

Creating Video guide to Teach Ballet in Sichuan Conservatory of Music

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Abstract

The purpose of this study is: (1) To create a ballet basic skills practice video. (2) To analyze the results of students' learning through videos to determine the effectiveness of exercise videos. Researchers use research and development methods to study and design dance video exercises. The target group consisted of 5 students and 3 experts. The researchers studied dance training textbooks, exercises and related literature.

The research results were the overall combination of components, students can obtain higher quality training methods, follow the recommendations of experts to modify the course and opinions, and obtain higher quality dance training. Exercised by the high quality dance classes, he will be a model to become a teacher and further study of other interested subjects. After two expert opinions and evaluations, the IOC gave the first 0.52, which does not meet the specified 0.70 standard and is invalid. According to the opinions and questions raised by the experts, and the revised content, the experts evaluated again, and the average value given by the experts was 0.86, exceeding the standard of the IOC 0.70.

Keywords: Creating Video guide; Teach Ballet; Sichuan Conservatory of Music

Introduction

The basic skills training of ballet is the foundation of training for all dance genres and is also a major teaching course. Li MengJie's "Exploration of Innovative Models for Teaching Basic Skills in College Ballet" published in 2022 mentioned that since its European origins, ballet has had a fixed system of basic skills movements - opening, stretching, straightening, and standing. This is the basic principle of artistic beauty in ballet and the key to completing a set of ballet movements. 'Open' is an activity space centered on the spine of the body, with the upper or lower limbs as radii to fully open the body and interpret the amplitude of dance movements. 'Tense' means tight, and in the field of dance, tight refers to the fact that all joints of the body must not be relaxed and must be in a tight state. "Straight" means straight and upright, and ballet, as a dance with high requirements for dance movements, should always maintain an upright position in the back, legs, and other parts of the human body. Standing "is based on" opening, stretching, and straightening ", which is the overall interpretation of dance movements. It refers to the dancer's head, waist, legs, feet, etc. being in an upright state, and the entire body being in an upright state from bottom to top. The visual experience for the audience is that the dancer's head is lifted up, the feet are together and upright, and the entire body is centered around the point where the footsteps hit the ground, in an upright state with the whole body facing up. Ultimately, this standardized and standardized movement will be demonstrated through long-term training (Li, 2022).

Dance cannot be separated from music, which is the most important tool to assist dance. Qi TianHuang mentioned in his 2021 "Analysis of Basic Ballet Training Modes in Comprehensive Universities" that ballet practitioners need to be able to coordinate the relationship between dance and music in ballet practice, ensure their coordination and harmony, and be able to display dance movements according to the rhythm during performance, which directly affects the overall performance effect. How to handle dance music well, how to integrate the pace and rhythm of music and dance, and how to balance and grasp the sense of dance music are very important for a ballet practitioner. In actual performances, it is necessary to feel the rhythm of the music, grasp and integrate the rhythm, so that the changes in body movements and the jumping of the music are integrated with each other. While ensuring the smoothness and beauty of the dance posture, it can be perfectly integrated with the music, improving the overall performance effect (Qi, 2021).

Nowadays, the teaching of dance training for college students is becoming increasingly diverse. With the diversification of multimedia, the training methods are becoming more diverse, which not only allows students to learn more professional knowledge, but also enhances their interest in daily basic skill training. Based on students' cultural and artistic cultivation, professional abilities, school characteristics, and talent development goals, teachers have optimized the content of the textbooks and reflected their teaching characteristics in course training. However, there are not many interesting and professional training for ballet dance courses, and more training is to improve students' body awareness, using auxiliary props such as yoga balls and yoga mats; In the course, I added PBT exercises. Xu YingSha. Yang Chao mentioned in (Application of PBT Training System in Street Dance Teaching, 2022) that Progressing Ballet Technique, also known as Advanced Ballet Technique in Chinese, is a revolutionary body training course created by Mariel Walton Mahon in Australia, specifically designed to enhance students' physical fitness and strengthen their skills, Focus on training the muscle memory required for each practice in different dance genres (Yu, 2020). This training system is based on ballet training, using specialized training in ballet techniques, combined with auxiliary tools such as yoga balls and Pilates balls, and a series of Pilates repair body training movements. It can effectively exercise the muscle elasticity and sensitivity required for dance training such as the core, adductor, gluteus maximus, and gastrocnemius of dancers. Through PBT training movements, dancers can enhance their body's perception, center of gravity transfer Body shape and muscle memory. At present, foreign countries have been committed to the research of this training. In 2012, the Royal Academy of Dance in the UK launched this course for teacher training, and thus sorted out the training system of this course. The teaching results have been recorded and applied to the training of major dance schools. So far, this course has trained teachers from over 40 countries and thousands of dance schools, providing training for the Australian ballet troupe Internationally renowned dance troupes such as the Birmingham Royal Ballet and Queensland Ballet provide talent for dance. They first arrived in Shenzhen, China in July 2019, and then began advanced ballet skills training courses in cities such as Beijing, Shanghai, Suzhou, and Guangzhou. The courses are mainly divided into three parts: introductory and junior (Sub junior&junior), senior (Senior), and advanced (Advanced). At present, there are very few research articles on PBT for dancer training in China, and most of them are trained through video and practice. Therefore, this is also a scientific training method that requires theoretical research (Xu & Yang, 2021).

Physical beauty can be achieved through hard shaping, and in the increasing attention to contemporary external images, having a good body shape is beneficial for employment and life. College dance body training teaching can effectively promote students to shape beautiful bodies, improve the flexibility and coordination of limbs, trunk, and other parts, enable them to achieve balance, make their bodies more straight, and improve artistic literacy and temperament. In terms of body function, body dance training is based on the characteristics of human joint tissue and increases activity frequency through choreography. During this process, the endurance and flexibility of joints and muscles are enhanced, resulting in more symmetrical body lines and more coordinated movements. Among them, the training of basic dance skills is particularly important. For example: horizontal fork, vertical fork, moving hind legs, ground pressure behind the crotch, anti bow support, hook feet, lower back, waist, standing, moving side legs, etc. Using scientific theories and methods to guide dance practice. Systematize students' dance knowledge through pole, flexibility, and progressive dance training. Secondly, the course introduces training techniques and folk dance segments to enhance students' physical expression and perception of ethnic art aesthetics. The fusion of inner beauty and outer beauty contributes to the long-term development of young people. Finally, the dance body training course has a clear design of action combinations that can exercise agility and rhythm. Through the influence of music and dance, students can unconsciously improve their artistic achievements, making them more artistic.

In summary, this article conducts research and analysis on the teaching content, teaching difficulties, and teaching methods of dance body training, and provides a detailed introduction to the skills and specific problems of dance body training in universities. The author believes that in order to ensure the effective development of college dance body training courses, it is necessary to conduct a more in-depth analysis of a series of skills and details during the training process. Therefore, this article proposes suggestions such as following training principles, adjusting teaching content appropriately, and optimizing training methods to promote the development of dance body training courses in universities.

Research Objectives

1. To create a ballet basic skills practice video.
2. To analyze the results of students' learning through videos to determine the effectiveness of exercise videos.

Research Methodology

This study used the qualitative research method which collected data by interview 3 key informants who are the experts in ballet teaching.

Research Conceptual Framework

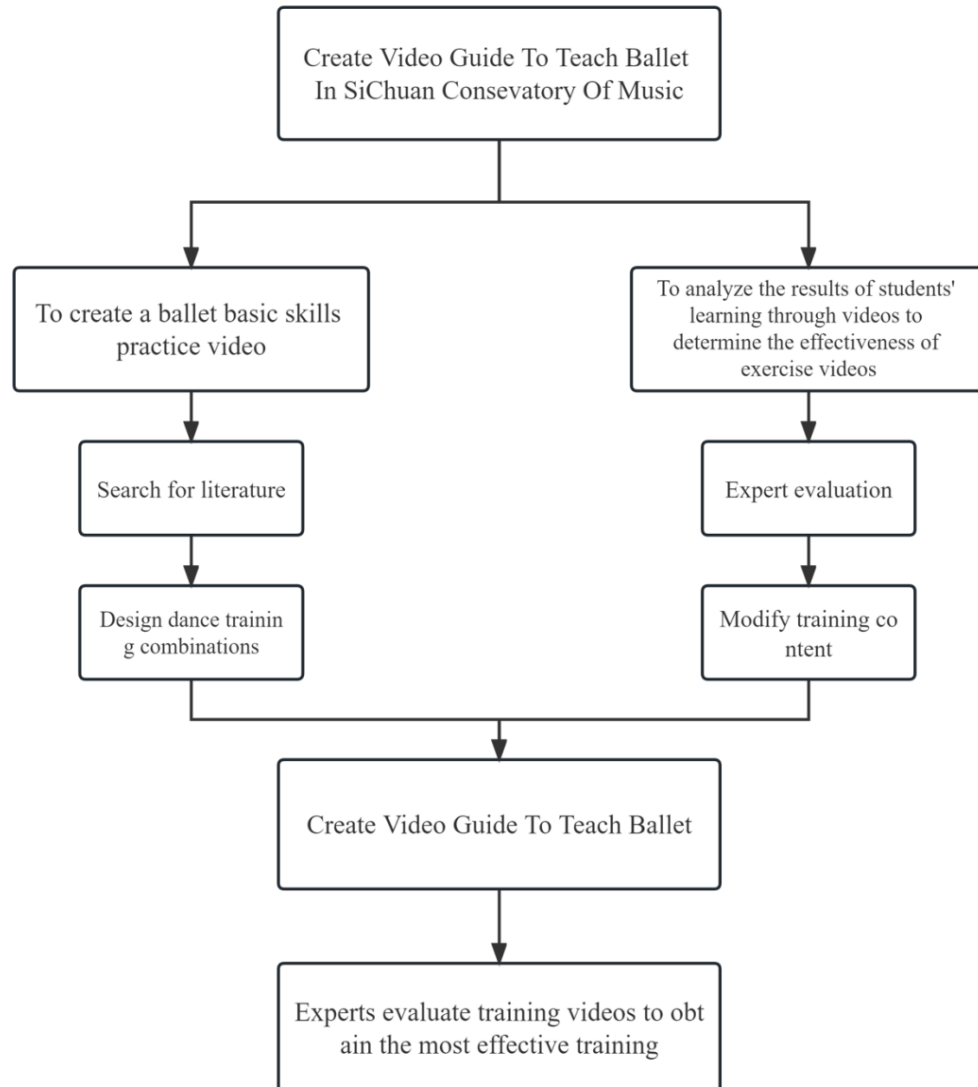


Figure 1 Research Conceptual Framework

Research Results

Create video combinations of basic ballet skill

Clam style opening and closing

Use props: Throughout the training process, the main auxiliary props " Fusion Ball I" and "Exercise Mat ".

Action meaning

In this mussel combination exercise, it is more to work the gluteus maximus of the body, and the gluteus maximus training is to allow students to find the external pressure point. For example, plie is the basis of all basic technical movement training, running through a series of basic movements, and gluteus maximus training is also used as plie activation training, allowing students to find outer body awareness.

The combination mainly trains the student's external opening and pelvic stability. Muscled opening and closing exercises can strengthen the gluteus medius and gluteus maximus, which is very important for dancers who have long trained the basic skills of ballet. In this combination, the training of the gluteus medius can help dancers to open. In this exercise, when the legs are rotated in and out, the pelvic muscles must be stabilized, and the concept of controlling the pelvic muscles is to promote pelvic stability. During the exercise, keep your upper hips from rolling back while keeping your spine extended. Keep your back against the mat as you stretch your legs.

Music used

The song used in this group is: 4/4 time, piano music "Morning Dew", composed by Zhang Kangming. Selected Piano Accompaniment for Basic Ballet Training, edited by Yang Hongtao of Beijing Dance Academy in 2004, page 1 - Page 2. The song is lyrical, a total of 16 bars, of which each eight bars is a phrase, corresponding to a combination of movements. With music practice, students can have more sense of rhythm and situation in the movement training.

Training combination and corresponding music explanation:

Preparation: Before the music begins, students lie on the left side of their body on the right edge of the yoga mat and place the ball between the inside of the ankles of their feet. The student lies on the left arm, with the left arm comfortably positioned against the ear and the right hand resting on the waist. Bend your knees and align your legs up and down, with your hips and feet aligned with the front end of the mat.

Formal training: After 4 beats of preparation music, officially enter the movement, the first set of movements is to exhale, two beats of the right leg outward, starting from the inner thigh to turn away. As soon as the pelvis is stable, open the leg as much as possible. This action is performed in two rows.

Inhale for the next two beats, bringing your legs back to the starting position. Repeat the above action 7 times throughout the combination.

When the music reaches the fourth eighth beat and the fourth back beat, students change their movements to prepare for the next set of movements and turn around to the opposite.

Students lay their right side of the body on the right edge of the yoga mat and place the small ball between the inside of their ankles. The student lies on their right arm, comfortably placed in the position opposite their ears, with their left hand placed on their waist. Bend your legs and align them up and down, aligning your hips and feet with the front of the mat.

Core combination

Use props: Throughout the training process, the main auxiliary props " Fusion Ball " and " Exercise Mat "

Action meaning

This combination mainly targets the abdominal core, the training core is an essential lesson and an important movement that activates the dancer's body during each training. The core part of the body should be practiced more in the movement exercises of the whole combination. The core combination is indispensable in the dance course. It can be said that the whole human body is inseparable from the core, and this combination mainly trains the position of students' deep core muscles.

Music used

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The preparatory action is for students to lie flat on the mat, place their back on the ground, lift their head and neck, lift their shoulders off the floor, put their legs in a right angle position (forming a 90 degree right angle between the big and small legs), place their arms on both sides of the body, and face their palms upwards.

The second set of movements is to extend both legs forward, with feet approximately 45 degrees from the floor, move the arms to three positions, and try to lower the legs as low as possible while ensuring that the back does not leave. The movements are carried out within two beats.

Artistic Port de bras

Movement meaning: In the movement of ballet training dancers can not be separated from the exercise of the arms, the arms in ballet are like a pair of wings of a swan, that is, gentle and powerful, to drive the body and direction, so the posture of the arms is very important. And the arm in motion has to have both posture and beauty. When the arm is not completely straight in the training arm exercise, the arm is soft and strong. Be sure that the arm drives the body, rather than the body drives the arm, and the arm plays a role in driving the direction during the entire movement. So this is a move that must be practiced in order to learn the basic skills of ballet dance. When doing exercises, students put the yoga ball in the pelvis and stomach position, the yoga ball can help students find the neutral position of the pelvis, the essence of the yoga ball can also help the pelvis to maintain modesty, which will make students less lazy and to twist the hips. During the exercise, it is necessary to always keep the shoulders in the correct position and keep both shoulders in line so that the arms move naturally. The rib cage must remain free in order to maintain deep breathing, and such shallow breathing can lead to a chain reaction that adversely affects the spinal cord, which is key in the movement.

Music used

The song used in this group is: 3/4 time, piano piece "Song 2", composed by Mancini. Ballet Training Piano Accompaniment Collection, edited by Xu Lili and Zhang Hui, 2013 edition of Shanghai Music Publishing House, pp. 73-75. The repertoire consists of 60 bars, of which each eight bars is a phrase corresponding to an intra-group movement. With music practice, students can have more sense of rhythm and situation in the movement training.

Prepare to start: Place the cushion at the foot of the wall to provide some cushioning for one foot. The feet should naturally open outward according to personal level. When the back extends into an arched or *cambr é* (bending backwards) position, the coordination of the deep muscles of the spine and abdominal muscles reduces the pressure on the intervertebral disc. Anatomically speaking, it is easier to extend from the lumbar spine because it is widely believed that the thoracic spine has poor flexibility in *Cambr é* (backward bending). This exercise encourages coordinated movements throughout the entire spine. During the full extension process, the head should always be relaxed with the body to prevent excessive extension of the cervical spine.

At the beginning, press against the wall, *pli é*, and roll your hips onto the fitness ball, placing your feet at the foot of the wall. Relax the body.

The music is ready to begin, and at the beginning of the two beats, take a deep breath. When extending the spine, gently place the arms on both sides of the cushion, and start with two taps, starting from the seventh position and starting from the seventh position with the body.

Back Strength and Flexibility

Movement meaning: In this combination, the back is mainly strong and flexible. The back is very basic and key for dancers. It is mainly aimed at the freedom and stretching of the back and drive in training, which will be of great help to the dance. The main exercises in the combination are for the back, and it is also a warm-up training to activate the dancer in the back.

Music used

The songs used in this group are: 4/4 time, the piano piece "PORT DE BRAS", Majiti. Adapted by Muhamaiti. Selected Piano Accompaniment for Basic Ballet Training, edited and published by Yang Hongtao of Beijing Dance Academy in 2004, p. 42. 32 bars in total. Each of the eight bars is a phrase, corresponding to a movement in the combination, with music practice to make students have more sense of rhythm and situation in the movement training

Preparation action: Before the music starts, students lie flat with their stomachs facing the ground and gently place their hands on the ball, at the height of their heads. Students need to be reminded to lift off the ground from their abdomen and plan their abdominal and deep pelvic floor muscles.

After preparing the music in the fourth beat, officially enter the action and maintain breathing. In the first set of actions, exhale first. When exhaling in the second beat, push your right hand 45 degrees diagonally forward to maintain a sense of stretching under your armpits.

Posture examination

Meaning of movement: During this training, have an image, feel the pelvis like a bowl filled with water, also the bottom of the fountain, the fountain through the spine and from the top of the head over the shoulder, and drip through the fingertips. This exercise is to look for the student to elongate the spine, to make sure that when the student is on the ball, the ball is not swinging and the body is balanced. In this combination exercise, students are trained to complete the basic posture stably. Maintaining a stable midline and an elongated pelvis during movement is crucial.

Music used:

The song used in this group is "BATREMENT TENDU", a cheerful piano piece in 4/4 time, arranged by Zheng Guoan. Selected Piano Accompaniment for Basic Ballet Training, edited and published by Yang Hongtao of Beijing Dance Academy in 2004, page 18. There are 16 bars. Each of the eight bars is a phrase, corresponding to a movement in the combination, with music practice to make students have more sense of rhythm and situation in the movement training.

Discussion

The movement and lyrical risk of dance constitute the main characteristics of dance training. Dance training has a movement function: The function of dance training is reflected in the development of students' body functions and movement techniques. In other words, it is a comprehensive development of the student's body, from the body shape, physical fitness, motor skills and other aspects of the full training, so as to improve the student's physical movement ability, to provide physical function preparation for the dance performance (Li, 2022). This kind of dance training with emotional expression requires that emotional expression must be carried out in the exercise training, and the body and movement skills should be used to realize the interpretation of dance movements to emotions. Simple movement of the body does not have the characteristics of emotional expression, so it cannot be called dance movement (Li, 2018). This is also the basic feature of dance training that is different from sports. Therefore, the motor function of dance training takes emotion expression as the target and service object, and the emotion expression of dance training determines the content and means of functional training (Liu, 2017).

Recommendation

1. Practical Recommendations

In the process of making videos, we should add interesting interactive content to enhance students' interest and enthusiasm in learning, so as to achieve better results. The picture should be as simple and vivid as possible, with as little text and as many pictures as possible, which is easier to understand. Dance videos can be practiced by breaking down movements, which improves the basic skills of basic exercises and provides more reference directions for exercises at higher stages of movements. When making videos, we should pay attention to collect more users' opinions and suggestions, understand users' needs, and make preparations for future modifications.

2. Recommendation for future research

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