

Research on Criteria of Selecting Specialized Dragon Dance Athletes

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Abstract - Based on the tendency of this sports and accurate analyses of figures and physical qualities of ideal athletes, we should scientifically formulate proper criteria of selecting dragon dance athletes, And I will briefly elaborate its content in this paper, providing couches with scientific methods and promoting the development of dragon dance.

Index Terms - Dragon Dance, Selecting athletes, physical qualities, sport qualities

I. Introduction

Compared with the traditional dragon dance which has been popular among Chinese for thousands of years, the modern dragon dance just emerged less than twenty years ago. Couches, therefore, do not have a systematic guidance of selecting corresponding athletes. Most of them have to select athletes only based on their own experience or by relatively backwards methods. At the same time, there are little literature published in China concerning this subject. And most articles are not well-targeted. All the factors mentioned above restrict the development of dragon dance.

Authors will analyze features of this sports, coordinate with relevant knowledge and then set a proper standard of figures and physical qualities of ideal athletes, providing couches with the latest theoretical frames so as to promote its development.

II. Build a System of Evaluation Index

In order to build a scientific and effective evaluation index, we shall, first of all, set a proper index. In *Event-group Training Theory*, competitive dragon dance belongs to skills-oriented events with beauty and difficulties.

Table2-1 Effects of Competitive Capabilities in Skills-Oriented Events With Beauty and Difficulties

| | B C skills-oriented Sub-types : Difficulties and Beauty |
|--------------|---|
| Figure | ▲▲ |
| Function | ▲▲ |
| Quality | ▲▲ |
| Skills | ▲▲▲ |
| Strategy | ▲ |
| Psychology | ▲▲ |
| Intelligence | ▲ |

Cited: ▲▲▲ decisive effects ▲▲ important effects ▲ fundamental effects

From Table 1-1 , we can see that the decisive factors of capability in dragon dance are skills, figure, physical quality, mental state and psychology. The latter four can be either

congenital or acquired. Selecting those gifted athletes is an effective way to promote its development.

This research aims at selecting qualified athletes and makes comments on them.

Therefore, according to the standards mentioned in *Event-group Training Theory* ,amount of relevant information and principles, we, together with experts, designed an evaluation system including 2 broad categorizes and 11 items.

Table2-2:The common selection index list of female dragon Dance athlete

| Items | Content |
|--------------------|---|
| Figure Index | Height Brachium Space between Fingers Weight |
| Physical Qualities | 60-meter running standing leap pull up sit up 3000-meter running gripping standing reach |

III. Picking up Measuring Object

Following the principle of selecting athletes scientifically, we analyzed 5teams which got gold medals or silver medals in matches. All the members in these teams are qualified to be athletes, so data generated from them are full of comparability.

IV. Measure and Analyses of Athletes' Figures

Athletes' figures are decisive in dragon dance. Figures can indirectly reflect athletes 'athletic abilities. Lots of literature both at home and abroad indicates the closely relationship between athletes 'achievements and their figures. With the development of the comparative sportspeople began to attach importance to the figure index when choosing athletes.

Table 4-1 Average value of Excellent Athletes of Dragon Dance

| Members | Height (cm) | Brachia (cm) | Space between Figures (cm) | Weight (kg) |
|------------------|-------------|--------------|----------------------------|-------------|
| 0Dragon Ball | 170±2.71 | 66.25±0.15 | 172±2.5 | 60±2 |
| 1Dragon Head | 182±2.65 | 73.50±0.14 | 180±1.41 | 75.5±4.5 |
| Second Position | 176±1.66 | 64.50±0.14 | 175±2.96 | 68.5±2 |
| Third Position | 173±1.26 | 63.75±0.45 | 171±3.42 | 64±2 |
| Fourth Position | 175±1.53 | 65.25±0.25 | 177±1.66 | 66±2.5 |
| Fifth Position | 174±1.29 | 66.25±0.15 | 172±2.02 | 65±2.5 |
| Sixth Position | 173±0.96 | 67.50±0.36 | 177±1.04 | 64.5±2 |
| Seventh Position | 172±2.16 | 64.75±0.26 | 173±2.18 | 64±3.5 |
| Eighth Position | 170±0.92 | 65.50±0.36 | 171±0.83 | 62±2.5 |
| Ninth Position | 171±1.41 | 61.27±0.18 | 176±1.13 | 61±3 |

Cited : 1 . All the data are generated from these five teams and standard deviation is also included 2.All the statistics are generated in the same way.

The performance of dragon dance are evaluated by judges. Apart from the performance itself, athletes also should possess perfect figures. So it is impossible to choose short athletes as performers. And athletes should not be too high except the person who is responsible for carrying the heavy dragon head.

By reading the Table 4-1, we find that except the performer carrying the heads, others are neither taller than 1.76m nor shorter than 1.70m. It is because the dragon dance needs excellent skills and flexibility. The performer performing the balls also should not be too highland the one who carries the head can be a little bit taller; The person who plays the tails should be at least 1.70m. It always requires that the person who plays at the dragon head shall be the tallest, the dragon tail needs a short and light athlete, dragon dance sport has great ornamental value, it is a beautiful designed sport.

Athlete's wingspan shall be 1 to 3 centimeters longer than their heights. Because long arms are the guarantees of successful performance.

Apart from the athletes playing with the heads, others' weights should be around 65 kilograms. As a skills-oriented sports, athletes shall finish various difficult actions while holding the whole dragon all the time. So we shall choose middle-sized athletes whose weights are about 65kg.

The person who is responsible for dancing with the head should be the tallest in the team. Also others should have no obvious distinctions in heights. All of them should be weighed about 65kg. Because the dragon dance should be performed in the form of the figure "8", we put forward strict requirements for those athletes' arms

V. The investigation and analysis of the physical quality of dragon dance athlete

Physical quality refers to the functions manifested through movements including strength, speed, endurance, flexibility and delicacy. And physical quality is directly decided by figures and physical developments and vice versa.

Athletes of dragon dance should be in a comprehensively good condition, especially excellent in strength, speed and endurance.

From the Table 5-1, we may find that there is no obvious difference between members in a certain team. However, Considering the fact that various actions in the dance should be performed by athletes who are explosive, we had better choose those who start faster, jump higher with good leaping ability and flexibility.

Couches once preferred to choose those who are good at 100-meter running, because their capabilities can make up for the shortcomings in the start of a race. However, I think it will be better if we test athletes by 60-meter race or standing jump. From the table, we can clearly discover that the 60-meter runners are more explosive and they can be arranged in the sixth, seventh, eighth or ninth position.

Table5-1 Average Values of Excellent Athletes' Physical Qualities of Dragon Dance

| Member | 60m race | Stan-ding Jump | Pull Up | 3000 m race | Gripping | Standin g-reach |
|------------------|---------------|------------------|----------------|---------------|-----------------|-----------------|
| 0Drago n Ball | 5.97 ±0.31 | 275.50±1 6.71 | 24.75 ±5.12 | 10.23 ±2.4 | 483.5 ±14.1 | 3.02 ±0.18 |
| 1Drago n Head | 7.13 ±0.24 | 283.75±1 3.63 | 28.50 ±4.77 | 11.57 ±6.3 | 543.25± 9.64 | 3.17 ±0.14 |
| Second Position | 7.41 ±0.21 | 263.50±1 3.62 | 22.25 ±3.77 | 10.43 ±3.8 | 475.25± 6.32 | 3.06 ±0.11 |
| Third Position | 6.45 ±0.17 | 245.25±1 2.28 | 19.5 ±3.23 | 10.48 ±5.3 | 464.5 ±15.25 | 3.11 ±0.23 |
| Fourth Position | 6.24 ±0.15 | 255.25±8 .15 | 22.75 ±4.57 | 10.52 ±5.3 | 469.75± 7.34 | 2.94 ±0.26 |
| Fifth Position | 5.97 ±0.29 | 254.00±1 6.27 | 27.25 ±3.55 | 10.27 ±7.9 | 475±11. 34 | 3.12 ±0.17 |
| Sixth Position | 6.39 ±0.27 | 262.75±9 .47 | 23.5 ±5.52 | 10.52 ±6.4 | 449.5±1 2.68 | 3.11 ±0.27 |
| Seventh Position | 6.07 ±0.32 | 248.50±2 0.35 | 26.25 ±5.17 | 10.11 ±4.5 | 500 ±9.16 | 2.89 ±0.23 |
| Eighth Position | 6.46 ±0.11 | 250.75±1 5.36 | 20.75 ±2.35 | 10.22 ±5.3 | 490.5 ±12.37 | 3.07 ±0.15 |
| Ninth Position | 5.91 ±0.32 | 255.50±1 5.24 | 25.5 ±5.36 | 10.18 ±4.6 | 511.25 ±12.4 | 3.08 ±0.16 |

Strength refers to capacity of resistance against self-gravities. Almost all actions of dragon dance should be performed during the move, so it has a higher requirement for the strength of arms which can be trained through pulling up. The dragon head weighs about 3kg twice or three times heavier than other parts and the second heaviest part is the tail, so performers arranged in these two positions shall be in a better position than any others. The movement in the form of the figure "8" is most frequent action in the dance which should be performed by the strength of the waist and abdomen.

The strength of the waist and abdomen also comes from that of legs. It should be rapidly transferred to the dragon's body by spinning the waist. What's more, other difficult actions also depends on the strength coming from legs and the waist which can be tested by standing jump. The grip strength is also an important factor in a good performance. By reading the table, we find that the person carrying the head should have a more powerful gripping strength than anyone else in the team, for the head is the heaviest of all the parts. The second heaviest is the body and the least heaviest one is the dragon tail.

The endurance refers to a certain capability of resisting against tiredness caused by a long time training. It is an

important factors in most sports. In the competition of dragon dance, it takes athletes 8 to 9minutes to complete all actions which is equivalent to a long-distance race. So all couches pay special attention to the endurance of athletes by testing them in the 3000-meter race.

The ability of leaping can be tested by jumping reach. Those who have a better ability of leaping can perfectly show the flexibility of a dragon.

VI. Conclusion and Suggestion

A. Conclusion

The competitive dragon dance should be specialized, normalized and increasingly competitive, which puts forward higher requirements for athletes. At present, most couches still select athletes only based on previous experience without any united and scientific standard. There is also few research on the selection of athletes for dragon dance and on the well-targeted indexes.

We should set the scientific and comprehensive standard for selecting athletes for the dance based on its unique features and several basic principles of this sports. The reason why we have a desire to set such a standard is that we want to provide couches with practical standards and to promote the development of dragon dance, encouraging Chinese traditional physical exercises to reach out to the world.

B. Suggestions

We should choose those who have middle-sized figures, flexible actions and larger space between fingers.

We should choose those who are in the good condition, for being explosive is decisive factor leading to the perfect performance.

We should take different requirements of each position into consideration and arrange all members properly so as to guarantee the overall performance of the whole team.

We also suggest that we should adopt the method of track testing when we choose athletes by testing their capabilities regularly and then analyze them. Only by choosing athletes in this way can we arrange more well-targeted training programmed and choose better athletes.

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