

Women's excellent sanda athletes' strength characteristics research

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Abstract. Along with the popularization and enhancement of the people health idea, more and more sports began to grow, and this makes the movement of athletes need to further strengthen exercise, improve their quality and promote the development of sports. And this article will study the characteristic of women's excellent sanda athletes strength, through the specific research object, using scientific research methods, on the strength characteristics of excellent sanda women athletes the analysis of existing problems, and find out the basic reason, through to the women's back flexors maximum power, average power and the flexor muscle endurance back analysis, find out the best of force balance, thus further promoting women's excellent sanda athlete's scientific training, improve the effect of movement.

1 Introduction

Sanshou is a very strong antagonism of competitive sports, it is because of the economical efficiency of the movement has certain characteristics, which requires the woman at the time of the movement project, must want to have certain strength; only through strength can better start sanda sport. Power is the foundation of all sports, if there is no power, the basis of for more sports skills training is also of no help. Because there is no power, the basis of any technical training is a theory, no foundation, no competition. And for athletic women sanda project also is such. Women sanda project also is based on power and auxiliary corresponding technical training, in order to gain scientific sanda skills, make women sanda sports well. In order to better for women sanda movement and the development of the rationalization suggestion for its, the next will be mainly from the women's excellent sanda athletes strength characteristics research, analyzing the significance of women sanda sport some attention in the problem, and then puts forward scientific resolution strategy, promote the scientific development of women sanda sport.

For the study of women's excellent sanda athlete's strength characteristics, for the manifestation of the actual development of sports and athletes, all has the very vital significance. First of all, for women sanda athletes, through the study of this article can be the basic strength training of athletes have a rough grasp, so that athletes can according to the research results of scientific training, in order to better promote the athlete training effect; Secondly, through the study of women's excellent sanda athletes strength characteristics, can according to the present training of women sanda sport science not step in the process of analysis, and then puts forward scientific solution; Finally, through the analysis and research of this

article, for the training of women sanda sport skills offer some advice, and then promote the scientific development of the women sanda competitions.

2 The Research Object And Method

2.1 The object of study

This article will analyze the 20 members of a sanda team, 20 players can be divided into excellent group and general group,. Groups of age was (20.50 + 2.43), training fixed number of year is (6.17 + 1.17) years, height of 169.67 + / - 7. (94) cm, weight is kg (63.67 + 11.96); General set of age was: (17.50 2.22 mm), training period is (3.40 + 2.06) years; Height (168.20 + 6.66) cm, the weight of 62.80 + / - 9.20 kg. By means of the sanda team of 20 players were analyzed, and find out the existing problems and scientific analysis.

2.2 The research methods

In order to better analyze sanda team of 20 players, then USES the following research methods, to promote science and accuracy.

First, the physical test method. By adopting the actual physical detection methods, to determine the basic physical quality of sanda athletes. Specifically, for these women sanda athletes training for a week, then the sanda athletes to test effectively in areas such as the elbow, knee, back, and then analyzed the specific condition of the sanda athletes, and carries on the analysis, find a reasonable way of training.

Second, the literature analysis method. Through consulting hownet or other website related information,

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and through the analysis of the literature on paper, and according to the current women's excellent sanda athletes strength features related research literature analysis, and use this as reference. So, by means of consulting literature materials can draw lessons from the experience of forefathers' research, and on the basis of predecessors' research, research on women's excellent sanda athlete's strength characteristics of the actual development situation analysis, find out the existing problems and the fundamental cause of the problem, and then according to these problems put forward scientific solution.

Third, mathematical statistics method adopt the internationally used spss17.0 statistical package for data analysis, and examined the data using independent sample t statistical methods for processing.

3 Analysis and discussion

3.1 Lack of key parts of the training

In the process of strength training for women sanda athletes, found that women's lack of sanda athletes training to the training of the key parts, this will seriously affect the effect of basic training. Because for women sanda athletes in the sanda sports, important is to through the key position, for sanda, and hit each other. But if at the time of training, and not to carry on the back, the elbow and other key parts of strength training will make the woman and mobilization in sanda, appear serious problems, bad for athletes to win the basic. So in the face of the lack of key parts of women sanda sport training problems, must take reasonable measures to solve it.

3.2 Lack of comprehensive strength training

Women sanda athletes in addition to the above problem, not only must carry on the key position of strength training, but also by strengthening the comprehensive strength training, improve the overall quality. But from the current women sanda athletes training practical process, training solutions and not according to the player a basic physical condition as well as the balance of power to effective training, so that makes some of the athletes physical strength appear unbalanced phenomenon, which seriously affect the women sanda athlete's scientific training. So for the training plan is not perfect because incomplete training problems must be improved, so that can better promote the further development of women sanda sport.

3.3 Lack of weak links of intensive training

For every women sanda athletes will have its weak link, if not the own special training and strengthening of the weak link in women sanda athletes will seriously affect the effect of competition, against women sanda athletes improve athletic performance. But from the point of the practical training process, most women sanda athletes are not effective training on their own weaknesses, thus will seriously reduce the training level of the whole, and are

not conducive to women sanda athlete's competitive sports. To know the lack of weak links of intensive training, entrenchment tend to give rivals, even directly cause the failure of athletic sanda athletes.

4 Research conclusions and Suggestions

4.1 To strengthen the training of key parts, improve the training efficiency

In order to better improve the increase of the strength of women sanda sport and exercise, you need to further strengthen the training of key parts, improve the training efficiency. For this, in the process of training, women sanda athletes after exercise test, for his own power is a key part has a full understanding of, and combining with the training plan and training of professional way, the power of key parts on periodic training, such ability can effectively improve the key parts of the basic force, so as to realize the competitive effect of women sanda sport. Therefore, further strengthen the training of key parts, improve the efficiency of training, for women sanda movement, is very important.

4.2 Develop a comprehensive training plan, strengthen the boxing techniques

In sanda sports training, and to develop a comprehensive training program in detail, at the same time also should further strengthen boxing training, so that can make oneself of the comprehensive level can be effectively promoted, thus further realize own sanda skills improve. For sanda athletes, but also in accordance with the training plan is the basic requirement of the training, to keep their own level of sanda in the range of a scientific, promoting scientific development of competitive sports.

4.3 In view of the weak link to strengthen training, promote the balanced development

At the time of training, strengthen the training of its own weaknesses is also very important, because only improved the weak links of basic power, to better support the sanda athletes improve with parts of the basic force, so as to improve the basic efficiency of power and damage, promoting scientific development of competitive sports.

5 Conclusion

Through the above analysis we can see that the power of women sanda sport training, must pay attention to power is the key parts and weak link of training, these women sanda athletes is to improve the basic power of the important features.

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