

Discussion on the Application of Technical and Tactical Skills in Mixed Martial Arts Competitions

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Abstract: This article mainly analyzes the application of technical and tactical skills in mixed martial arts competitions, including mixed martial arts and its competition characteristics, the main application significance of technical and tactical skills in mixed martial arts competitions, and its primary application strategies. It is hoped that this analysis can provide some guidelines for the appropriate application of mixed martial arts athletes' technical and tactical skills to improve their winning rate in mixed martial arts competitions.

Keywords: Mixed martial arts competition; Technical and tactical skills; Fighting awareness; Fighting movements; Competition rhythm

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1. Foreword

Judging from the current mixed martial arts competitions, athletes' technical and tactical skills play an indispensable role. In order to effectively cultivate athletes' technical and tactical skills and enable them to perform well in mixed martial arts competitions, coaches and athletes need to pay attention to the following points:

- (1) The improvement of psychological quality
- (2) The adjustment of physical fitness
- (3) The observation and analytical skills training
- (4) The cultivation of mixed martial arts awareness
- (5) The solidification of fighting techniques and movements
- (6) The control of the rhythm of the game
- (7) The strengthening of environmental adaptation training

In this way, athletes' technical and tactical skills can be significantly improved and applied more rationally to mixed martial arts competitions.

2. Mixed martial arts and its game characteristics

Mixed martial arts are a competitive fighting sport with very open rules. In mixed martial arts competitions, athletes use split-finger gloves and carry out many fighting actions, including stand-up strikes and ground fights. Various techniques can be applied in this competition, including Sanda, judo, karate, taekwondo, wrestling, Muay Thai, Brazilian Jiu-Jitsu, and boxing. Therefore, mixed martial arts are also known as the “decathlon” competition in modern combat sports.

Judging from the current mixed martial arts competition, its main features include the following aspects:

- (1) There are many techniques and tactics in mixed martial arts. During the competition, athletes can use various fighting techniques to attack multiple body parts of their opponents.
- (2) The schedule of the competition is relatively compact. According to the international competition rules, the competition time is usually between 3–5 rounds and the competition time of each round is 5 minutes; after each round of competition, athletes can rest for 1 minute ^[1].
- (3) The competition is a thrilling experience. Since the technical and tactical applications during the competition are very flexible, and the athletes’ movements are agile and fast, this competition is also very exciting and thrilling.

3. The main application significance of technical and tactical skills in mixed martial arts competitions

In the mixed martial arts competition process, appropriately applying technical and tactical skills is crucial. From the current point of view, the main application significance of technical and tactical skills is reflected in the following aspects:

- (1) Through appropriate application of technical and tactical skills, athletes can have good physical and psychological qualities during the game, thereby ensuring the smooth progress of the game, and creating favorable conditions for improvement and an increase in the winning rate.
- (2) Appropriate application of technical and tactical skills can enable athletes to be more aware of mixed martial arts and accurately analyze the opponent’s next strike action.
- (3) Appropriate application of technical and tactical skills can effectively solidify athletes’ fighting skills and movements, laying a solid foundation for improving their competitive ability and winning rate.
- (4) Appropriate application of technical and tactical skills can enable athletes to better grasp the rhythm of mixed martial arts competitions, making it easier to seize the upper hand in matches.
- (5) Appropriate application of technical and tactical skills can enable athletes to adapt to various competition environments and protect the application of competitive skills from environmental interference.

With these advantages, technical and tactical skills have become a concern in current mixed martial arts competitions and athletes’ daily training ^[2]. Especially with the current continuous development of mixed martial arts competitions, more and more researchers have begun to study the application of its techniques and tactics to provide a strong guideline for improving athletes’ winning rates.

4. Analysis of the primary application strategies of technical and tactical skills in mixed martial arts competitions

4.1. Improvement of psychological quality

Psychological quality is crucial in mixed martial arts competitions. Athletes will easily lose points during the

competition if their psychological quality is poor. Based on this, coaches and athletes should focus on improving psychological quality in mixed martial arts competitions. To achieve this goal, athletes can fully understand their opponents by collecting comprehensive information about them before the game, including their playing style, game characteristics, and personality traits. In this process, athletes can learn their opponent's common tactics and action habits during the games by watching their past game videos repeatedly. Subsequently, this information is used to develop an appropriate response strategy combined with the actual situation. In this way, athletes can "know themselves and their opponents" before the competition, thereby building strong self-confidence. Before the start of the game, athletes must pay attention to grasping their momentum and strive to use strong momentum to suppress their opponents and bring a certain amount of psychological pressure on them^[3]. During the competition, athletes should avoid appearing unconfident or nervous. Once such mentality occurs due to losing points, they should adjust their tactics by using offense as defense, promptly adjust their mentality, and establish strong self-confidence to avoid losing points continuously.

4.2. Adjustment of physical fitness

Since mixed martial arts competitions are relatively intense with a relatively tight schedule, athletes also consume a lot of physical energy during the competition. At the same time, in the overlay scoring competition mode, athletes with better physical fitness are more likely to obtain the final victory. Based on this, athletes must pay attention to their physical fitness. To ensure good physical fitness, athletes can replenish their physical strength by drinking water, adjusting breathing, etc., during the resting period. Additionally, they should reasonably adjust the game tactics for the next round based on the situation of the previous round. During the game, if an athlete is exhausted, they should change the original offensive tactics into defensive tactics in time to gain more opportunities for physical recovery. When the physical fitness has been restored to a certain extent, they can continue the offensive tactics. In this way, points lost in the game caused by a lack of physical strength and slow movements can be effectively prevented.

4.3. Observation and analytical skills training

In mixed martial arts competitions, observation and analytical skills are the technical and tactical skills that athletes must possess. Only with good observation and analytical skills can athletes rapidly detect the offensive or defensive skills that their opponents are about to use in order to clarify the opponent's main intentions and subsequently take reasonable countermeasures in a timely manner. Based on this, to achieve good application of their technical and tactical skills in specific fighting competitions, athletes also need to strengthen their observation and analytical skills under the guidance of coaches. Coaches can regularly organize simulation training in athletes' daily training and create learning conditions for athletes through independent mixed martial arts competitions to continuously cultivate and improve their observation and analytical skills during competitions. During this process, coaches should arrange for athletes to compete with different personnel to develop the habit and ability to observe and analyze their opponents' physical and mental qualities and technical and tactical applications in competitions. This will be very beneficial to cultivating athletes' observation and analytical skills and improving their winning rate in mixed martial arts competitions.

4.4. Cultivation of mixed martial arts awareness

Under normal circumstances, every athlete has his own relatively fixed fighting skills and mixed martial arts awareness when participating in mixed martial arts competitions, and can adjust his strategies and tactics in real-time according to the specific fighting habits of his opponent. In this way, athletes can seize offensive opportunities in time and improve the hit rate of their own attacks. Based on this, to obtain good competition

results in the practical application of mixed martial arts techniques and tactics, coaches and athletes also need to emphasize on cultivating mixed martial arts awareness. In order to achieve this goal, coaches need to provide adequate mixed martial arts awareness training for athletes during daily training, cultivate their mixed martial arts awareness through professional knowledge training, professional skill explanations and demonstrations, etc., and enable them to learn step by step to continuously improve their comprehensive martial arts skills ^[4]. At the same time, coaches and athletes also need to jointly study various knowledge and skills in mixed martial arts so that athletes can judge the opponent's offensive or defensive trends more timely and accurately, and promptly adjust their next defensive or offensive strategy. In this way, mixed martial arts athletes can have a strong awareness of mixed martial arts, thereby further improving their chances of winning in mixed martial arts competitions.

4.5. Solidification of fighting techniques and movements

As many types of competitive skills are involved in mixed martial arts competitions, and the overall competition events show significant diversification characteristics, athletes need to maximize their own advantages during specific competitions. In order to achieve this goal and make good use of their technical and tactical skills in actual mixed martial arts competitions, athletes need to focus on the solidification of their own fighting techniques and movements. In solidifying one's fighting skills and movements, one of the most critical elements involves making timely and appropriate adjustments to one's skills and tactics based on the distance between the athlete and the opponent. For example, when both parties in mixed martial arts are standing, athletes can use appropriate standing techniques to attack their opponents in time; when the distance between the two parties in mixed martial arts is very close, athletes can use wrestling skills to control their opponents in time, making them impossible to move quickly on the ground, so that athletes can gain a corresponding score advantage. However, during this process, athletes should note that no matter what techniques and tactics are used in mixed martial arts competitions, they should try their best to avoid showing their own shortcomings in front of their opponents. Based on this, in daily mixed martial arts training, athletes should consider their own actual conditions and gradually train a set of unique mixed martial arts skills that are suitable for themselves under the guidance of coaches, so as to maximize their own advantages and effectively hide their own shortcomings and achieve a good effect of "leveraging strengths and avoiding weaknesses." This will be very beneficial to the effective solidification of mixed martial arts athletes' own fighting skills and movements, thereby further improving their chances of winning.

4.6. Control of the rhythm of the game

Due to the highly intense nature of mixed martial arts competitions, athletes usually face great physical exertion during the competition. Under such circumstances, many athletes may experience excessive physical exertion or even exhaustion during competition, which will have a greater adverse impact on the normal performance of their skills and tactics. In order to prevent such situations, athletes need to control the rhythm of the game during mixed martial arts competitions. In order to achieve this goal, athletes should first pay attention to the reasonable distribution of their physical strength during the competition, minimize the unnecessary consumption of their own physical strength in other aspects, and strive to keep their physical strength in a normal state. At the same time, during the competition, athletes also need to observe and analyze the opponent's skills, tactics, and physical fitness, and use the information as a basis to appropriately allocate their physical fitness in subsequent matches, so as to achieve reasonable control of the rhythm of the game ^[5]. In addition to paying attention to the appropriate distribution of physical fitness during competitions, athletes should also strengthen their physical

training in daily training. According to their conditions, they can conduct some high-load and high-intensity training under the guidance of coaches, which will be more effective in strengthening their physical fitness. It is conducive to the rapid improvement of athletes' physical fitness and lays a good foundation for maintaining their physical fitness in mixed martial arts competitions.

4.7. Strengthening of environmental adaptation training

Adaptability to the environment is a technical and tactical skill that is required in every mixed martial arts athlete. By fully utilizing this skill, athletes can maintain their best condition in different competition environments to avoid losing points due to environmental impacts. Under normal circumstances, there are certain differences between the environment of the mixed martial arts competition and the daily training environment for athletes. Several factors including the competition atmosphere and referee misjudgments will interfere with the athletes and even bring greater psychological pressure on them. Under such circumstances, if the athlete's adaptability to the environment is insufficient, the athlete will face many problems in subsequent mixed martial arts competitions, thus leaving more opportunities for the opponents. In order to avoid such situations and enable athletes' technical and tactical skills to be better utilized in competitions, coaches and athletes should emphasize training to strengthen their adaptability to the environment. For example, in daily mixed martial arts training, coaches should create various emergencies and guide athletes on dealing with them based on the actual situation and adjusting their mentality in a timely manner after an emergency occurs. At the same time, coaches also need to simulate real mixed martial arts competition scenarios in daily training and guide athletes on how to avoid interference from various external factors and keep their mentality stable. In this way, athletes can maintain a good mentality and competitive state in actual mixed martial arts competitions to adapt well to various competition environments, thereby improving their chances of winning ^[6-10].

5. Conclusion

To sum up, mixed martial arts competitions are major events in current sports competitions, and they are also sports competition events that accumulate openness, complexity, and tension. Since the attack modes, methods, and techniques involved in such competitions are rich and complex, the athletes' technical and tactical skills will directly impact the competition results during the specific competition. To achieve the appropriate application of technical and tactical skills, both coaches and athletes should pay attention to the cultivation of technical and tactical skills in competitions and daily training to improve their psychological and physical qualities and continuously enhance their various technical and tactical application skills. This will benefit the appropriate application of athletes' technical and tactical skills and improve their winning rate in the game.

Disclosure statement

The author declares no conflict of interest.

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