



Research on Fitness Value of Plum Blossom Boxing Basic Skill

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Abstract

Wushu is the essence of Chinese culture, the intangible cultural heritage of China, and the main sports to keep healthy. It has a long history, extensive, far-reaching and rich significance and high social value. Plum blossom boxing is a part of Chinese martial arts. It is the most direct and simple action, a competitive sport that knocks down the enemy and opponents quickly. With the continuous improvement of the economic level and the implementation of the national fitness plan, the development of China's sports industry is facing a good opportunity. Under this background, by simply introducing the fitness function of Plum Blossom Boxing, starting from the social importance of Plum Blossom Boxing, this paper will explain the various functions and development of Plum Blossom Boxing, analyze and summarize the possibility and shortcomings of Plum Blossom Boxing, and put forward some countermeasures and suggestions for its development.

Subject Areas

Sports Science

Keywords

Plum Blossom Boxing, Fitness, Function, Characteristic

1. Introduction

With the continuous improvement of the economic level and the release and implementation of the national fitness plan, the development of sports in China has unprecedented opportunities. Plum blossom boxing is a part of Wushu, the simplest and most direct sport in Wushu. Plum Blossom Boxing has become a major official competition activity of the congress, which has brought many wonderful performances to people, so it is loved by many people. Plum Blossom

Boxing has many functions. From the actual situation, people only pay attention to its competitive function and entertainment function, thus ignoring the most basic fitness function of Plum Blossom Boxing. By learning the basic fitness functions, you can learn about Plum Blossom Boxing and improve your interest in participating in Plum Blossom Boxing activities. Plum blossom boxing is outstanding in many kinds of boxing. On the basis of the investigation and research of Plum Blossom Boxing, in Chinese history, the outstanding achievements of Plum Blossom Boxing have been recorded in history. On the other hand, the protection and inheritance of Plum Blossom Boxing is a measure of historical and practical importance. In the process of research, the important value of literature and military integration system for the educational function of cultural boxing is obvious. Plum blossom boxing plays a very important role in moral education, knowledge education, sports and so on. In July, 1997, Hebei Sports Commission and Hebei Sports Federation awarded Pingxiang County and Guangzong County the title of “Hometown of Plum Blossom Boxing in Hebei Province”, and then Xingtai Plum Blossom Boxing was included in the State-Level Non-Material Cultural Heritage List. On November 21, 2021, Plum Blossom Boxing was identified as the provincial intangible cultural heritage of Shandong Province.

2. The Origin of Plum Blossom Boxing

Plum Blossom Boxing, also known as Plum Blossom Pile, is a combination of pile and fist. At the same time, Plum Blossom Boxing has existed for a long time. It is said that Plum Blossom Boxing existed in Qin and Han Dynasties. There is a record in “The Book of the Later Han Dynasty” that “there were plum-blossom pickers in the Han Dynasty”, and we can see the long history of plum-blossom boxing. It wasn’t until the late Ming and early Qing dynasties that Plum Blossom Boxing began to enter the public eye because of the large-scale “Ming Boxing” rally. Actually, the origin and prototype of Plum Blossom Boxing can be traced back to the Western Zhou Dynasty [1]. According to “Historical Records of Zhao Family” and “Liezi Tangwen”, during the period of West Zhou Muwang, due to the need of war, people learned writing, martial arts and the method of piling stones. Finally, through grammar, martial arts, and other means, King Mu pacified the world. So, the creator’s father was awarded Zhao Di, becoming the ancestor of Zhao’s surname. During the Zhou, Qin, Han, Tang and Song Dynasties, Plum Blossom Boxing became a magic weapon for the royal family. After the demise of the Song Dynasty, the magic weapon of “keeping the country safe and sound” spread all over the world for the reproduction of the Han nationality under the rule of foreign nationalities. In the late Ming and early Qing dynasties, Zou Hongyi reached the final gestalt of Plum Blossom Boxing through systematic arrangement and improvement [2]. Since Zou Hongyi started Plum Blossom Boxing, he has completed the process of secret transmission, and started the extensive transmission between master and apprentice. Later, Zou’s grandparents and grandchildren were buried in the north of Mazhuang Village in the

future, namely Zou's tombs. Zou Hongyi, the legacy of Jicheng Sun's grandfather, taught Plum Blossom Boxing for life. Because of this, many untested documents mistakenly believe that Meihua Boxing originated in the late Ming and early Qing dynasties.

3. Characteristics of Plum Blossom Boxing

3.1. Plum Blossom Boxing Technical Style Characteristics

From the characteristics of technical style, the basic skills of Plum Blossom Boxing can be divided into five basic technical postures (**Figure 1**), namely, general trend, taking advantage of the trend, stubborn trend, small trend and losing trend. The five postures are different, but from the perspective of boxing theory, that is, the integration of five potentials, they are central. Plum blossom boxing is called five potential plum blossom boxing. In addition, boxing, as the five imposing ways, is also widely known, and the style that has not been set in actual combat is praised as "Divine Boxing".

Plum-blossom boxing is different from other kinds of boxing. Plum-blossom boxing pays more attention to footwork and piling, that is to say, plum-blossom boxing is more practical. The specific plum-blossom boxing should be introduced through five potential piling methods, then on the ladder, and then a fist-forming, and finally, a twisting fist, which can be put on the shelf for three years and two years. Plum blossom boxing for three years is to find inner strength by stretching the abdomen space, to find inner strength for boxing, and finally to practice twisting boxing. From a professional and objective point of view, Plum Blossom Boxing is excellent in all kinds of boxing, because it is a powerful full-body achievement method that supports the mixing with the original boxing, so Plum Blossom Boxing can be applied to actual combat, and it can also be a way of keeping fit.

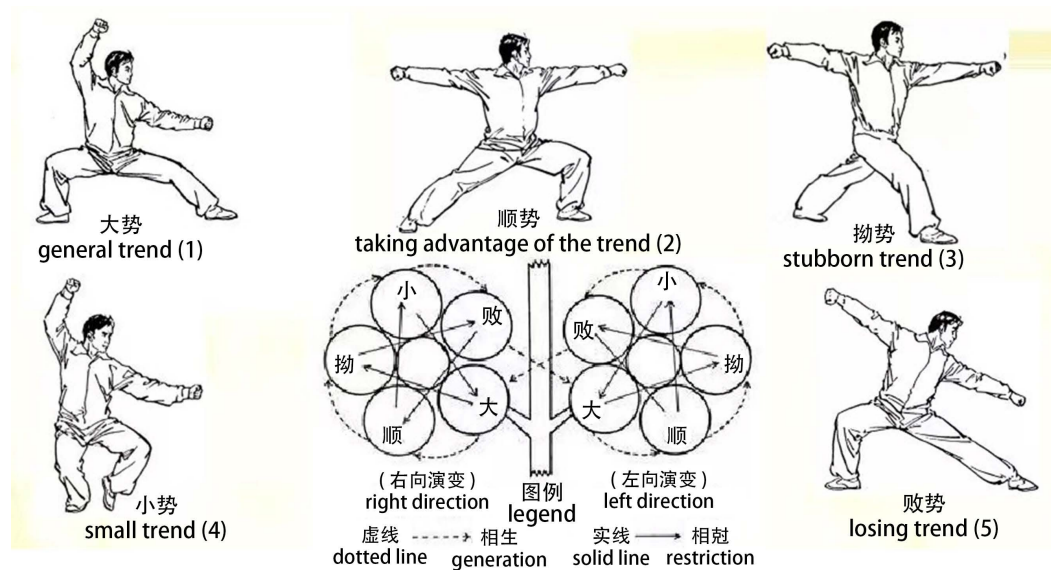


Figure 1. Pictures of five basic technical postures.

3.2. Characteristics of Plum Blossom Boxing Content System-Civil and Military Integration

Compared with other kinds of boxing, Plum Blossom Boxing can be divided into literary field and martial field. Wenchang respects the patriarch and is in charge of the scriptures and genealogy handed down from generation to generation. Wenchang teachers are highly respected and old-timers with both civil and military skills in the Boxing School. They are usually able to cure diseases and calculate, solve problems for others, educate disciples, maintain the unity and fine traditions of the Boxing School, and guide the activities of the whole Boxing School with the spirit of arts and sciences. The activity of the martial arts field is to practice martial arts, because plum blossom pile martial arts is “True sutra without words”, it practices spirit, develops wisdom, and has the function of educating people. The relationship between literature and art and martial arts in Plum Blossom Boxing is very consistent with the philosophical world outlook, and there is an interdependent and mutually beneficial dialectical relationship between literature and martial arts. In the field of literature, the literary scene of martial arts and plum blossom boxing can be compared with other boxing. Although the martial art of Plum Blossom is controlled by Taoism, it has achieved quiet practice in the nature of Taoism, while the literary field is based on Buddhism. The cultural relics of Plum Blossom Boxing can promote the balance of body and mind, and quickly adapt to the state of body and mind.

From the literary field of Plum Blossom Boxing, Plum Blossom Boxing combines three religious thoughts of Confucianism, Buddhism and Taoism and Zhouyi, and its content is mainly related to the cultivation of the mind and the cultivation of the spirit. Although there are still some religious words such as God, Buddha, Immortal, Tao, etc., their meanings have changed, and they have become nouns used in the practice of refining God and Qi. Even the statements in Confucianism and the Book of Changes are the same. For example, “three cardinal guides and five permanent members”, when discussing mind cultivation, people’s essence and spirit are called three cardinal guides, and heart, liver, spleen, stomach and kidney are called five permanent members; When discussing boxing and physical training, people from heaven and earth are called the three cardinal guides; The five directions of north, south, east and west are the five permanent members. This kind of compatible comprehensive martial arts method is indeed a rare typical pattern in all kinds of boxing in China. Under the guidance of the literary and art circles, Plum Blossom Boxing technique has brought greater pressure to the unified field of Heaven and Man and the impression of the original works. Therefore, under the guidance of the literary and art circles, the movement of plum blossom and boxing has reached its limit, and its softness and tenacity can promote mutual development.

4. Fitness Function of Plum Blossom Boxing

In order to bring health effects to the body, physical exercise must have aerobic

breathing exercise, and Plum Blossom Boxing is a sport with strong counterbalance effect. According to the competitive training method of Plum Blossom Boxing, if there is too much training, as a fitness sport, the training must be based on actual combat simulation, and the intensity cannot be arbitrarily controlled [3]. Generally speaking, it must be controlled under the medium and small intensity, in order to play the role of bodybuilding.

4.1. Physical Exercise Function

4.1.1. Exercise the Motor System

Plum blossom boxing training includes boxing, foot and fall. Systematic training can not only improve the stability of joints, but also improve the softness of joints. It mainly strengthens the stability of joints through exercises that improve the strength of muscles around the joints, and mainly improves the softness of joints through special flexibility exercises, and increases the extension of joints, ligaments and muscles around the joints. After improving the softness of human body, we should strengthen the adjustment of muscle activity, quickly grasp the key points of various techniques, quickly improve the technical level of athletes, and reduce the damage of joints to muscles.

Because Plum Blossom Boxing has a lot of exercise and exercise intensity, it will thicken muscle fibers, increase muscle mass, be muscular, strong, balanced and look strong. If you continue plum-blossom boxing training for a long time, the shape and structure of muscle capillaries will change and become vesicles, so the blood supply to muscles will increase, and muscle tension activities will be promoted for a long time. Plum Blossom Boxing has its own training method. Because the training is comprehensive, many muscles of the body can take part in sports, which provides the foundation for the overall development of muscles, especially the development of childhood. There are a lot of organic ingredients in young people's bones, but almost no inorganic ingredients, and the bones become soft. Therefore, the plum blossom boxing practice time should not be too long. The hand target, foot target and sandbag used in practice must be softened. Muscle development is slow, and the infancy of plum blossom boxing training should not be too long. It's not impossible to get tired when you are young and muscular, but in most cases, you can promote muscle development by shortening the time of multiple exercises. Young people are muscular, and plum blossom boxing training can make them more muscular. Whether shooting, sandbagging or actual practice, muscles will become stronger, but the amount will not be too much or the effect will not be great. Because fitness needs to control exercise, excessive exercise will affect health.

4.1.2. Exercise the Nervous System

Plum Blossom Boxing is a confrontational sport held in a specific place. In actual training or simulation training, players can respond to changing patterns on the field and improve the sensitivity and flexibility of the nervous system. In actual combat, the methods of plum blossom boxing training, such as boxing, leg box-

ing and throwing boxing, are fully applied to field competitions, and various skills and tactics will be applied according to the changes of field competitions. In fact, this is a process of flexible thinking and change, in order to train people's ability to become flexible. Compared with other sports, Plum Blossom Boxing has a greater impact on the nervous system. For example, when jogging, the comprehensive ability of the nervous system will also be improved, but the impact of jogging on the nervous system is almost passive. Meifaquan is active to regulate the excitement of the nervous system, and can improve the sensitivity, coordination and balance of the nervous system.

Youth is an important period for the development of nervous system. During this period, the nervous system developed rapidly. Plum blossom boxing is a good training method to improve the development of nervous system. When the nervous system of young people is almost fully developed, it is the period when the sensitivity, excitement and activity of nerves are the strongest. During this period, Plum Blossom Boxing training enables the nervous system to develop more fully, and more intensive training can be carried out during this period. In middle age, if the nervous system is fully developed and signs of aging begin to appear, minimal repeated training is required. Regular practice of Plum Blossom Boxing keeps nerves excited, balanced and flexible, and lays a good foundation for the health of the elderly. The agility, explosiveness and flexibility index of people who train Plum Blossom Boxing for a long time are often higher than those of ordinary people. In training, coaches' brains and bodies must be adjusted at a consistently high level. In addition, compared with other fitness programs, Plum Blossom Boxing pays more attention to practicality and does a lot of exercises. In many cases, the difficulty and training requirements of training are higher than those of other fitness programs. In many cases, Plum Blossom Boxing training, especially the comprehensive training of young people in the growth stage, the development of bones, muscles and other organs, is beneficial to the all-round development of young people's bodies compared with many other sports. Yes, the practice of Plum Blossom Boxing can be done better and healthier [4].

4.1.3. Exercise Other Systems

Vital capacity is an important indicator of the growth and health of children and youth. Plum-blossom boxing training, especially for those who regularly participate in plum-blossom boxing training, can improve the strength of respiratory muscles, enlarge the chest, promote the growth and development of lung tissue, expand the lungs and increase the lung capacity. Many experiments show that people who regularly take part in sports have higher vital capacity than the average person. Because regular Plum Blossom Boxing exercise may have a good effect on respiratory system, people engaged in Plum Blossom Boxing exercise can greatly reduce respiratory diseases, and people with chronic diseases can improve lung function after exercise. Regular and scientific plum blossom boxing exercise also has a good influence on cardiovascular morphology, structure

and function. The number of heartbeats of people who exercise frequently is lower than that of the average person. The interval between each heartbeat is long, and the “rest” time of the heart is long, which contributes to the health of the heart and prevents the heart from feeling tired. Regular plum blossom boxing training can inhibit the occurrence of cardiovascular diseases (thrombosis, myocardial infarction, etc.). If you take part in Plum Blossom Boxing regularly, immune cells (lymphocytes, macrophages and white blood cells) and immune molecules will also increase. The immune system as a whole can improve the immunity, improve the body’s immunity, keep the body healthy, delay aging and prevent diseases.

4.2. Psychological Exercise Function

4.2.1. The Influence of Plum Blossom Boxing on Emotion

The training of Plum Blossom Boxing provides an outlet for negative emotions of depression, and adjusts unhealthy emotions such as mental depression and emotional depression. Plum blossom boxing is an antagonistic sport. If you feel angry or dissatisfied, you can vent your feelings through boxing or sandbags. In particular, the pulse generated after going back can change the attitude to avoid extreme things.

4.2.2. The Influence of Plum Blossom Boxing on Will

Hard work, fatigue, intense competition are the characteristics of plum blossom. When taking part in sports, it is always accompanied by a strong emotional experience and a clear will to work hard. Therefore, it helps to cultivate people’s courage, endurance, wit and steady character, and keep a positive attitude.

4.2.3. Influence of Plum Blossom Boxing on Self-Knowledge

Plum blossom boxing training can make people stronger, more flexible, more coordinated, more satisfied, more confident and more self-respecting. Competition will also make people recognize their unique social value. Because Plum Blossom Boxing has disclosed its own advantages and disadvantages, people always revise their understanding and actions, give full play to their possibilities and advantages, overcome their shortcomings, correct their shortcomings, and treat success and failure correctly.

4.2.4. Influence of Plum Blossom Boxing on Behavior Coordination and Moderate Response

According to sports psychology, action coordination means that people’s actions are consistent, and slow response means that people are neither unusually sensitive nor unusually slow. There is a relatively stable relationship between the intensity of stimulation and the intensity of response. Plum blossom boxing is carried out under the requirements of rules and regulations, and all athletes are restricted by the rules. Therefore, sports play an important and positive role in cultivating people’s good actions.

5. The Potential and Deficiency of Plum Blossom Boxing Basic Exercises in Fitness

5.1. Plum Blossom Boxing Basic Skill Fitness Potential

As an important part of Chinese traditional culture, Wushu San has always been one of the symbols of Chinese culture and has worldwide influence. The organic combination of Plum Blossom Boxing and Chinese culture can be said to be a natural advantage in the development of Plum Blossom Boxing, which provides a strong cultural background for the creation of Chinese Plum Blossom Boxing image. For the average person, the purpose of practicing Plum Blossom Boxing is to strengthen the body, lose weight, protect themselves, learn and enjoy skills and cultivate morality. Meifa Boxing is closely related to all kinds of modern life. In addition, judging from the objective conditions, Meihua Boxing has great development potential [5].

With the rapid development of the era of science and technology, people's living environment has been greatly improved, their material and cultural needs are orderly, and they are moving towards the increasingly high level of social science and technology changes. Our country has won an excellent opportunity for productive development, but the pace of modernization has also been accelerated. However, the physical quality of the masses has not been improved in an all-round way as expected in the past. Instead, phenomena such as "cultural fault", "modern civilization disease", "greenhouse benefit" and energy depletion have appeared, and internal organs are declining. Fresh air releases foul smell, clear river water is turbid, and people's life and production activities are fatally affected. In order to make people healthier, the nationwide fitness program in China has promoted the nationalization, scientification and diversification of the traditional plum blossom boxing. Since people generally pay attention to it, the fitness value of Plum Blossom Boxing and modern competitive sports commercialization have become the focus of people's attention, and it has penetrated into people's health and the rhythm of modern social life. The speed is so fast that people can't spare enough time for exercise. The fitness value of Plum Blossom Boxing, as an introduction, helps Chinese martial arts circles to find a great number of fitness methods, which is in line with their own development characteristics. Implement the fitness strategy of all kinds of people made in China. At the same time, it also provides a media or platform for promoting and developing plum blossom boxing.

"Life lies in exercise", and exercise has long been recognized as a good way to maintain health. Wushu is a special sports activity in China, which has a long history, profound and rich significance and high social value. This is the main exercise and method of Chinese traditional health care and health maintenance, and the effect of delaying aging, preventing and treating diseases should be mentioned. Plum blossom boxing is a part of Chinese martial arts. Through the necessity and proof of practice, Wudao has realized its fitness and health care functions, supplemented the relatively insufficient parts of the body, achieved physi-

ological balance, and improved the functional state of the body, the integration of the body and nature, and the relative balance of the internal dynamics of the body. With the continuous development of society, people's health awareness is increasing. However, in the fast-paced lifestyle, people's quality of life is always declining, so some people begin to reflect on their behaviors and habits. The fitness function of Plum Blossom Boxing not only emphasizes the cultivation of competitive creativity and competitive sports, but also makes people lose their mental distortion. Plum Blossom Boxing attaches great importance to using various postures to strengthen physical movement, ensure the healthy growth of body and mind, prevent diseases, stabilize people, cultivate morality and improve gender. The above points are the spirit and spirit of our traditional martial arts culture. This is to convey one's own ideas, which depends on the public's awareness of healthy living.

5.2. Shortcomings of Plum Blossom Boxing's Basic Exercises for Fitness

Plum blossom boxing is a unique and professional sport, which needs long-term persistence. When practicing, it will be limited by time, place, coach and information, and these are also the important factors that limit the development of Plum Blossom Boxing.

6. Conclusions

Plum Blossom Boxing is a very intense antagonistic exercise, which can strengthen muscles and bones, improve the flexibility of joints and the ability of muscles to expand and contract, improve people's speed, reaction, sensitivity and endurance, and improve internal organs.

By participating in plum blossom boxing, young people will grow healthy, physically strong, have regular posture and become active. Middle-aged people will keep healthy, energetic, delay the aging process and live a long and healthy life.

7. Suggestions

The relevant administrative departments in China have increased their support and set up more fitness facilities, so as to provide a smoother channel for promoting Meihua Boxing fitness culture.

As an important carrier of campus culture transmission, schools should make good use of Plum Blossom Boxing as a resource, create and compile simple and suitable for students' physical development characteristics, and give full play to its fitness value.

Make full use of mass media, publicize through network media, show people the excellent traditional Chinese culture, attract young people to learn, and inject fresh and powerful blood into Chinese Wushu.

In the development process of Plum Blossom Boxing, only by starting from

the fitness value, changing the old concept and breaking the original way of thinking can Plum Blossom Boxing achieve faster development.

Conflicts of Interest

The authors declare no conflicts of interest.

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