



COMPETITION INFORMATION

[Schedules & Results](#) |
 [Medals](#) |
 [Athletes & Teams](#) |
 [Background](#) |
 [Records](#)

[Background](#) > [Wushu](#)



History of the development of Sanshou

History of the Development of Sanshou

Sanshou, commonly known as 'Sanda', has been given many titles in the long history of China, such as 'Xiangbo', 'Shoubo', 'Baida'(fight barehanded), 'Duichai' and 'Jiji(attack with techniques)', etc. In most cases, this unarmed personal combat is carried out on a specifically designed stage which is called 'Leitai', hence got its popular name 'Da Leitai', or 'Leitai contest'. Now 'Sanshou' has become a modern competition event involving two unarmed players who can apply kicking, beating, throwing and other attack and defense techniques to combat each other within certain regulations.

The origin of Sanshou can be traced back to ancient times. At that time, in order to protect themselves, people gradually developed a set of basic unarmed fighting techniques during the fierce struggles against nature or among tribes. Weapons were applied sometimes. This was the preliminary form of 'Sanshou'. These skills were later enriched and improved along with the increasing experience of combat and cognition ability of people. The prolonged cold weaponry age provided favorable conditions for the inheritance and development of these bare-hand combat techniques. Taken as a major form of combat in the military, Sanshou served the society and politics for a long time. Its value inevitably drew much attraction and emphasis. A comprehensive attack-defense technique system hence came into being, reflecting Chinese people's wisdom.

As a sport, Sanshou gained full development after the founding of People's Republic of China. After 1979, the former National Sports Commission decided to follow the mode of competitive sports, and experimented by making Wushu a competitive event in three selected units. If achievements were received in the three units, the mode would be popularized all over the country. In January, 1982, Wushu Sanshou Format and Rules (draft) were formulated, according to which the National Wushu Sanshou Invitational Tournament was held in Beijing. In 1987, a Sanshou competition was carried out on 'Leitai' (a platform) for the first time. In 1989, Sanshou was formally approved as a competition discipline. Later it joined the World Wushu Championships, National Games, and Asian Games in 1991, 1993, and 1998 respectively. In the year 2002, The First Sanda (Sanshou) World Cup made its debut in Shanghai. Up to now, the Wushu Sanda World Cup has been held three times.

Latest News

- Women's Football Day 4 Review: Defending champion wins by a nose [2008-08-16]
- Equestrian Day 7 Review: Zero penalties for 13 riders [2008-08-16]
- Badminton Day 7 Review: Golden dream comes true, Lin, Lee set to encounter [2008-08-16]
- Women's Beach Volleyball Day 7 Review: Walsh celebrates birthday with victory [2008-08-16]
- Men's Beach Volleyball Day 7 Preview: Top seeds face ever-persistent German duo [2008-08-16]
- Nadal ousts Djokovic in bid for gold [2008-08-16]
- Handball Day 6 Review: Germany's Olympic dream at risk [2008-08-16]

Photos



Badminton Day 7 Review: Golden dream comes true, Lin, Lee set to encounter



Photos: Russia bounces back to crush Brazil's quarterfinal hopes



Photos: Rafael Nadal enters Men's Tennis final [More >>](#)

