

2. The NBA's globalization experience provides an important reference for the CBA, but the CBA must combine China's sports system and cultural context to forge a professional path with Chinese characteristics.

3. In the future, the CBA should strengthen exploration in areas such as the youth training system, brand building, and international cooperation to enhance the league's competitiveness and cultural influence.

4. The interactive relationship between the two major Chinese and American leagues reflects the dual logic of global sports culture integration and local identity construction, possessing significant theoretical value and practical importance.

In conclusion, the development of professional basketball leagues requires a strategic balance between global integration and local adaptation. The CBA can learn from the NBA's global strategies while developing its own localized path to enhance both competitiveness and cultural resonance.

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ANALYSIS OF CHINA'S NATIONAL BREAKDANCING TEAM'S PARTICIPATION IN WORLD CHAMPIONSHIPS FROM 2023 TO 2025

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The World Championships are the apex of global breakdancing competition. From 2023 to 2025, China's National Breakdancing Team took part, a milestone in China's breakdancing.

This participation is not just about competing; it is for cultural exchange and skill – display [1]. Analyzing the team's performance in these years provides insights into China's breakdancing development on the world stage. We will explore performance, individual skills, and the impact on the team's ranking to understand progress and foresee future trends [2].

The purpose of this work is to make people realize Breakdancing as an emerging competitive sport, is gaining increasing influence on the international sports stage. The Chinese national breakdancing team actively participates in international competitions in this field, and its performance at the 2023-2025 World Championships has attracted much attention

Material and method. The materials used in this analysis mainly include official competition results, videos of the team's performances in the world championships, and interviews with the athletes and coaches. The official competition results provide objective data on the team's achievements, such as the ranking of each athlete in different events. The performance videos allow for a detailed analysis of the athletes' skills, styles, and performance levels. Interviews with the athletes and coaches can offer in-depth information about the training process, pre-competition preparations and the psychological state during the competitions. The research employs a comprehensive methodology including literature review, video observation, statistical analysis, and expert interviews.

Results and their discussion. According to video observations and various data statistics, the best performance of the Chinese national breakdancing team in 2023 is the gold medal in the women's category. In the breaking event of last year's Paris Olympics, Chinese male athletes were selected for the qualifying round, while female athletes achieved a historic bronze medal. The performance of Chinese athletes has rapidly improved in recent years, which is worth carefully analyzing and identifying shortcomings to improve. By 2025, the Chinese national breakdancing team will win both men's and women's gold medals. Thoroughly analyze the

relationship between breaking scores and athletes' physical fitness, identify potential issues, and make training plans more comprehensive.

At the 2023-2025 World Championships, the difficulty of Chinese athletes' movements has increased, with high completion rates for some high difficulty movements, such as the continuous rotation movement in Powermove and some innovative freezing movements. The Chinese national team has also recruited more young talents aged 16-20 in terms of selection, such as Qixiangyu, Guopu and other teenagers. During childhood, their movement quality has made rapid progress compared to entering adolescence, which is the age of college students. Some Chinese contestants have shown outstanding performance in music comprehension and expression, able to effectively combine dance movements with music rhythm and showcase the layering of dance through changes in rhythm.

In terms of strength, Chinese athletes have made significant progress in overall upper limb strength and core strength, and are able to perform some strength based Powermove movements well. However, in some movements that require explosive and endurance power, such as continuous Airflare, lower limb strength is slightly insufficient compared to excellent foreign athletes, resulting in a certain impact on the coherence and stability of the movements. The high intensity and long duration of breakdancing competitions greatly test the endurance of the contestants. Although Chinese athletes have improved their endurance, they may still experience physical exhaustion in the latter half of the competition, especially in high-intensity competitions such as finals. This is manifested by weakened movement intensity and slower speed, which affects the final score.

The advantages of the Chinese breakdancing national team are also quite obvious, and compared to the past, the physical fitness of Chinese athletes has significantly improved. In terms of strength, the enhancement of upper limb and core strength makes it more stable and durable when performing high-intensity strength movements. At the same time, the improvement of endurance also enables athletes to maintain good condition during longer competitions, reducing the deformation of movements caused by physical fatigue. Breaking is closely related to physical fitness and is an artistic expression of physical fitness. The Chinese national breakdance team has begun to incorporate Chinese cultural elements such as martial arts and Peking Opera into their dance choreography, making the dance more unique and well-known. Although breaking is a dance, traditional sports training methods are still used in national team training. I consulted with Nanjie, the former coach of the national breakdancing team, and found that during the training process of the national team, physical fitness training accounts for slightly more weight than dance, and some of the techniques and movements in dance are also used to enhance the athletes' physical fitness. Dr. Bailu from Beijing Sport University has a unique understanding of breaking into the sports system. He said that training like an athlete and thinking like an artist are the main trends in the development of breaking today.

Conclusion. Various phenomena indicate that breaking plays an important role in improving physical fitness, which is more evident in the age stage of adolescence. Improving athletes' physical fitness also helps them achieve better athletic results, and the two are closely related. The Chinese national breakdancing team has demonstrated many advantages at the 2023-2025 World Championships, but there are also some areas that need improvement and enhancement. By implementing targeted training and development strategies, we can fully leverage our strengths and compensate for our weaknesses.

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