

RESEARCH ON THE INFLUENCE OF STRENGTH TRAINING OF TRUNK PILLAR ON LATIN DANCE ROTATION TECHNIQUE

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Research Objective: This paper takes the influence of torso pillar strength training on Latin dance rotation technique as the research purpose. In Latin dance, rotation technique is an important indicator to measure the skill level of athletes. Superb rotation technique can improve competitiveness, increase appreciation and affect performance in competitions, which has very important significance. The main objective of this study is to determine the scientific training content and test index and find the training method suitable for the improvement of Latin dancers' rotation technique through trunk pillar strength training as a training method to improve the Latin dancers' rotation technique by combining the characteristics of Latin dance technique, athletes' level and trunk pillar strength training principle. It provides theoretical reference and practical reference for improving Latin dance rotation technique training in the future.

Research methods: This paper adopts the method of literature, expert interview and experiment. Forty sophomores from the Department of Music and Dance of Sichuan Technology and Business University were selected as research objects and divided into control group and experimental group. After screening, there was no significant difference in gender, age, training years and dance level of all subjects. The experimental group underwent 6 weeks of torso pillar strength training (prone Y-word, side bridge support, supine leg lift, back bridge support, hip bridge, etc.), and the control group was tested with Latin dance rotation (fixed point turn, spiral turn, flat turn, etc.) in addition to extracurricular without adding additional strength training. Invite CDSF national judges Dongfang Wu, Jinsong Wang, Peng Huang and other experts to evaluate their dance moves according to the rotation indicators (posture, speed, coordination, vertical spine) of the technical quality rules in the WDSF 2.1 scoring system.

Results: The test scores of the experimental group were significantly improved compared with those of 6 weeks ago ($p < 0.05$), and the rotation technique was significantly improved. The test scores of the control group had no significant change compared with 6 weeks ago ($p > 0.05$), and the rotation technique had no significant improvement. Therefore, the strength training of trunk pillar can improve the Latin dance rotation technique significantly.

Research conclusion: The addition of torso pillar strength training can effectively improve the Latin dance rotation techniques, so as to improve the technical level of Latin dancers and get better results. The application of trunk pillar strength training in Latin dance rotation training can reduce the probability of injury of Latin dancers in the process of dance training and achieve a better preventive effect. It is suggested that we should pay attention to the technical characteristics of Latin dance and take appropriate load measurement in the practice of trunk prop strength training.

Keywords: trunk pillar strength training; Latin dance; Rotation technique.



(Pictures of trunk pillar strength training)

Reference literature:

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