

# 编舞技术教程

张守和 著



中央民族大學出版社 China Minzu University Press



北京舞蹈学院60周年献礼 北京市教育委员会科研基地一科技创新平台资助项目

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#### 图书在版编目 (CIP) 数据

编舞技术教程(单人舞)/张守和编著. 一北京:中央民族大学出版社,2014.9 ISBN 978-7-5660-0833-6

Ⅰ. ①编… Ⅱ. ①张… Ⅲ. ①独舞—舞蹈— 编导—教材 IV. ①J711.2

中国版本图书馆 CIP 数据核字 (2014) 第 226897 号

#### 编舞技术教程 (单人舞)

编 著 张守和

责任编辑 白立元

封面设计 金奥都

出版者 中央民族大学出版社

北京市海淀区中关村南大街 27号 邮编: 100081

电话: 68472815 (发行部) 传真: 68932751 (发行部)

68932218 (总编室) 68932447 (办公室)

发 行 者 全国各地新华书店

印刷厂 北京宏伟双华印刷有限公司

开 本 787×1092 (毫米) 1/16 印张: 6

字 数 150 千字

版 次 2014年9月第1版 2014年9月第1次印刷

书 号 ISBN 978-7-5660-0833-6

定 价 69.00 元

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# 献给祖国六十五周年华诞!

Dedicated to the Sixty-five Birthday of Our Motherland!

# 献给母校六十周年华诞!

Dedicated to the Sixty Birthday of Our Alma Mater!

# 北京舞蹈学院现代舞教育研究中心简介

A Brief Introduction to Modern Dance Teaching and Research
Center, Beijing Dance Academy

北京舞蹈学院编导系创办于1982年。二十多年来,它在编导教学的理论与实践诸多方面,取得了令世人瞩目的辉煌成就,其中包括培养了大批的杰出人才,创作了大量的优秀作品。与此同时,它的课程不断得到丰富与更新,而这不仅对其教学体系的不断完善可谓至关重要,更是建立中国特色现代舞编导学科所必须做到的。为了适应新世纪的需要,进一步提高舞蹈编导专业的教学水平,并为国家造就出更多一流的编导和教学人才,北京舞蹈学院编导系主任张守和教授集二十余年的编导及教学经验之大成,创造性地编辑了这套《舞蹈编导专业教学系列教材》。

Since its establishment in 1982, Choreography Department of Beijing Dance Academy has both theoretically and practically succeeded in producing large numbers of outstanding choreographers and creating a great quantity of excellent dance works for the past over twenty years. At the same time, it has kept enriching and renewing its courses, which has not only played an extremely important role in improving its teaching system, but also turned up to be a must in building up the Modern Dance Choreography as an independent discipline with Chinese style. In addition to all this and

for the purpose of meeting the needs of the 21<sup>st</sup> Century, raising the level of choreographic teaching and training more of first-class choreographers and teachers, Prof. Zhang Shou-He, Dean of Choreography Department, has taken charge of producing *The Series of Visual Teaching Materials: A Basic Approach to Choreographic Technique*, based on his over twenty-year experience as both choreographer and teacher.

作为大中专院校舞蹈专业的必修课程,这套教材的特点是结构清晰、内容详尽、由浅入深、循序渐进,而光盘与文字同步的方式,则能确保教学中的每个环节能够一目了然、一看即懂,因而既可满足各地专业舞蹈院校及普通高校师生在编导专业上"教"与"学"的需要,也能方便社会各界舞蹈教学工作者及爱好者的使用。

As a compulsory course for the dance majors at the different levels from high school up to two-year diploma program and four-year BA/BFA program, this teaching material series could be characterized as having a clean and clear structure, detailed and thorough contents, as well as a step by step methodology; what is more, this carefully designed DVD will guarantee that every step in the complete teaching process will be clearly illustrated and easy to understand so as to meet the instructing and learning needs of teachers and students in dance schools and academies, dance teachers from all walks of life, and dance lovers as well.

### 张守和教授简历

Biographical Notes of Prof. Zhang Shou-He

北京舞蹈学院教授,硕士生导师, 编导系主任兼现代舞教研室主任,北京 舞蹈学院编导系学科带头人及现代舞学 科创始人,全国优秀教师。

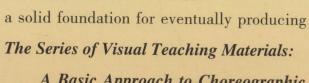
Professor of Beijing Dance Academy, Supervisor of MA student, Dean of Choreography Department and Director of its



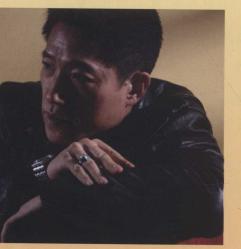
attached Modern Dance Teaching & Research Section, as well as the leader and founder of Modern Dance Major of Beijing Dance Academy.

1989年,毕业于北京舞蹈学院编导系,留校任教至今;1991年由国家派遣赴香港演艺学院研修现代舞;1993年在该系创建现代舞学科。20年来,他始终活跃在教学和创作的第一线,不仅为全国各地专业团体、院校及普通高校,培养了大批编导和编导教师,而且创作了多部在国内外获奖的舞蹈、舞剧、杂技及大型歌舞晚会。同时,他还多次应邀前往香港演艺学院、中国艺术研究院、沈阳音乐学院、西安音乐学院、武汉音乐学院等地,为大学本科、研究生教授《音乐编舞》、《现代舞编导》、《编导教学法》、《现代舞技巧》、《编导基础理论与技法》、《舞剧创作》等课程,主持撰写了《中国舞蹈编导教程》,独自撰写了《编舞技法教程》等编导教材。所有这些成就,均为此次推出的《舞蹈编导教学系列教材》奠定了重要的基础。

Kept as a teacher upon his graduation from Choreography Department of Beijing Dance Academy in 1989, Prof. Zhang has been teaching ever since then during which he co-founded the Modern Dance Major within the Department in 1993. In the past eighteen years, he has been extremely active in the forefront of both teaching and choreographing, thus not only producing large numbers of choreographers and teachers of choreography for dance companies, dance schools and academies, and general colleges and universities, but also creating many award-winning dances, dance dramas, acrobatic shows and large-scaled song and dance evenings. Meanwhile, he has been frequently invited to teach the courses like Choreography with Music, Modern Dance Choreography, Method of Teaching Choreography, Modern Dance Technique, Basic Concepts and Techniques of Chinese-Styled Choreography at The Hong Kong Academy for Performing Arts, China National Arts Academy, Shenyang Music Conservatory, Xi' an Music Conservatory, Wuhan Music Conservatory, etc., taken charge of writing The Textbook of Chinese-Styled Choreography, independently written the Textbook of Choreographic Technique, etc., and all this has laid



A Basic Approach to Choreographic Technique at this time.



# 写在教材出版之前的话 Preface before the Publication

曾几何时,学院派"技法泛滥"的话语萦绕耳边,更有甚者谈之: "编舞技法害其失去创造能力……"其实质, "教学"与"创作"是相互关联又截然不同的两个层面,此话语是将"舞蹈编导教学"与"实际舞蹈创作"混为一谈。

Before long, our ears were filled with such sayings that the academic "techniques have been over-flowed," "the choreographic techniques have led to the loss of creativity," etc. But as a matter of fact, "teaching" and "creation" are two co-related but extremely different levels in our dance profession, and what were said above have obviously come from the confusion of "teaching of choreography" and "choreography for stage."

即将展现在大家面前的是北京舞蹈学院编导系2006级现代舞编导班"学习编舞"的阶段性呈现,并按照我的"编导教学"步骤来进行的。面对有志于从事舞蹈编导行业的年轻人,面对他们蓬勃的热情,我所能够做的,仅仅是在有限的时间内,将前人和我们这代人丰富的编导理论与经验传授给他们,帮助他们在日后的创作道路上少走些弯路,少吃些不必要的苦头,以便能将更多的精力,用在直面现实、获取新知、力推新人与新作之上。

Next, what you are going to see is a documentation of the final examination of Grade 2006 Modern Dance Choreography Major, Choreography Department of Beijing Dance Academy, with me to lead

this "teaching of choreography" process. And what I could have done is no more than passing the rich theories and experiences in choreography of both our forerunners and my generation to those youngsters who are determined to do choreography as their career and with such enthusiasm within a limited period of time, helping them avoid detours and suffer less miseries, so that they could devote more of their energy to face reality, gain new knowledge, present new talents and choreograph new works.

目前呈现在大家面前的,并不是一个个纯熟的作品,而是第一学年第一学期课堂教学的阶段性成果。我相信,在按教学脉络整理出来的这堂考试课展演中,大家能看到一个严谨的教与学的过程,能看到师生在经历了种种艰辛后的坦诚内心……

Obviously, what I'm presenting you here is not a string of mature choreographic works, in stead, they are the result from our one semester's teaching and learning in 2007. However, I strongly believe that in this demonstration systematically arranged according to my choreographic syllabus, you could see a serious and careful process of both teaching and learning, as well as the honest and sincere minds of both teacher and students after we experienced all this hardships

张守和 Zhang Shou-He

# 前言

中国舞蹈编导专业的建设始于20世纪50年代后期,经过三十年的积累实践,随着我国的改革开放,直至1985年北京舞蹈学院才正式建立舞蹈编导专业本科。学科的建设需要长期的摸索实践,并在不断的教学实践中一点一滴地获得,而在这些过程中,社会进步又会提出新的变革,旧的总结与新的实践同步并进,使得舞蹈编导教学理论建设的工作永远在未知的空间里探索前行。

《编舞技法教程(单人舞)》这门课程作为初学的编舞者来说,是极为重要的基础课程,在四年的学习当中,它为学生们打下一个坚实和良好的学习基础,让学生们在学习编导的过程中,建立起舞蹈思维和动作思维。我们在教学的过程当中,不断地启发和培养学生们对动作的认识和创造。可以说,技术理论的应用只是编导教学的一块跳板,经由这块跳板,我们把学生不断领入更深邃的舞蹈创作世界中,开创学生的想象力和创造力,在未来的创作中任由驰骋。

通向编导成功的路途绝不止一条,并且永远没有尽头,要想获得更大的收获,注定要一生不断地学习。从这个意义上说:学习,就是为了打破——在一次次的自省和创新中获取新知,提升艺术的境界——是自我的完整,也是生命的完整。这或许才是技法学习最终期待的结果。

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