A wave of islands is coming——Islands in Zhejiang

Zhejiang province is a coastal province. And it's the country's largest island province. You can see many similar points which are islands in the East China Sea, actually they are distinctive. Let me show you their characteristic. You can just Tastes the beautiful of these differs.

By: Wantao Lin 131105238 class 4



1. Taohua Island

This island would be ordinary if the writer Jin Yong had not mentioned this name is his famous novel. But today, this name have been a classic memory in many people's heart. You come to here and feel you are in the novel.

So, in the island, there are some human landscapes that are related to this novel. As many TV series have been took in there, the filming sites become an attraction, such as Taohua Village. Jin Yong has written words for Taohua Village, which become an attraction.

Except the human landscapes, I want to introduce you natural landscapes. One is the beach Tawan Jinsha. Tawan Jinsha has

very fine sand, the sand was soft and pure. Some people take sea bath, sand bath, sun bath or just walk around.

2. Dongji Islands



As the name Dongji shows, is the east pole of China in a sense. So it means the first sun light of China in a day would be seen in here. In the Dongfushan Island, which is the most east inhabited island of Dongji Islands, when sky is dark, come to a beach, face the east, sit or stand, listen the sound of the sea, enjoy the slow time, wait for the sun rise. When the sun is rising, everything around you will be amazing beautiful. And the special of the sun rise in Dongfushan Island is that you can say it’s the first.

In Dongji Islands, there is a scenic spot that is called Sea of Potala Palace. It’s many stone house tier upon tier and like the Potala Palace if see it in the distance. However, stone houses are scattered in the whole island. Stone houses with green plants grow together, that’s what you can see of the building in Dongji Islands.

There is a couple, they are moved by the honesty and pure of people in these islands, so they leave big city and settled down in the island. The couple opened a small hotel in this island, live with blue sea, vast sky and kind-hearted people everyday.

3. Nanji Islands

Nanji islands are not well developed islands, it means there have less artificial traces. Underdeveloped commercial may cause some inconvenient, but one of the attractive things is

that it’s crude. If you like crude places, don’t miss it. What’s more, it’s a place that is not crowded in public holiday. These years, Nanji islands are speed up in develop. Maybe some years later, there will be as commercial as other places.
As for scenery, Nanji Islands are excellent. There have clear water and fine beach. In the beach, an interesting thing to do is find small halobios. Move a stone you will find many crabs, pagurians and conches. Waves come and go leave some edible seaweeds and clams on the beach. If you are not in the beach, you will see cliffs make up the border between sea and land. Wave beats stones in the seaside, making melodious sounds. The night in Nanji Islands is fantastic to us, who live in the city. You can see the dark sky is studded with twinkling stars, is the picture you can’t see in the cities nowadays.



Nanji Islands

4. Dongtou Islands

Compared with Nanji Islands, Dongtou Islands are developed maturely. Lingni embankment, the biggest cross sea dyke in China, related the mainland with Dongtou Islands. And seven cross sea bridges link eight islands. Some people would drive to the islands, some young people would take bicycle to the islands, from Linhni embankment. In a long dyke, both sides were sea and sky, nothing can obstruct your sight. You may

feel your heart is as wide as a sea surface at that moment.
Except developed in transportation, there are other aspects that are developed. For example, the infrastructures for people to live in the islands are well. The fishery is well-developed, so eat sea foods should be one in the to-do list. As sightseeing place, Dongtou Islands are abundant in scenic spots, which are more than 400.

5. Mount Putuo

Mount Putuo is one of the islands in Zhoushan Islands. Zhoushan Islands have many islands, Mount Putuo is highlighted because it hold an important status in Buddhist mountains. You may see a Buddhist on a mountain road, he will walk, then knock his head into the stone road, then walk. His forehead is black. He is so devout.

The temples in the islands attract many tourists. The status of the Goddess of Mercy attracts as well. The temples are full with the smell of joss sticks and candles. No matter whether they are believed in Buddhism or not, people would like to visit it.

You also can found beaches in this Buddhist Island.

There are many other interesting islands along the coastline in Zhejiang. Before you leave for islands, make sure you have been well-prepared. 1. Use proper sun block. 2. Do something to prevent be bite by mosquitos, because there are many mosquitos in the sea islands, you can see them even in the day. 3. Maybe you will take ships to get into the islands, if you have seasickness, do some preparation in advance.

Get more information about Taohua Islands? [LINK: http://www.taohuadao.com.cn/]

Basketball in life



by Zongwei Qu 134901108

Laws of life is basketball! A law of life is something that we choose to live by that guides us. The first law of life we need to choose to live by is bravery.

Bravery is having or displaying a sense of courage as well as being a daring individual. It is also a person who lacks the qualities of being cowardly or timid. Throughout history most great leaders showed that they were very brave individuals through their actions and as well as the way they carried themselves. They did not allow what other people or forces said dictate their actions. The character that shows bravery in the story, made it entering the NBA after the hard training. Even though the training might be hard and sweaty, he never gives up for his dream. He fights through himself in order to success. He welcomed every single challenge, because he knows that “trouble is the power that keeps you moving”.

Bravery on itself is not enough. When trouble comes, if you only have bravery but did not show any action, that is not success. The character kept moving when the adversary came to him. He never give up, because he knows that basketball is his life and he will like it for his whole life. At this time, if he gives up, he will never make himself into NBA, and will regret for life. Challenges are necessary in order to grow as individuals; they are necessary to improve our skills and polish up our talents; to help us to become as successful

individual in whatever endeavor we are involved in. And above all, challenges help us to discover who were really are and what we can do in difficult situation.

One you take the first step and decide to face a challenge, you have to state the problem and do it as clearly and exactly as you can. Your challenge might not like the ones the leading character had in this story, but what is similar is that you have to take time to understand properly the problem you are facing. It is important to continually challenge yourself in order to boost your power up. Find your favor and interest, put yourself in a challenging situation and try your best to overcome it. Stay calm and focused. Challenges help you to get out of the comfort zone. What does not kill you makes you grow stronger.

People will always hurl stones of taunts in their path of life. It totally depends on ourselves, what we make of it a wall of difficulties or a bridge over difficulties. We must be brave and accept it mentally because you never regret on your own decision. We cannot turn back time, but we can face our challenges and never let them defeat us to the path towards our success. Your inner self will be victorious and the difficulties will be defeated. Be brave, and live for your life. Do your favorite things, and never say give up?

Faith from ”the life of pi”

If we really even honest to discuss the ability of human desire, the most basic love and faith are lost, the film left what? To believe that the movie, drama,literature, with its unique charm, this is faith.

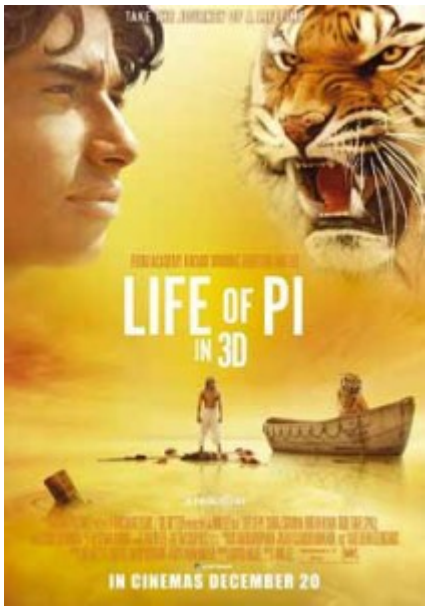
By xinying yu 134302116 class2

To see Ag Lee, all kinds of love hate entanglements.
I think, one day, the world would be like miss Kubrick miss Ag Lee. Like “life of Pi”, especially not forget that a tiger. To say goodbye, it is not turned back, the same I also cannot forget. Like Ag Lee the ease of a pen, which is full Oriental style opening of zen. Hollywood offers a huge canvas, Ag Lee above devoutly painted tiger in my heart. He makes people believe, belief is there,this belief has nothing to do with politics, even not as part of a religious,between the back and a tiger and don’t look back.



We suspect that all good, and refused to acknowledge the cruel reality. So,there are people of faith, and the tiger are than we tend to happiness.This is a story about drifting, this is a story about faith.
“Life of Pi” hero, is a religious youth. On the way, a family moved to Canada cargo ship sank, killing all send a family, fled to the lifeboat. And sent both in lifeboats, a zebra, a hyena, an orangutan and a dog named “Richard Pare”adult Bengal tiger. The first three days in the lifeboat, hyenas killed zebra,killed orangutan, “Richard Pare” and kill hyena. Then, 17 year old boy and an adult Bengal tiger, 227 days at sea, made a fantastic drift process. School and the “Richard Pare” from each other, want to kill each other gradually Independent on each other, depend on each other, this is a miracle. Because of the “Richard Pare”, send stick at the end; because of the belief that there was new, pie. In the film the end of the fast, and Pare finally landed, at the last moment, Pare did not look back, resolutely walked into the forest, sent

regrator interfaith is not is not right or wrong, but requires commitment.



In the film, the young because of the existence of multiple belief reprimanded by his father, a variety of faith is not belief. From the nature of sense, the belief that everything is on the existence and uniqueness of the truth believe that does not doubt, is a personal reflection and choice basis for action. After watching the movie, many people struggle which is the true story, actually it is meaningless. Maybe Ag Lee didn't know the answer, as we "as far as I can see, its all, bring me the enlightenment", have a look what we can see how much.

Jeff Chang sang in his song, "I love you, is loyal to their own beliefs, loyal to love. I love you, is from the soul, from the power of life. In the distant place,whether you are the same, hear me shout, love is a kind of belief.Visible, the belief is very important, in our life so, let us respect. Mining more good movies together ~ good movie is not only let the audience the joy in watching, and want to get more after the movie.

You can learn more from[Link]http://baike.baidu.com/link?url=sb2Akmu9RGGwET0e7sS5

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Shuttlecoke



Shuttlecock is an interesting Chinese traditional folk sports activities. Kick the shuttlecock, also known as "playing chicken".

BY Zhang Ziyang class 3
Shuttlecock, Originated in the Han Dynasty, flourished in the southern and Northern Dynasties and the Sui and Tang Dynasties, has been two thousand years of history, is one of the sports activities China folk, is one of the sports activities China folk, is a simple fitness activities.Kick the shuttlecock competition method is the latest in 2009 May invention of the "Chinese jjj". The ornamental, universality and competition are significantly higher than the old-fashioned shuttlecock game. Widely spread in China folk kicking shuttlecock most competitive game is "to play" or "play", this play shuttlecock movement from the Olympic spirit of "faster higher stronger" a recent move, which was generally

like China young people. To kick against the requirements to the ground lower height (among the highest point of about 90-120 cm) to the other foot vigorously shuttlecock, master to play between height and even as low as 20 cm. This “low point” play is very close to the football shooting action, so it is China JJJ absorption as highly ornamental and technical competition style. Thus it can be seen, China JJJ shuttlecock movement is the traditional a breakthrough innovation, will make the shuttlecock is find everything fresh and new, worldwide popular sports competition.By young children love. When I was in primary school, my mom and I play a shuttlecock game.

The game started, my first play, I do not know why, the shuttlecock does not always listen to my orders, I kick the shuttlecock, flying to the distance, in midair somersault, straight down, I quickly put the foot to kick, but fell to the ground. Oh! Isn’t it annoying. Then the mother kicked shuttlecock, but like a docile sheep, one two three…… Mom is really fierce, has played in eleven! I’m not discouraged, must call the shuttlecock to listen to my orders, not reconciled to my mom, and then go to practice, once, two times, three times…… Is really nothing in the world is difficult for one who sets his mind to it! Until the sixth time, I can finally play at six, I was so happy I jumped three feet high.
Then, mother and I play every three explosive game – kick can be divided by three, the explosion. This time I have confidence, believe they will overcome mom. The results, not what I expected, the continuous explosion mother two times, but I just exploded once! At that time, my heart is still sweet like honey, don’t mention how happy.
Kick the shuttlecock this game is fun, it is a whole body movement, can exercise, flexible limbs, and develop the thinking, really let me be overwhelmed with joy.

Development of the Hollywood star system

Hollywood is the film factory, for the fans all over the world, it is the production of the world star. Star in the world is the representative of Hollywood, as Eiffel Tower is France's representative, the Great Wall is China representative. Talk of the Hollywood movies, always think of Nicole Kidman, Tom Curise, Elizabeth Taylor, beyond count stars. In fact, the star is not only a movie role, but alsofor the develepment of the entire film plays a very important role in.

By:shi mi Chen 134302124 class 2

So what exactly is the star system?Simple to say. In early twentieth Century the Hollywood star system is a gradually formed in order to emphasize the actor (star), while the film itself or other elements of the commercial method, in order to get more audience. In the period of the star system, the emergence of a series of star, such as the mysterious actress Greta Garbo, sexy star Monroe.



Take Marilyn Monroe for the example. Monroe, a familiar name, familiar image. Almost everyone in the world in the process of growth is more or less over her famous photo, and memories: that one is wearing a white dress on the streets of New York, the skirt is underground heat blew open the horn of the black and white photo; the face of the lens eyes closed, lips pursed; on the sofa bare a pair of legs…… These photos are no longer the photos, and to convey a special emotion, a pure and sexy. For generations, Monroe like these photos, is eternal.



In fact, stop all in our audience minds are from the packaging of the company. In order to make the image of the stars shining, have greater box office appeal, all the work of

filmmaking industry must be around the stars to start.ln fact, Marilyn Monroe is just an ordinary girl, she even for a living shooting in the conservative's naked .But because of this system ,she became the many people heart of goddess. She starred in the film "the prince and the Showgirl" obtained the good box office. Not only is the company money, she won the Golden Global Award for best comedy actress.This is a win-win system.
The Hollywood star system makes Marilyn Monroe became a classic. Even if she had been dead for many years, her classic movies, she raised her white skirt sexy style, even every one of her face is still familiar. And Hollywood movies also resounded through the world. Until today, even though the Americans have left, through her, still can bring a lot of economic effect.Enough to witness the powerful of Hollywood movie star system.

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what the 5 must see films

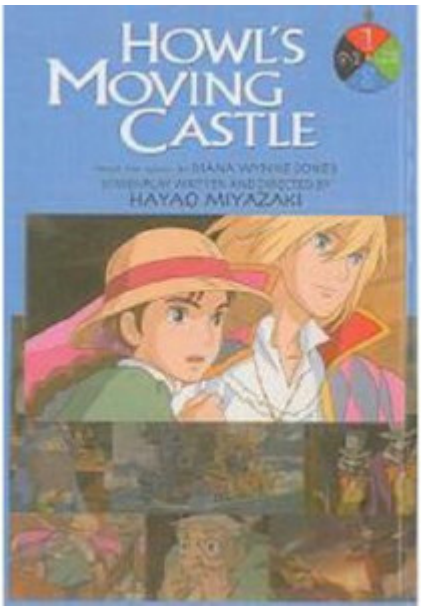
Movies, will always be people's biggest spiritual support, let a person gutty infinite daydream space, in this will make you feel infinite comfort, always can find inside something to the people around you or the conjunction point, this is how precious! I will introduce you 5 of my favorite movies, believe you will like it.

By: Xinying Yu 134302116 class 2

The film is indispensable in our reality life entertainment, I like movies in my life. what type of movie do you like? I think in the movies, we can experience different lives. Today let us have a look at the 5 must see films together.

1."Howl's Moving Castle"

the director: uncertainty, love Shaya Sukiyaki – the life uncertainty through the symbol's Moving Castle, and achieves the perfect.The director rich imagination, full creative control force of passion, perfect, in this cartoon reflects. The film showed my dream, I had a dream that he is a free life magician, and has a complete their own, able to escape from the reality of space. In this way, the moving castle became the most is my dream place. Well, I think if I explain, everyone in this movie is still not 100% identity,so, I told directly, I am deeply, deeply loves the little wizard howl! Hal mobile castle to the expression of a simple theme: courage and love. It seems a long time haven't read to win the circumstances of the book, "" Halmobile Castle feel the fun. Some people say I "have an indelible naivete",probably it will always love children's books. When more and more boring life,read the book, will help keep the sense of wonder.



2."The Seven Samurai" director: Kurosawa – all roles vividly screen, details of each hook is compact, the character is full complementary, real touching storysituation. Elegy and hymn warrior feelings reflect interleaving, express the heroin perseverance and indifferent. I can only use "greatly" four words to describe my admiration for Blackpoolemperor this masterpiece of love; the complex but coherent epic, strict and precise shot and composition, seven knights, and some farmers

are portrayed with penetrating, “rest” after Armageddon as grand, as the acme of perfection. In troubled times, the most difficult is to insist on, conduct does not fall, don’t put out the fire. For most ordinary as me, just want to home entertainment, this sentence is somewhat proud and large but impractical, but to the Warring States period, Japanese samurai, it is need to face everyday mind exercise,can not avoid the conduct of its fundamental: insist on or give up, the pooralso is rich, happy or otherwise? The camera is broken, the city, the barrencountryside, sallow child, heart like a dead man, is the smoke does not extinguish, Kou group across the road was muddy, bumpy……

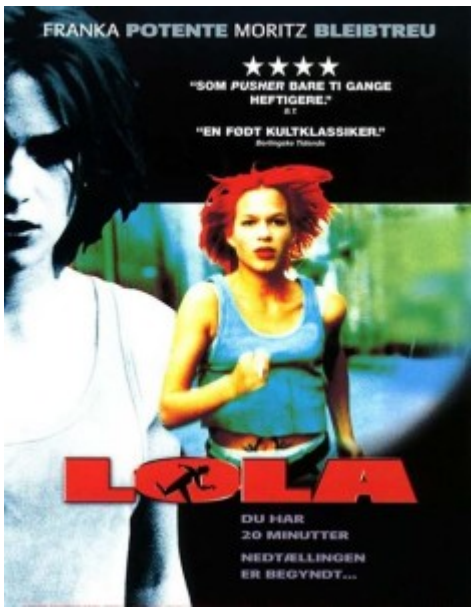


3.”Angel Emily”
the director: Jean Pierre heat – the director used beautiful show, a lovely, beautiful woman for everybody, this woman in love,contact your pursuit of love, all sorts of strange things naturally or half unconsciously to show their personality. Thus, the image of her more win support among the people. However, the man is the puppet, is offering, placed in the implicit or explicit booth, less chemical production process of love with a girl. This is a film about the life of a lonely you see how patiently persuade yourself to entertain the movie. You don’t have to be just, you don’t have to bebeautiful, you don’t even have to be young and lovely face,

you don’t need to have any meaning, you just need to live, and see everyone has quirks,everyone paranoid, everyone is afraid of not being loved. This is beauty, andsignificance.

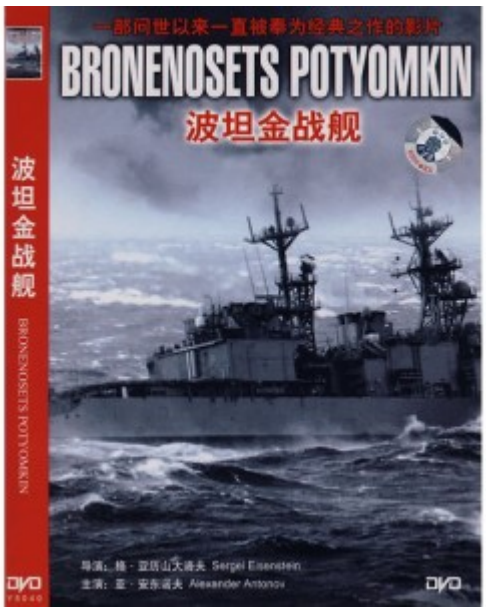


4.”Run Lola Run”
director: Tom Qwerty – the theme is very simple, expression is rich and diverse. The director will elements of fashion, music rhythm, plot development unifies perfectly in together, forming a dynamic life tragicomedy. In this movie, I see the importance of time. After people differently, the outcome will be changed. I believe you will be fascinated by this movie!



5.”Potemkin battleship”

director: Eisenstein – the clip force to drive the audience's mood changes, every picture has become the audience heart reason. In addition, the story of sacrifice, honor, national unity, so everyone in the audience to accept the patriotism education influence character by environment.



After my introduction, are you more interested in movies? Now, let us enjoy them together!! You can learn more from[Link：http://movie.douban.com/]

Travel in Hangzhou



In my memory, Hangzhou, this southern city in China is the love, beauty, and story. During

four days visit in Hangzhou, I could not describe my feeling by use the word, but by my heart.

By Li ruowen 130409125

Hangzhou silk is most famous product in China. I deeply love it, so window shopping silk and visiting Hangzhou silk museum were in my schedule. Its beauty feed my eyes. Sit in a small Tea shop and tasting Longjing Tea which was soaked by Hupao spring made me deeply enjoy the green Tea's favor. It satisfied my soul. It also is Hangzhouness most popular way to relax after work. Watching Qian tang river Tide, Tour towards to Thousand Islands Lake, were all amazed me. But I came to Hangzhou mainly for West Lake.

Ripping water shimming in the day,
Misty mountains shrouded the rain.
Plain or gaily decked out like Xi Zi,
West Lake is always alluring.

This poetry was composed by Su Dongpo. He loved West Lake and compared it as the most beautiful lady, Xi Zi in ancient China. Finally, his grave was located at side of West Lake.

West Lake is charming because she has a vivid life, touched legend, and nature outlook. After a tour guide, I decided biking to feel her again by my heart. Goo Mountain, Zhongshan Park, Xilengyinshe, Su Di, Bai Di, Su Xiao Xiao's grave, there are too many to count, but I finally stopped to Broken Bridge. I was deeply attracted by this traditional legend. It was about Bainiangzi who was originally a white snake. Because of her longing human being's life, after her practice asceticism over 1,000 years, she became a beautiful girl. It was fate, One day she met Xuxian, a young man at Broken Bridge. The weather suddenly became very rainy. Xuxian kindly shared his umbrella with Bainiangzi. With the foggy, romantic scenery, they fell in love in the first scene. Xuxian married her and they lived in a happy life.

With a 1000 years asceticism practicing, Not only Bainiangzi lovely and beautiful, she also has a magic power which can help poor, ill people, but her good behave made a monk Fahai alert. He knew Bainiangzi what was. He persisted to think her as an evil and decided to kill her. He came to Xuxian and told him about what his wife really was. Xuxian was very scared and died of fright. In order to save her husband, Bainiangzi risked her life and steal a holy grass from heaven which could save people life from death. Xuxian was back to life, but Bainiangzi was caught by Fahai monk and was locked under Leifeng Pagoda.

Because of their deep, dedicated sweet love, and over thousands years' waiting, the truly lover, the story has been moved almost everyone who heard it, but it also made me very sad. Bainiangzi still was locked under Leifeng pagoda. Leifeng Pagoda today still stands there and was remolded, even stronger. Poor love-struck and beautiful white snake seems never would have a chance to be released, even her sister, a dark snake tried so hard to save her sister's life. But Mr. Xuxian, I wonder where are you? Are you still there for her just like her? I wonder what you did for your wife. Please do not let your poor, love struck wife suffering under Leifeng Pagoda by herself with a broken heart. Please do not waste her love with traded by her thousand years' waiting.

West Lake, Love! Something I can never say it, she gave me a much deeper meaning than what I saw through my eyes.

Batman’s 75 anniversary:The secrets of bat cave

The legendary comic hero first appeared in May of 1939,by artist Bob Kane and writer Bill Finger. During the Dark Knight 75 anniversary Warner Bros and DC Comics was planning a year-long celebration!During this time,we will see new Batman slate, April 19, comic exbition, July 23 San Diego Comic Convention.The new limit Edition DVD (1966 Batman series, 25 anniversary, Tim Burton Batman 1989 version) On May 5, make amends Center in New York will be broadcast live on Batman 75 sessions, a documentary about Dark Knight,founders of this legend: Bill Finger

by Yifengyu 120507110 class 3



Here are some stories about people and batman in their daily

life.

ADAM WEST (in the starred in ABC TV's Batman, and Batman movies)

Once he was at Shea Stadium , he tooks 5 minutes to tell the band to relax, and he went to backstage under the tent in the background, the lights Dim, he took off Batman's Cape and suddenly two hands grab the cloak, and he heard the man said "I created you! I created you! "This guy is Bob Kane, The man who creates all the Batman ,after that Bob and Adam became friends.

LEN WEIN (writer/editor of Batman comics and TV version,he most famous place create the role of Lucius Fox with artist John Caln)

He said "In fact Batman has saved my life, when I was 17, I was misdiagnosed as the flu, when finally diagnosed with Golden after a staph infection,doctor told me, I don't have much time to live, in this period of time the only thing I can taking the drug was penicillin, I know death is not far away, in three weeks ' time, I will not miss any The Batman TV series, by this identification of willpower, the doctor in three weeks to discover new antibiotics—Keflin, they used the antibiotic to cure me, and in fact, I can continue to survive cuz Batman comics bring me amazing perseverance."

NEAL ADAMS (the legendary Illustrator)

"I started work DC Comics was in 1967, when they make the weird script, such as bat-mite and bat-Hound, and I want to save this created by Bob Kane's Batman from DC. So I asked Batman screenwriter Julie · Schwarz, I asked her can i work for her. Her answer is "get the hell out of my Office!" When I went to the down stairs, a courageous writer Murray Boltinoff, and he recommended me to cooperate with another writer Bob Haney, Haney and asked if I want to make changes to the script. I told him, ' 'I'm not going to let any scenes take

place in the daytime, because Batman is the Dark Knight, Batman is belong to night. ‘ so I started drawing produced as Batman. Three months later, I went to DC Comics, opposite Julie, she pulls a barking, only the brave and the bold is the Batman? I laughed, and said to her, even child knows how is Batman look like. Seems to be the only people who work at DC Comics does not know that “you work for me now, Adams ‘”Julie said.

Batman is not only in comics and movies, he’s also in our daily life,and influence on our lives. If you want to get more stories you can click here



Hip-hop And Our Lives

By: Ke Liu 134102207 Class 4

Hip-Hop came from New York 19 Centuries 60’s.From the word Hip-Hop can we know the meaning which is like dance. Hip-Hop just has been through so many years ,nowadays,Hip-Hop is becoming a sort of attitude, fashion ,music and sport so on.
Hip-Hop was came from street. Black people have no a truly better life than most white people, they are living in the ghetto ,or we can say hood. They have no enough money to pay the ticket for club, so they are dancing on the street, t hey have no money to play basketball in the park, so they are playing on the street ,they are also like to singing on the street ,so many elements was combined then to be the Hip-Hop.



Jeanguy on the stage

“To me ,Hip-Hop is really important. Especially the music, which we call rap.”Jeanguy Said.
“A rap has beat ,sometimes it also has some DJ scratching. Rap has so many genre, which are gangster, hardcore, old school and west side or east side. Everybody think that rap is full of sex ,cash and violence but they have no seen the essence of rap.”
Jeanguy is a black guy who intends to be a rapper, he focus on it so hard, concentrate his spirits in every single second. “A famous rapper Eminem who only had 2 dollars in the Christmas day before he came to be famous but he ain’t quit ,he was trying so hard, finally he got a shot, he seized that opportunity. Now he is a billionaire.”Jeanguy is just like Eminem ,he left France for China to hold Hiphop shows in

Dalian, he now works in Beijing.



Show time

Mentioned the influence of Hiphop to our lives, he gives me three points.

1. **Dressing style**

In China,You can see more and more teenagers wearing loose T – shirt and jeans, a pair of cool basketball shoes and a hiphop cap on his head. The hip-hop culture lovers and others formed a sharp contrast.

2. **The selection of music**

Those who like hip-hop music people often hold a negative attitude towards China-pop and K-pop. They always like the

songs full of the strong rhythm, emotions.

3. **Attitude to life**

Most of them pursue hedonism and gratification, like to live in the present .Express the dissatisfaction to the social problems as they realize there is one.
In the end, Jeanguy told me:"Hip-Hop has changed people's live and it has a extremely big impact to us. If you all think that Hip-Hop is dressed ridiculous and it is all about negative things, you are all wrong. Dressed like a Hip-Hop or act like a Hip-Hop that does not mean anything ,Hip-Hop is more about what is the way which you are going to take that can make your life diffirently and more better. No matter what is the issues ,you will confront it,never and ever surrender to it .Anyway, Hip-Hop may not means so much to you but it surely means to much to me."

Who Is The Next King of Rotate

You can rotate more than 4 hours without stop? Do you believe that someone did it? Do you know why they can do that? Let me tell you.

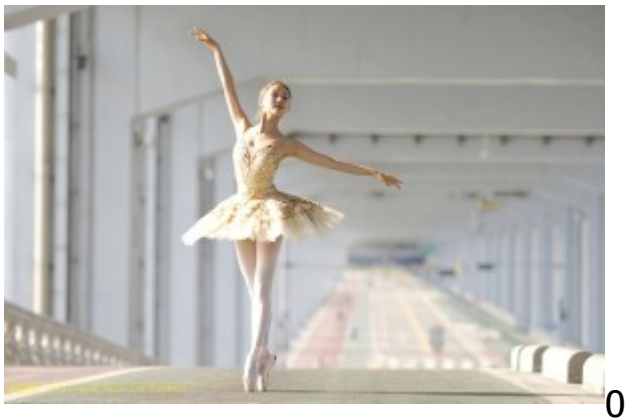
By:liting Liu 120101205 Class1



Xiao caiqi□□□□□

At 2014 Chinese Spring Festival, a traditional festival, a girl continuous rotation from the beginning to the evening party end left us a deep impression. Her stage name is“ Xiao caiqi”, Yang Liping’s niece, who is a famous dancer. Through out the Spring Festival Evening performances, she kept rotating in four hours. Because of this , she was called “time female.” Recently, a girl came from Ningbo to challenge her. The girl to continuously rotate six hours and she broke the record which “Xiao caiqi” set. Why they can rotate many hours without stop?

Reason one



On the one hand, her usual trainings make some help. Technology Site “Nutshell network” friends, zhitao Gen, who get a master’s degree in neurobiology Beijing Normal said:” Dizziness are usually caused by people circling motion sickness, and the reason is same caused by the nature of playing the game, both are derived from the sensory nerve balance – the vestibular. And the balance human vestibular organ is located in deep ears. It grows inside many

small plush, like plants, like shaking. “Plants” through the nerves attached to the brain. Our head have a move, these “weeds” followed Akira, the brain will know.” Along with beautiful melodies, ballet dancer tiptoe rapid rotation, when they stop, they can stand firmly. For this mystery, British scientists recently made a related study. They found that long-term practice of rotation allows ballerina change the relevant parts of the brain so to help them alleviate the vertigo. This discovery inspired scientists to develop a new method for the treatment of chronic vertigo. So people who want to rotate many hours must to practice again and again. If you want to be the next “Xiao caiqi”, the one thing you must do is practice.

Reason two



rotate□□□□

On the other hand some “tricks” she takes may be helpful. According to professionals, to keep rotating, one of the most important trick is eyes must always looking at an origin. This always called “stay head” in dance. However dancers need to do what when they are rotate? When the dancers on stage rotating, their eyes will stare at a certain point, even if first turn the whole body, their eyes staring at that point must continue until the body turned half, before the head and eyes fierce rejection of the past. This is the key to overcome the circular motion of vertigo. Moreover, keep balance of the body, the ability to control body, are also very important.

Reason three

What is always been ignored is that there are important relationships between the arm and the rotation. Among the rotating action of figure skating, often see rotating at different speeds. Some experts said this is mainly related with the angular momentum, when performers folded hands, reducing the moment of inertia, so that the angular velocity increases, the faster. Pictures from the show and we can also see “Xiao caiqi” arms slightly open, with a slight lift of rotation, “which to some extent can help her keep the body balanced.”

If you want to be the King of rotation, follow this, and you will be the next “Xiao caiqi”.