

Study on the Training of Latin Dance Players' Rotating Action

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Abstract: Latin dance is a kind of sports dance, belonging to the skills of the dominant type of movement, movement and technology is the core of this movement, and rotation movement has played an important role in the Latin dance movement, it is a bridge between the movements, Latin dance rotation is not only technical difficulties, but also can improve the visual arts, dance become lively. Based on the analysis of the present situation of rotation auxiliary training, this paper puts forward some countermeasures and puts forward some suggestions to the problems that affect the rotation auxiliary training of excellent Latin dancers.

1. Introduction

Latin dance is a kind of dance that accords with mechanics principle very much. Latin dance focuses on axis rotation, whether forward, backward motion or rotation, can not do without axis rotation. But many dancers simply rely on their own consciousness to control the rotation. The technical problems, condition problems, and training methods to help lift are ignored. Therefore, the stability of rotation is not high, the axis is not vertical enough, the speed is not fast enough, there are problems in generating force and so on. Transient forces can lead to instability and a lack of force after the motion is over. Therefore, the auxiliary training of rotation is very important.

2. Research objects and methods

Research objects Latin dancers' rotational Motion Auxiliary training

Research method

Documentation method in China, Library, Library, The theoretical basis of this paper is laid down by collecting, arranging and analyzing the relevant theoretical data.

By watching the video recording of the group A final of the 26th National Athletic Dance Championship (source: QQ.com) and combining with the theory, the video recording of the competition was statistically analyzed as the data source of this study.

3. Definition of Related Concepts

3.1 Latin dance concept

Latin dance is a kind of sports dance, which is divided into five dances: rumba, cha-cha, cowboy, samba and bullfight.

3.2 Concept of Rotation

Rotation is the movement of an object around a point or an axis. A division in which the body rotates more than 180 degrees, 540 degrees and 720 degrees. The Latin dance usually rotates 270 degrees, 360 degrees, 540 degrees and so on.

3.3 Concept of Rotational Action Assisted Training

Assistance refers to the party who helps and helps train, which is part of the training. This also means that training methods and tools play a positive role in the effectiveness of the training, and the use of tools and equipment to help trainees with technical training. The force of rotation is the

main force generated by the body of a muscle to twist the muscles of its body, rotating the head, arms, legs and other parts of the body to open the driving force, which not only increases the initial speed of rotation, Stability and balance can help the body to better control the body.

4. The Importance of Auxiliary Training for Rotating Movement

In our country, Latin dancers do not pay enough attention to the auxiliary training of rotation technique. At present, the Latin dance coaches abroad will analyze the advantages and disadvantages of the players in the training, grasp the core points, and carry on the auxiliary training according to the technique of the rotating players. Provide high-tech pertinence. Joanne Wilkinson, the world champion of the Latin Dance Sports Competition, said in an interview that if a player's rotation is not good, there is no other action in practice, The analysis of the contestant's problems is in the vertical axis or core force not tightened or other problems, through effective training to help and improve some of the technical level of the overall rotation. The Latin dance coach at Beijing Sports University also trains the spine by controlling the vertical axis of the female contestant's spine. Experts from the Beijing Dance Academy have also studied several kinds of rotary trainers and point out that most foreign ballet coaches use this kind of rotating training device for dance rotation training. With the increase of the number of professional sports dance Latin dancers and the continuous improvement of their techniques, in recent years, in the competitive level of our country, there are 24 athletes facing more and more fierce competition in a group of outstanding professional achievements. And rotation movement is the main index to evaluate the Latin dance technique level. On the basis of improving and maintaining their own level, the players should pay attention to the current training of rotation movement.

5. Technical problems of Latin dancers' Auxiliary training of rotational movements

The main problems faced by Chinese Latin dancers are that the axis of body is not vertical, the center of gravity of rotation is unstable, the speed is not fast enough, and the problem of exertion is not enough. From the auxiliary training methods of Latin dancers' rotation in our country, three ways of rotation are found: keeping the upper body not turning, only turning the lower body; the upper body and the lower body turning opposite; keeping the lower body not rotating, only turning the upper body. But it is also the most prone to problems, contradictions. The reason can be inferred that the training method is not appropriate. Four technical problems, such as center of gravity, body axis, rotation speed and rotation force (core strength), were analyzed by consulting data, interviewing Latin dance teacher and video observation.

5.1 Unstable Rotation of Latin Dancers

Watching the video of the competition, we find that the center of gravity of the cha-cha dance is slightly higher, the rhythm of the cha-cha dance is faster, and the athletes' legs and feet are linked to the floor, while ensuring that the dance steps can be quickly changed. Gravity center technology plays a very important role in the process of dance rotation training. In the five Latin dances, the rhythm of each dance is different, the position of the center of gravity will also change, and the control of the center of gravity is directly related to the stability of the rotation movement. At present, the proportion of Chinese athletes who use rotating auxiliary training by using the assistant balance practice center is very low. Therefore, the center of gravity training needs to attract the attention of Latin dancers. The stability of the center of gravity in Latin dance depends mainly on three factors outside the body, muscle strength and coordination. The center of gravity of the rotation will appear in different parts of our bodies. There will be different positions, including the center of gravity of the body and the center of gravity outside the body. The body's spine is the center of the axis of rotation, rotating with the center of gravity. The force of rotation is generated by twisting the strength of the body's muscles. Auxiliary power is the force that drives the body to rotate with the force of the head, arms, and legs as it rotates. Therefore, in daily training, we can take into account three factors, such as strengthening the external body, muscle strength and

coordination.

5.2 The Problem of Not Being Vertical In Rotation Of Latin Dancers

In China, the rotation axis of Latin dancers is not vertical and accounts for more than half of Chinese Latin dancers. The vertical axis of the body refers to the state in which the muscles of the body tighten as they dance. When the body is perpendicular to the ground, or when the posture rotates, the axis of the body is symmetrical to the ground. In the continuous rotation of Latin dance, the vertical axis is an important factor, which plays a key role in the quantity and quality of continuous rotation and has a very important influence on the body posture. At present, the most common method of Latin dancers in China is spine vertical axis movement, but the biggest problem in rotation training is vertical axis, which indicates that Chinese Latin dancers do not pay enough attention to vertical training of body axis.

6. On the condition of Latin dancers' Auxiliary training of rotation

The best ranking of Latin dancers in China is the problem faced by the training conditions. From the training level analysis, the players are not satisfied with the current training, that is, the training content is not comprehensive. First, in Latin dance rotation training, 87.04% of the outstanding athletes in our country will adopt targeted supplementary training means, of which more than 50% of the auxiliary training means are concentrated in the vertical training of the axis (spine) and the training of core strength. Foot / ankle strength training; The main reasons for not adopting auxiliary training measures are that the contestants think they have reached a certain level of rotation, "not enough training time" and "their own level is limited" [1]. Secondly, Latin dancers face the problem of training technique and training condition. Among them, the training technique is mainly about the rotation center of gravity, the rotation axis, the rotation speed and the rotation force (core), the training condition is mainly the training content, the training time and the training method question. Third, Chinese coaches pay more attention to the technical factor of rotation and their auxiliary training than the excellent athletes, and both of them are higher than men. In the whole training arrangement of Latin dance, the training time of the coach is 5 to 6 times a week, 1 to 2 hours / time; In the rotation training arrangement, the expected training frequency of the outstanding athletes in our school is the same as the current concentrated training stage, which is 3 to 4 times a week. However, the length of training can not meet the current level of players, but the current training time from the current less than 10 minutes / time, expect to 10 less than equal to 30 minutes / time [2]. Fourth, the best players and coaches pay most attention to the good coordination technique in the technical training of two pairs of rotating movements. In the individual rotation training, the most important thing for the players is the standard body / spine / axis posture. The coach is the least concerned about this factor; The coach attaches the most importance to the good balance ability, but the contestant pays no attention to this factor, the two are different, should carry on the pertinence training arrangement according to the contestant's own situation.

7. Suggestions on the Auxiliary training of lifting rotation

7.1 lift rotation gravity center stability training

In order to solve the problem of unstable rotation center of gravity in Latin dancers' rotation training, it is necessary to strengthen the external strength, muscle strength and coordination ability of the body in the training. The following countermeasures are put forward: training arranges targeted training, including practice and practice through a focus on supplementary exercises; training, especially to strengthen muscle strength through training, such as "half foot" practice, "squat" exercise; Training stage, mainly with the Latin dance movement combination, or fixed or movement control rotation, jump, the key to grasp the center of gravity, through one step to consolidate the center of gravity of the technical measures; Secondly, some auxiliary measures are used to improve the stability of the host, such as the shift of gravity balance pad, so as to improve the stability of the center of gravity.

7.2 Strengthen Vertical training of Rotary Axis

The axis of Latin dancers in China is not perpendicular to the rotation assistant training. On the basis of the rotation axis, considering the principle of rotation, in Latin dance rotation action is to keep the hip, shoulder synergy and knee joint in the rotation process as far as possible. There are two opposing forces and the law of conservation of momentum, known as the whole rotation of the head to the soles of the foot. Training can enable the following strategies: use the flat rotation one step on the training and test, the vertical axis of the body, when the hands turned flat open and vertical squat movement of the main power rotation, rotating into a ballet hand, The focus of half of the toes with friction reduces the rotation of one leg and moves to the main leg of the forefoot, with the spine perpendicular to the ground, and the vertical axis rotates; Second, since the athlete's spine tilt or vertical axis is not such a rotating force, it is not very good to control the vertical axis of the body when the auxiliary player exercises during the vertical axis control training at any time.

7.3 Improve the speed training of rotating action

Based on the problem of insufficient rotational speed rotation auxiliary training for Chinese Latin dancers, considering that speed quality training should be carried out cheerfully, the players' excitability and strong desire to exercise, Thus, the training strategy is put forward: through the practice of excitatory nerve activation, the athletes in the best training state are promoted, which is the good condition for explosive force training; Secondly, support rotation and unstable explosive force practice, through sitting, stand support steady rotation explosive force practice training; The number and time can also monitor the practice of rotating motion, for a specific number of Latin dance rotation at a specific time training (such as 5 seconds to 10 consecutive flat rotation), thus increasing the speed and strength of rotation.

7.4 Enhancement of core strength training

Based on the fact that the core training of our Latin dancers' rotation auxiliary parts is not tight enough, they need to improve their balance and coordination, as well as their stability, considering that the core strength of Latin dance training is the core muscle and the deep muscle force of the body. Stability, balance ability training, from trunk core, abdominal strength training, etc. The completion of rotation, especially the moment of rotation, requires the burst and control of the core muscles. The following training strategies: static exercises are performed mainly through bare hand exercises, the dancer's emotional control and the core of the better muscle body, and the Latin dance has a more single side lift, one-foot support, and supine leg cross-plate support to sit up. Tend to support the practice, this exercise is mainly shallow muscle exercise dancer in the middle of the body; Secondly, the stability of light equipment training, the core strength determines the standard to complete the action actor, the core strength training is the outstanding unbalanced or unbalanced dancer completed resistance training condition, increases the light equipment training. Create GRE balance environment in stimulating core muscles, athletes according to their weight to overcome resistance training, improve the quality of training. These training methods are mainly used in Latin dance, such as solid ball, balance ball, Swiss ball, balance board, elastic belt and other free light equipment to help athletes complete the training.

8. Conclusion

The Latin dancers of our country should increase the training time and assistant training methods, enhance the stability of the center of gravity, such as the method of shifting the gravity balance pad, and strengthen the vertical training of the center of rotation axis. "Ballet" can use the focus of half of the toes and friction to reduce the one-leg rotation, rotation speed training to stimulate the player's excitement, stimulate muscle, by sitting and steady rotation explosive force training to improve the speed. To strengthen the training of core strength, we can tighten the core with side leg lifting and one foot support, and strengthen leg strength, especially ankle strength training to carry out heel training, breaststroke, longitudinal jump and touch advanced, so as to improve the technical

level. Improve the physical muscle expansion and integration ability, provide high-quality technical completion, to achieve a perfect combination of technology and art. Pay attention to the training time, the technical level of the players with weaker rotation, improve the ratio of daily training time to rotation training time; the rotation number exercises can improve the speed of rotation by monitoring unit time. The training content monitoring of rotation movement should be as comprehensive as possible, and the training content should be arranged in an all-round way. According to their own situation, the contestant should combine the theory with the practice to ensure the quality of each rotation is improved by the assistant practice in every aspect, so as to improve the rotation technique of Latin dance.

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