

# The Role and Exploration of Core Strength Training in Dragon Boat Training

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**Abstract:** In recent years, competitive sports have developed rapidly. Many sports teams have introduced their core strength training to improve their technical level, as well as in the Dragon Boat Sports Team. Based on this, this paper will analyze and explore the role of core strength training on dragon boat training from the current situation of dragon boat training. It is hoped that some help and suggestions will be provided for relevant personnel to better carry out dragon boat training through core strength training.

## 1. Introduction

The so-called core strength training refers to the training of strength under the condition of unstable state, and its conditions have certain similarities with the conditions of the dragon boat athletes. Strength training is carried out under conditions of unstable state, which helps athletes to further develop their own paddling techniques, so that their energy can be fully used in the paddle work rather than the maintenance of the body balance, so as to reduce the energy consumed by themselves. The overall efficiency of physical work is improved. Therefore, it is of practical significance to study the role of core strength training in dragon boat training.

## 2. Overview of Current Dragon Boat Training

As a kind of endurance and strength type, the dragon boat is a type dominated by physical fitness, and its competition process is extremely fierce, which will make athletes have huge physical energy consumption. Athletes not only have to control their own stability, but also quickly complete the body's flexion and extension, turning and slurry refining, water, slurry, pulping and other actions. When the athletes are paddling, the strength of the core waist and abdomen muscles maintains the balance of the body to a large extent. It is not difficult to see that the role of the core strength in the dragon boat technology is extremely important. However, many dragon boat teams still use traditional strength training when performing physical training, and are not fully aware of the importance of core strength training. Since the dragon boat is a kind of sport on the water, the athlete's body will always be in an unstable state, and its stability is largely related to the normality of the technology.

## 3. The Role of Core Strength Training on Dragon Boat Training

The role of core strength training in dragon boat training is mainly manifested in the improvement of body specific quality, prevention of body parts damage, stable technical level, and reduced energy consumption of sports. The specific contents are as follows.

### 3.1. Physical special quality improvement

The dragon boat sport is a type of physical activity. The whole process of the game is extremely fierce. In order to have excellent performance on the field, physical reserve is an indispensable part. Therefore, athletes need to use certain physical reserves when dealing with dragon boat races. The core strength training is mainly to increase the athlete's energy reserve and fully apply it to the dragon boat race to gain the advantage of the dragon boat race. In general, if the dragon boat team

has the same level of skill, then the team with better overall athletic performance can usually play better and win the dragon boat race. Because core strength training is the focus of dragon boat training in all physical training, the rational and scientific organization of the core strength of athlete training has become a key part of the reserve of more physical fitness [1].

In the traditional strength training, the athletes' various working muscle groups can be fully exercised, so that the dragon boat has more driving force when it moves forward. It is easy to see that the role of the muscle group in the dragon boat race is very important. In contrast, the core strength training is for small muscle groups. These small muscle groups are deeper and often overlooked by athletes. If these small muscle groups are effectively exercised, the athlete's strength special qualities can be further supplemented. And core strength training can also help other types of body training to some extent. For example, an athlete who used dragon strength training in 2019 used a combination of core strength training and traditional strength training. After half a year of training, the athlete's physical reserve increased greatly compared with the past, and it can be concluded that if the core strength training is coordinated Traditional strength training is carried out, then the athletes can balance the development of the body's special qualities through physical training, and the overall quality of the body can be improved.

### **3.2. To prevent damage to the body parts**

Competitive sports will have more or less injuries, whether it is normal training or formal competition, the same is true for the dragon boat project. This makes it an important research content in the dragon boat race. Generally speaking, the dragon boat race has many characteristics such as long time and high strength, and in today's ever-changing society, the paddle technology is continuously updated, which increases the specific range of paddle action and the paddle force to some extent. If you don't have enough correctness and standard, then the athlete's body part is prone to damage. From the point of view, the dragon boat is not relaxed after the training, not prepared for the activity, the oars are wrong, the mental fatigue, the body movement is large, etc. can cause damage to the body parts.

The core strength training can make the athlete's body stable and provide an effective fulcrum to the body, so that the body can enhance stability during the paddling process. If the body is shaken to a greater extent, the difference may not be coordinated. If the athlete is forced at this time, the muscle is in danger of being strained. If the body can not maintain a stable posture, the time of friction between the dragon boat compartment and the athlete's buttocks will increase greatly, resulting in the occurrence of frictional injuries [2]. At the same time, the waist is a body part that athletes often get injured. If the intensity of training is too large, it will easily lead to chronic strain of the lumbar muscles. In the long run, athletes will switch their waist and abdomen between relaxation and torsion multiple times. Factors such as increased training load and increased paddle frequency will cause the athlete's waist and abdomen to bear a large amount of peace and damage, thereby damaging the waist and abdomen. With the training of the core waist and abdomen, the muscles in other parts of the body can be added to the paddling action, so that the waist and abdomen load under high intensity can be alleviated and reduced, so that the athlete's body always maintains a normal posture, thereby preventing injuries. Appearance. In addition, core strength training can play a role in speeding up recovery when athletes have already suffered injuries.

### **3.3. Stably exerting the technical level**

Objectively speaking, the dragon boat race needs to be carried out on the water, but the water has a relatively varied situation, and the dragon boat on the water constantly floats, has certain instability, and is easily affected by the water flow and appears to be shaking from side to side. In order to maintain the balance of the dragon boat, the athlete must use the body and the pulp to fully control the dragon boat. Therefore, with the change of the state of the dragon boat, the athlete needs to constantly change the body posture. When the dragon boat is moving at a high speed toward the front, the athlete must combine the individual paddle technique with the on-the-spot condition and use the corresponding technique to cope with this changeable situation, which makes the muscles of the waist and abdomen also need to be added to the maintenance of the body balance. In the middle,

especially when the athlete is pulling the pulp, all the pulling action is completed under the unstable body posture, which requires the athlete to have the strong core strength of the waist and abdomen to maintain the stability of the body, so that Maximize the work done by pulling the pulp.

At the same time, when the dragon boat is affected by external factors and there is relatively large shaking, if the athlete has a strong core strength, then the paddle technique can be used to achieve better effects in different paddle stages, and the movement is more accurate. Sex, accuracy. Although some athletes have strong upper limb strength, their paddles can't effectively push the dragon boat forward. The reason for this situation is that in the stage of pulling the pulp, the athlete's strength is not fully exerted in the process of the pulp doing work on the water. Part of the power is mainly used for physical instability caused by insufficient core strength. It is not difficult to see that the core strength training of athletes can make them stabilize their technical level [3].

### **3.4. Reduced energy consumption in exercise**

The paddling action requires the athlete to fully utilize the lower limbs, the trunk and the upper limbs, so that different parts of the body can work together to coordinate the different muscles, and through the joint force, the pulp can maximize the work done on the water. Through the long-distance dragon boat race and daily rowing exercises, the athletes have mastered the skilled paddling action, and can effectively apply these movements to the competition, and adjust their movements according to the specific conditions of the stadium to achieve smooth limbs and trunk coordination. If core strength training is carried out, this advantage can be further exerted, play a greater role in the field, fully improve the stability of the body, coordinate the muscles of different parts of the body, and improve the athlete's rowing action coherence and Force coordination, so that all of your muscles can be effectively used for paddling, to maintain the efficiency of limb work, so that unnecessary energy consumption is greatly reduced, to avoid useless work.

## **4. Conclusion**

In summary, the study of core strength training has important implications for the role of dragon boat training. Relevant personnel should have a comprehensive understanding of the current situation of dragon boat training, recognize the core strength training in the dragon boat training, prevent physical body damage, stabilize the technical level, reduce the energy consumption of sports, etc. The combination of training and physical strength training methods such as traditional strength training allows athletes to get better dragon boat training and achieve ideal results in the dragon boat race.

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