

Research on Cross-Training of Dragon Dance

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Abstract - Considering the unique features of dragon dance team in universities, we put forward a corresponding training plan by adopting methods of referring to documents, interviewing experts and doing experiments. What we plan to do aims at promoting the popularity of dragon dance in universities.

Index Terms - universities, teams of dragon dance, cross training

I. Introduction

The cooperation between the members plays an important role in performing an excellent dragon dance. During the whole performance, even a tiny mistake can totally destroy the whole thing. athletes in college teams may be influenced by their academic studies, funds and the replacement of the graduates in that all of them are also students at the same time, All these may have negative effect on the training. What's more, we haven't formed a relatively mature system of selecting athletes to ensure the stability of such training.

Considering the fact that all members in these team are amateurish, we shall attach much importance to the daily training. All the ethnic physical educators have the obligation to get rid of these negative factors to promote the constant development of dragon dance in universities

II. Research Objects & Methods

A. Research Objects

Here ,we choose 25 students from the dragon dance team of Jiu Jiang University as the research object, for they once got the third prize in the required exercise and ranked the fifth in the optional exercise in the 7th "TianMu Lake" Cup of dragon dance. What's more, they also won the gold medal in the first and second international classic of dragon and lion dance in Jiu Jiang and then won the silver medal in the third championship.

B. Research Methods

1) Referring to the Relevant Literature

Consult several relevant literature, documents and treatises and then make a deep analysis of attained information.

2) Interviewing Experts

Interview several experience judges and recorders who once took part in international matches.

3) Observing Results of experiments

We will observe the result through several comparative experiments . All the experimental objects are experienced athletes.

a) Time Spent On Experiments

The experiment lasts for six week. These athletes will be

trained three time a week with each lasting 100 minutes.

b) Experimental Content

This routine consists of 16 poses including 8 A-level poses , 6 poses belonging the Level B and 2 of the level C

c) Procedure of the Experiments

We , first of all, should test all the experimental objects according to the requirements in the appendix. After a two-week crossing training, they will be tested again. Finally, we will generate the results from these six experiments.

III. Analysis of Results of Experiments

Table 3-1 Diagram of Crossing Training

position \ Methods	Traditional Training	Cross training
Dragon Head	Carrying the head	Carrying the head
2	2 nd position	3 rd position
3	3 rd position	2 nd position
4	4 th position	5 th position
5	5 th position	4 th position
6	6 th position	7 th position
7	7 th position	6 th position
8	8 th position	9 th position
9	9 th position	8 th position

Compared to the performance in the fifth position played by the former fourth player, we find that the performance played by the former fifth player is more excellent. This is because the poses in the fourth position is of high difficulty. Both of the sixth and the seventh players fulfilled their tasks perfectly due to the similarity between these two actions. Compared the eighth player with the ninth player, we find that the former one completed more difficult poses than the latter. The former eighth player completed 8 poses of the level-A, 5 of level and all poses of level C. However, the former eighth player only completed 7 poses of level A, 4 of level B and 1 of level C.

IV. Conclusion & Suggestions

A. Conclusion

- 1) Results shows that there is no obvious differences between these two patterns of training. However , athletes seem to benefit more from the traditional pattern. Compared to the traditional pattern, the cross-training requires that adjacent players shall take turns to play in others positions. Thanks to this training, the team will not be greatly influenced in case that some of the members are absent.
- 2) During the cross-training, we should attach much importance to the cooperation between the second player

and the player carrying the dragon head and to the practices of some difficult poses.

- 3) During the cross-training, the fifth player should mainly focus on several difficult poses. Due to the central position of the fifth player, he shall locate his accurate position in advance. All the fourth players have difficulties to complete poses which require excellent skills and which are planned to form certain images. We, therefore, shall enhance the training concerning these two fields
- 4) During the training, the main task for the eighth player is to lay the solid foundation for the whole team. In addition, all the athletes in the eighth position also need to cooperate with the players carrying the tail, which is a little bit difficult, so we also need to do more practices concerning such fields.

On the contrary, the ninth players should focus on poses which require lots of skills and enhance their cooperation with both the player carrying the head and the one holding the tail. The biggest difficulty they may come across is the incoherence of each part. So we also need to do some extra practices concerning the cooperation between these two players

B. Suggestions

- 1) We should more frequently do researches on the training patterns by taking the results of experiments and features of this sport into consideration.
- 2) As a traditional sport, we should enhance the training through various competition so as to promote its popularity among the public.
- 3) We shall insist on the traditional training pattern with the cross training as the supplement by training athletes in traditional ways for 2 weeks and using another two weeks to conduct the crossing -training.

References

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Appendix:

Training Planning& Analyses of Results

1. Practice of Basic Skills
2. Practice of Routine: Carrying the dragon while Moving- Performing the Dragon in Place in the form of the Figure "8"-Quick Moving-Shouldering the Dragon-Throwing the Dragon around the Waist- Curving-Upholding the Dragon-Constant Cross Moving-Performing in the Form of " Dragon Gate"-Crossing Walk- Quick Circling-Moving on a Designed Routine-Performing in the Form of " Dragon Boat"- Running around Quickly and Climbing over the Obstacle-Upholding the Dragon either on Shoulder or on Waist-Playing Dragon Only on One Side

Cited: Level A (Carrying the dragon while Moving, Shouldering the Dragon, Crossing Walk, Curving, Performing in the Form of " Dragon Boat", Performing in the Form of " Dragon Gate" , Playing Dragon Only on One Side)

Level B(Throwing the Dragon around the Waist , Quick Moving, Moving on a Designed Routine, Running around Quickly and Climbing over the Obstacle-Upholding the Dragon-Quick Circling)

Level C(Constant Cross Moving, Upholding the Dragon either on Shoulder or on Waist)

Training Planning& Analyses of Results

Poses of Different Levels	Team members	3	2	5	4	7	6	9	8
Level A									
(Carrying the dragon while Moving)		√	√	√	√	√	√	√	√
(Performing the Dragon in Place in the form of the Figure "8")		√	√	√	√	√	√	√	√
(Shouldering the Dragon)		○	√	√	√	√	√	○	√
(Crossing Walk)		√	√	○	√	√	√	√	√
(Curving)		√	√	√	√	√	√	√	√
(Performing in the Form of " Dragon Gate")		√	√	√	○	√	√	√	√
Performing in the Form of " Dragon Boat"		√	√	√	○	√	√	√	○
(Playing Dragon Only on One Side)		√	√	√	√	√	√	√	√
Level B									
(Throwing the Dragon around the Waist)		○	√	○	○	√	√	√	○
(Quick Moving)		√	√	√	√	√	√	√	√
(Moving on a Designed Routine)		√	√	√	√	√	√	○	○
(Running around Quickly and Climbing over the Obstacle)		√	√	√	√	√	√	√	√
Upholding the Dragon)		√	√	√	○	√	√	√	√
(Quick Circling)		√	√	√	√	√	○	√	√
Level C									
(Constant Cross Moving)		√	√	√	√	√	√	√	√
(Upholding the Dragon either on Shoulder or on Waist)		√	√	√	○	√	√	√	○