

On the Benefits of Chinese Traditional Recitation Performance

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Abstract

The traditional Chinese recitation performance can bring people more benefits. Through the research, the article lists five categories of learning and practicing recitation. Hope to let more people learn to read, understand the reading, love reading, through the way of reading, let people worry more healthy.

Keywords

Recite; health; broadcast; host.

1. Introduction

Recitation is an important practice method for improving oral expression ability, and it is also an important learning content of broadcasting and hosting, performing literary works, appreciation of ancient poetry, Mandarin, lines, speeches and eloquence courses.

What are the advantages of learning to broadcast literary works and recitations? Mr. Ye Shengtao, the senior of Chinese education, once said: "when chanting, we should not only understand the inquiry rationally, but also realize it kindly. Unconsciously, the content and the method become the readers' own things, which is the most valuable realm." Reading, especially reading Chinese books, requires reading aloud. What's the point of reading aloud? This means a lot, read more, naturally understand the phonology of words and words. In other words, I also know the knowledge of Pinyin between words and languages. No matter Chinese or foreign language, recite loudly and slowly understand it. When phonology is understood, the knowledge in the future will be broad. If you learn foreign language, no matter English, French or German, you will understand the spelling of phonology as soon as you learn it.

In fact, the benefits of recitation go far beyond that. It can cultivate language sense, deepen impression, improve understanding and generate self-confidence!

2. Enhance the Temperament and Gas Field

In the learning atmosphere of art, if the people around you are not high in appearance and unique in voice, they will be naturally stimulated and influenced by entering this circle, and constantly improve their aesthetic and physical appearance, because your image and body language will give you a lot of points. Slowly you will feel that under the influence of art, your temperament will be improved. At the same time, because the essence of recitation itself is that the reader is appreciating his own voice. As time goes by, reading is conducive to the self-cultivation of image thinking ability.

3. Have A Confident Personality

Introverts often make a small voice, if they can insist on reading literary works and other articles and books loudly, it is easy to make people become good at talking, and their personality

will change accordingly, which is conducive to changing their inferiority complex. Most of the outstanding manifestation of inferiority is that they dare not read aloud. From the beginning of reading to learn and train, many people with low self-esteem can form a certain thinking ability in the process of reading, and finally become confident.

4. Improve Oral Expression Ability

Exercise eloquence, through recitation can make our speech clear, coherent, smooth, easy to express our minds and communicate with others. For any industry, communication skills are necessary equipment. You want to express a meaning. How to express it? Different intonation, mood and context are different for the listener to receive different information and responses. This will also expand the range of topics you chat with people, and talking about any topic will not make you unable to catch up. You'll make a lot of money in the workplace. Whether you are expressing your opinions in meetings, negotiating with customers, or speaking to leaders on stage about your plan, PPT, powerful momentum and skillful communication and expression skills, it will be easier to persuade the other party and feel your professionalism, so as to express your approval.

5. It's Good for Memorizing Materials

Recitation, so that the brain in a state of extreme excitement. This can stimulate in-depth understanding of articles and books, which is conducive to memory. This is what people call "reciting memory method". Reciting literature and art works such as nursery rhymes, ancient poems and ballads is conducive to enhancing memory. At the same time, reading aloud requires concentration, and the brain is in an "empty" state, which is very helpful for memory.

6. Reading Aloud Is the Necessary Way to Form the Sense of Language

It can be said that there is no real sense of language without reading the article aloud.

Recitation can form a good sense of language. Recitation is the most effective way to internalize Chinese materials. It can accumulate the sense of language formed by recitation. The result of recitation will make students "make a speech". It accumulates a large number of vocabulary, rich and colorful forms of language expression, which has a direct imitation and reference for our writing. Moreover, recitation is conducive to the reappearance of "poetic beauty". Every manuscript of literary works has the beauty of "poetry" and the inspiration of the author's beauty. Only recitation can restore this beauty to the greatest extent. The beauty of rhyme, rhythm and momentum of famous works can only be really felt in reading, and the starting, bearing, turning and combining of articles can only be deeply felt in reading. If we insist on reading for a long time, we will know, experience and possess the essence of famous works from sensibility, intuition and entirety, actively digest and absorb them, and improve our writing level.

7. Recitation Will Make People Physically and Mentally Healthy

When people recite excellent works of literature and art, they can arouse their emotions widely. Recitation needs extensive and deep thinking and memory. Parasympathetic nerves will strengthen work, and the brain will be relaxed, and the mood will be refreshed. Reading aloud can lower blood pressure. According to experts, reading aloud for 20 minutes can increase the body's heat consumption by 10%, and persistently gain the effect of weight loss. The blood pressure of hypertensive patients will also decrease when they read aloud.

Reading aloud is good for health. It also means that chest and abdomen breathing makes a series of beneficial changes in the body. Reading aloud will cause the diaphragmatic muscles between the chest and abdomen to move up and down greatly, so as to promote the lungs to breathe more air, which is called abdominal breathing. At ordinary times, people usually use chest breathing, which is a superficial way of breathing, the diaphragm movement range is very small, it is inevitable that air residues in the lungs can not be fully discharged. When reading aloud, especially when encountering long sentences, the lungs will be completely emptied, and more fresh air will be absorbed when the next inspiratory action is taken. Increased diaphragm movement also sends signals of relaxation to the brain. After receiving this signal, the brain will send instructions to muscles and blood vessels to relieve tension, resulting in a drop in blood pressure.

Reading aloud can improve backache and backache, at the same time, the blood circulation of gastrointestinal will be more smooth, and eliminate the cold in the abdominal cavity. With the increase of the recitation voice, the posture of the body is naturally more and more correct, because it is impossible to let the volume go without holding up the chest and abdomen. In the same way, people with shoulder acid and low back pain at ordinary times can improve their discomfort by taking deep breath to drive their back muscles.

Recitation has so many advantages. Let's start reciting together.

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