



Research on the Application of China Antique Music in the Creation of Competitive Rhythmic Gymnastics

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Abstract

This paper discusses the application value and method of China ancient music in the creation of competitive rhythmic gymnastics. By analyzing the unique rhythm and cultural artistic conception of ancient music, how to combine it with the aesthetic feeling and expressive force of competitive rhythmic gymnastics is studied. It is found that the rhythm and melody of ancient music can give gymnastics richer emotional expression and cultural depth, which not only enhances the artistry of performance but also enhances the audience's audio-visual experience, providing new ideas and practical paths for further promoting the integration of traditional music and modern competitive sports. Additionally, incorporating ancient music elements can help athletes connect with their cultural heritage, offering a distinctive edge in competitions. This fusion not only elevates the technical and expressive quality of the routines but also contributes to the preservation and innovative development of traditional Chinese musical forms in a contemporary sports setting.

Keywords

Ancient music; Competitiveness; Rhythmic gymnastics; Composition

1. Introduction

With the continuous development of competitive rhythmic gymnastics, music plays a more and more important role in performance and becomes an important medium to show the expressive force and artistry of athletes. China's ancient music, with its melodious melody, rich cultural connotation, and unique rhythm, provides a brand-new source of inspiration for the creation of gymnastics movements. In this paper, how to skillfully integrate ancient China music into the creation of competitive rhythmic gymnastics is explored. Through the fusion of music and movements, a performance form with both modern competitive spirit and Chinese traditional cultural implications is displayed, which further enhances the aesthetic height and cultural expression of competitive rhythmic gymnastics (Yu, 2024). The integration of ancient Chinese music allows athletes to convey deeper emotions and narratives through their routines. The fluidity and depth found in traditional Chinese compositions mirror the graceful and complex nature of rhythmic gymnastics. Elements such as varying tempos, dynamic transitions, and intricate melodies can be effectively used to match the precision and expressiveness required in the sport. Additionally, the incorporation of Chinese cultural motifs within the choreography creates a meaningful connection between the performer and the audience. This fusion not only enhances the global appeal of rhythmic gymnastics but also strengthens cultural pride. As rhythmic gymnastics continues to evolve, embracing diverse musical traditions will further enrich its artistic and competitive dimensions.

2. An Overview of Ancient Music and Competitive Rhythmic Gymnastics in China

2.1 China's ancient music and competitive rhythmic gymnastics combined advantages

China's ancient music, with its unique phonological beauty and profound cultural background, has injected new vitality into the creation of competitive rhythmic gymnastics. Its melody is often layered, which can complement the movement rhythm in competitive rhythmic gymnastics and form a harmonious and unified artistic performance. Guzheng, pipa, Xiao, and other traditional musical instruments in ancient music have unique timbre and expressive force, which can add rich emotional and cultural atmosphere to gymnastics. This combination not only enhances the visual and auditory experience of the performance but also enables the audience to understand the feelings and stories expressed by athletes through the cultural images of music, thus promoting the further development of competitive rhythmic gymnastics in cultural inheritance and innovation. Incorporating ancient Chinese music into rhythmic gymnastics routines creates a deep emotional resonance. Athletes, by performing to music infused with centuries-old cultural significance, create a dialogue between physical movement and history. The use of instruments such as the guzheng, with its zither-like quality, and the Xiao, a traditional Chinese flute, establishes an auditory landscape that speaks to the natural beauty and tranquility often reflected in ancient Chinese art and poetry. The rhythms produced by these instruments can evoke the sense of flowing rivers, the rustle of bamboo forests, or the calmness of mist-covered mountains, all of which can be mirrored in the gracefulness of a gymnast's routine. This fusion not only elevates the athlete's performance but also bridges the gap between traditional and modern elements, showing that competitive sports can also be a medium for cultural expression. The juxtaposition of precise, physically demanding movements with the softness and serenity of ancient music reflects a balance between strength and delicacy, which is a core principle in both gymnastics and Chinese artistic philosophy. By integrating ancient Chinese music, rhythmic gymnastics moves beyond being just a sport and becomes a platform for cultural storytelling, enriching both the athletic and artistic dimensions of the competition.

2.2 China ancient music in competitive rhythmic gymnastics creation principles

In the process of integrating ancient Chinese music into the creation of competitive rhythmic gymnastics routines, several additional factors must be considered to enhance the overall impact. First, the tempo and dynamics of the music should be carefully aligned with the gymnasts' movements to ensure harmony between the auditory and visual elements. For instance, faster tempos can complement dynamic movements like jumps and leaps, while slower, more melodic passages can emphasize graceful and fluid motions such as spirals and balances. Additionally, the transitions between different sections of the music should be smooth, enabling athletes to execute complex choreography seamlessly while maintaining their emotional engagement with the piece. Moreover, incorporating traditional Chinese instruments such as the guzheng, erhu, or pipa can add authenticity to the performance, making the cultural integration more profound. These instruments, known for their rich tonal qualities, can help convey the emotional depth and nuance required to capture the audience's attention. Lighting, costume, and staging can also play supportive roles, enhancing the cultural and artistic significance of the performance. By thoughtfully blending ancient Chinese music with modern rhythmic gymnastics, athletes, and choreographers can create unique routines that not only meet competitive requirements but also resonate deeply with both local and international audiences.

3. China Ancient Music into the Creative Method of Competitive Rhythmic Gymnastics

3.1 The integration of music selection and action creation

In the process of integrating China's ancient music into competitive rhythmic gymnastics, the combination of music selection and action arrangement is the key to realizing the unity of artistic expression and technical requirements. Specifically, the emotional depth and rhythm characteristics of the melody should be considered when choosing the appropriate ancient music, so as to make it echo the strength and femininity of gymnastics movements and form a unified artistic effect in hearing and vision. Specifically, the choice of tracks should reflect the emotion to be conveyed, such as elegance, agility, or excitement, so that athletes can convey the emotional connotation consistent with music through body language when performing movements. In the aspect of action creation, the director needs to deeply analyze the changes in music structure and rhythm, and arrange the transition of action reasonably so that every detail of action echoes the music (Du, 2023). When composing music, we should pay attention to the fluency

and consistency of movements, so as to ensure that athletes can freely show the cultural charm and emotional level contained in ancient music in the performance, and finally achieve a high degree of integration of music and movements, and create a performance with both competitiveness and artistry.

3.2 Theme design and story shaping

In the creation, China ancient music was integrated into competitive rhythmic gymnastics, and the theme design and story shaping were carried out. The creator sets the tone for the whole performance through a clear theme design so that the athletes have a clear emotional direction and narrative framework in the presentation of movements. The unique charm of ancient music often contains rich traditional cultural elements. When composing music, we can start from these elements, construct plots around historical stories, folklore, or poetic artistic conception, and guide athletes to express their movements and input their emotions. In practice, the choreographer needs to carefully analyze the emotional changes and story clues of music, so as to combine them with the changes of gymnastics movements, that is, to express the emotional tension conveyed by the theme through different action combinations and rhythm changes. Athletes' performances should not only meet the competitive standards technically but also resonate with the conveyed story emotionally, so as to realize the emotional interaction between the audience and the performance and finally make the whole performance achieve the harmony of aesthetics and technology.

3.3 Musical instruments and sound effects on gymnastics emotional expression

Guzheng, pipa, Xiao, erhu, and other traditional musical instruments used in ancient music have unique timbre and expressive force. The harmony and rhythm of these instruments can add rich emotional levels and cultural atmosphere to gymnastics. The creators can skillfully use the timbre characteristics of different musical instruments to respond to the emotional changes of different movements in gymnastics performances, thus creating a variety of emotional backgrounds. For example, the gentle sound of guzheng can set off elegant dancing, while the passionate drums can enhance the strength and impact of the action. Appropriate sound effects can also enhance the audience's sense of immersion, such as adding natural sound effects such as underwater sound and bird sound, enriching the sound level and adding a sense of context to the performance. The careful combination of this kind of musical instrument and acoustic effect can make the athletes talk to the music better and enhance emotional communication during the performance so that the whole performance can achieve a high degree of visual and auditory unity and form a comprehensive performance full of artistic charm and emotional resonance.

4. China Ancient Music into the Challenge of Artistic Gymnastics Creation

4.1 Technical challenges of music and action arrangement

The rhythm of ancient music is often changeable, with delicate emotional expression, while competitive rhythmic gymnastics requires a high degree of consistency between the rhythm of movements and the coordination of music, which requires the choreographer to accurately grasp the rhythm and emotional ups and downs of music when composing music, so as to ensure that athletes can accurately synchronize with the rhythm of music in their performances. At the same time, the complexity and diversity of gymnastics require athletes to use all parts of their bodies flexibly in the performance process, but this flexibility may be limited under the guidance of music. Therefore, it is necessary to design an action combination that can not only reflect the technical difficulty but also complement the melody of ancient music, so as to ensure the fluency and aesthetic feeling of the action.

4.2 The balance between traditional culture and modern competitive requirements

In the process of integrating China traditional music into competitive rhythmic gymnastics, it is a complex and challenging task to maintain the balance between traditional culture and modern competitive requirements. To achieve this balance, it is necessary for the choreographer to deeply understand the cultural connotation and artistic features of ancient China music, and to fully consider the technical norms and appreciation of modern competitive gymnastics. Specifically, the introduction of traditional cultural elements should ensure that it meets the aesthetic needs and competition rules of modern audiences without losing cultural charm through action design and music selection. In the performance, athletes should not only convey the emotion and culture contained in ancient music but also show high-level competitive skills, which requires athletes to constantly strengthen their grasp of the rhythm of ancient music in the training process, so as to achieve smooth movements and harmonious music.

4.3 Music selection and the coordination of international competitive rules

In the process of composing China's ancient music into competitive rhythmic gymnastics, the rules of international competitive gymnastics clearly stipulate the use of music, which requires music to have a certain sense of rhythm and structure in order to coordinate with the rhythm of movements. This requires the director to carefully consider the change of melody and the stability of rhythm when choosing ancient music, so as to ensure that music can technically support the execution of complex movements without affecting the performance of athletes.

5. Suggestions to Promote the Integration of China Ancient Music and Competitive Rhythmic Gymnastics

5.1 The increase of the practice and teaching research on the integration of ancient music and rhythmic gymnastics

In order to promote the future development of the integration of ancient music and competitive rhythmic gymnastics in China, it is necessary to strengthen the practice and teaching research, explore diversified integration modes, and formulate systematic training courses for athletes and coaches, so that they can master the skills of how to effectively integrate ancient music into gymnastics performances on the basis of understanding their cultural background and artistic characteristics (Jia, 2023). This includes not only the selection and arrangement of music, but also the combination of emotional expression and action design, so as to ensure that athletes can naturally reveal the emotions conveyed by music during performances. At the same time, actively carry out relevant research projects to explore the application effect and influence of ancient music in different competitive scenes, that is, provide theoretical support and data basis for teaching and practice through empirical research. Based on this, we can organize professional exchanges and competitions, encourage athletes and directors to make bold innovations in actual performances, share their own experiences and achievements, and form a good interaction and feedback mechanism (Duan, 2012).

5.2 The enhancement of the recognition of China's traditional culture in domestic and international competitions

One of the countermeasures to promote the integration of China's ancient music and competitive rhythmic gymnastics is to enhance the awareness of China's traditional culture in domestic and international competitions, so as to enhance its influence and competitiveness in the international arena. The organizers of the competitions can encourage the contestants to incorporate traditional cultural elements of China, such as ancient music and national costumes, into their performances by setting special awards or evaluation items. For example, the International Gymnastics Federation could set up the "Best Cultural Performance Award" to select those performances that successfully integrate traditional culture with competitive gymnastics and encourage athletes to pay more attention to the embodiment of cultural connotation when composing music. Special events and lectures can be arranged during the Games, and cultural experts can be invited to share the historical background and artistic features of ancient music in China with artists so that the audience and athletes from other participating countries can better understand and appreciate this culture and promote cultural exchanges. Using new media platforms such as social media and live video, we can widely spread the wonderful performances of China's traditional culture and modern sports, attract the attention of international audiences through vivid visual content, and then enhance their understanding and acceptance of China culture. On the one hand, it can enhance the cultural atmosphere of the competition; On the other hand, it can create a broader space for the deep integration of China's ancient Chinese music and competitive rhythmic gymnastics, and promote the spread and development of Chinese traditional culture in the global scope.

5.3 The enhancement of the public's cognition and support for China's ancient musical gymnastics through media communication

In this process, TV, online video, social media, and other media platforms can be used to make special programs or short videos to show the wonderful performance of the combination of ancient music and competitive rhythmic gymnastics, that is, to attract a wider audience through vivid visual presentation and touching story narrative (Xu, 2023). For example, variety shows can invite well-known athletes to cooperate with traditional musicians to create a performance combining traditional and modern elements, which not only enhances the appreciation of the show but also

provides the audience with an intuitive cultural experience. You can also show the charm of ancient gymnastics to the audience in real time through live online events and activities so that the audience can gain relevant knowledge and background stories about ancient gymnastics while watching the performance. Actively cooperate with cultural institutions, schools, and communities to hold relevant lectures and experience activities, so that the public can personally participate in the creation and exercise of ancient musical gymnastics, and further enhance the sense of participation and identity. These multi-dimensional media communication strategies can not only enhance the public's understanding and love of China's ancient musical gymnastics but also inspire the public's enthusiasm for participation, thus laying a solid mass foundation for the development of this art form.

6. Conclusion

By studying the creation of ancient Chinese music within the framework of competitive rhythmic gymnastics, this paper delves into the multifaceted integration of traditional culture and modern competitive sports. This fusion not only highlights the aesthetic and technical elements of gymnastics but also introduces a deeper, more nuanced layer of cultural heritage. Ancient Chinese music, characterized by its unique melodies, instruments, and rhythms, brings an emotional and historical richness to the performance, transcending the boundaries of sport and art. This integration encourages athletes to embody cultural stories, philosophies, and emotions, thus transforming their routines into a narrative performance that resonates with both domestic and international audiences. Furthermore, incorporating ancient music into rhythmic gymnastics introduces a powerful platform for cultural exchange, promoting a deeper understanding and appreciation of China's artistic legacy in a globalized context. The synergy between the two fields fosters creativity and opens up new possibilities for choreography, enabling athletes to express not only their physical capabilities but also a sense of identity and connection to their cultural roots. As this practice evolves, it will likely inspire further innovations in the realm of artistic sports, helping to preserve and rejuvenate traditional arts while enhancing the global profile of Chinese culture through modern, competitive arenas.

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