

Research on Contemporary Aesthetic Orientation and Teaching Training Value of Classical Dances

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Abstract: The contemporary aesthetic orientation of Chinese classical dance is based on the traditional dance art and incorporates the social, historical, cultural and spiritual qualities endowed by the times. The purpose of Chinese classical dance teaching is to train students with a high degree of national aesthetic expression and comprehensive ability skills. Therefore, it is necessary to continuously integrate and sublimate the training value and aesthetic style of classical dance. This paper briefly analyzes the contemporary aesthetic orientation of Chinese classical dance, and studies the value of Chinese classical dance teaching and training, in order to help the development and innovation of classical dance teaching in Chinese colleges and universities.

1. Introduction

Based on Chinese opera dance, Chinese classical dance absorbs the essence of Chinese traditional martial arts. At the same time, the modern scientific spirit is integrated into it, and gradually forms a distinct national character, the characteristics of the times and the national spirit. Therefore, in the teaching of Chinese classical dance, we should pay attention to the changes in the aesthetic orientation of Chinese classical dance and the value of training. This will greatly enhance the teaching effect of Chinese classical dance^[1].

2. The contemporary aesthetic orientation of Chinese classical dance

2.1 The unity of aesthetic art and education

Chinese classical dance is an important part of Chinese traditional culture. The role of ancient dance art is to educate, as well as in contemporary times. The performance of classical dance also has a certain degree of political enlightenment to achieve the propaganda of a certain idea. At the same time, the aesthetic art of classical dance is valued. In particular, when enjoying classical dance, we should experience the beauty of the mood in the scenes involved in the dance, experience the sensual beauty in the dance rhythm, and finally realize the emotions and movements of the characters. The harmonious beauty expressed.

2.2 The aesthetic trend of "body rhyme" in classical dance

In Chinese classical dance, body rhyme refers to the integration of body and rhythm, and the dancers can perfectly combine the external techniques of the limbs with the deep artistic conception of the dance on the stage to jointly express the unique style of dance. It adds a new element to Chinese classical dance, allowing classical dance to be closely linked to the times. The appearance of "body rhyme" gives the relevant staff the opportunity to borrow the movements of classical dance, strengthen the rhythm of the dance, and give people a new experience, so that the viewer can more deeply understand the essence of classical dance. Figure 1 is the body rhyme teaching of classical dance.

Figure 1 The body rhyme teaching of classical dance



The appearance of the aesthetic orientation of "body rhyme" reflects classical dance and compatibility, which not only reflects people's progress in the aesthetic concept of the new era, but also reflects the classical beauty of traditional dance. Coupled with the unremitting efforts of dance workers, Chinese classical dance is more colorful in the new era, and it will re-emerge in the new era^[2].

2.3 Aesthetic features of contemporary science and technology

The role of science and technology in the new era is reflected in all aspects of social development, as well as in dance. In the process of development of Chinese classical dance, it absorbs the important content of science and technology. In the process of performance, we can see the figure of science and technology. For example, the use of light and shadow makes the interpretation style of Chinese classical dance continue to be enriched and developed. The aesthetic characteristics of science and technology are the product of the development of the times. For classical dance, it is a new way of development.

3. The value of Chinese classical dance in teaching and training

3.1 The role of Chinese classical dance in the training of limb form movement

Dance is an art that uses the human body as a material carrier and uses body movements as a means of expression. Therefore, the training of limb shape movements is very important and is a compulsory course for dance students. Limb shape action refers to the externalization of the dynamics, dynamics, and temperament of dance. Chinese classical dance has a relatively complete training mode in terms of physical dynamics and temperament. Therefore, the teaching of classical Chinese dance is of great help to the training of students' body shape movements^[3]. Table 1 shows the training of Chinese classical dance.

Table 1 The training process of Chinese classical dance

The training process of Chinese classical dance
● Limb dynamics training: presenting a classical dance twisting posture
● Physical strength training: presenting the momentum of the classical dance flashing
● Body movement training: presenting the freely flowing trend of classical dances

3.2 The role of Chinese classical dance in the cultivation of dance consciousness

In the dance training, the learner's emotions and charms are required to focus on the dance, reflecting the appeal of the dance, deepening and sublimating the physical movements. Dance consciousness refers to the self-consciousness of dancers in performing dance performances and creations, a unique and conscious psychological reaction. Although this kind of consciousness is invisible and intangible, it affects the way, direction and extent of people's understanding of dance. The classical dance is about "starting from the heart", in order to achieve the artistic characteristics of the "spirit" to promote the form, and the training of the body rhyme class emphasizes the connotation of the connotation, breathing and ideas, emphasizing the charm and emphasizing the inner feelings. Therefore, classical dance gradually cultivates dance consciousness through "point, line, and face" training^[4].

3.3 The role of classical dance training in learning and inheriting Chinese excellent culture

The classical dance training and Chinese traditional culture are dialectical and unified. Classical dance needs to take our cultural value as an important support, show the culture on the stage, and precipitate the culture in training. Chinese classical dances are very cultural from action to combination, and they are striving for "images to perfection" so that they can accumulate culture in training. Since the development of Chinese classical dance, the cultural accumulation is very rich. Therefore, nourishment from traditional culture is the only way to learn classical dance, and it will also make classical dance shine in the practice of the stage^[5].

4. Conclusions

In general, Chinese classical dances show the rich artistic conception of Chinese culture with its graceful dance and flowing water, and it has a very high training and appreciation value. The rich culture contained in Chinese classical dance has brought different aesthetic concepts to people, and it has gradually penetrated into people's ideas with the continuous development of the times. In the

process of teaching and training of Chinese classical dance, the body shape and emotional expression and aesthetic level of the learners are also well cultivated.

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