

Research on the Integration Path of Sports Dance and Chinese Traditional Cultural Elements

Hengyu Feng

National Institute of the Physical Education, Ulaanbaatar, 11000, Mongolia

Abstract: In recent years, sport dance has begun to be popular around the world. Sports dance, also known as "international standard social dance", is actually a product of modern western society. However, due to the inclusiveness of sport dance, traditional Chinese cultural elements can be incorporated into it without any contradiction, so that traditional Chinese culture can be further spread through the medium of sport dance. The article mainly focuses on the internal interpretation of traditional Chinese cultural elements, the importance of integrating sports dance with traditional Chinese cultural elements, existing problems, constituent elements, and integration paths, and puts forward relevant suggestions on how to integrate traditional Chinese cultural elements into sports dance.

Keywords: Sport Dance; Traditional Chinese Cultural Elements; Integration Paths.

1. Introduction

With the acceleration of the process of multicultural integration in the world, sports dance has become more and more popular in our country, and it is then considered to incorporate traditional Chinese cultural elements into it to add Chinese characteristics to sports dance, and to make sports dance with traditional Chinese cultural elements go out of the country and enter into other countries of the world, so as to let the people of other countries of the world feel the unique charm of sports dance with traditional Chinese cultural elements. The Chinese traditional culture elements can be utilized in music, music, music, and music. Chinese traditional cultural elements can be shown through music, body, clothing and other ways, and at the same time, it is also necessary to ensure that the integration of Chinese traditional cultural elements and sports dance is natural and does not produce a sense of incongruity.

2. Intrinsic Interpretation of Traditional Chinese Cultural Elements

Chinese culture has a long history and has never been broken since ancient times. Traditional Chinese culture has distinctive national characteristics and contains the essence of various nationalities. Traditional Chinese cultural elements are a large part of Chinese elements. In fact, traditional Chinese culture is a developing concept, the cultural content will increase with the passage of time, and it is also a deep-rooted cultural origin. Chinese traditional dance is more conservative, there is no big physical changes and mainly focuses on upper body movements, but sports dance originated from the West has a stronger sense of music rhythm, which combines the Western background to choreograph a variety of dance movements, sports dance is more rhythmic than traditional Chinese dance, and the learner can clearly feel the sense of openness and tolerance of the unique Western culture.

3. The Importance of the Integration of Sports Dance and Chinese Traditional Cultural Elements

3.1. Promote the Development of Sport Dance Itself

It is extremely important to integrate sport dance with traditional Chinese culture elements, first of all, this way can promote the development of sport dance itself. In terms of sport dance itself, it is a sport with strong skills, and if traditional Chinese cultural elements are integrated into it, it can develop the sport dance program and increase the content of the sport dance program. In fact, the movements in sport dance are not obvious and the skills are mostly the same, so if we want sport dance to be noticed by more people, we need to increase the cultural factors contained in sport dance.

3.2. Joining the World Cultural Development Trend

At present, our country's economy is developing continuously, and the interaction with the countries around the world is getting closer and closer. As we all know, cultural soft power is a part of a country's strength, if we can fully demonstrate our cultural soft power while enriching the connotation of sports dance and promoting the continuation of cultural exchanges among countries all over the world, then the integration of traditional Chinese cultural elements into sports dance is undoubtedly the right choice. Sports dance has an important role and status in the western world, and has been welcomed by our people after it was introduced into our country.

3.3. Accelerating the Spread and Penetration of Chinese Culture

Incorporating traditional Chinese cultural elements into sports dance can also promote the spread and penetration of Chinese culture. In order to make the excellent traditional Chinese culture go to the world and appear on the world stage, it is necessary to choose a suitable communication medium to carry the excellent traditional Chinese culture, and sports

dance is a good communication medium. Relevant personnel can combine the characteristics of sports dance itself, appropriately integrate Chinese traditional cultural elements, so that it is characterized by Chinese culture. In general, it is necessary to promote the integration of Chinese traditional culture elements and sports dance.

4. Problems in the Integration of Sports Dance and Chinese Traditional Cultural Elements

4.1. Confusing Integration of Chinese Traditional Cultural Elements

In order to make Chinese traditional culture elements and sports dance integration, show the unique charm of Chinese traditional culture. Many dance choreographers began to try to adapt the sports dance, the traditional Chinese cultural elements into the sports dance, but in fact the effect is not good, or even appear to the traditional Chinese cultural elements in which the presentation of the state of confusion, not only did not show the advantages of the traditional Chinese cultural elements, but also affect the people's experience of watching the dance performance.

4.2. Joining the Trend of World Cultural Development

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4.3. Fragmentation of the Integration of Traditional Chinese Cultural Elements

At present, many traditional Chinese cultural elements used in sports dance appear to be unusually fragmented, not only do they not reflect the unique beauty of traditional Chinese cultural elements, but they are also incompatible with the integration of sports dance, which makes people feel uncomfortable when watching. Some of the traditional Chinese cultural elements are not only broken, but also not integrated with the characteristics of the sports dance itself, resulting in the Chinese sports dance becoming a casual dance that lacks professionalism and seriousness, and the whole sports dance is no longer harmonious and beautiful.

5. Components of Traditional Chinese Cultural Elements in Sports Dance

5.1. Movement Elements

The element of movement is an extremely important element in sports dance, and it is also one of the most basic elements. The element of movement is mainly presented in conjunction with movement techniques, footwork changes, character modeling, etc. Choreographers usually select numerous static movements and combine these movements

into a coherent set of sports dance movements. If the movement is rich in hierarchy, continuity and other characteristics, people will have a more pleasing feeling when watching sports dance.

5.2. Story Scenario Elements

A good dance work will present a complete story, the cause, development, climax, and end of several parts are indispensable. Although sports dance is of western origin, there are still some simple storylines in it. In order to show the elements of Chinese traditional culture in sports dance, we can also try to integrate the storyline elements of "Liang Shanbo and Zhu Yingtai" into sports dance, and give full play to the unique attraction of the story while guaranteeing the smoothness of the dance, so that the watchers of sports dance performers can be attracted by the elements of the storyline of "Liang Shanbo and Zhu Yingtai" and other elements of the storyline.

5.3. Music Element

Appropriate music elements can not only increase the tension of sports dance performance and attract more people to sports dance, but also show the unique charm of Chinese traditional culture. In the traditional sports dance performance, western popular music is usually used for the sports dance. In the Chinese sports dance, we can try to use Chinese traditional musical instruments and so on to the sports dance music.

5.4. Costume and Character Modeling Elements

In order to integrate Chinese traditional culture and sports dance, it is also necessary to pay attention to the elements of costumes and character modeling. First of all, the costumes need to be closely matched with the storyline and characterization of the sports dance, so as to ensure that they do not damage the presentation of the characters' images. At the same time, the dance costumes also need to be adapted to the mood changes of the characters to better arouse the audience's empathy in this way.

6. Path of Integration between Sports Dance and Chinese Traditional Cultural Elements

6.1. Improvement of Theme

In order to better integrate traditional Chinese cultural elements into sports dance, first of all, the theme of the dance should be changed. In a sports dance, the theme of the dance is a crucial part, if the theme is confusing, then the viewers can not easily understand the specific content of the sports dance, but rather feel that the sports dance is very confusing in the performance of the action.

6.2. Improvement of Music

Music as the final background of the dance performance, need to choreographers and other relevant personnel to pay great attention to, in the choice of music, not only need to choose Chinese characteristics, can awaken people's memories of China, some traditional music with national characteristics, but also should try to ensure that the music can be a better restoration of the whole storyline of the sports dance, to ensure that the integrity of the dance and distinctive changes in the mood to ensure that the music and the dance of the sport Ensure the integrity and distinctive emotional

changes of the sports dance, and ensure that the music and the sports dance have a high degree of compatibility. Adding Chinese traditional music in sports dance can not only show the characteristics of Chinese traditional music and the unique charm of music, but also give new connotation to sports dance.

6.3. Improvement in Movement

A complete dance consists of countless movements with expressive tension. If a dance wants to express a specific storyline, it needs to be accomplished by combining the movements with storytelling expressiveness. In order to integrate Chinese traditional culture and sports dance, the choreographer can also start from the action aspect, appropriately incorporate Taijiquan, folk dance and other related actions into the dance, through the form to improve the expressive power of sports dance, and show the action interpretation effect unique to Chinese traditional culture.

6.4. Improvement of Costumes

When many people watch the sports dance performance, the first thing they see is the performer's costume, so the choreographer can also make certain improvements in the costume, incorporating traditional Chinese cultural elements into it, such as the most common is the integration of Chinese red, the costumes of traditional Chinese opera characters into the costumes of the sports dance performers. Scientific and reasonable Chinese traditional cultural elements of costumes can not only make the sports dance performance become more attractive, but also can show the world the multi-cultural Chinese costumes and spread the unique Chinese costumes to the world.

7. Conclusion

To sum up, adding Chinese traditional cultural elements into sport dance has been recognized by people in many countries in the world. Incorporating Chinese traditional

cultural elements into sport dance can not only show China's strong cultural soft power and Chinese cultural self-confidence, but also allow Chinese traditional culture to go out of the country and be understood by more people, so as to continuously enhance the competitiveness of Chinese culture. Sports dance is an excellent sports program, which contains the unique beauty of dance and the strong sense of movement of sports, such as the integration of traditional Chinese cultural elements can also show the unique charm of Chinese sports dance.

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