

An Overview Study of The Development of Difficult Movements in the 2017 Cycle of Aerobics Competition Rules Summary

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Abstract: Competitive aerobics is a competitive sports program, any competitive program, can not be separated from the rules of the constraints. The rules are not only the standard for the judges to score, but also the important standard for the coaches to guide the coaches scientifically in the daily training and competitions. Scoring rules for a competitive project plays an important role in leading and its development towards the competitive aerobics with the development of time, the world's competitive level of ability is increasingly high, the rules with the development of the project has become more fair and just, reasonable, scientific, standardized, the two seem to be constraints and constraints of the relationship, but in fact, to promote each other, common development. Each cycle of the rules for this cycle of the competition plays a guiding role in the 2017 cycle of scoring rules on the difficulty of the action has a greater change, several changes focus mainly on: the number of difficult actions, points, groups, difficulty connection and difficulty of the action scoring standards to make a big change.

Keywords: Aerobics, Competition rules, Difficulty groups.

1. Introduction

This study aims to analyze the adjustments made in the difficulty movement part of the competition rules of competitive aerobics in the 2017 cycle. Summarizing its change characteristics, it goes to understand the cutting-edge development trend of competitive aerobics difficulty movements and the purpose of continuous development, so as to clarify the development trend of competitive aerobics difficulty movements.

2. The Development of Difficult Movements in Competitive Aerobics

Through the research of aerobics difficulty movement literature summarized its development trend is towards difficult, beautiful, stable, new, in most of the papers, the study of difficulty movement is mainly the group of difficulty movement, score, difficulty combination and layout of the selection. In the World Championships, the excellent athletes of various countries, the choice of difficulty have common characteristics, characterized firstly by high difficulty score, followed by less physical exertion, easy to ensure the completion of the quality of the difficult movements, the difficulty of the choice of characteristics to difficult, stable, 4 groups of difficulty in the competition appeared to be more or less the same, how to complete the difficulty of high-quality movements is an important factor of the World Championships today.

Zhang Xiaoying in the "analysis of women's single difficulty movements in the world high-level competitive aerobics competition" put forward in the 06 World Championships, the choice of difficulty movements is mainly characterized by low, concentrated in the range of 0.4-0.6 points, and in the 09 World Championships difficulty is concentrated in the range of 0.6-0.8, the difficulty of the score has been improved as a whole, the choice of difficulty groups is also more diversified, and the difficulty of the spatial

transformation and the distribution of the venue is more reasonable and balanced. The difficulty space change and venue distribution were more reasonable and balanced. The completion of difficulty combinations and the number of connections have been significantly improved, and the overall quality of difficulty movements has been greatly improved compared with the 06 World Championships. It reflects the development speed of aerobics, but the difficulty movement is still the key to win the aerobics competition.

Li Hongbo in the "World High-level Competitive Aerobics Athletes' Difficulty Movement Selection and Success Rate Analysis" the overall completion of the difficulty movement of each single item is better, and all of them chose to use the difficulty movement that can stably play their own ability. The scores of the difficult movements of each single event were mainly concentrated in 0.5-0.7 points, and the difficult movements were one of the important factors affecting the results of the competition. In order to achieve better results, the difficult movements should be chosen higher than the 0.5-0.7 points range. The arrangement and use of difficult movements of the participating athletes were in line with the requirements of the rules. The difficulty rate of Group C was the highest among the four groups, close to 50%, while the difficulty rate of Group B was the lowest, and there was a single type of difficulty. The overall completion of difficult movements needs to be improved, and the quality and success rate of difficult movements are also important factors, not only based on the score of difficult movements.

Song Bo, Zhang Zhuo in "China's competitive aerobics mixed doubles program difficulty movement status and development trend" put forward China's mixed doubles program, in terms of difficulty movement, the score and the completion of the movement quality and the world's strongest team has a clear gap, there is still a big gap from the strong team, the difficulty of the completion of the completion and the choice of no refreshing feeling, the need to improve the difficulty of China's mixed doubles and the ability to choreograph. It should strengthen the practice of difficult

movements, choose more difficult movements with middle and high scores, and at the same time, ensure the success rate of difficulty.

Chen Ruiqin and Wang Kangle in the "World Competitive Aerobics Jumping Difficulty Moves" proposed that in the world aerobics competitions, Group C difficulty moves in the successive cycles of the rules of change, the use of difficulty moves has always been in the 50% or so, and Group C is still the core of the difficulty moves. group C jumping and leaping moves not only increase the spatial mobility of the venue, but also make the use of space more skillful, complex, and make the overall content of sets more artistic and aesthetic. The content of the set is more artistic and aesthetic. The continuous modification of the rules makes the development direction of aerobics specific and clear, the scoring is more objective and fair, and the difficulty movements are developing towards higher and more difficult.

Zhang Xiaoying and Wang Weiguang pointed out in "Competitive Situation of Set Difficulty Movements in Aerobics World Championships" that the world's outstanding athletes are pursuing high scores of difficulty movements in the selection of difficulty, and the use of difficulty combinations is mainly concentrated in the front and middle segments of sets, and it is advocated that the difficulty combinations be placed in the later position of the set paragraphs, so as to differentiate the difficulty combinations of the majority of athletes in the layout of the athlete's ability to compete, and the score of the overall selection of difficulty of the female singles program should be increased appropriately. Athletic ability, women's single project overall selection of the difficulty of the score should be increased appropriately, while in the difficulty of the completion of the more stable, improve the success rate of difficult movements. The first thing is to pay attention to the success rate of the difficulty of the collective project, in the case of improving the quality of the completion of the gradual increase in the difficulty score, to avoid the failure of the difficulty.

3. Development of Difficult Moves in the 2017-2020 Competition Rules

The rules play a guiding role for competitive programs, and the difficulty movements play a vital role for athletes' performance. The 2017 cycle rules have higher standards for the requirements of difficulty movements, which give the referees a clearer standard and highlight the "difficulty" and "beauty" of aerobics. "The formulation and replacement of the rules determines the team's daily special training and competition sets of power focus, how to reasonably use the rules to lay out the training program and sets of difficulty selection is an excellent coaching staff should be mastered, and it plays a decisive role in the competition.

Hou Guangding et al. in the FIG 2017-2020 cycle of competitive aerobics under the new rules of competitive aerobics training method of thinking about the new cycle reduces a lot of unnecessary difficult movements, but the coefficient of difficulty as a whole has increased a lot, pointing out that the difficulty of the movements should be gradual and progressive, and according to the correct sequence of the power of the difficulty of the movements of the decomposition of the exercise. Through the new rules for the difficulty requirements of the change, reflecting the development of aerobics more and more difficult, toward the development of difficult beauty item group, in addition to

difficult, but also to mention the beauty of the new cycle will put forward a higher demand for the ability of the coaches, how to scientifically guide the training, improve the athletes' difficulty technical level, is the main task of the moment.

Zhang Aifu, Zhou Ningning in the "2017-2020 competitive aerobics scoring rules change analysis" mentioned the new cycle of rules on the difficulty of the action to carry out more detailed provisions, in terms of difficulty of the action, in the new cycle of the rules proposed to reduce the number of difficulty, although a lot of difficulty of the action, but the difficulty of each group of the value of the score, the overall increase in a lot of difficulty groups In terms of difficulty group by four groups must be optional more than once, changed to optional 3 groups of difficulty movements, another difficulty combination of adjustments, new skills three connection, the new rules of the difficulty movement changes, reflecting the aerobics to a higher and more difficult to develop.

4. Conclusion

Literature on aerobics competition rules and difficulty movements have more comprehensive research, and our scholars for the development of aerobics at the same time to provide a more reasonable proposal, the theoretical significance of this paper provides guidance. Competition rules determine the development of the program, the rules record the development of a program, determines the direction of development of the program, in the rules, the former more about the rules of the changes in the difficulty of the impact of the embodiment of the difficulty of the action for aerobics play a vital role in winning. In the aspect of difficulty movement: group C difficulty movement is still the core of difficulty movement, improve the score and completion of difficulty, is the primary goal of the world's best athletes, the score of the difficulty of the World Championships by the medium score difficulty gradually to the change of high score difficulty, in the connection of the difficulty is more and more reflecting the ability of high-level aerobic gymnasts, the difficulty of the group C, as a connection between the main body of the combination of difficulty to be practiced, for the group C, the power characteristics of the special training. Specialized training should be carried out for the characteristics of C group's power.

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