

The Style Characteristic and Teaching Analysis of the National Dance in the Dance Teaching

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Abstract

In our country, because of the difference of regional climate, historical culture, life habit, formed fifty-six different nationalities, each of which has its own unique culture. As the intuitive embodiment of national culture, there are great differences between different nations in dance, which has their own characteristics, so it has been attached importance to the dance professional colleges. In the teaching of national dance, the exploration of the relevant teaching laws and regulations is essentially the exploration of how to inherit their own culture and aesthetic psychology of the dance. In dance teaching, it should be emphasized that the style characteristics of the national dance, combined with the situation creation, emotion training, life experience and other measures, the national dance teaching and its own style characteristics and national culture are combined closely, through the dance to achieve the effective inheritance and development of culture. This paper combined the style characteristics of the national dance, analyzed the important role of the national dance, studied and discussed the effective teaching strategies.

Key words: Dance teaching; National dance; Style characteristic; Teaching

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INTRODUCTION

Our country has a vast territory and a large population. In different regions, as influenced by different historical cultural and humanistic environment, fifty-six different nationalities have been bred, these nations have their own language, culture and living habits, also has the unique characteristic, rich and colorful dance art. National dance as the art expression form of national culture product, not only is the true portrayal of people's daily production and life, but also a traditional culture formed in the continuous development, which is the inheritance of the essence of national culture. The national dance contains a lot of features of the ancient life image, also contains the different cultural factors of different periods, and the traditional ideas and folk activities closely together, and gradually become an important carrier of the national traditional culture. For dance teachers, in the teaching of folk dance, should be based on the actual situation, pay attention to the style characteristics of the national dance, take on the important task of national culture heritage, and not just for teaching the external shape, dance moves and representative repertoire of the national dance.

1. THE RELATED CONNOTATION OF NATIONAL DANCE

National dance is a kind of body movement language that originated in the daily production life of the people of all nations, and takes the abstraction of daily activities as the main expression form, supplemented by some artistic treatment. National dance and dance focus on the professional performance are different, mainly formed in the different environment, life and customs, and combined with the characteristics of the national music and clothing collocation, with a very rich expression form. National

Dance represents a nation's culture, habits, customs, national history, etc.. Different ethnic dance has its own unique characteristic and style.

2. THE STYLE CHARACTERISTICS OF NATIONAL DANCE

For the national dance, the style characteristic mainly refers to the artistic characteristic and the creation individuality which is expressed in the dance work, containing nation, historical, social and individual experience, the individuality and the esthetic view, etc.. It is formed in the long-term development of the nation itself, and it is relatively stable objective existence.

The style characteristic of folk dance, in the performance aspect of folk art has a significant advantage, as the essence of dance art, has the ability to identify the type of dance and dance culture, in different styles of dance, also reflects the different nationality's religious beliefs, economic and cultural, social development, cultural environment and life characteristics, etc., could make the dance appreciator fully experience the essence of national culture. The style characteristic of the national dance is mainly reflected in the following aspects:

(a) Inheritance: National Dance from people's daily life in the basic activities, it is in the long-term development process of a cultural accumulation, reflects the characteristics of national culture in different background of times. In the dance culture, it can identify the development of the society, as well as the different times of culture, is the inheritance and development of national culture.

(b) The collective nature: National dance is the work of the people in the daily production and life, is a kind of collective activity, collective is a very significant feature, direct expression of people's living conditions, to show their own thoughts and feelings, is the people's expectation and longing for a better life.

(3) Entertainment: Entertainment should be regarded as the common characteristics of all dance, national dance is no exception, in the process of the initial development, the national dance is not like the current appreciation art, but in order to make the work of the people from the heavy pressure of life temporarily, free from fatigue, adjust the life state, express feelings, to achieve their communication.

(c) Improvisation: Compared with other dance, the original purpose of the national dance is to entertain the public, to express the feelings, so the arrangement of the dance is a little casual, no professional dance moves, and no beautiful dance music, belong to a kind of improvisational performance of emotional burst.

(d) Adaptability: The national dance is produced and developed on the basis of history and culture, and can absorb the characteristics of the times, with the historical

changes and continuous inheritance and continuity, in constant renewal, so has a strong adaptability.

(6) Regional characteristics: Our country has a vast territory, exists different natural environment and historical culture, therefore have different life habits, different religious beliefs and different national culture, these national cultures contain a very significant regional characteristics. As a national culture, the national dance is the intuitive embodiment of the national culture, and naturally it has the corresponding regional characteristics.

3 THE IMPORTANCE OF THE NATIONAL DANCE STYLE CHARACTERISTIC IN THE DANCE TEACHING

The formation of traditional Chinese dance, is created based on their own historical cultural and national characteristics, reflect a national unique cultural tradition, psychological quality and aesthetic orientation, which reflect the cultural characteristics of different stages of development of nation. As the crystallization of national culture, folk dance is also the inheritance and development of national traditional culture, show living state and emotional characteristics of people of different nations, in this case, the national dance with its own unique style and characteristics, would be one of the important criteria to evaluate dance. In dance teaching, if you cannot pay attention to the style of the national dance, you cannot grasp the essence of the dance, which makes the teaching effect would not be satisfactory.

For the national dance, its own style characteristics can show the connotation and characteristics of the work most vividly, and it contains the history of the nation, the social atmosphere and aesthetic view, is formed in the long-term development process, the relative stability of the objectivity of the existence of. It can be said that the characteristics of the style of the national dance include many aspects, such as the national psychology and temperament, dance emotion, etc.. In the study of relevant scholars, according to the different geographical, natural environment and folk culture, Chinese traditional folk dance culture is divided into several different types:

(a) Uygur dance as the representative of the oasis culture: Dance presents a tall and straight, natural and unrestrained characteristic, performance the Uygur people the pursuit and dream for a better life, and the national pride flavor of the nation, geographical environment and human characteristics are all closely connected.

(b) Mongolian dance as the representative of the grassland culture: Mongolian is a nomadic people, live in the vast prairie, nomadic and hunting life created Mongolian open mind and simple, bold and unconstrained feelings, forming a wild, recalcitrant and brave character. Dance everywhere is brimming with the vitality of nature, highlighting the national self-confidence, show

the unsophisticated and simple aesthetic standard of the dynamic image, show grassland feelings of the nomads incisively and vividly.

(c) Jing dance as the representative of the marine culture: in Jing nationality dance, retained the traditional ritual activities, with the unique characteristics of the ocean, origin in the Jing nation in coastal life seek survival and development in the practice and needs, reflects the imitation and expression of marine biology and ocean wave.

(d) Qiang dance as the representative of agricultural culture: agricultural culture is formed in the natural environment and historical conditions unique to the Qinghai Tibet Plateau, combines the characteristics of agriculture and animal husbandry breeding culture. Qiang nation is based on the plateau environment and in working life gradually formed a “one side” dance form beauty, the main characteristics of this chic, unique dance, is one of the main characteristics of agriculture and animal husbandry cultural folk dance.

In summary, the dance of different nationalities has their own unique style, which is also the key to the dance teaching. Therefore, in the teaching of folk dance, it should be to conduct research and analysis of the corresponding national culture, clear dance reflects the unique style and characteristic, and the for a reasonable grasp, the dance itself has a deep recognition, only in this way can make sure the effectiveness of the teaching activities, enhance teaching effect.

4. THE EFFECTIVE STRATEGIES OF NATIONAL DANCE TEACHING

From current point of view, in China's professional dance academies of folk dance teaching, seems to have realized the teaching dance and folk dance culture combined with each other, but in fact, this combination is very forced, and do not fully organic combined, not to mention the merge each other, just simply in dance teaching relates to the national culture teaching and explanation, students lack accurate grasp of different ethnic dance style characteristics and the internal emotion. In this case, regardless of the performance of the national dance, in the style and emotional performance are the same, the lack of characteristics, so as to give a dull feeling of. Not only that, in many professional colleges and universities in the national dance teaching, still apply the traditional mechanical imitation of the teaching mode, the teacher demonstrates the dance movements, the students imitate mechanically, until after learning, continue the next dance move. Under this kind of teaching mode, the students don't master the essence of the dance, but only the simple dance moves and the form, lack the intrinsic emotion, which seriously affects the quality and effect of teaching. In this case, the dance teachers should be full attention

on folk dance culture, organic combine it with the dance rhythm together, to update the concept of teaching, make the simple dance teaching develop dance culture teaching which could inherit and show the national spirit, to ensure that students can know different folk dance unique style characteristic, learned the dance contains the culture of relying on, and the dance itself unique aesthetic taste, the students can not only beautiful posture, masterly skills and flexible action to perform a dance, can also through the accumulation of the cultural, life sentiment and history trend, to understand the truth of the dance.

The teaching of national dance is a very complicated process, and it is also the process of study, experience and research alternate, continuous cycle. In the teaching of national dance, the style characteristics of the dance should be fully considered, and practical teaching methods should be taken to ensure the teaching effect.

4.1 Pay Attention to the National Culture, Feel the Aesthetic Consciousness

National dance culture is very important in the research of national dance, but in the practice of teaching, many dance teachers do not attach importance to the dance culture, which has become the key to improve the teaching quality of the national dance. As an important branch of national culture, the dance culture includes all the characteristics such as the national psychology, emotion and aesthetic, and from the national dance culture, can find out the different characteristics of the people in the life and customs, showing the corresponding national spirit. For the dance teacher, in folk dance teaching should ensure the teaching accuracy simplicity and refined, as far as possible, avoid generalities, also need not exhaustive, should ensure that explanation contents are targeted and effective, could explain the style of folk dance. At the same time, in the teaching practice, it should combine the teaching with the demonstration, take the student as the main body, and stimulate their interest in dance learning. And in the words and deeds, teachers should do a good job in the “degree” of the grasp, for example, for some relatively young age student, or lack of dance basic students, teachers can strengthen some basic skills teaching, to guide students to establish a good state of mind, to stimulate students' interest in learning dance, adhere to the progressive, from easy to difficult on teaching and demonstration; For some basic relatively good students, can strengthen the demonstration, mobilize the students' initiative, guide students understand and grasp the national culture in dance learning, to, promote their understand of the characteristics of the dance style, then improve the teaching effect.

4.2 Grasp the Dance Movements, Analysis of the Origin of the Movements and Rhythm

In the dance teaching in the national dance, the relevant art workers draw the action element from the folk dance, after extraction, processing and sublimation of the formation,

with a very distinct style characteristic. In the teaching, the students want to really grasp the national dance, and we must start from the dynamic point of view, research and analyze the origin, development, forms and the evolution of the national dance. For teachers, the national dance culture should be integrated into the classroom training, require students at the same time analyze the movement and posture. The Tibetan folk dance, for example, by motion analysis, it is not difficult to find that having one side along the body and “no bent not dynamic, action must bend” of the dynamic characteristics of the law, these body and the dynamic law are closely related to the Tibetan people’s geographical environment, religious belief and life Xi and has a close relationship. For example, Tibetan Dance knee action exists a regular fibrillation and flexion and extension, mainly due to the cold climate of plateau area, people all the year round package fur robe, crotch costumes and ornaments in a certain extent, increased human body weight around the waist, and thick boots influences the flexible movement of the lower part of the leg, but in a certain extent liberated the knee and hip joints, which is the formation of the Tibetan Dance “no bent not dynamic, action must bend” of the prosodic features. Through the deep analysis of the external dynamic law of the dance, students can have a relatively comprehensive understanding of the style characteristics of the dance, understand the reasons of the formation of style characteristics, so as to arouse the interest, stimulate the enthusiasm and initiative of students to participate in teaching activities.

4.3 Grasp the Typical Movements, Do a Good Job of Demonstration

In folk dance teaching, should ensure that teaching content targeted, avoid generalities, adept at capturing the every kind of folk dance in the typical action, focus on the demonstration and explanation, and enhance the expressive force of the action. For example, in the Dai nationality dance, teachers should first complete the dance movements, so that students can have a relatively complete and comprehensive understanding of the dance, stimulate students’ interest in learning, and guide students to the group as a unit, from the dance movements, induct the style characteristics, teach the dance moves at last . In this session, teachers should use seize the key, break through the difficulty of teaching repeatedly, extracted “three bends” which is a typical dance moves, repeated processing and training and transference, taught from point to surface, to improve the movement perfect degree, ensure the good teaching effect.

4.4 Create the Teaching Situation, Stimulate Students’ Interest

Folk dance is created by the masses, in mass propagation of a dance form, from the original ecological field of village environment, the students can not feel the emotion contained in the dance, thus the learning effect is difficult

to be improved. To solve this problem, according to the actual demand, teachers could create the corresponding teaching situation, to stimulate students’ learning interest, to provide a good learning environment, so as to promote the improvement of teaching quality. The following methods can be used in the creation of the teaching situation.

(a) Make classroom like stage: Make classroom like stage is mainly in the classroom teaching, build up corresponding stage, encourage students to perform on the stage, so that while the students in the process of dance performance, could fully experience the characteristics of the style and national culture, so as to combine the basic dance movements with the corresponding cultural inheritance, improve learning effect. In this regard, teachers can learn from the artistic effects of stage performance, to achieve classroom like stage, to ensure that students can correctly grasp the style characteristics of the national dance.

(b) Make classroom like life: In folk dance teaching, teachers can take some simple measures and means, realize the classroom like life and allow students to personal experience the bustling and lively scene of ethnic dance performances, stimulate their imagination and association, ensure that it is capable to conduct an in-depth understanding of the dance contains the national psychological features and style characteristics. For example, in the Tibetan folk dance teaching, teachers should first guide the student a general understanding of the Tibetan people’s living environment and religion and culture, through the arrangement of the dance formation, combined with religious rituals “turn” direction, ensure the action begin with a left, rotation is mainly turn left, enables the student to be able to feel the deep cultural connotations contained in Tibetan folk dance.

(c) Make teaching like image: Mainly refers to the teaching content to image, in the teaching process, the teacher should reasonably guide, to make students fully experience the real, good and beauty of teaching content, accurate grasp of the style and emotion of the dance, show the teaching content in a more vivid, intuitive way in front of students, and promote the improvement of teaching quality. Also take example of Tibetan dance teaching, for example, teachers can use multimedia projector and other equipment, to students to play some of the plateau area charming scenery, such as Tanggula Mountain, the Potala Palace, and it allows students to the Tibetan people’s living habits, living environment and ethnic costumes and have a clear understanding, deepen the understand and memory of the learning content.

4.5 Pay Attention to Emotion Training, Optimize the Selection of Accompany Music

National dance is an intuitive embodiment of the thoughts and feelings of the people of all ethnic groups, and it concentrated reflects the national character, temperament and aesthetic ideas. Therefore, in teaching, we should pay

attention to the cultivation of students' emotion. Korean folk dance, for example, if the teacher according to the traditional teaching mode, emphasize the posture and the rhythm teaching, for a long time, students would feel nervous and boring, then produce reverse psychology. In this case, teachers can change the teaching idea and pay attention to the emotion of culture, let the students put on Korean dress, the understanding of the Korean people's dress habits, traditional etiquette, make students have imagine wings, make the teaching have more natural emotion. At the same time, in the teaching and learning process of the dance, a reasonable accompany music could be clear of the rhythm of the dance, which makes twice the result with half the effort. Therefore, teachers should start from the characteristics of the national dance style and the contained emotion, find some music could accompany the national dance, or could be found by the students themselves, use music to stimulate students' emotion, lay a good foundation for the development of teaching activities.

CONCLUSION

Altogether speaking, in the process of cultural inheritance and development, national dance plays a very important role, has a unique significance. In the teaching of folk dance, the teacher should pay attention to the style characteristics of dance, so that students can accurately grasp the national culture of the dance, recognize the charm style of national dance, so as to initiatively participate in teaching activities, promote the teaching quality and teaching level.

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