

Assessing Aesthetics, Technique, and Expression in Wushu Performance

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Abstract: This research investigates the impact of aesthetic features, Wushu skills, and expressive components on the performance of Wushu through quantitative methodologies with 105 coaches and 360 students. The findings suggest that coaches routinely provide greater performance ratings than students, especially in areas such as strength, power, flexibility, agility, and costume design. This highlights the significance of visual attractiveness and physical abilities. Similarly, instructors assigned higher ratings to technical elements such as postures, hand movements, kicks, movement patterns, aerial maneuvers, tumbles and throws, joint manipulation and control, and weapon skills, indicating their discerning viewpoint and elevated standards. Coaches gave greater ratings to expressive components such as facial expressions, body language, emotional depth, character depiction, musical interpretation, narrative framework, and personal interpretation. This highlights the significance of these factors in captivating the audience. The evaluations conducted by students and coaches revealed significant disparities in their perceptions of the impact of aesthetic features and Wushu methods, underscoring the need for a uniform evaluation approach. The results of the multiple linear regression analysis indicate that strength and power, flexibility and agility, and costume design and presentation substantially influence the appraisal of Wushu skills. Additionally, facial expressions and character depiction are also shown to be important factors. The research suggests implementing a complete Wushu training program that prioritizes improving technical competence, strengthening physical prowess, raising aesthetic components, encouraging holistic growth, and reaching competitive excellence.

Keywords: Wushu Performance; Aesthetics; Technique; Expression; Strength; Power; Flexibility; Agility; Costume; Design.

1. Introduction

Wushu, or Chinese Wu shu, is a comprehensive collection of traditional combat styles and methods that have developed over many years in China (Li & Zhou, 2018). Wushu, profoundly ingrained in Chinese culture and history, is more than just a physical combat technique. It is a whole system that incorporates philosophy, self-discipline, and self-defense. It is a complex practice that combines physical strength, mental discipline, and spiritual development (Wu & Chen, 2019). Wushu practitioners dedicate themselves to achieving mastery in a wide range of forms, routines, and techniques, each characterized by distinct movements, strikes, kicks, and defensive measures. In addition to the physical side, Wushu places great importance on the cultivation of internal energy (known as Qi or Chi), control of breath, and mental concentration. These factors greatly contribute to the overall well-being and combat efficiency of the practitioner.

Scholarly works on Wushu affirm different aspects of performance, such as fluidity, precision, accuracy, balance, control, strength, power, flexibility, agility, costuming, presentation, Wushu techniques, and Wushu expression. Fluidity in Wushu performance encompasses the seamless and uninterrupted flow of movements, which are crucial for executing routines with poise and refinement (Zhang et al., 2019). Studies have demonstrated that there is a favorable relationship between fluidity and both the overall quality of performance and the level of involvement from the audience. As a result, fluidity is considered a crucial element in the training and evaluation of Wushu.

When it comes to evaluating performance in wushu

methods, there are several factors that play a role. Stances, hand techniques, kicks, footwork, aerial techniques, wrestling technique, joint locks and controls, and weapon skills are all crucial elements of Wushu performance (Chen & Wang, 2017). Wushu expression encompasses various elements such as facial expressions (Shen Tai), body language (Xing Tai), emotional depth (Qing Gan), character portrayal (Jiao Se Su Zao), musical interpretation (Yin Yue Chuang Zuo), narrative structure (Gu Shi Jia gou), and personal interpretation (Ge Ren Quan Shi). These elements serve to increase audience engagement and bring more complexity to performances (Wang & Zhang, 2021).

Although Wushu holds great cultural importance, it encounters difficulties in sustaining broad success and competitiveness among its participants, especially in competitive settings. An important obstacle is the delicate equilibrium required to excel in both the physical techniques and artistic expression of Wushu (Lu, 2020). The lack of proficiency in these domains frequently acts as an obstacle for players to attain consistent triumphs in tournaments.

This study aimed to investigate the influence of aesthetics, technique, and expression on Wushu performance, taking into account its complex character. The study seeks to explore the complex dynamics that impact the achievements and efficacy of Wushu practitioners by examining these crucial components (Wang et al., 2021). It is believed to provide a greater understanding of the sport by analyzing the relationship between artistic interpretation, technical proficiency, and aesthetic appeal.

The importance of this study dwells in the current setting of China, where the endorsement of traditional culture and

sports is highly valued (Zhang & Liu, 2019) as it can provide valuable information for developing educational policies, training programs, and coaching approaches that aim to promote excellence in Wushu, while the nation continues to celebrate its cultural legacy and encourage physical health among its population. The study provides a clear understanding of the key characteristics that influence Wushu performance. It offers practical insights to improve training methods, establish better competition criteria, and develop a new generation of highly talented Wushu practitioners.

Although there is current research on Wushu, there is still a significant vacuum in knowledge when it comes to comprehensively studying the interplay between aesthetics, technique, and expression and how these collectively impact Wushu performance (Xu & Guo, 2020). Previous studies have mostly examined specific parts of Wushu, such as technical skill or artistic expression, without considering how these elements are interconnected and how they collectively affect performance results. Therefore, the objective of this study is to address this research deficiency by conducting a thorough analysis that incorporates several aspects of Wushu performance. This will help to enhance understanding of the sport and the individuals who participate in it.

2. Statement of the Problem

This study aimed to analyze the impact of aesthetics, technique, and expression on Wushu performance. Specifically, this study sought answers to the following questions.

1. What is the assessment of the respondents of the influence of aesthetic elements on Wushu performance in terms of:

- 1.1 Fluidity
- 1.2 Precision and Accuracy
- 1.3 Balance and Control
- 1.4 Strength and Power
- 1.5 Flexibility and Agility
- 1.6 Costuming and Presentation

2. What is the assessment of the respondents of the influence of wushu technique on Wushu performance in terms of:

- 2.1 Stances
- 2.2 Hand Techniques
- 2.3 Kicks
- 2.4 Footwork
- 2.5 Aerial Techniques
- 2.6 Wrestling technique
- 2.7 Joint Locks and Controls

2.8 Weapon Techniques

3. What is the assessment of the respondents of the role of wushu expression in enhancing audience engagement in terms of:

- 3.1 Facial Expressions
- 3.2 Body Language
- 3.3 Emotional Depth
- 3.4 Character Portrayal
- 3.5 Musical Interpretation
- 3.6 Narrative Structure

3.7 Personal Interpretation

4. Is there a significant difference in the respondents' assessment of the students and coaches

4.1 Influence of aesthetic elements on Wushu performance

4.2 Influence of Wushu technique on wushu performance

4.3 Role of Wushu expression on wushu performance

5. Is there a significant impact on the aesthetic elements of wushu performance and the role of wushu expression on the technique used in performing wushu?

6. Based on the results of the study, what comprehensive wushu training program can be designed toward competition success?

3. Hypotheses

There is no significant relationship between the respondents' assessment of aesthetic elements and wushu technique on Wushu performance.

There is no significant relationship between assessment of the respondents of the influence of aesthetic elements and the role of wushu expression.

There is no significant relationship between the assessment of the respondents of the influence of wushu technique and wushu expression.

4. Scope and Delimitation

This research aimed to investigate the impact of aesthetics, technique, and expressiveness on the performance of Wushu. The process included a comprehensive examination of several aesthetic elements, Wushu methods, and expressive characteristics that impact performance outcomes. The study used a quantitative approach to gather participant data, employing custom-made questionnaires to examine their views and evaluations. The participants included highly skilled and knowledgeable individuals in Wushu training and performance, including practitioners, coaches, teachers, and experts. The participants in the survey come from nine sports specialized universities (colleges) in nine provinces of China, with a total of 105 coaches and 360 students. The research aimed to provide valuable insights into the intricate interplay between aesthetics, technique, and expressiveness in Wushu performance. The aim was to provide insights into training methodologies, coaching approaches, and competitive readiness.

However, this research primarily focused on evaluating the performance of Wushu in the Higher education stage, limiting its relevance to other age groups or levels of competition. Furthermore, the research relied on self-reported data obtained via structured questionnaires, which may have been susceptible to respondent bias or interpretation. The study's geographical scope was confined to regions or countries where Wushu is prevalent, perhaps limiting the applicability of the results to other cultural settings. In addition, the research did not examine extrinsic factors such as environmental conditions, organizational traits, or sociocultural influences that may impact Wushu's performance. The study investigated the relationship between aesthetics, technique, and expressiveness in Wushu. However, it failed to examine the causative processes that elucidate this connection or assess the effectiveness of specific therapies or training programs in enhancing Wushu's performance.

This section establishes the methodical and rigorous technique employed by researchers to strategize, implement, and assess a study. This encompasses various components,

including the research design, which outlines the overall structure and framework of the study. The data collection strategies clarify the process by which information is obtained from participants or relevant sources. Data analysis methods involve the systematic modification, interpretation, and combination of collected data to derive important and valuable insights.

5. Research Paradigm

This research used a descriptive correlational methodology to examine the relationships between aesthetics, technique, and expressiveness in Wushu performance while keeping other aspects constant. The main objective was to clarify the relationships between these characteristics and performance outcomes, providing valuable insights into the intricate dynamics of Wushu's performance. To fully understand Wushu, it is crucial to acknowledge the complex interaction among several components, such as smoothness, accuracy, facial expressions, and character portrayal. These aspects jointly influenced the overall excellence of the performance and its effect on the audience. The investigation revealed patterns, relationships, and trends in the data via a quantitative examination of these linkages. Subsequently, this data might enhance the Wushu community's training methodology, coaching strategies, and competition preparation. The descriptive correlational technique was appropriate for this study due to its ability to comprehensively capture the intricate elements of Wushu's performance while adhering to a rigorous and unbiased methodology. The researcher used it to analyze the correlation between aesthetics, technique, and expression in Wushu, offering practical insights for enhancing performance results and cultivating artistic excellence. To summarize, the descriptive correlational technique proved to be a valuable foundation for investigating intricate phenomena in Wushu's performance. It enhanced knowledge and practice in this field.

6. Sampling Method

The Participants for this study were selected using purposive sampling from nine sport-specialized colleges and universities in China. The selection criteria included students actively involved in Wushu training and instructors with a high level of skill in coaching Wushu. The participants were selected based on their active engagement in Wushu to provide a diverse representation of both students and coaches in the Wushu community. Purposive sampling is a systematic strategy used to deliberately target people who possess specified characteristics or qualities relevant to the study objectives. In this case, the researchers intentionally chose students and teachers who were actively involved in Wushu to understand better how aesthetics, technique, and expression impacted Wushu's performance. This methodology allowed researchers to focus on people with direct experience in Wushu training and coaching, ensuring the collected data was relevant to the study topic.

7. RESULTS, ANALYSIS, AND INTERPRETATION

This chapter provides a presentation of the tabulated data, along with a detailed explanation and insightful analysis of the data. The conclusions presented in this section are the result of a statistical analysis conducted using jamovi 2.3.19.

Table 1. Summary of the Assessment of the Role of Wushu Expression in Enhancing Audience Engagement

	Identities	N	Mean	SD	Verbal Interpretation
Facial Expressions	Coach	105	3.52	0.14	High
	Student	360	3.43	0.20	Average
Body Language	Coach	105	3.48	0.17	Average
	Student	360	3.43	0.20	Average
Emotional Depth	Coach	105	3.50	0.15	Average
	Student	105	3.45	0.20	Average
Characters Portrayal	Coach	360	3.50	0.16	Average
	Student	105	3.45	0.18	Average
Musical Interpretation	Coach	360	3.48	0.32	Average
	Student	105	3.42	0.32	Average
Narrative Structure	Coach	360	3.49	0.32	Average
	Student	105	3.35	0.41	Average
Personal Interpretation	Coach	360	3.49	0.15	Average
	Student	105	3.22	0.48	Average
Role of Wushu Expression	Coach	105	3.49	0.10	Average
	Student	360	3.39	0.11	Average

The evaluation of the impact of Wushu expression on audience engagement demonstrates a sophisticated comprehension of the many components of performance among students and instructors. Coaches continually emphasize the crucial significance of facial expressions, emotional depth, and character depiction in Wushu performances. They stress that these elements are essential for engaging the audience and boosting the overall effect of the performances. While students acknowledge the importance of these factors, they give them a somewhat lower rating. This indicates a difference in perception that targeted training and awareness initiatives may address. Both groups recognize the importance of body language, musical interpretation, and narrative framework. However, they believe there is still an opportunity to improve these areas to establish a deeper connection with the audience. The disparity in evaluations of personal interpretation, where coaches assign more importance to it compared to students, indicates a possible opportunity for fostering the development of students' distinctive creative expression in Wushu. In summary, the findings suggest that while Wushu expressions are valued for their ability to engage the audience, there is a significant potential to improve the consistency and depth of these expressive aspects to have a high effect on performances consistently.

Table 2 presents how the assessment of the influence of aesthetic elements on Wushu performance differs when the scores of students and coaches are compared. Since the generated p-values for precision and accuracy ($p = <.001$), strength and power ($p = 0.005$), flexibility and agility ($p = <.001$), costume design and presentation ($p = <.001$), and overall ($p = <.001$) are lower than the 0.05 level of significance, the researcher will reject the null hypothesis and conclude that there is a significant difference between the

scores. Specifically, the scores of coaches are higher (M = 3.42, 3.50, 3.49, 3.65, and 3.50) than the scores of students (M = 3.32, 3.44, 3.24, 3.33, and 3.37) for 31 to more than

100%. On the other hand, no difference was found in fluidity ($p = 0.977$) or balance or control ($p = 0.051$).

Table 2. Difference in the Influence of Aesthetic Elements on Wushu Performance between the Scores of Students and Teachers

	Identities	N	Mean	t	p	Effect Size	Interpretation
Fluidity	Coach	105	3.44	0.03	0.977	0.00	Not Significant
	Student	360	3.44				
Precision and Accuracy	Coach	105	3.42	4.49	<.001	0.50	Significant
	Student	360	3.32				
Balance and Control	Coach	105	3.52	1.95	0.051	0.12	Not Significant
	Student	359	3.46				
Strength and Power	Coach	105	3.50	2.80	0.005	0.31	Significant
	Student	360	3.44				
Flexibility and Agility	Coach	105	3.49	9.18	<.001	1.02	Significant
	Student	360	3.24				
Costume Design and Presentation	Coach	105	3.65	13.95	<.001	1.55	Significant
	Student	360	3.33				
Overall	Coach	105	3.50	13.55	<.001	1.50	Significant
	Student	359	3.37				

Table 3. Difference in the Influence of Wushu Technique on Wushu Performance between the Scores of Students and Coaches

	Identities	N	Mean	t	p	Effect Size	Interpretation
Stances	Coach	105	3.48	2.60	0.010	0.29	Significant
	Student	360	3.43				
Hand Techniques	Coach	105	3.48	7.58	<.001	0.84	Significant
	Student	360	3.29				
Kicks	Coach	105	3.51	3.25	0.001	0.36	Significant
	Student	360	3.45				
Footwork	Coach	105	3.51	3.98	<.001	0.44	Significant
	Student	360	3.42				
Aerial Techniques	Coach	105	3.49	3.19	0.001	0.35	Significant
	Student	360	3.43				
Joint Locks and Control	Coach	105	3.50	4.31	<.001	0.48	Significant
	Student	360	3.41				
Weapon Techniques	Coach	105	3.50	3.61	<.001	0.40	Significant
	Student	360	3.42				
wrestling technique	Coach	105	3.52	4.89	<.001	0.54	Significant
	Student	360	3.42				
Overall	Coach	105	3.50	11.62	<.001	1.29	Significant
	Student	360	3.41				

Significant disparities in the opinions of instructors and students are seen when assessing the impact of aesthetic factors on Wushu's performance. Coaches generally assigned better ratings to factors such as precision and accuracy, strength and power, flexibility and agility, costume design and

presentation, and overall performance compared to students. This disparity suggests that trainers may possess a more profound appreciation or more rigorous criteria for these components due to their great expertise and comprehension of Wushu's intricacies. However, no notable disparities

were seen in terms of fluidity and balance or control, indicating a shared agreement between instructors and students about these areas. The results of this study support previous research that underscores the significance of core strength and accuracy in Wu shu. This research suggests that experienced practitioners and assessors frequently possess an enhanced ability to perceive and appreciate technical and aesthetic nuances in the discipline (Wang et al., 2020; Teixeira et al., 2019). Moreover, incorporating conventional concepts in Wushu, such as the balance between internal and exterior power, may also influence these evaluative distinctions, as trainers may emphasize these traditional aspects more (Kungfu Dragon USA, 2022).

The independent sample t-test shows how the scores of students and coaches differs in the assessment of the influence of Wushu technique on Wushu performance. The analysis of the data revealed that there is a significant difference in the assessment of stances ($p = 0.010$), hand techniques ($p = <.001$), kicks ($p = 0.001$), footwork ($p = <.001$), aerial techniques ($p = 0.001$), joint locks and controls ($p = <.001$), weapon techniques ($p = <.001$), and wrestling technique ($p = <.001$), and overall ($p = <.001$), since the generated p-values are lower than the 0.05 level of significance. In particular, the scores of coaches ($M = 3.48, 3.48, 3.51, 3.49, 3.50, 3.50, 3.52,$ and 3.50) are higher than the scores of students ($M = 3.43, 3.29, 3.45, 3.42, 3.43, 3.41, 3.42, 3.42, 3.42, 3.41$) for 29 to more than 100%.

The independent sample t-test reveals a notable disparity

between the evaluations of students and instructors about the impact of the Wushu technique on performance. The data analysis reveals statistically significant disparities in the assessment of stances, hand techniques, kicks, footwork, aerial techniques, joint locks and controls, weapon methods, and wrestling technique, with all p-values below 0.05. Coaches regularly assign more excellent ratings to these features than students. The average ratings of coaches varied from 3.48 to 3.52, while students' average scores ranged from 3.29 to 3.45. This suggests that coaches believe these strategies immensely influence Wushu's performance. Coaches may possess a more intricate understanding of the technical aspects and how they impact performance.

Recent research corroborates these conclusions. Huang et al. (2019) discovered that experienced instructors had a profound understanding of Wu shu's biomechanical and aesthetic elements. This enables them to assess performance with a stronger focus on technical accuracy and overall effectiveness. Similarly, research by Lee and Kim (2020) highlighted the significance of expert assessments in Wu shu. The study underlined that coaches are more inclined to recognize the intricacies of methods that enhance performance effectiveness and artistic expression. Moreover, a study by Zhang et al. (2021) emphasized that students, especially those in the first phases of their training, may need more clarification on the intricacies of advanced approaches, resulting in poorer evaluations than experienced instructors.

Table 4. Difference in the Influence of Wushu Technique on Wushu Performance between the Scores of Students and Coaches

	Identities	N	Mean	t	p	Effect Size	Interpretation
Facial Expressions	Coach	105	3.52	4.21	< .001	0.47	Significant
	Student	360	3.43				
Body Language	Coach	105	3.48	2.51	0.012	0.28	Significant
	Student	360	3.43				
Emotional Depth	Coach	105	3.50	2.36	0.019	0.26	Significant
	Student	360	3.45				
Characters Portrayal	Coach	105	3.50	2.14	0.033	0.24	Significant
	Student	360	3.45				
Musical Interpretation	Coach	105	3.48	1.56	0.120	0.17	Not Significant
	Student	360	3.42				
Narrative Structure	Coach	105	3.49	3.27	0.001	0.36	Significant
	Student	360	3.35				
Personal Interpretation	Coach	105	3.49	5.78	< .001	0.64	Significant
	Student	360	3.22				
Overall	Coach	105	3.49	8.23	< .001	0.91	Significant
	Student	360	3.39				

Based on the results of the independent sample t-test, it generated p-values that are lower than the 0.05 level of significance for facial expressions ($p = <.001$), body language ($p = 0.012$), emotional depth ($p = 0.019$), character portrayal

($p = 0.033$), narrative structure ($p = 0.001$), personal interpretation ($p = <.001$), and overall ($p = <.001$), implying that the null hypothesis will be rejected. Specifically, coaches' scores are higher than the scores of students for 17 to 91%.

On the other hand, no difference found in their scores in musical interpretation ($p = 0.120$).

The data analysis revealed notable disparities between students and coaches in their evaluation of the impact of Wushu technique on Wushu performance. Coaches regularly received better ratings in areas like as stances, hand techniques, kicks, footwork, aerial techniques, joint locks and controls, weapon techniques, and wrestling technique, suggesting their superior comprehension and enjoyment of

these components compared to pupils. The difference may be ascribed to their significant expertise and instruction in Wushu, which improves their capacity to discern and appreciate nuanced performance nuances (Zhang et al., 2019; Liu & Chen, 2020; Wu & Zhang, 2018; Li & Yang, 2021; Chen & Wang, 2023). In contrast, there were no notable disparities seen in terms of fluidity, balance, or control, indicating a mutual comprehension of these aspects across both groups (Chen & Wang, 2023).

Table 5. Model Fit Measures 1

				Overall Model Test			
Model	R	R ²	Adjusted R ²	F	df1	df2	p
1	0.39	0.15	0.14	13.36	6	457	< .001

Model Coefficients - Role of Wushu Expression				
Predictors	Estimate	SE	t	p
Constant	2.71	0.13	21.06	< .001
Fluidity	0.02	0.02	0.77	0.441
Precision and Accuracy	0.02	0.02	1.08	0.280
Balance and Control	-0.01	0.01	-0.49	0.624
Strength and Power	0.04	0.02	1.99	0.047
Flexibility and Agility	0.06	0.01	4.54	< .001
Costume Design and Presentation	0.09	0.01	5.83	< .001

The purpose of the multiple linear regression was to ascertain the extent to which the evaluation of the aesthetic components of Wushu performance affects the evaluation of the influence of Wushu technique. According to the data, only strength and power ($p = 0.047$), flexibility and agility ($p = <.001$), and costume design and presentation ($p = <.001$) are good predictors of the influence of Wushu technique among the domains, since all the generated p-values are lower than the 0.05 level of significance. The regression coefficients are positive, indicating that for every 1 unit increase in strength and power, flexibility and agility, and costume design and presentation, there is a 0.04, 0.06 and 0.09-point increase in the evaluation of the influence of Wushu technique. The analysis of the coefficients revealed that costume design and presentation have a greater impact on the dependent variable. The adjusted R² of 0.14 implies that only 14% of the variation in the evaluation of the influence of Wushu technique can be attributed to strength and power, flexibility and agility, and costume design and presentation, while the remaining 86% can be covered by other variables that are not part of the study.

Examining the multiple linear regression findings provides valuable insights into the impact of the aesthetic aspects of Wushu performance on assessing Wushu methods. The results indicate that the perceived efficacy of Wushu methods is strongly influenced by factors such as strength and power, flexibility and agility, and costume design and presentation. This suggests that enhancements in these domains benefit the overall evaluation of Wushu skills.

Costume design and presentation play a significant role in Wushu performances, emphasizing the significance of visual and cultural aspects. This is consistent with the research conducted by Xie et al. (2019), which showed that costume design substantially impacted audience participation and enjoyment of Wu shu performances. Lin and Zhang (2020)

highlighted the significance of flexibility and agility in performing intricate Wushu motions, aligning with our research results.

The modified R² value suggests that these variables account for a considerable proportion of the variance in the appraisal of Wushu skills. However, it is important to note that other elements not included in this research also have a major influence. This highlights the diverse and complex character of Wushu performance, where possessing both technical expertise and aesthetic attractiveness is essential for achieving superior performance.

Table 6 presents how the assessment of the role of Wushu expression influences the assessment of the of the influence of Wushu technique. The analysis of the multiple linear regression revealed that only the facial expressions ($p = <.001$) and characters portrayal ($p = 0.020$) are good predictors of the influence of Wushu technique. The regression coefficients are positive, indicating that for every 1 unit increase in facial expressions and characters portrayal, it will lead to a 0.07 and 0.05-point increase in the level of the influence of Wushu technique, respectively. According to estimates, facial expression has a greater impact on the dependent variable than characters portrayal. The adjusted R² of 0.05 indicates that facial expressions and characters portrayal account for 5% of the variation in the assessment of the of the influence of Wushu technique, with the remaining 95% explained by variables not included in the study.

The findings of the multiple linear regression analysis demonstrate that facial expressions and character depiction are strong predictors of the impact of the Wushu technique on performance. More precisely, enhancements in facial expressions and character depiction are linked to amplifying the effects of the Wushu method. The influence of facial expressions on the dependent variable is more significant than

character depictions. The modified R^2 indicates that these factors explain 5% of the variation in the impact of the Wushu technique, while the remaining 95% is attributed to other variables. This suggests that while facial expressions and character depiction are crucial, other unexplored aspects substantially impact the Wushu technique's overall

effectiveness. Recent research in performing arts and sports psychology corroborates these discoveries, highlighting the significance of non-verbal communication and emotional expression in improving performance and captivating the audience (Li & Zhang, 2020; Wu et al., 2021; Zhou, 2019).

Table 6. Model Fit Measures 2

				Overall Model Test			
Model	R	R ²	Adjusted R ²	F	df1	df2	p
2	0.25	0.06	0.05	4.20	7	457	< .001

Model Coefficients - Role of Wushu Expression				
Predictors	Estimate	SE	t	p
Intercept	2.77	0.14	19.17	< .001
Facial Expressions	0.07	0.02	3.71	< .001
Body Language	0.02	0.02	1.20	0.230
Emotional Depth	0.02	0.02	0.80	0.426
Characters Portrayal	0.05	0.02	2.33	0.020
Musical Interpretation	0.01	0.01	0.53	0.599
Narrative Structure	0.01	0.01	1.12	0.265
Personal Interpretation	0.02	0.01	1.90	0.058

8. Conclusion

1.Coaches consistently rated all aesthetic aspects of Wushu performance, particularly strength, power, flexibility, agility, and costume design, higher than students. This indicates that coaches prioritize these qualities as they believe they enhance Wushu performances' visual appeal and physical ability. This emphasis underscores the significance of these components in attaining a superior level of performance.

2.The coaches' regularly elevated ratings for stances, hand techniques, kicks, footwork, aerial techniques, wrestling technique, joint locks and controls, and weapon techniques demonstrate their discerning viewpoint and elevated standards. This suggests that coaches may possess a more comprehensive comprehension of the intricate technical aspects of Wushu and assign more significance to technical expertise.

3.Coaches often assign greater ratings to expressive components such as facial expressions, body language, emotional depth, character depiction, musical interpretation, narrative framework, and personal interpretation than students. This highlights the importance of using emotive components to captivate audiences and implies that coaches appreciate the skill of conveying emotions and tales through performances.

4.The notable disparities in the evaluations made by students and coaches regarding the impact of aesthetic features and Wushu methods indicate that coaches may maintain a more stringent standard or use other criteria for assessment. This underscores the need to synchronize student instruction with these elevated benchmarks and guarantee that pupils comprehend and fulfill the anticipations established by coaches.

5.The discovery that strength and power, flexibility and agility, and costume design and presentation significantly

influence the evaluation of the Wushu technique, along with the importance of facial expressions and character portrayal, suggests that these factors are indispensable for a comprehensive and impactful Wushu performance.

9. Recommendations

1.Create extensive training courses that specifically focus on each of these topics separately. To enhance strength and power, include weight training and resistance exercises in your fitness routine. Improving flexibility and agility may be achieved by engaging in dynamic stretching exercises and agility drills. In addition, it is advisable to include training on costume design and presentation to enhance actors' comprehension of the visual influence of their apparel and its harmonization with their motions.

2.Develop a comprehensive curriculum encompassing all fundamental Wushu skills, ranging from fundamental stances to intricate aerial feats. Integrate periodic video recording sessions in which students' performances are meticulously reviewed frame-by-frame to pinpoint areas that need development. Coaches can provide precise and practical criticism, which assists students in improving and perfecting their methods. In addition, establishing peer review sessions where students evaluate and provide feedback on one other's performances may cultivate a cooperative learning atmosphere. Establishing a consistent evaluation timetable helps monitor advancement and guarantee ongoing improvement.

3.Present acting workshops that emphasize the mastery of facial expressions, body language, and the exploration of emotional depth. These sessions should include role-playing activities requiring students to portray various personalities and engage in varied settings, improving their capacity to express intricate emotions. Incorporate music interpretation sessions into the curriculum, where students acquire the

ability to coordinate their movements with musical rhythms, enhancing their presentations with an additional element of creative expression. Storytelling classes facilitate the growth of students' storytelling abilities, empowering them to create captivating performance tales that profoundly captivate the audience.

4. Create a set of defined criteria that match the coaches' high expectations, guaranteeing uniformity in performance evaluations. Implement a system of ongoing feedback in which coaches regularly assess students, who will emphasize their strengths and identify areas in need of development. This may be accomplished by using individual coaching sessions, group feedback discussions, and written performance evaluations. Promote a culture that fosters open communication, where students are at ease in seeking criticism and coaches are proactive in providing help. Regular workshops and seminars help students and instructors stay informed about changing standards and approaches.

5. Develop a comprehensive training program incorporating technical exercises to enhance precision and accuracy, physical conditioning to improve strength and agility, and expressive performance training to deepen emotional range and character depiction. Arrange training sessions to guarantee an equitable allocation of attention to these domains. Integrate cross-training activities, such as dance, gymnastics, and theater, to develop a versatile repertoire of skills. Regularly assess the efficacy of the training program and modify it accordingly, taking into account performance results and input from both students and coaches.

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