

Analysis of the Uniqueness of the Basic Skills Course of Classical Chinese Dance

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Abstract: Classical Chinese dance, as the expansion and continuation of Chinese traditional dance in contemporary times, is different from other kinds of dances popular in the world today, especially in the training of basic skills, which has a unique flavor. Only when we deeply analyze the characteristics and plan the daily training of the basic skills for the contents, connotations and aesthetic styles of classical dance can we understand the uniqueness of the training of the basic skills of classical Chinese dance. The understanding and research of the characteristics of the basic skills training of classical Chinese dance is related to the training direction, training essence and teaching law of classical Chinese dance in the technical level and the style and rhythm, therefore, it has a very prominent importance.

Keywords: Classical Chinese; Basic Skills; Training; Uniqueness; Analyzing.

1. Introduction

The basic training of Chinese classical dance requires the construction of a scientific and reasonable training method. In the process of training, the method and content are combined, and the corresponding training program is formulated according to the basic qualities of Chinese dance, only in this way can the basic skill training be completed efficiently. At the same time, the professional quality of dance teachers also affects the foundation of the basic skills training of classical Chinese dance. The training of basic skills of classical Chinese dance centers on the systematic and complete training of form, spirit and rhythm, with the ultimate goal of cultivating comprehensive talents with the technical skills of classical dance. In order to grasp the characteristics of the basic training of classical Chinese dance, we should hold on to one is "basic" and the other is "work"; we should always put the gestures and dancing operation rules, which are rich in the flavor of national dance styles, through the training of basic skills. Classical Chinese Dance is a flourishing and dynamic art form. Classical Chinese dance is the main type of dance that flourishes and is active in the contemporary Chinese dance world. The study of the characteristics of the basic training of classical Chinese dance is related to the study of the training function and teaching essence of classical Chinese dance at the level of dance technique and dance style and rhythm, and to the realization of the quality of the training of dancers.

2. Basic Structure of Classical Chinese Dance

The basic training of classical Chinese dance is the foundation of learning classical dance, so the basic training of classical dance is a very important part. The training structure of classical Chinese dance is mainly based on the content of teaching, and the specific training content is divided into the flexibility of the body of the person who learns the dance and the shape of the body and other aspects, of which the most important is the grasp of the flexibility of the learning of classical dance, because of the specificity of the training of the basic skills of classical Chinese dance, so there are strict

standards for the flexibility of the dancer, such as the age of the age of the learning requirements, the age can not be too big, because then the bones can not be too big, because of the time of the training of classical dance. Can not be too big, because then the bones have been molded, flexibility is not good to grasp, so when learning the basic course of classical Chinese dance, try to recommend from the adolescent physiological puberty before the arrival of the period of development to start learning and training, so that professional training accompanied by the development of the human body's growth period, so as to enable the body to grow more adapted to the needs of the training, that is, the traditional Chinese stage performance culture (opera, wushu, etc.) is often referred to as the "child's work". Those learning classical dance need to strictly follow the basic rules. At the same time, when carrying out the basic training of classical dance, it is also necessary to pay attention to the use of reasonable methods to scientifically exercise the flexibility of the learner, enhance the ligaments and the elasticity of the body of the person learning the dance, so as to achieve the basic requirements for learning classical dance. One of the important components of the basic training structure of classical Chinese dance is the training of the "basic." During the training process, special emphasis is placed on the behavioral requirements of the learner, including the "walking, stopping, rising and falling" dance postures. By practicing the basics day after day, year after year, we strengthen the memory of these concentrated movements so that the dancers will be able to perform them naturally and perfectly in their performances. In order to complete the difficult movements, the dancers will be able to fulfill the standard requirements of these movements with ease, and present the standard and smoothness of these techniques perfectly.

3. Uniqueness of Ability Training

The uniqueness of ability training is also an important part of the basic training of classical Chinese dance, in which the ability of dancers to jump is very critical, is one of the important standards to test the good and bad of a dancer, the learners jump training, the need for flexibility training of the knee joints, stretching its ligaments and increase the elasticity of the leg muscles, and other body organs to be trained. Many

movements in classical Chinese dance are completed in jumping, because jumping is done by squatting and bouncing into the air, so jumping practice can greatly improve the dancer's jumping ability. The process of dancing cannot be separated from power training, only the basic skills are solid, so that the movements can be perfectly displayed in the performance process. In the dance movement, the jumping process to change the dance posture has great requirements for the waist and back strength, so in the daily training process, we need to pay attention to the training of the waist and back strength, which is the "core ability of the middle section" that is mentioned the most in the whole process of the training of the basic skills of classical Chinese dance. At the same time, different jumping movements in Classical Chinese Dance also need to develop different parts of the training program, for example, in the training of small jumps, because of its requirement to focus on the flexibility of the jumps, so it is necessary to train the ankles and leg muscles. For example, in the small jump training, because of its focus on jumping flexibility, the ankle and leg muscles need to be trained. In the big jump training, the focus is on the flexibility of the waist, so it is necessary to make a plan for the waist and knee flexibility training in order to achieve the standard requirements of the classical Chinese dance for the jumping movement, so that the dancers will be more beautiful and supple in the performance of their movements, which are the scope of the basic training of the classical Chinese dance, "Core Quality Ability". All these are the scope of "core quality ability" of basic training of classical Chinese dance. Classical Chinese dance also requires the expressive power of dance, which is also based on power training. The skills of classical dance cannot be separated from the training of power, and only when the power training is perfect, can the dance movements be fully displayed during the performance.

4. Uniqueness of Body Training

The centerpiece of the performance technique of Classical Chinese Dance is "body rhyme." Classical Chinese Dance requires dancers to have "shape and spirit, and to convey feelings with God". Shape is the most intuitive feeling of the dance, and the movements and postures of classical dance can be called "shape" for all the processes visible to the naked eye. "Shape" is the image that expresses the art of classical dance, and it is the most basic characteristic of classical dance. Without the expression of "form" as the medium of artistic transmission, dance would not be aesthetic, and different races in different times have different requirements for the beauty of form. For Chinese classical dance, the "form" must be subtle and upright, combining the contradiction of rigidity and flexibility, but also the aesthetic attitude of unity. In classical Chinese dance, the requirement of God is the spiritual flavor of the performer. In the performance process of classical dance, the most indispensable thing is "God", a dance only actors have, in order to make the audience feel the flexibility of the dance to move the audience, let the audience feel the thoughts expressed by the dancers. Therefore, through the analysis of Chinese classical dance, we can find the unique charm and special characteristics of classical dance,

which is briefly expressed in the "unity of form and spirit" that we often mention in teaching and training. In the process of practicing Chinese dance, we should not only observe the traditional dance techniques, but also absorb and integrate the advanced popular techniques, so as to make the Chinese dance more adaptable to the trend of the times, and to pass down the special traditional national culture of our country.

5. Conclusion

For the training of the basic skills of classical Chinese dance, dancers should be the first to understand the advanced dance techniques, but also know the dance trends of today's society, and in the training method, can be combined with the experience of the predecessors, but also according to their own actual situation, to develop their own scientific program. The training of the basic skills of classical Chinese dance should not only inherit the characteristics of traditional Chinese culture on the aesthetics of the body form, but also combine the scientific nature of the mainstream body training of the basic skills of contemporary world dance; the aesthetics of the basic skills of classical Chinese dance should not only draw on the mainstream aesthetics of the stretching and lengthening of the contemporary stage performances, but also save the aesthetics of the traditional Chinese culture, which includes "depression, elevation, staccato, frustration, twisting, tilting, roundness, curvature, lightness, heaviness, tilting", Roundness, curvature, lightness, heaviness, slowness and urgency". Chinese dance is different from other dance arts, and its uniqueness is that it can show the spirit of our national culture. If we want Chinese classical dance to be able to move forward smoothly in the trend of history, we need to follow the scientific training method, so as to improve the dance level of Chinese classical dance.

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