the student to ask the questions when necessary, to ensure that students truly master the knowledge of the sports. Students themselves also to strengthen understanding of sports, strengthen the ego to protect consciousness, at ordinary times should pay more attention to sports, use the media network to learn sports knowledge, understanding of sports equipment use method. In the teachers' guide and self-learning, to enhance students sports knowledge, in the sports teaching and also can avoid the occurrence of sports injury.

### 2.4 The strength training

Sports skill training is long and hard, students easy to generate aversion and cannot persist, so in the sports training at the same time, teachers need to get the students' moral education work, encourage and praise to the student, according to students' different psychological performance, quick, apt to ideological education of students, make students overcome psychological obstacle to master the skills in the process of the entire devotion. In the sports teaching according to students' learning foundation and learning experience, innovation and practice experience design diverse teaching means and the methods, to make the students grasp the sports skill, and improve the level of physical fitness. Such as in fast running teaching, the teacher according to the situation of the students master skills are grouped, with slow starter students can use all sorts of the preliminary pose, sudden signal response starting practice, the students with poor movement speed, sensitivity can be used to quickly stand up running, serpentine, rapid sit-ups, grab the rope, and other forms of practice, so that the students in the development of physical fitness at the same time, experience the fun of the sports practice, so as to cultivate the habit of lifelong sports [8].

For stretching, is by expanding its range or a few specific parts of the body and it is for the athletes' physical training is one of the very basic link can effectively help athletes improve body temperature before the game, accelerate the blood circulation, and can reduce the high risk of sports injury. In the process, by raising the temperature of athletes at full stretch to the muscles and are better able to help athletes during the process of the movement of the subsequent enhancement for pressure and impact by ability. At the same time, the training can help athletes also increase their range of movement to better to increase their ability of agile and balance, and make their own muscle pain and body in the process of tension which can be reduced. To achieve this goal, we should follow the listed guidelines.

* Pay equal attention to theory and practice teaching. In the professional sports teaching, theory and practice is an integral part of same, so the teacher must put equal emphasis on theory and practice, on the basis of the theory teaching to strengthen the integration of practice teaching, to ensure the theoretical knowledge. In addition, at the time of the physical training practice guidance, the teacher must consider fully to students' individual quality, and to ensure that the targeted physical training plan and rationalization, more help to the student individual fitness level of primary ascension.
* Setting up reasonable teaching content. Based on the development of the professional sports fitness training, involves more relevant professional discipline, so must be reasonable set of the teaching content, subject knowledge in order to realize the cross and penetration, at the same time to ensure that the teaching content is not repeated, for example in part on the body and the related parameters of body shape, it must be the form of body function training method of the machine body training method as a key content in the teaching.
* The reasonable appraisal system design. As a college teacher, we must have its stimulus of the examination, to stimulate students' learning enthusiasm, and full consideration to the student individuality difference, in order to guarantee the objectivity and validity.

## 3 Conclusion and summary

In this paper, we conduct theoretical research on the training focuses and approaches to restore the physical condition for taekwondo and shadowboxing from perspective of the athletic injury. In recent years, our country sports teaching reform in colleges and universities, to strengthen the enforcement of physical education of universities and colleges, through a certain sport, achieve the goal of physical fitness. Colleges and the universities sports teaching process, the inevitable encounter sports injury, college sports teachers based on previous experience in teaching, analyses the reason of motion loss, reduce the effects of sports injury in sports teaching quality. Colleges and universities sports injury will give students the in mind caused serious negative influence, therefore, sports injury prevention is particularly important in the colleges and universities sports, sports teaching work in colleges and the universities need to fully realize the importance of injury prevention and response. Our research uses the empirical analysis to construct the corresponding features that is innovative.

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