

LETTER TO THE EDITOR

The Concentrated Training Method of the Lower Angle of the Dragon Boat under the Ecological Environment

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Aiming at the relationship between the concentration training and the speed of the dragon boat under the current ecological environment, this paper analyzes the problem that the traditional folk dragon boat slicing technology has a large angle of water inflow and a short stroke distance. The future planning of the dragon boat is described. Improvement and improvement in the direction of long, sturdy, fast and clever. Proposing improvement and improvement of the sizing technique is an important step to promote the dragon boat movement to the world.

Dragon boat lower paddle angle; Concentrated training; Incremental extraction; Water stroke distance; Large angle of slurry into water.

1 INTRODUCTION

With the continuous deepening of reform and opening up, China's sports industry has achieved unprecedented development. The dragon boat sport, which is a traditional sports event for ethnic minorities, has also developed rapidly. The dragon boat movement was originally a local sport popular in Guangdong, Guangxi, Hunan, Guizhou, Sichuan and other provinces. With the improvement of people's material and cultural living standards, it is more and more popular among the masses. It has now evolved into a national formal competition. The National Dragon Boat Association held the first Qu Yuan Cup Dragon Boat Race in 1982, and it was held every two years. Since the Fourth National Minority Traditional Sports Games in 1991, the Dragon Boat Sports became the national minority traditional sports games. With the constant exchange of sports in various countries, the dragon boat movement has received more and more attention from all countries. It will also become a world-class entertainment sport that is popular among people of all countries. It is reported that the first World Dragon Boat Championship was held in Shanghai this year. It has positively promoted the development of the dragon boat sport. As a related person engaged in dragon boat training, he has led the team to participate in the dragon boat race of the National People's Republic of China. From these competition practice and peacetime training practice, the author made some preliminary discussions on the paddle technique of the dragon boat movement to promote the development of the dragon boat movement (Aydin and Eker 2017, Gulsoy et al. 2017, Ilseven 2017).

Peng-Tao Ma published an article in the journal Ekoloji's 2019 Issue 107 entitled "The Way and Environment of Physical Training of Canadian Athletes and Inspiration". This paper addresses the popular view of the education and development of elite athletes who believe that athletic excellence is primarily the result of innate abilities or

extensive practice and experience. However, greater early attention to the identification and development of innate ability in early childhood will increase the likelihood of sub-optimal outcomes in general participation in sports, especially in the identification and development of natural abilities. In this article, we describe a framework for understanding how disadvantages and disadvantaged youth can deviate in athlete development. Specifically, we propose the use of life cycle skills to form theoretical conceptual biases and review three important deviations in athlete development: relative age, birthplace effects, and socioeconomic conditions, all of which are specific to the development environment of high-performance sports. Finally, we discuss the long-standing bias in high-performance motion and present several directions for future research in this area. Inspired by this article, this paper studies the method of concentrated training of the lower angle of the dragon boat under the ecological environment.

2 Problems in traditional folk sizing techniques

The speed of the dragon boat is not only related to the tactical arrangement and training level, but also the key to the effect of each paddle. The quality of the stroke is determined by whether the paddle technique is scientific and reasonable. The paddle technique is divided into five parts: preparatory posture, water entering, the first half of the stroke, the second half of the stroke, and the unloading. The problems of traditional folk sizing technology mainly have the following two points.

2.1 The water inlet angle of the paddle is greater than 90°

The driving force of the dragon boat comes from the reaction force of the water on the blade. The greater the reaction force, the faster the dragon boat advances. When the rower is struggling, there is naturally an upward picking action. Thus, the force of the blade acting on the water is obliquely upward to the rower itself, and thus the reaction force obtained is oblique to the underwater. The reaction force under the oblique water will produce two component forces, one horizontal component force and one vertical component force. The horizontal component force is the driving force for the dragon boat to advance, and the vertical component force can not only push the dragon boat forward, but sink the dragon boat. Increase the resistance, the strength of the paddling stroke, a considerable part of the dragon boat cannot promote the impact, affecting the dragon boat forward (As shown in Figure 1).

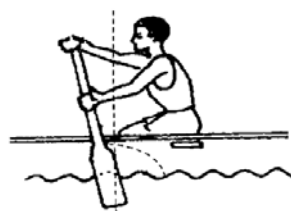


Figure 1 Angled water angle diagram

2.2 Short stroke distance

As mentioned above, since the water inlet angle of the paddle is greater than 90°, the starting hand does not actively extend forward, resulting in a short stroke distance. In the case of the same paddle frequency, the stroke distance of each paddle is too short, the force of the leg-turning waist is not fully exerted, and the force of the paddle on the water is not fully exerted. It is known from the physics formula $F=ma$ that since the total mass of the boat is constant, the acceleration obtained by the dragon boat is small, and the speed of the dragon boat is increased slowly. These shortcomings of the traditional folk paddle technology are very obvious at the National People's Republic of China. At the 4th National People's Republic of China in 1999, the Hunan Men's

Dragon Boat Team did not improve from the folk paddle technology because of its padding technology. Although their physical condition is good and the training time is not short, their final results. It is very different from the top three (see Table 1 for results). In 2003, this disadvantage was more obvious, because after four years, the team's paddle technology continued to improve, and the national dragon boat sport level has been greatly improved. The Ningxia Hui Autonomous Region men's team, which participated for the first time, still adopts the traditional Compared with the top six, the folk rowing technology has a larger gap (see Table 2 for the results).

Table 1 Final Table of the Dragon Boat Final of the 6th National National Games (Men 800m)

Team	Grade	Ranking
Guangzhou team	3'47"88	1
Xi'an team	3'48"	2
Hunan team	3'48"89	3
Sichuan team	3'58"90	4

Table 2 Final Table of the Dragon Boat Final of the 7th National National Games (Men 800m)

Team	Grade	Ranking
Guangzhou team	3'41"23	1
Xi'an team	3'42"05	2
Yunnan team	3'42"46	3
Sichuan team	3'46"94	4
Hunan team	3'49"33	5
Liberation army	3'49"76	6
Ningxia team	4'06"13	-

3.Improvement and improvement of dragon boat paddle technology

3.1The water inlet angle of the paddle is 60°~80°

(1) The first half of the stroke is effective

Professor Huang Minfu of Wuhan Institute of Physical Education has studied the water inlet angle of dragon boat paddles. It is considered that the water inlet angle of the paddle is more reasonable between 60°and 80°.Since the water inlet angle of the paddle is 60°-80°, the paddle must be inserted obliquely forward when the water is inserted into the water. The blade is inserted obliquely forward, and the force is downward and backward. The reaction force is upward and forward, and the forward force is obtained. Push the dragon boat forward; the upward force makes the dragon boat rise and reduce the resistance to advance. In addition, Professor Huang also believes that the first half of the stroke is an important part of the entire paddle technique. The force generated by it accounts for 60% to 70% of the entire paddle process, because this stage is a combination of legs, waist and arms. The most fully used stage, the paddle into the water to the completion of the first half of the stroke, the blade is from the forward oblique to the vertical, the blade acts perpendicular to the horizontal, and the force is the largest, that is, the power to push the dragon boat forward is the greatest. This process greatly improves the effect of the stroke.

(2) The second half of the drafting and the reasonable use of water discharge

With the end of the first half of the stroke, the legs will not turn, and the biceps of the starting hand will force the blade to continue to pull back. When the wrist of the lower hand is pulled to the hip of the same side, the wrist of the upper hand is screwed and the hand is started. The inner buckle of the wrist completes the unloading action, and then the paddle is restored. This link is closely linked with the first half of the stroke. The lower leg and the

biceps of the lower hand squat together to complete the second half of the stroke, which will give a greater driving force in the second half of the stroke. At the end of the stage, the blade is not picking up, but the buckle is unscrewed and the water is discharged outwards. This will neither cause the ship to sink or pick the water to the rear players.

3.2 The paddle distance of each paddle is lengthened

As mentioned above, the magnitude of the acceleration is related to the force of the paddle on the water. The greater the force, the greater the acceleration of the dragon boat, ie the faster the speed is increased. The force is related to the stroke distance of the paddle, the stroke distance is long, and the force is naturally large. Therefore, in order to increase the speed of the dragon boat, it is necessary to increase the stroke distance. Usually, when the water inlet angle of the paddle is kept at 60° to 80°, almost every team's preparatory posture is: the body leans forward, start straight forward. This stroke distance is not the longest stroke distance. To increase the stroke distance, under the premise that the water inlet angle of the paddle is constant and the body is leaning forward, plus the waist and shoulders, it is like a martial arts punch. When you turn your waist, you will be the same. Practice has proved that when the paddle is sent, the waist is turned shoulders, which is 15-20 cm longer than the distance between the paddles when the paddle is sent. However, to achieve this stroke distance, the flexibility of the shoulder and hip must be strengthened. The shoulders and hips do not have good flexibility, and this technical action is impossible.

3.3 Paddles into the water

The water entering the paddle is the beginning of the whole stroke process. The water in the paddle is weak or weak, which directly affects the effect of the stroke. The paddle is squatted, the first half of the connection is compact, and the force of the legs, waist and arms is concentrated and consistent. The effect of the first half of the water is greatly enhanced. On the contrary, the water in the paddle is weak and lacks strength. The water in the paddle will be out of line with the first half of the stroke, and even the water will be hit, which will affect the water stroke effect in the first half. To make the paddle, you must strengthen the triangle. The strength of the muscles, abdominal muscles, and latissimus dorsi.

3.4 Kneeling your legs and turning your muscles faster

Since the waist is slanted shoulders when the paddle is delivered, the stroke distance in the first half is inevitably lengthened. If the technique of the body is moved backwards according to the original squat leg, the strength of the waist is not fully exerted, and the bursting power is lacking. This will affect the speed of the stroke. Therefore, it is necessary to force the hips at the same time as the hips. This way, the legs, hips and waists form a twisting force, and this force is an instant burst. This momentary burst is the first half of the stroke. What is needed, the force is fast, the stroke time is short, and the speed is naturally accelerated. However, in order to complete this technical link, in addition to having better coordination, there must be strong leg strength and waist strength, otherwise it will be difficult to continue this action in a few minutes. In the 7th National Minority and In the Dragon Boat Race of the National Traditional Sports Games, the two teams from Guangzhou and Xi'an have outstanding skills in turning their legs and achieved good results.

4 DISCUSSION

Due to the paddling techniques of the two provinces, on the basis of the original, the link of the kick-legs was strengthened. Under normal circumstances, the paddles into the water while the body leaned forward, and after the kick-legged force, the body moved backwards. After the end of the traditional sports for ethnic minorities, the author felt that this technology still has defects, because the strength of the waist has not been fully exerted.

Therefore, the author has made some improvements to this technology, that is, after the paddle is put into the water, while the leg is exerting force, the waist is turned backwards. The improved one technology greatly improves the instantaneous bursting force of the waist and also improves. The stroke effect of the first half.

5 CONCLUSIONS

The application of standing and sitting paddle technology should be based on the rules of the game and the needs of the game. In the training cycle, according to the game plan, a reasonable proportion of standing and sitting training time should be established, and if necessary, the sitting posture technique should be developed. According to the characteristics of the athletes, they should develop their strengths and avoid weaknesses and form a technical style suitable for their own conditions. For example, athletes are relatively short in body size, and their height and length are not dominant. The single-paddle stroke is at a disadvantage under the same technology and should be flexible. The characteristics of the paddle frequency are increased to coordinate the overall stroke effect. Reasonable physical fitness distribution is a crucial factor affecting the performance of the performance. In the training competition, the optimal frequency performance of the paddle frequency should be determined according to its own situation, in order to achieve the best performance.

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