Research on the Function of Dragon and Lion Dance under the Background of the National Fitness

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ABSTRACT: Chinese dragon and lion dance has experienced thousands of years of history from traditional folk dragon and lion dance activity to the modern athletics project, is a "living fossil" of the Chinese traditional sports culture. It is a Han national traditional style entertainment with spontaneous, recreational and optional features, gradually has developed into a kind of sports of a fitness function, combined with martial arts, dance, music. It is one of the most excellent national traditional sports. Integrating physical healthy heart, dragon and lion dance is not only a physical fitness, but a moral education and cultivates one's morality. The forms of dragon and lion dance are flexible and not affected by the venues, equipment, especially suitable for the development in the squares of rural areas.

KEYWORDS: Dragon and lion dance; The national fitness; The important role.

Originated in ancient times, dragon and lion dance in China has a long history. As the Chinese excellent traditional sports, it is well-known and popular. Through ages, the dragon and lion dance can be seen in no matter northern or southern area, urban or suburban, every festivals and celebration event since it has a high art appreciation value. This year is the final year of National Fitness Plan (2011-2015). The national fitness is related to health and happiness and an important symbol of comprehensive national strength and social civilization progress. It is the important content of socialist spiritual civilization construction, and the essence of building a moderately prosperous society in an all-round way. Dragon and lion dance is an excellent National fitness is an organic sports, which is a good way to meet the current need of people’s spiritual life, further development of the national fitness programs. It accelerates the process of construction of sports, which has a very necessary practical significance.

1. FUNCTION OF DRAGON-LION DANCE IN NATIONAL FITNESS

National fitness plan (2011-2015) highlights the inheritance development of the national folk traditional sports, attaches the importance of developing the folk traditional sports, and carries out national traditional physical education activities. The overall level of the national fitness program is combined with the present social development and national physical quality to develop strategic planning. It contributes to our country to realize social modernization from sports country to sports power and the realization of the system engineering of the "sports power dream". The whole plan to achieve sports fitness awareness to further strengthen urban and rural residents and the significantly increased number of physical exercise, obviously improves the physical quality of sports fitness facilities and the national fitness service system in urban and rural areas, The whole plan runs through advocacy and promotion to adapt to the Chinese consumption level markets such as sports, entertainment, fitness, rehabilitation the masses, which is easy to learn and the forms and methods of physical exercise is scientific and effective.

Dragon and lion dance is a kind of Han traditional style sports of spontaneity, entertainment and ease, which has gradually developed into a form of sports. Dragon and lion dance is a collective exercise and has been loved by the people of all ages in the process of thousands of years of development. The dragon and lion dance represents the good weather for the crop,
2. THE CHARACTERISTICS OF THE DRAGON-LION DANCE

China is the birthplace of the dragon and lion dance in the world and has been quite popular more than two thousand years. It has a long history and spreads with the migration of Chinese people all over the world.

In 1995, Chinese dragon and lion dance association was founded under the leadership of the general administration of sport of China, which has been 20 years since then. Over the past two decades, dragon and lion dance has stepped onto the standardized, scientific and competitive development track through constant technical specification.

Dragon-lion dance is divided into dragon dance and lion dance

(1) Dragon dance originates from labor and art

The dragon has been mysterious and full of myth since the ancient times. In dynasty legends, the Chinese dragon is very strong and roam in the sky leisurely, which is different from the so-called western dinosaur. Dragon dance is the art created by workers and the artists. People beautify the image of dragon by mastering the technology and finally make the perfect imagination of the dragon, through the unity of nature and spirit.

Dragon dance is a collective exercise that generally consists of 14-16 people, including one person playing for the dragon ball, nine people playing for the body of the dragons and four people playing for the music. Dancers must cooperate closely and act flexibly to represent the auspicious shape of the dragon. Dragon ball is the soul of the dragon, like the magic wand in the hand of a magician. The movement of the dancers is led by the person who holds the dragon ball. The types of dragon dance include flying in the sky, playing with the dragon ball and so on.

(2) Lion dance originates from myths

The lion in the lion dance relates to the southern lion in our daily life. Southern lion is also called awake lion, male lion and so on, which is evolved and developed from northern lion. Southern lion is active in the south of China, especially in Guangdong province. The performance of southern lion is relied on the instruments and background music, which shows the environment of mountain, hill, rock, valley, stream, bridge and cavern, interprets the emotion of happiness, anger, failure, joy, dynamic, static, surprise, doubt, and roar, shows the actions of turn, roll, lay, flash, jump, play, and dance. The performance of southern represents the laziness when the lion goes out from the cavern, the curiosity when the lion looks out from the cavern, the pride when the lion climbs the mountain, the anger when the lion see the reflected image in water, the happiness when the lion plays in the water, the hunger when the lion eats the ganoderma, the aftertaste when it is eating the meal, the upset when it blows up, the cautiousness when the lion hakes up the ball, the joy when the lion plays with the ball. The expression of southern lion combines with martial arts to break through the limitation of the specific form and shape a hyperbole, romantic image. The environment of the ground, high mountains, cliffs, waterfalls, the expressions of looking, watching, surprised and happy, the actions of catwalk sync, cyclotron flip finally achieves the goal of mining green.

There is no evidence that how southern lion originates from. However, according to the folk legend, a monster appeared in Foshan, Guangdong in the Ming dynasty. The monster has a sarcoma on its head, a brassbell-liked eyes and tusk. The monster always appears at the New Year's Eve and moves quickly. It always damaged crops in the village which disturbed the farmers a lot so that the farmers decided to kill it. They named it the Year Monster and made a paper monster in its shape with color. The farmers called for several warriors who wear the paper monster to make huge sound like thunder to terrify the Year Monster. The Year Monster felt astonished and fled away. To celebrate driving away the Year Monster successfully, the farmers performed with the paper monster during Spring Festival which helped driving away the Year Monster. Some people named the performance the lion dance since lion is the king of all animals and represents strong and happiness.

Southern lion performances mainly on the high pile of various actions, including mining green, flying piles, swivel action. The lion dance team is usually made up of eight to ten people, of which two people playing for the lion head and tail, four to six people playing for the music. All is performed by a whole lion.

3. THE ROLE OF DRAGON-LION DANCE IN NATIONAL FITNESS

3.1 Promote the spiritual construction physically and mentally

National traditional sports as a part of our national culture, contains the important content of quality education. It is essential to improve the traditional virtue of Chinese people, such as being helpful, respecting the old, keeping faith, and being generous. Therefore, dragon and lion dance not only improves people’s action skills and perseverance, but also teaches people traditional culture. Meanwhile, the dragon and lion dance represents the celebration of traditional festivals, which educates people to enjoy life and competition.
One of the main obstacles of the national fitness program is the low GDP in China. On December 25, 2014, the national sports administration released the result of the sixth national sports ground survey. The result shows that there is the total of 1.6946 million sports ground, land area of 3.982 billion square meters, construction area of 259 million square meters, ground area of 1.992 billion square meters by the end of 2013. The average individual sports venue is 12.45 per ten thousand people and 1.46 square meters calculated on a total population of 1.361 billion people of mainland China at the end of 2013. In October 2014, Ideas of speeding up the development of sports industry to promote the sports consumption issued by the state council set up the goal of average sports ground area of 2 square meters in 2025.

In all, the sports venue in China especially in schools, department, enterprises is very humble, which cannot meet the needs of public exercise. In the face of such social and economic conditions, dragon and lion dance takes the advantage of its practicality since it requires little about the venues, and equipment, not affected by seasonal climate. Dragon and lion dance requests little investment but has an effective influence, which is beneficial to the public. It can alleviate the impact of lacking investment on developing the national fitness.

3.3 Dragon-lion dance is adaptable and flexible

3.3.1 Dragon and lion dance is suitable for all ages and levels

Dragon and lion dance is a collective fitness which is strong or weak and limited little by the venues. The dragon-lion dance is divided into dragon dance and lion dance. Dragon dance need relatively more people, no matter whether young or old. Lion dance is performed by at least two people jumping, swing, waving which requires muscle strength and flexibility. There usually are several lions performing together.

Dragon and lion dance can not only perform on the stage, but also in the squares, streets, and outdoor which is not affected by the climate and time.

3.3.2 Spread the dragon and lion dance in rural areas

Dragon and lion dance is a kind of national traditional sports, originated in the countryside. It related closely to the habits of the farmer so that it is well-known for the fitness, self-defense and entertainment. Therefore, it is suitable to spread dragon and lion dance in rural areas, especially the affordable investment in venue and funds, which is beneficial to spread the dragon and lion dance in our country.

At present, working out led by square dance is overwhelming. Dragon and lion dance as a group project is very suitable for promoting as square fitness programs, since it works both indoor and outdoor. It is also helpful to rich people’s spare time.

The development of dragon and lion dance in urban and rural areas should make full use of traditional culture characteristics, combine the working out with the local folk sports. In this way, the difficulty of implementing the national fitness plan in urban and rural areas will become the hit of dragon and lion dance as the national fitness.

4. THE DRAGON AND LION DANCE SURGES INTERNATIONAL FOLK SPORTS

Dragon and lion dance is a Chinese traditional folk art which includes painting, sculpture and paper folding in the process of its creation. The image of dragon and lion is highlighted its mighty magic, colorful and vivid, in the process of its creation in people’s imagination. The experience of dragon and lion dance is rich in China and is combined with the high-tech recently. The progress of dragon and lion dance is related to the economic prosperity, political stability, the continuous improvement of people’s living standard in China.

Recently, the dragon-lion dance is spreading fast in the world that the dragon and lion dance is seemed as the combination of Chinese history, culture and sports especially in the West. As the rapid development of dragon and lion dance, people constantly blaze new trails in practice to make it more charm and acceptable by more and more people around the world. International and regional dance competition has also increased year by year. According to a report released by the China association of dragon-lion dance website, the dragon dance team of Jiangxi Normal University team went to Madagascar to spread the Chinese culture, which shows the dragon and lion dance brings China’s national sports to the world and further encourages Chinese people to work out.

5. CONCLUSION AND RECOMMENDATIONS

1. It is feasible and also an inevitable trend for schools to form the dragon and lion dance club under the circumstance of the development of the school sports.

2. The administrative department of government should help establish the dragon and lion dance teams by supporting the investment and performance guidance.

3. People who organize the dragon and lion dance should learn from the professional team of its advanced experience.
4. The dragon and lion dance should develop based on its own regional characteristics to set in the projects and scale, down to the earth.

REFERENCES


