

## Discussion on "Three Jumps" Of Yunnan Folk Dance

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**Abstract.** Yunnan folk dance has a long history, a variety of forms, a wide variety. Each nation has its own unique dance. Even a nation, due to the dispersion of living, the dance of the settlements, but also has distinct local characteristics and different categories. National folk dance is a wonderful work in the treasure house of Chinese art, and the multi ethnic group of Yunnan is the cradle and paradise of the Dianchi River basin. Combined with the history and status quo of F deeply explore and understand the formation and development of folk dance, the research and analysis of the folk dance culture of native nation, contribute to the art of refining and teaching thinking. In this paper, the dance of Yunnan to do a certain sort and induction, summed up the "three jump" content, style and characteristics.

### Introduction

As a kind of cultural phenomenon with artistic form and inner spirit, dance is not only the manifestation of the inner emotion of human being, but also the special cultural phenomenon of human being. The dance form contains both the static elements of art and sculpture, also contains the dynamic elements of music flow and movement of all things, and to the emotional expression of the dynamic behavior of language and aesthetic, touched the inner world and people communicate and exchange reached the spirit, let people get the beautiful artistic enjoyment at the same time and play a unique role in the art of aesthetic appreciation.

Yunnan national species crown in the country. Twenty-six nationalities in this vast table of mountains and valleys of the valley between generations of generations, together to create a splendid culture and art. From the ancient books and a large number of unearthed cultural relics, people can not help for the Spring and Autumn to the Qing Dynasty two dry years in the Dian tribe music and dance of the lush and amazing and said absolutely. Dance, drum dance, dance dance, dance, dance dance, dance, elephant drums, etc., as if the rich and beautiful, Colorful paint, cloud water Dian Dian Dian Dian was dyed colorful, glamorous incomparable. AD 120 years, Shan Yong Yong by the deployment of actors in front of the capital of Luoyang in the Eastern Han Dynasty performing music and dance acrobatics, the Tang Dynasty Nanzhao leaders like to welcome the use of the Central Plains ambassadors as the dance; AD 800 years Nanzhao organization of more than 200 large-scale song and dance troupe to Chang'an The performance of the palace, such as the Southern Mogu dance, through these historic art activities, so that the mainland is not only the national appreciation of the music side of the dance dance, leaving a deep impression on the twigs alone, but also produced love love love, As for the imitation of ethnic minorities costume and behavior characteristics, create a name for these examples, in the history of the dynasty, class books or celebrity writings have repeatedly praise, has been Spread for the motherland between the various ethnic groups intimate cultural exchange stories.

For one thousand years, yunnan folk dance has a long history, continuation, formed a unique and complete art tradition. For its rich, although people generally than a pomegranate, says it is from flowering to fruit ripe, always maintain a rose's brilliant color, in the table and, like a palace of a pearl agate, folk dance "resources" thick and rich ethnic minority compatriots have great wisdom and the creation of special talents. Modern yunnan minority folk, in terms of nominal, probably more than one hundred kinds, if to dance to, also no less than dozens of about, most of them is the product of history, is one of the traditional art treasures. Folk. The title of them, some of them used to dance music (dancing) (with) or tune lyrics, such as string dance, sword dance, the garment of



"grey"; Some call by its content, such as production, dragonfly dance, TiaoYue dance, some named according to the forms and characteristics, such as da ge, play on. For convenience of sorting out the count, make a person more easily to set up a profile of yunnan ethnic folk looks impression, now in its form and characteristics of the folk custom and reference name, preliminary abstract concisely with its classification, try to make a general account of a thick line.

## **The drum dance**

The types and shapes of many folk drum, is a kind of both ancient and new and very common percussion instruments. The drums filled with hot jubilant mood, can cause strong exciting atmosphere. People celebrate the festival without it, congratulations on the wedding cannot do without it, we use it for the funeral ritual, the moment cannot do without it. So it is the ideal accompaniment of dance, dance music, especially the collective dance, but also to show its outstanding sound effects and artistic charm. Therefore, the Dai like compared to "boil boil" (the shadow), "Yi drum toot" (drums) nicknamed "fire drum" (meaning warm), "said Tibetan drumming is snow cloth chalood" (friends). Yi often talk about "jumping and singing, drum company", the human and the drum of intimacy and drum makes a vivid description about living. In addition to encouraging and not to repeat on copper, the main drum and inspiration are the following:

### **Elephant-foot Drum.**

Like for like elephant foot named. Unique appearance, loud music, dancing with dance can strengthen the landscaping, xiangjiaogu dance is Dai, Jingpo, Achang, benglong, Shen family universal love dance, or mixed near Lahu, Lisu minority also love vision. With these people near the Hani village to drum drum, drum, divided into short drum and two transverse four drums each usage, ensemble with mang, gongs, cymbals, cymbals, sound deep, used in dance, can pass scattered miles away.

Regardless of Dai and other nationalities, like all the men struck, women can knock, with mang, drum cymbal accompaniment, with drum jumping, Dehong Dai waist, abdomen, buttocks, legs swing larger arches, each arm flexion and extension to speed or slower. The action is elastic, beat at low speed and moderate speed. Xishuangbanna Dai beat too fast, then landing flexible and recruit potential simply, body shaking smaller. Lincang area Dai drum drum between the two. There are suitable for different occasions, the mood of the jump method. You can double drum with each other, but also on drums, cymbals. A holiday season. The "Omega group" and "the whole pot" (Dance drum) action to cross on foot or to step foot lift, bold action of humor. The drum dance ("Les bell"), to jump, Peigemoqi, dynamic humor forthright; Achang drum dance "really good at Les bell drum, cymbals to jump, Peigemoqi, throwing skills especially drum, dance open, sculptural. Low family dance drum than the flat upper body after the kick and jump leg squat step, rare for other ethnic groups, encouraging the ethnic groups each have different styles. Although the drums and cymbals, drum three are inseparable. But Dai dance jump drill ("was full of money (" or ") dance was significant"), like is accompanied by the location. "Was full of" mang as big as a dustpan, percussion carried by women, men and women should dance, lively and unusual.

### **Big drum.**

Big drum called big drum, drum (Dai called "light dragon", Achang called "true grid", King called "the whole prize"). Round wooden floor space for the drum cavity, double-sided with a torn stretch of leather to Mongolia, suspended height, or double lift, or placed in low frame, with a hammer beat, with chain, big money, sound strong macro , And Songrong Yun-run, with the enchanting charm. Dai, Achang do pendulum (temple) and the Jingpo "munao" festival, jump drum is indispensable content. In addition to the traditional method of jumping, often improvised to create many movements, people follow the drum or drum around the dance section should be dancing. The dancers wielding baton hammer, is knocking, knocking, side knock, upper body tilt twist. In order to increase the volume of the drum, the habit of wiping a layer of mud in the drum surface, so that the drum with the mud dry and tighten. Because the drum is a lot of effort, a little jump will be sweating, tired, so people are dedicated to the big ring to encourage hand rice wine, usually more than other dancers.



### **Tambourine.**

Tambourine is the Tibetan "Reba" (artist) with a musical instrument. Round flat bore, double skin, wood handle. Female drum with a curved bamboo knock; two male drum Dichotomanthes wave hammer, "rattle" sound. The man (or dancer) also commonly used titanium like bells, so people call it as "bell inspired dance". In addition to popular in Tibetan areas, also introduced the Lijiang Naxi parts, the Tibetan language is "the poor Gea rerba". In the three step a play as the basic step, with a small harp dance and "if snow" (TAP) some of the effects of. Male action of progenitor skills were cool. Woman action comfortable and chic. The whole dance tone light, a song. Xu Youzhi, bold and generous.

### **Star drum.**

The traditional Dali street in March and "Raosanling", is showing colorful ethnic dance since the day. By then, people color with colourful ornaments, happily jumping, gathering in crowds and groups bajaogu Bawangbian and shuangfeiyan dance, drum for eight star anise (six or six party, about more than inch thick angle), single skin, block - Coins ring, with both men and women. A hand drum, a hand flapping, also with the head, shoulder, chest, knee, foot and other parts of collision, shaking, shaking body, sometimes just powerful, sometimes euphemistically unbroken, jump in with skill, attitude and lively, interesting enough. Bawangbian with a bamboo stick coins made, one meter long on, shake, oak, touch, play sound. When jumping, one of them may not use a drum or a money stick. Use a handkerchief fan (fan or fan), jump box or walk away as if the former step and step. The bamboo dance shuangfeiyan (actor each hand pinch a two inch long bamboo out bright and crisp sound; step bajaogu close, hands like Yan expansus move among force and soft, collapse, and bamboo hanging ribbon floating bird, like a pair of swallows fly. Because singing the Song Wan cough sounds, "drum whip Yan" dance lightly and boisterous and sonorous gongs and drums, as the main accompaniment instrument Bai spray Na has a unique style and profound touching strength, thus make dance Zhuhui panache very cute.

### **Flower-drum.**

Yi folk generally have different types of tupan, flat drum, drum percussion instruments such as the small group. For the traditional women, knives, dance accompaniment, can foil the atmosphere of the ancient war and hunting. Rang pole dancing (" visual measurement in accordance with "the hemlock) and yi stockade flower-lantern dance, also commonly used drum music accompaniment. To hand flowers, fan, with the drum, knock while jumping, with flowers to than things yu to sing, to dance when the first flowers, drum compose ornamental design, while the feast or wedding dance, said jump flower drum, "" di dong, color inspiration. Asan popular in southern and western yunnan yunnan region.

### **Flat drum.**

There are a kind of bell-shaped drum, single-sided skin, handle under the bell, knocking when the "Yi folk " (mainly Sani, A fine, white Yi, Black Yi and other branches) and Hani, Naxi, Bai, Beep "sound, commonly known as sheepskin drums, flat drum, leather fan drum. Originally used for folk dance, and later evolved into the shaman's artifact. Due to the beautiful shape, the original dance material is very unique, so the suburbs of Kunming Samei people in more than 20 years ago to abandon the drum dance in the feudal superstition dull, made some sort of transformation, compiled program performances, unique style , Popular.

### **Wood drums, bamboo drums.**

Wood drums, take a large part of the sword made of empty sword. Usually a public drum, a pair of mother drums, placed in the wood drum room. At the time of sacrifice, people danced around the wood drum room, which was one of the ancient forms of the low tribe's ancient dance. There were symbolic felling trees, wooden drums and prayers. In the past due to the impact of primitive religion, wooden drums when the use of artifacts, had covered with a strong superstitious smoke. After the liberation, the masses gradually changed the bad habits of sacrificial drums, the local folk art and the backbone of literary and art workers in its form, improve the wooden drum shape, so that miniaturization, music (with several sounds and pitch) for finishing Of the new wood inspired by the masses appreciated. Bamboo was originally a children's toys, Lahu, Dai have, after the



improved, Wa Bamboo Drum for song and dance, produced bamboo and bamboo drums and wooden drums match the bamboo-inspired.

## Hopping

Hopping is the meaning of singing folk dancing, is a popular folk dance. There are playing songs, jumping music, jumping feet, fighting feet, playing jump, Tage, step pond, jump pot pile and other names. The main feature is singing and dancing, focusing on the foot of effort, from the foot light, settled when the stamped, hand-held shoulder, ring or dance in groups. Simple form, jump method is simple, regardless of the size of the staff and the location of wide characters, one can call, Huan dancing Dan. The people of their degree of love is difficult to express, Yi singing songs to sing: "The moon came out to play the song," to level the grass to jump flat slope, sweat is not wet sheep gown, Elder sister sister Mosuo feet ", can from Imagine this kind of emotion, because the nationality and the resident area different jumps each to have the different, forms the diverse style and the characteristic Yi to hit the song, with the Lusheng accompaniment, matches Sanxian, four strings accompaniment. Da Li Yi Yi jumps " Blow double gourd, people handle shoulder, surrounded by spring fire or on the two halves, phase and the song, followed by jumping feet, grinding feet, stomping, cross-foot or stepping dipping foot and other actions. Flexible and healthy, simple and natural. The Yi people have their own characteristics, such as jumping their feet in the March meeting, playing the Yueqin flute dancers, diversifying their footsteps, Dynamic law, not far from the tone.

Lagu family guy favorite gourd Sheng, Meng Long Street Lusheng Tanqian moment is full of people, then there are "not blowing Sheng dance is not a man," said. Wa ethnic youth like blowing gourd Sheng group of jump "grid around the cloth core." Step back and forth step, feet step rolling heel, sideways handle your feet and jump, turn your feet and other steps is the basic method of step. Dancer shoulder relaxation, natural jitter, light Shuangjian, a very chic. The performance of the spring rice pestle and mortar dance, rich local flavor.

Miao folk "card Geng" also called on the pond, the long pipe Lusheng dance. The dancers blowing Lusheng, generally with the leg jump out; grinding cross legs cover rotation after a few laps, in order to do a duck, a half foot squat squat beside the street, leg before and after cleaning, roll, shoulder handstand skill, sometimes can be used as props, Lusheng dance, a variety of patterns, seedlings a step Huashan will be blowing Sheng Xi game dance dance music song bath.

Brown people in Mojiang during the festival, a drinking song duet, a circle dance. Walk with knee flexion and lift the heel is the main step. One into six steps, a few steps back, back to the two step, said the song is the song, back to the three step, said the song of the three two. The flute and small Sanxian accompaniment, clear and harmonious.

The Naxi folk "jump" (Dance), sometimes with hulusheng guidance, men and women are hand in hand, shoulder to shoulder dance, light lifting step, improvised singing. Sometimes the static ring dance, but listen to the sound of footsteps, see people smile, interest in nothing but exceptionally strong. Sing jump again more, such as "ariri" and "O riawriaw", a person singing, and all together, walk away, the number of steps to the next step run, stand, bumping, or foot kicks, jump into the center of the circle, then exit, like flowers bloom.

South yunnan yi folk thought, also called jump string, string, the string. Some dance music as the total name of dance, jump string is specifically to jump a cigarette case. Some said to dance a cigarette case string, unarmed play palm jump jump for joy. No matter how to call, with four strings as the main accompaniment instrument, broadly in line with a basic action, is a common point. Due to the regional differences, although some of the items is the same, but jump method each are not identical, such as "step" and "step string" carry steps and potential are varies by location.

Also called cigarette case cigarette dance music, the name comes from the dancers hand play wooden cigarette case has been enriched and dancing. Cigarette dance vocabulary is rich, the body for department cooperate with rhythm, and pitch and transfer ZongYue change more, dancing lyrical great health, firm soft appropriate, elasticity is a plus. Two categories, usually sinusoidal and mixed string. Sine, such as, two steps forward and one and a half, three-step string string, is the



basic method. Mixed string light weight, large weight, small weight, etc., with optional, can be said to be the sine of the play. Dance law it is said that more than one hundred sets of cigarette case, mostly reflect the working life of the local people and the natural amorous feelings,

## **Jump lamp**

### **Cage Lantern Dance.**

About from the ancient Ailao country ancestors for the nine long (dragon) myth, Yunnan ethnic groups generally worship the dragon, the ancient dragon dance. The similarity of the dragon lamp with the Han nationality in Yi, Bai, Naxi, Miao and Zhuang nationalities. But the Achang dragon lamp alone hair odd branch: the first long narrow tail, like a python tail, body rest middle "hidden" in the vaulted rectangular cage-style "Dragon Palace" among the "Dragon Palace" placed on the shelf, Umbrella tower, carried by many people, one person hiding in the cage manipulation, so that the dragon head wagging tail; people around in the Wai, ecstatic. Dragon dance dedicated to the market.

### **Elephants Dance Lights.**

Dragon lantern dance in the same situation, achang and elephant lantern dance. Elephants for bone bamboo wood line, paste with white paper, on the golden saddle and carry a paper pavilion, hanging in big two a., People latent image abdomen drawing stir trunk, strike the bell sound. As the head, teeth, lips, feet, tail, etc all can action, live dance such as truth. WuDui accompanying jump, can not lift like lamp is also than hand gestures, intoxicating.

Each year the first month lanterns, Bai have jump boat (playing sea dance), jump clam shell heron mandarin ducks, crabs and mandarin duck crane dance. The lions were popular everywhere. Zhuang has a single lion dance. The lion dance of the lion dance of the lion dance of the Yi ethnic group is specially shaped and surrounded by monkeys, demons, deer, leopards, tigers, bears, rabbits, woodpeckers, magpies, eagles and eccentric people. Small flower face), surrounded by lion dance together. Yi finger lantern dance with two fingers clip fan, flip the wrist to jump cross-flat 8-character flower, jumping deduction fan, fan and jumping fan playing shoulder and other movements, although the source for the traditional lantern chanting lights, but now has become a A separate form of performance, no longer use paper props lanterns. Bai Lantern is no different. Mainly by the Han lanterns.

## **Conclusion**

Yunnan dance is a kind of cultural symbol in the view of cultural anthropology, it is the most nationalized, the most local color, the most folk mean, the most recognized by the local culture. This cultural form contains and embodies the implicit cultural value and meaning. Here, the form and the culture are inseparable, embody the Yunnan people's dance culture's richness and the diversity, this article carries on the preliminary classification to the Yunnan dance, makes the minute contribution for the excavation dancing material.

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