

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.

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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



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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”.