

## Integration and Development of "Wing Chun Quan" and Dance Elements in Modern Stage Performance

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**Abstract:** Influenced by the development of science and technology, the performance of modern stage is varied, and more diversified elements can be added to the stage performance to satisfy the audience's eyeballs and make it have a new bright spot. Wushu originated in the ancient military war, when the two armies fought as a means of defending their homes. Since ancient times, dancers and martial arts have the action of combining the two cultural exchanges, whether from the appearance of the form or from the internal purpose of innovation, which makes martial arts and dance in the process of mutual communication, constantly enrich their own connotation, but also changed a variety of styles. At present, the traditional culture is squeezed by the new and rapid development of science and technology, dance and martial arts integration and development, in the modern stage, it is particularly important, but also urgent. As a representative boxing method of Chinese traditional Wushu culture, Yongchun Boxing is especially suitable for modern stage. This paper focuses on the study of the modern stage, "Wing Chun Quan" is a popular martial arts elements into the stage performance, explore its integration and development with dance elements, in order to put forward a favorable proposal for the development of modern stage performance.

### 1. Introduction

Dance is designed to use the body to complete all kinds of ornamental movements, and in the process of dance performance accompanied by other performing arts, usually can be used as a tool to convey the feelings and thoughts of the creator, arouse the resonance between the creator and the viewer, can be applied on many occasions. Wushu has developed into a kind of sports economy in modern society and has gone abroad. Therefore, martial arts itself has the effect of strengthening body and health, is a means to defend their own safety, practice martial arts, to some extent can improve people's physical quality and security, and thus get from inside to outside satisfaction [1]. Dance and martial arts have a long history in China, even dating back to the period of human origin, and as early as more than a thousand years ago have formed their relatively complete system. Yongchun boxing is a kind of traditional martial arts in China, which has been listed as China's intangible cultural heritage. In recent years, with the promotion of film and television and other film and television works, people at home and abroad are more and more concerned and sought after, and people who pay attention to its dynamics have also increased. Compared with other martial arts categories, Wing Chun's boxing method is more concise, available, flexible and changeable, in the use of both attack and defense. And the object of study is less restricted, children adults, men and women can study. Combining it with the movements of the dance can deepen the diversity of the performance content, play their respective strengths, give people a bright feeling.



Figure 1 Children's dance peacock flying

## 2. Form of Integration

### 2.1. Martial Arts, Supplemented by Dance

The origin of martial arts is very early, even can be traced back to the early stage of human civilization, in the ancient environment, martial arts is mainly as a means to protect the country, to resist the invasion of foreign nations. But at present, the role of martial arts in this area gradually fade, mainly for physical fitness, and gradually developed into a competitive event. Of course, in addition, martial arts is also a form of performance, often moved to the stage of performance. In martial arts, what is required is to be magnificent, can carry on the spirit shock to the opponent, lets the person feel not angry self-power, in short is the essence spirit [2]. But really because of this sense of authority, let a lot of people to martial arts away. The proper addition of dance elements in the martial arts, can make people feel that martial arts just have soft, strong and soft, is not a simple stick. In addition , " Wing Chun Boxing "itself is suitable for all-round age people to train boxing, add dance elements, can make people feel that Wing Chun boxing acceptance is higher than imagined.

### 2.2. Dance-Based, Martial Arts-Based

Dance is a kind of performing art with a long history. In different times, it depends on different economic bases and has different forms of expression to meet the needs of people's development. China's dance requires a soft circle, between the sleeve requires the dancer to be able to display the mood perfectly in front of the audience, so that the audience has a sense of reality. The addition of Wing Chun's boxing to the dance, to some extent, increases the aggressiveness of the dance at the beginning, making it a highly practical performing art, which can also be used to strengthen the body after viewing. On the other hand , " Wing Chun Quan "into the dance, the original purpose of dance and external forms of expression to a certain level of optimization, so that its form of expression more unpredictable, as far as the development of dance, also enhanced the value of dance appreciation, enriched the content of dance. Finally , " Wing Chun Quan "into the dance, martial arts to express the connotation of the dance performance, which makes the creation of dance can be used in the core of martial arts, so that the creation of dance content more artistic [3]. This kind of fusion is usually more suitable for the larger range of dance, so that the whole stage of the performance atmosphere can be magnificent. The combination of dance and martial arts, the two through learning from each other, mutual achievement, to achieve a new height of innovation, and in this innovation constantly develop.



Figure 2 Bruce Lee learns from Master Wing Chun

### **3. Fusion and Development of "Wing Chun Quan" and Dance Elements in Modern Stage Performance**

#### **3.1. Integration of Content**

Dance and martial arts performances are through the stage to convey a certain content, so that the audience under the stage through the performance of the performer to feel the idea of the creator to express. Dance and martial arts in the performance of the pursuit of a style, although there is a certain difference in the form of performance, but the same internal requirements for a certain charm, this charm is sometimes like freehand brushwork is unclear. Both dance and martial arts are also based on life and are higher than life, but because of their different ways, the scope of the two materials is different. Dance tends to use the body line to describe, and martial arts, relatively speaking, just in the soft, soft in more prominent strength and strength, pay attention to the rules and tactics in the outlandish victory over opponents. The combination of the two in content can make the two "form" and "meaning" achieve common, in the process of creation and performance complement each other.

#### **3.2. Learn from Each other in Performing Skills**

Sharp sword needs to go through grinding, plum fragrance from the cold winter, this sentence is very appropriate to describe the training of dancers and martial arts. The birth of a perfect performance requires years or even decades of training for every actor on stage [4]. What needs to be honed in this is performance skills. Performance skills have different emphasis on dance and martial arts, so in the long-term performance experience, the two formed a different performance system, which makes it worth learning from each other. Dance needs a tacit understanding between the actors on the stage and the scene, music and so on, the actors and the audience to achieve a spiritual connection, the dancers themselves must also have skills to change their posture, martial arts also need to master the magic of martial arts between the beginning and the end, requires martial arts practitioners to have their own rules between boxing and feet, can not be arbitrary. After the "Wing Chun Quan" is integrated into the dance, the dance can use the skills used by the other party to improve its movements and achieve another high promotion of the dance itself.

#### **3.3. Learning from Each Other in Terms of Presentation**

In such a harsh environment as the modern stage, and the dance and martial arts are put forward more stringent requirements. It is necessary not only to innovate in time, but also to express traditional art in a new way. Dance performance is not just a stage, the performance of several dancers, especially when the stage to modern, facing a batch of picky audience, it often needs a variety of coordination and coordination, including music, lights and clothing and so on [5]. Martial arts can be expressed in a variety of ways and can be performed with different props under different themes. The introduction of "Wing Chun Quan" into the dance performance, so that the dance and martial arts performance methods after the convergence can create more and better performance, provide more ways to allow viewers to understand the creator's inner intentions. And the martial

arts and dance performances emphasize a smooth, smooth transfer, so that the two in the performance of the space within the scope of a beautiful mood. After the elements of boxing are integrated, the expression method of dance is sublimated in artistic conception, and more material is provided in the form of performance.



Figure 3 Modern Dance We

#### 4. Conclusion

Contemporary stage performance, to all performers and creators put forward the test of the times, prompting them to constantly innovate to meet the changing taste buds of the audience, but also urge them to strive to develop themselves. In the contemporary stage performance, the combination of "Wing Chun Quan" and dance elements is beneficial to the overall effect of the stage and the development of "Wing Chun Quan" and dance itself. In this changing environment, how to maintain the vitality of this traditional cultural expression, so that they are not forgotten in the course of the years and find a way out, in the integration of each other to find a new way is the same way. In the modern stage, "Wing Chun Quan" can be integrated and developed with dance elements from three levels: content, technology and expression method. It is also a good strategy to develop the two, and it should also be used for reference by other traditional culture of our country.

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