

Analysis and Research on the Application Phenomenon of Tibetan Dance GuoZhuang for the National Fitness

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Abstract. In this paper, using the literature material method, field survey method and son, researched the origin, classification, form and characteristics of Tibetan Dance GuoZhuang and so on, the results discovered Tibetan Dance GuoZhuang as a fitness project is widely spread in the school and in society. Through the analysis, the paper thinks that the reasons Tibetan Dance GuoZhuang spread widely in the national fitness campaign are: The essence value of popularization Tibetan Dance GuoZhuang in national fitness; entertainment value of Tibetan Dance GuoZhuang in the national fitness campaign; the value of folk culture and knowledge inheritance; the economic factors of Tibetan Dance GuoZhuang in national fitness movement, including: With the growth of the economic income, the pursuit of the people's quality for life is promoted; Tibetan Dance GuoZhuang is selected; With the economy income growth, people's fitness awareness grows, Tibetan Dance GuoZhuang is recommended. In the modern economy, with the development of national tourism, Tibetan Dance GuoZhuang is widely spread and so on.

The Origin of the Tibetan Dance GuoZhuang

Tibetan Dance GuoZhuang mainly spreads in Tibet, Qinghai, Qichuan, Yunnan, Gansu, which is in the favorite dance of the Tibetan people. Tibetan Dance GuoZhuang produced in primitive society. It is a kind of original songs and dances, having the function of amusing god. To date, the heritage of the ancient clan can still be seen in the form and content of "Tibetan Dance GuoZhuang". In primitive society, human beings wanted to survive and develop, they must carry out material production and the reproduction of population. Material production is reflected by the development of social economy. The population reproduction must be characterized by the evolution of the family and marriage system. Therefore, because of the need of the agricultural production and clan prosperity, the agricultural worship and totem worship was born from nature worship. Based on the primitive thinking methods, the imitation of totem caused the original moves of the dance. Now in Tibetan Dance GuoZhuang in some places of Tibetan areas, still retain some of this postures, means retaining the remains of primitive dance. Imitate all kinds movements of animals and birds, sometimes like a tiger leap, sometimes wings like an eagle, having the characteristics of the original ritual dance. In primitive society, many people, hand in hand, danced around the bonfire. This habit maintains today. According to expert's research, the formation and development, Tibetan Dance GuoZhuang has a direct relationship with the original troth activities

The Classification, Forms and Characteristics of Tibetan Dance GuoZhuang

The Classification of Tibetan Dance GuoZhuang.

According to the region, Tibetan Dance GuoZhuang can be divided into Tibet, Sichuan, Yunnan, Qinghai and Gansu five categories. Each of the five regional Dances has its own characteristics because of different region. Each of Tibetan GuoZhuang dances also differ from region to region.

According to the occasion of Tibetan Dance GuoZhuang performances, Tibetan Dance GuoZhuang is divided into "Big Dance GuoZhuang", "Middle Dance GuoZhuang" and "Small Dance

GuoZhuang" three categories. "Big Dance GuoZhuang" is generally used in large religious sacrifice and large-scale celebration, "Middle Dance GuoZhuang" is used in a variety of traditional festivals, "Small Dance GuoZhuang" is used in party of relatives and friends.

In addition to the above, Tibetan Dance GuoZhuang is divided into "Masses Dance GuoZhuang" and "Performing Dance GuoZhuang" according to the identity of the participants. Or geographically divided into "Pastoral Areas Dance GuoZhuang" and "Town Dance GuoZhuang". Or chronologically divided into "Traditional National Dance GuoZhuang" and "Modern Entertainment Fitness Dance GuoZhuang".

The Form of Tibetan Dance GuoZhuang. There is no limit to the number of Tibetan Dance GuoZhuang, which is a kind of collective dance. Participants can be more than a dozen people, dozens of people, even can reach hundreds, thousands of people. Different regions have different characteristics. But the common is that when people dance Dance GuoZhuang, they dance around the circle, men and women dance and sing. Also don't sing while they dance. Or they just sing without dancing. Or when men are dancing and singing, women pause. Or when women are singing and dancing, men pause. Generally, an experienced dancers lead the dancing in front of the group. When dance, slow at the first, and then become fast. The participants change the pace following the lead dancers. Tibetan Dance GuoZhuang organization form, in addition to the general circle, but also has developed straight line, curve, wave formation.

The Characteristics of Tibetan Dance GuoZhuang.

Characteristics of Music

In general, the original Dance GuoZhuang have musical accompaniment, men lead a chorus, women chorus, song accompanying dance. Now modern music accompaniment is widely used. Old Tibetan Dance GuoZhuang lyrics is ancient, the lyrics content is mainly about religious tasks, praising Gods, the upper ruling class given priority with worship nature, which is the main content of the lyrics. The dance cannot be changed freely. The dance can only sing a special songs. The lyrics contents of modern Tibetan Dance GuoZhuang are flexible, which are mainly about productive labor, business trade, love and home scenery, flowers and birds and other topics. The corresponding Tibetan Dance GuoZhuang is free and easy, not boring.

Characteristics of Movements

Dance GuoZhuang as a Tibetan traditional sports project, its movements stemmed mainly from production and life. Dance GuoZhuang is athletic, action forceful, which both shows dance posture and pays attentions to emotional expression. Dance postures are natural, graceful and elegant. Actions imitates animal form, pays attention to the change of the posture. Dance GuoZhuang generally can be divided into two categories, one is slow, dance postures are stretching and beautiful; the other enthusiastic and bold. The biggest differences between dance GuoZhuang with other forms of folk dances lie in: the body is a one-way posture, with right hand and right foot, left foot and left hand. Shakes hands in front of chest and jump. Former step pauses and then continues the left and right turn. Walk along one way. Dance GuoZhuang, no matter from the adornment of the performers, the pace of actions, or from the variation of dance postures of performers, can reflect the unique style of Tibetan folk sports.

The Phenomenon of Tibetan Dance GuoZhuang Widely Used in National Fitness

The Situation Tibetan Dance GuoZhuang Carrying out in Society. Previously, Tibetan Dance GuoZhuang is mainly popular in the Tibetan areas, and now, especially in recent years, Tibetan Dance GuoZhuang began to spread widely in the west and in inner major cities in China and in primary and secondary schools. The influence of Tibetan Dance GuoZhuang in society is becoming more and more obvious.it includes roughly in two aspects: first, in order to strengthen physical health, the masses take Tibetan Dance GuoZhuang dancing as a sport exercise program. Second, the governments have had great Tibetan Dance GuoZhuang ball for the tourism development.

The Development Situation of Tibetan Dance GuoZhuang in school. In addition to the widely carried out in society, Tibetan Dance GuoZhuang, for its own aesthetic function, sports function and so on, get some attention from schools, who is introduced into the campus and classroom. Tibetan Dance GuoZhuang has been introduced into some colleges and universities, in addition, also has been introduced into some high schools.

The Causes that Tibetan Dance GuoZhuang is Widely used in the National Fitness

The Essence Value of Tibetan Dance GuoZhuang in the National Fitness.

Tibetan Dance GuoZhuang with Relaxed and Cheerful Rhythm is Easy to Attract the Masses Participation

Tibetan Dance GuoZhuang has a relaxed and cheerful rhythm, which let a person produce infinite imagination. If one comes to the prairie pastoral scenic area, it makes people get strong passion, a kind of yearning, aesthetic pleasure. Therefore, if we see the performance or experience or not, people can get pleasant emotional experience, enjoyment of beauty.

Tibetan Dance GuoZhuang Action is Simple and Easy to Learn, Easy to Spread in the Masses

The movement of Tibetan Dance GuoZhuang is hyperbole, arbitrary, comparative and intense, which make life full of vitality. Tibetan Dance GuoZhuang is not restricted by time and space equipment, even the people who have never practiced, as long as a little heart observation and imitation, don't feel so difficult to learn. So it can be used as a fitness, and is suitable for the organizational performance and team competitions.

Because of its comprehensive fitness effect, it is easy to be accepted by the broad masses.

Tibetan Dance GuoZhuang as a Tibetan traditional sports project, its dance movements mainly originates from life. Many movements imitate animal form, pays attention to the change of the posture. Leg movements are crouching, kneeling, which appear sedate, strong and handsome. The combination of turns, twists, bending, crouching are useful for improving flexibility, coordination and flexibility of the joints of the body, can help practitioners to correct bad posture of the body, overcome the incoordination of the form and action. The long-term exercise can improve physical fitness, improve body function. Therefore, Tibetan Dance GuoZhuang, so to speak, is suitable for the young and the old, people of different age, the people of different constitution as a fitness program by selecting the action speed, amplitude and practice time to adjust the amount of exercise and intensity of movement.

The Value of Folk Culture and Knowledge Inheritance. Learning from the above study, Tibetan Dance GuoZhuang originates from original period. Its dance style is very rich, and with the development of the society, great changes have taken place in its content and form. Tibetan Dance GuoZhuang is the spirit consciousness of the primitive accumulation of the Tibetan people, It is inherited by the Tibetan people singing and dancing from one generation after one generation. It is a blend of original spiritual culture and material culture created by the Tibetan ancestors. The diversity of the original cultural connotation retains. In the time without text, people, through dance, vividly preserved cultural knowledge. The most solemn moments passed on to offspring. Some of Tibetan Dance GuoZhuang movements imitate animals and reflect the production and living, to a certain extent, which play an important role in inheriting the folk knowledge production and life. Through Tibetan Dance GuoZhuang, the history, cultural knowledge and unique national essence can be spread and accept by the Tibetan people.

The Economic Factors of Tibetan Dance GuoZhuang in the National Fitness Campaign.

With the Growth of the Economic Income, People's Pursuit of life Quality is Promoted, and Tibetan Dance GuoZhuang is Selected

In recent years, with the development of economy, the pace of life speeds up. That the number of mental and psychological disease in our country increases has become an indisputable fact. As the change of the mode of human labor, so today, mitigating the emotional stress and mental fatigue caused by quick rhythm, high pressure has become a necessity. The function of Tibetan Dance

GuoZhuang relieving people's mental fatigue, cheer people's mood makes it become a choice of modern people pursuing the life quality.

With the economy income growth, people's fitness awareness grows, Tibetan Dance GuoZhuang is recommended

With the rapid development of economy and advanced technology is widely used, people's working times becomes less time and leisure time is increasing. Increased leisure time must change people's way of life. For leisure is a activity along with the development of human civilization, it is the inevitable outcome of the economic development and social progress. That is to say, after people have solved the basic problem about eating, wearing and living, the high-level mental consumption is demanded. But, as we all know, the modern rapid economic growth, people's improved living standard, at the same time, along with the increase of the pressure of people's lives have caused the attention of the society. People have realized the importance of improving the level of health and having scientific physical exercise. In this context, many characteristics of Tibetan Dance GuoZhuang more fit with the purpose of the people keeping fit. So it has been chosen and taken as the main means of exercise.

In the modern economy, with the development of national tourism, Tibetan Dance GuoZhuang is widely spread.

With the development of economy, tourism, leisure resorts and entertainment places have been enjoyed by the general public, and has become an important and indispensable component in people's life. With the great development of the tourism business, especially in recent years, after the opening of the qinghai-tibet railway, the transportation becomes more convenient, which strengthens the contact of the frontier minority areas between the inland. Ethnic minority areas take this opportunity to develop vigorously the tourism industry with the "national characteristics". The tourism industry makes Tibetan Dance GuoZhuang become globalization. Thus, with the development of the tourism industry, the national culture has been gradually into commercialization, Tibetan Dance GuoZhuang is no exception.

The Entertainment Value Factors of Tibetan Dance GuoZhuang in the National Fitness Campaign. Tibetan Dance GuoZhuang entertainment function is a very important and fundamental function in social function. Tibetan Dance GuoZhuang entertainment function in the process of history has become more and more prominent, especially in the traditional Tibetan society. People dance Tibetan Dance GuoZhuang when have festivals, marriage jubilation, building a new house, harvest time, hunting return and so on. In these times, people facing the festival auspicious atmosphere, the married the couple, the new tent, the fruits of harvest can't express their joyful feeling without Tibetan Dance GuoZhuang. At the same time, the dance brings people more joy. Especially, in Tibet, because of the limitation of geographical environment, in the past for a long time, it had been in the closed state. The economic development is slow. The entertainment is less. The traffic is blocked. The traditional dance and other Tibetan Dance GuoZhuang is the main entertainment.

Conclusion

Tibetan Dance GuoZhuang is a dance, but this is beyond the aesthetic category, the fitness function is caught more and more attention. All these assembly reflect the aesthetic and practical effect of Tibetan Dance GuoZhuang and unique aesthetic temperament and interest of Tibet. Their life is full of hope, of plateau feelings advocating healthy. Tibetan dance "Tibetan Dance GuoZhuang" conforms to the requirements of the modern social entertainment, fitness and leisure of "the national fitness program outline". So vigorous promotion and learning of Tibetan Dance GuoZhuang can inherit the national culture spirit, improve the physical condition of exercisers. From the perspective of the role of general education, at the same time, it can promote national unity, enhance national cohesion, benefit the traditional Tibetan culture. It is beneficial for the world to know traditional Tibetan culture. Its development and promotion will have a strong vitality.

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