

# Classical Chinese Dance Technique – A training method for kicking the purple and gold crown backwards

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**Abstract:** In classical Chinese dance, purple and gold crown dancing is a commonly used technique movement used by girls in training stage performances, and it is also one of the more important skills in the basic skills of dance. In the dance art test, the examiner often examines the comprehensive quality of students' soft opening and strength by kicking the purple and gold crown backwards. This article selects the inverted kick purple and gold crown technique from the classical dance techniques, introduces the technical essentials of this technique, elaborates the training method of the inverted kick purple and gold crown, and enhances people's further understanding of this technique.

**Keywords:** Classical Dance Techniques; Kick the Purple and Gold Crown Upside Down; Dance Skills; Dance Skills Training

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## Introduction

Classical dancers express their inner emotions through rhythm and body movements, convey the soul of dance to the audience, and use technology and techniques in dance not only as a high artistic expression, but also highlight the highlights of dance and sublimate the connotation of dance. The movement of kicking the purple and gold crown backwards belongs to the difficult and typical skills of classical dance, in terms of training, dancers need long-term decomposition and integration training, and basic strength and softness training of various parts of the body are indispensable in order to be perfectly presented on the stage, so as to achieve the artistic effect of instantly bursting out the emotions of the work and shocking the audience.

## 1. kick the technical essentials of the purple and gold crown backwards

Inverted kicking purple and gold crown is a typical difficult technique movement in Chinese classical dance repertoire, different forms of inverted kick purple and gold crown movement skills, showing the dynamic beauty of classical dance high-altitude dance jumping, integrated into the strong emotional color of dance, becoming an important core supporting the spirit of dance, can cause the audience a sense of shock in a short time. The movement technique of inverted kicking the purple and gold crown requires that the whole movement not only be prepared for the upper step, but also based on the big jump, instantly burst out of power to form a high-altitude dance posture shape, and can be connected to the rotation technique or turning over skill after landing, fully demonstrating the flexibility and skill of classical dance jumping skill training. In the process of presenting the inverted kick purple and gold crown movement technique, the dancer's soft opening, strength, and torso beauty are displayed to the maximum in a short time with the help of wide opening and jumping movements, the middle of the neck is tilted back, and the waist is arched as much as possible, so that the dance posture has a more full expressiveness, and when kicking the power legs, the calves are welted to the back of the head, and the important thing is to bend the knee joint, the dancer The legs are like a stick into a two-section whip, so that the entire torso becomes a sculptural curve, dancing naturally and dazzlingly.<sup>[1]</sup>

## **2. The decomposition of the action of kicking the purple and gold crown backwards**

The single purple and gold crown jump in situ is an important part of the reverse kick purple and gold crown movement technique, which mainly includes the following decomposition movements: (1) Jumping. Jump directly in place. Marching, adding the take-off of the lifting method. Bend directly against the knee joint, squat and jump. (2) Posture. Get ready with five feet and one hand. Bend your knee to give force while kicking your front foot forward (not high). The back foot is the main foot, use the soles of the foot to push the ground and jump, while the arms are open. In the take-off method, this link uses the characteristics of single rise and double fall, and after taking off and falling, it retracts five feet (in the original position) while retracting one hand. In the process of squatting one more, the force of pushing the ground with the soles of the feet is increased, and on this basis, the big jump is made again. (3) Upside down kick and take-off action. After the lifting and preparation posture, all the muscles are tightened. The main leg knee joint is straightened (that is, the power leg in the method just now). With the strength of the lumbar and knee muscles, the power leg is quickly kicked backwards, while the arms are raised three times. The chest, waist and head, including the shoulder clips, should be stretched back and stacked with the power legs. (4) Landing buffer. When landing on the ground, the main leg lands first, and the knee joint of the main leg is bent. The power leg falls back in control, quickly heeling to the back of the main foot, while the arm opens from one to seven. Feet and back in place (five-leg type). Do several consecutive movements in this way to improve the accuracy of the movements.<sup>[2]</sup>

## **3. The reverse kick purple and gold crown movement training method**

### **3.1 Soft opening and strength training**

The reverse kick purple and gold crown movement requires the dancer to have a high soft opening and a strong burst of moment, so the training of movement skills must be through long-term daily training. The main basic training includes the following points: (1) vertical fork. When training, the upper body is upright and upright, and both legs should be extended long. (2) Backward brick consumption vertical fork. When training, pad 2 foam bricks under the fibula of the hind leg knee, and focus on the hind leg when doing the vertical fork to stretch to the maximum. (3) Waist training. Lifting the soft opening of the waist can be done with the help of 3 movements: hands on the ground, head to find feet; Lie on the ground, grab your hands and feet on the side, and get up with the strength of your waist; Bend against the wall. (4) Lift the back span. With the help of the armrest, stand your back when training, walk as far as possible on your toes, and tighten the midsection when lifting the straddle. (3) Shoulder opening and closing. Soft opening of the shoulders is performed with a waist split, and the common training method is to use the lever to put the shoulders down as much as possible, in addition to putting your feet shoulder-width apart and your hands together behind you. Use your upper body to find your knees, your arms hanging down naturally, and try to bring your hands to the ground.<sup>[3]</sup>

### **3.2 Key training of bouncing skills**

The focus of the upside kick purple crown movement training is on bouncing, which requires the dancer to train at the same time as the flexibility and explosiveness of the body to achieve the desired effect. The main training points are as follows: (1) Prepare for movement exercises. That is, decompose the upside kick purple and gold crown action, coordinate hands and feet in place, tighten the middle section and pull up, and jump up after retracting the strength when squatting to find the feeling of people hanging in the air. (2) Kick backwards with both hands. Small kick on the front leg, kick the hind leg with a large kick on the back leg, complete the vertical fork action of finding the oblique in the air, and the handlebar should be light and with the help of force. (3) Kick backwards with one handrail handle. Borrow the handle with one hand slightly, cooperate with the hands and feet, and carry it on the back.<sup>[4]</sup>

### **3.3 Coherent training of movement display**

The melody in classical dance music is relatively slow and soft, and the upside down kick purple and gold crown

movement training needs to cooperate with the dance music rhythm to make the movements more coherent and appropriate. When completing the basic and decomposition training, it is necessary to train coherent movements, which are presented with the upper body picking the waist and kicking the target of the calf belly to the back of the head, and the whole body in the shape of a "yuanbao". Continuous movements include not only preparation, but also landing movements after jumping, and if the preparation is not in place, it may be impossible to maintain balance during the jump, resulting in unstable landing or injury to the dancer. During training, play the classical dance melody, try the purple and gold crown jumping movement 3-5 times in place, and try the reverse kick of the purple and gold crown movement technique after the body finds a sense of familiarity. In the training of coherent movement skills, you can also find the shortcomings of your own training, often appear that the shoulders are not open enough, the spine is not straight, the calves can not be slightly bent, etc., need to be gradually practiced in the future decomposition training. It is worth mentioning that when training the jumping skills of the upside down kick purple and gold crown movement, the basic jumping and dance posture modeling cannot be carried out separately, and if the jumping practice is carried out alone, the softness of the body is not in place, and the jump cannot be beautiful, and there will be uncoordinated problems in the upper and lower bodies in the long run.<sup>[5]</sup>

## Summary

The action of kicking the purple and gold crown backwards can shock the audience in a short time and cause a high degree of resonance with inner emotions, which requires long-term training of dancers, in the training process to solid basic skills, combined with training skills, grasp the key points, key points and difficulties of training, master training methods, in order to present more for the audience on the stage, inherit and carry forward the jumping technique in classical Chinese dance.

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