

Study on How to Innovate and Develop Traditional Tibetan Dance

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Abstract. One of the oldest ethnic groups in China is the Tibetans, which are very healing and religiously distinctive. With the rapid development of the times, the Tibetan dance began to integrate, infiltrate modern dance and other elements of national dance, many modern elements can be seen in the creative consciousness and creation of techniques, and in the process of the Tibetan dance inheritance, not only to retain its unique style, but also let the innovation of dance successfully achieved.

Keywords: Traditional dance of Zang nationality; Innovative development.

1. Introduction

With the development of the Tibetan nation, Tibetan dance is also developing, its national characteristics and style is very distinct, is a very important part of folk dance, with the Tibetan people's geographical climate, religious culture closely linked, forming a unique aesthetic dance content in folk circulation, will be a strong vitality and passion to show out, Its dance rhythm is as fast as the lightning in the night sky, the Tibetan nation's aesthetic taste and characteristics are hidden, with the development of the times, it has also been inherited and innovative. Dance this art can make the human spiritual civilization needs to meet, and Tibetan dance can not only reflect its national customs, but also use body language to express all aspects of information, such as people's inner feelings and life experience, so, by the impact of social development, Tibetan dance will be due to aesthetic changes and further develop innovation.

2. The Impact of Traditional Tibetan Dances

From the national dance competition and outstanding works in recent years, it can be seen that not only Tibetan folk dance, including all kinds of dance in the creation of one hand to maintain their own unique style, the other hand of the integration of modern dance choreography, so that it is a new look of chinese dance today. The spread of Xili's culture in China has greatly affected the chinese traditional aesthetic view. The change of aesthetic appreciation brought about by this impact has had a great influence on Tibetan folk dance, which makes people's aesthetic consciousness obviously diversified. The fusion of Xili's modern dance and traditional Chinese folk dance is undoubtedly the modern aesthetic consciousness of Tibetan folk dance - a prominent performance. In the process of the creation of dance, rooted in the Tibetan folk dance of the quaint and poor, the use of bold exaggeration and deformation of the character modeling, the integration of traditional and contemporary dance spirit, creating a unique dance style. This is the Tibetan folk dance of the new era.

3. Ways to Innovate and Develop Tibetan Dance

3.1 Strengthening the Propaganda Methods and Strength of Tibetan Dance

Relevant cultural departments need to increase the publicity of Tibetan dance, increase the way of propaganda of Tibetan dance, in order to enhance the cultural visibility of Tibetan dance. First, we can use television, newspapers, the Internet, magazines and other media to strengthen the

propaganda of Tibetan dance, enhance the folk influence of Tibetan dance, and secondly, we can set up large-scale Tibetan dance tour and Tibetan dance competition, in cooperation with the media to expand the propaganda of Tibetan dance, Strengthen the recognition of Tibetan dance.

3.2 The Perfect Blend of Tibetan Dance and Modern Dance

Our country is in the early stage of combining with the world, and it is necessary to constantly absorb foreign culture to make up for its own shortcomings. In recent years, the impact of Western culture on China is enough to prove that China still needs to completely accumulate learning in various fields, especially for Tibetan dance. On the one hand, Tibetan dance should retain its own unique style, on the other hand, we should absorb some elements of modern dance action, cultural core, etc. to follow the situation of social development, in the integration of the two to seek innovation and development. The perfect combination of Tibetan dance and modern dance can not only show the visual effects of people's appearance, but also let people feel the charm of culture.

3.3 The Development of Tibetan Dance should be Adapted to the Needs of Market Development

The development of Tibetan dance should follow the laws of art, but also adapt to the concerns of market development. Audience likes or dislikes are not the only criterion for the development of dance art, but they are one of the most important criteria. The Tibetan dance art is rooted in the long history and culture of The Tibetan sand, which can always be in a state of development without fault, and adapting to the law of market development is one of the many reasons. But this adaptation to the market, is not deliberately pandering, not one-sided pursuit of economic interests, not to sacrifice themselves to become him. In recent years, ethnic folk dance in some areas has become the most active element of tourism, resulting in a trend of high commercialization, the tendency of vulgarity, leading to the superficialization of national cultural characteristics and meaning, and even misinterpretation. Tibetan dance art should also adapt to market demand, this kind of adaptation is a kind of active adaptation, a kind of protective development adaptation, this adaptation is not to lower the level of art, or simply cater to the tastes of the audience, but let the traditional and the times factors collide with each other, refining the high-quality elements of Tibetan dance, The expression of the traditional spirit of Tibetan dance art is the process of the traditional art and the needs of the times, which will make the development prospect of Tibetan dance more broad. Such as Tibetan dance can be based on the existing conditions characteristics of the original refined creation, according to different occasions to make practical adjustments to the details of the dance movement, different time to adjust the music soundtrack, or clothing reform, actor's image transformation, so that Tibetan dance healthy and sustainable development.

3.4 Inheriting and Developing Tibetan Dance Features

Tibetan is an ancient and holy nation, Tibetan dance is the "living fossil" of Tibetan culture, directly reflects the Tibetan people's life, emotion and characteristics of the national spirit. Tibetan dance is a profound expression of the Tibetan people's hard-working, simple, bold character, a profound expression of the Tibetan people's admiration for the spirit and love of life, a profound expression of the Tibetan people's self-improvement, perseverance, integration and mapping of the Tibetan people for generations of thoughts and feelings and the changes in life of the times, Witnessed the evolution of the Tibetan national historical tradition, told the world about the history of the development of the nation, carrying the artistic mission of inheriting and developing Tibetan culture, which contains religious philosophy, national belief is the Tibetan dance life to be inherited an important driving force. The cultural connotation and artistic characteristics of Tibetan dance are not static, but gradually formed with the development of the times. Therefore, in today's era, Tibetan dance can not abandon their own cultural and spiritual core, but to dig deep, give its new connotation of the times, absorb the new era results. But this kind of development, is not artificial hard to prescribe, or the intervention of administrative forces, but to follow the law of artistic development, the silent integration of the object. Can not fully meet the needs of the market

economy, become the vassal of the economy, but to adhere to their own national characteristics, adhere to their own cultural characteristics, is "this one", not "the other".

4. Conclusion

In a word, Tibetan dance has the characteristics of aesthetics, which embodies the various cultural phenomena formed by the Tibetan nation in the long-term development, and is also the key to the formation of the Tibetan dance characteristics and style. The development of national aesthetic taste and the need to carry forward the excellent national culture. Tibetan ethnic dance is an art form of great interest to Tibetans, and at the same time, the national thought and emotion is expressed in an image way. We should make an in-depth study of the aesthetic characteristics of Tibetan dance to ensure that it can give full play to the unique effects of dance art under the new situation.

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