

The Effect of Action Skills Training Course on the Stage Presented by College Drama Performance Students

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Abstract: College drama performance major is a subject with drama art as the core. The curriculum is designed to cultivate students' comprehensive ability, master basic skills and techniques, and enhance students' cultural and artistic accomplishment. In college drama performance majors, stage form course, as a basic course, plays an important role in the stage presented by students. However, in some colleges and universities, some drama performance majors will integrate "Martial arts Movement Skills Training" into the stage form course of college drama performance. Based on the summary of Martial Arts Action Skills Training course, this paper discusses the role of Martial arts Action Skills Training course in the stage presentation of college drama performance students, and puts forward the corresponding improvement measures, so as to promote the comprehensive quality and ability of college drama performance students.

Keywords: Martial arts action skills; Training course drama performance; College students stage presentation

1. Teaching content and teaching methods in college drama education of Martial Arts Action Skill Training course

1.1 Design and implementation plan of Action Skills Training Course

Performance major (martial arts direction) is a comprehensive discipline that integrates drama, martial arts, music and other art forms as one. It is also a discipline with high technical requirements, of which the martial arts skills are an important part. Therefore, the design of action skills training course is based on the special theory, teaching practice and students' learning and practicing experience of martial arts routine. According to the characteristics of students' physical and mental development and the rules of martial arts teaching, it is guided by the special theory of martial arts routine, based on students' learning and practicing experience, and takes the teaching content, teaching method and teaching process of martial arts routine as the carrier. Follow the principles from easy to difficult, from simple to complex, step by step, from easy to difficult, from simple to profound, adopt the principle of imitation learning as the main, with combination learning as the supplement, according to the structure of martial arts routine movements to decompose and combine, through the decomposition and combination of learning methods to achieve the training of martial arts movement skills, and take the problems in the process of learning and practicing as the guidance. Take different forms of guidance and error correction.

1.2 Teaching methods and strategies of Action Skills Training course

The teaching methods and strategies of action skills course for drama performance major refer to the teachers' use of certain teaching methods and strategies in the course of classroom teaching, so that students can exercise their bodies, improve their professional ability and comprehensive quality through some effective means on the basis of mastering the necessary action skills. As a compulsory course for students majoring in performance (martial arts), the martial arts action skills course includes basic martial arts technical movements, basic training of boxing, swords, guns, swords and sticks and other instruments, as well as basic martial arts actions required by actors to perform on the stage according to the needs of the plot and characters. In the course of classroom teaching, teachers take the "demonstration" as the guidance to guide and correct mistakes. Teachers should correct these problems in time and clearly point out good exercise practices and requirements.

1.3 Assessment method of Martial Arts Action Skill Training Course

At present, the assessment method of martial arts action skills of drama performance majors in Chinese colleges is usually

for students to show what they have learned in class, and record the performance in the learning score table of Martial Arts Action Skills Training course. Although this method can evaluate students' skill level objectively and comprehensively, it also has some disadvantages. In the assessment process, teachers usually focus on the skills and techniques of students, rather than their understanding and use of martial arts skills.

2. The connection between the Action Skills Training Course and college drama performance

2.1 The connection between Wushu and drama performance

Dramatic performance is the art of creating characters through the process of stage action in a performance-centered activity mediated by drama. Wushu is a process of creating character image through wushu routine. Martial arts and dramatic performance are both integrated disciplines. As a subject, it needs systematic theoretical support; As an art, it needs training, perception, imagination, creation and other abilities. So in the course of learning, people find that there is a great connection between martial arts and dramatic performance. This is why martial arts should be combined with dramatic performances. As we all know, both martial arts and drama are performing arts. They both express the mental state, emotional changes and spiritual outlook of the characters through physical movements. It can be seen that martial arts and drama not only have something in common -- they are both works of art that express the inner world through the medium of body movements, but also have many similarities in the forms of expression:

2.1.1 Both of them use performance as a means, with body movements as the main form of artistic expression

Both martial arts and drama are works of art that express the inner world through the medium of body movements. In the beginning of the origin of drama, action performance is one of the main forms of dramatic art.

2.1.2 Both of them have relatively complete artistic structure

Wushu is an art with a complete artistic structure. It takes routine, boxing, instruments and performance as the main forms, but it is also a comprehensive art. Wushu routine is arranged by a single movement as the basic unit, such as: Taijiquan arranged by the unit of boxing; A set of wushu instruments arranged by the unit of instruments; A choreographed martial arts performance based on performance. During the performance, people can see the connection between different sets, as well as the connection between different instruments. Through these, the audience can better feel the content of wushu expression. Dramatic performance is based on the script as the main content, with actors as the performance center, on the stage to describe and show the story. In the course of a dramatic performance, the actor is the storyteller and creator. For example, Yang Zirong in the Taking of Tiger Mountain and Yu Zhanao in Red Sorghum.

2.1.3 Both of them need to be supported by certain mental and physical qualities

Both martial arts and drama show the inner world through the body, and both require certain physical qualities as support. First of all, from the perspective of martial arts: martial arts movements are mostly carried out in space, it requires accurate and skilled movements. The accuracy and proficiency of the movement also need a certain physical quality as a support, so as to make the movement smooth and accurate; Secondly, from the perspective of drama, actors need to "rehearse" their roles in dramatic performances. If you want to be an excellent actor, you must have certain mental and physical qualities as support, so that you can have an excellent performance on the stage; Finally, from the point of view of both: both martial arts and drama need certain mental and physical qualities as support, so that they can better perform.

The connection between Wushu and drama firstly lies in the fact that both originated from life and were invented by people for survival. Secondly, they all have strong skills, artistry, ideology and appreciation. Thirdly, Wushu and drama have a strong unity in the form of performance. In the process of performance, both Wushu and drama need to comprehensively express people's external body, expression, inner emotion and many other aspects. Finally, their essence is the same, both are the deduction of "Wu" and "Wen".

2.2 The integration of modern drama performance and Action Skills Training course

Nowadays, in the teaching of dramatic performance, physical training courses play an increasingly important role in the major of film and television performance. By adopting reasonable teaching methods to carefully design the movements, bodies and facial expressions of film and television characters, teachers can effectively improve students' body expression and help students to use body movements to express their emotions and depict their images. Therefore, body training course is an indispensable force to strengthen students' film and television performance ability. The performance major (martial arts direction) is to replace the traditional body teaching with the training of action skills. The difference between it and the previous "Dawu Dance" in the Zhou Dynasty lies in the subject it presents. In the new era, the public's cultural quality and level are constantly improving, and the requirements for drama performers are increasingly strict. The combination of action skills training and drama performance is undoubtedly an innovative course that enables students to have more core competitiveness in the drama market. In Shanghai Institute of Physical Education, Martial Arts Action Skills Training is an important basic course of performance major (martial arts direction). In this course, teachers give full play to their guiding role, strengthen students' physical expression and explosive power, improve students' performance quality, and promote students' all-round development.

3. The role of Action Skills Training course in the presentation of works by college drama performance students

The teaching of Martial Arts Action Skill Training is an important part of college drama performance major. Only by mastering these techniques can you perform on stage. At the same time, these skills are also required for performance majors (martial arts). There are many different techniques in the action skills course, such as fist, leg, jump, sword, gun, sword, stick and other martial arts moves.

3.1 Wushu presents more artistic effects on the stage

Dramatic performance generally takes the form of narrative. The most basic and simplest form is the image of “positive characters” and “negative characters”. The performance of characters in dramatic performances not only shapes and portrays the characters in the costumes, expressions and language worn by the actors, but also makes the audience feel the good and evil of the images on the stage in a concrete and clear way through the rich content of martial arts.

In many dramas, the performance of the process of “practicing martial arts” is an important plot content, which fully reflects the beauty of martial arts. For example, in the master drama CAI Longyun, Master CAI Longyun learned a set of boxing methods when he was oppressed during the Cultural Revolution, which reflects the beauty of individual novelty and the combination of changes in people and mood. In this martial arts, it is not to simply display martial arts skills as the ultimate goal, but to “Mosaic” martial arts with the plot, characters, and theme, and then staged on the stage into a fierce and elegant martial arts dance. The essence of martial arts is attack, and the essence of martial arts on the stage is reproduction. The combination of the two is the artistic reproduction of martial arts attack. The action on the stage is to express the story as the main theme, which can present different artistic effects through the various forms of martial arts.

3.2 Help college students show different fighting styles

There are different forms of martial arts, such as Nanquan, Changquan, Shaolin boxing, Taijiquan, Xingyiquan, arm-boxing, etc., and instruments such as knives, guns, swords, sticks, double swords, double hooks, etc. These different routine forms not only reflect the connotation of attack and defense fighting of martial arts, but also have elegant, beautiful and rhythmic style characteristics. Many students in the performance of the phenomenon of disharmony, even there are performance mistakes, these phenomena are caused by not understanding the different styles of fighting. Therefore, the training of martial arts movement skills can help students show the martial arts style more reasonably and correctly on the stage. For example, in the process of learning some martial arts movements, students should know their origin and why these movements become a martial arts style. Only in this way can students understand the knowledge taught in the action skills course from different perspectives, so that students will be able to more stylize the various action performances on stage.

3.3 Improve students' performance ability through the Action Skills Training course

In the performance specialty (martial arts direction), martial arts performance is one of the very important content. In wushu performance, wushu movement is a very important part. The school has set up the Martial Arts Movement Skills Training course to promote students' learning and improvement of martial arts movements and the development of their own abilities. By learning martial arts movements, we can improve the sense of rhythm, power and image in drama performance. For example, we can feel the sense of rhythm we need in performance from the rhythm of Taijiquan. When we practice different weapons, we can feel the different training methods belonging to each weapon, so as to train the image of the actor. The course can not only improve students' learning and mastery of martial arts movements, but also promote students' seven strengths and four senses in performance, and lay a good foundation for drama students to better participate in social competition in the future.

Conclusion

This paper analyzes the two aspects of “course content” and “integration with performance” in “Martial Arts Action Skill Training”, and thinks that they have both the same place and different place. The difference between the two is: the essence of drama performance is to shape characters, while the essence of martial arts performance is to shape mentality, both have their own characteristics. How to combine wushu with the stage more organically, so that the fight on the stage is more reasonable; How to integrate the cultural background of wushu with performance and promote wushu to the public in the form of drama? These are worth thinking about for every performance major (martial arts direction) student.

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