

A Discussion of the Impact of Domestic Ballet Body Standards on Dancers Lin Yue

国内芭蕾舞身材标准调查

A survey on the figure standards of ballet in China

北舞附中时期的身材管理与个人经历

Body Management and personal experience during the high school affiliated to Renmin University of China

讲话者分享了自己在北京舞蹈学院附属高中的经历，提到大部分老师倾向于舞者越瘦越好。她提到自己虽然一直很瘦，但在老师眼里还是胖，甚至因为胖了两斤被罚站。讲话者表示，这件事情给她造成了心理上的阴影。她还提到，新一代的老师，年龄段在 25 到 45 岁的老师，对身材管理非常严格，甚至要求记录每天吃的食物，导致有同学催吐。

The speaker shared his experiences during his time at the high school affiliated to Renmin University of Northern Dance, noting that most teachers preferred dancers to be as thin as possible. She mentioned that although she had been very thin, but in the eyes of the teacher or fat, and even because the weight of two pounds was punished to stand. The speaker said the incident had left a psychological scar on her. A new generation of teachers, ages 25 to 45, are so strict with their bodies that they are required to keep track of what they eat every day, causing some students to vomit, she said.

美国舞蹈学校对身材的要求与心理健康问题

Physical requirements and mental health issues in American dance schools

讲话者分享了自己在美国舞蹈学校的经历，她认为美国更注重健康，追求力量美。然而，她发现每个人其实都在跟自己的身材作斗争，有同学因为压力大而报复性饮食，导致越来越胖。讲话者提到，虽然老师表面上不会说什么，但背地里会给学生压力。她还提到，有些同学因为芭蕾而讨厌自己，觉得不够瘦，不够好看，甚至选择不再跳舞。

The speaker shared her experience at the American dance school. She said the United States is more health-oriented and pursues strength. However, she found that everyone was struggling with their bodies, with some classmates getting fatter and fatter as a result of their stress-related vindictive diets. The speaker noted that while teachers may not say much on the surface, they can put pressure on students behind their backs. She also mentioned that some students hate themselves because of ballet, feel not thin enough, not good-looking enough, or even choose not to dance.

芭蕾舞者的身材焦虑与审美标准

Body anxiety and aesthetic standards of ballet dancers

在美国，虽然表面上提倡更加有力量、健康的审美，但实际上芭蕾舞者仍在暗地里追求纤细、细长条的形象。老师不会直接说舞者胖，但会通过其他方式暗示，如举不动、衣服穿不进去等，这种方式更让人难受。在英国，老师也不会明面说，但可能会通过换人举等方式来暗示舞者身材不够格。

In the United States, though ostensibly advocating a more powerful and healthy aesthetic, ballet dancers still secretly pursue a slender, slender image. Teachers will not directly say that dancers fat, but through other means to hint, such as immobility, clothes can not wear, etc., this way more uncomfortable. In Britain, teachers do not say, but may be through the replacement of the way such as the dancer body is not enough.

芭蕾舞者身材标准的来源与历史文化背景

The origin and historical and cultural background of ballet dancer's figure standard

芭蕾舞者身材标准的来源与历史文化背景有关，西方芭蕾史中给芭蕾舞者定位的形象是仙女，这涉及到禁欲感和打破当时丰腴是美的形象。芭蕾的出现完全是禁欲系，胸部裹紧，裙子在屁股半露不露的位置，人一定要瘦。

The origin of the ballerina's figure standard is related to the historical and cultural background. In the history of western ballet, the image of the ballerina is the fairy, which involves the asceticism and the image of breaking the plump and beautiful at that time. The appearance of ballet is completely abstinence system, the chest is wrapped tightly, skirt is in the position of the buttocks half exposed, the person must be thin.

芭蕾舞者追求瘦身材的原因与实际影响

The causes and practical effects of ballet dancers' pursuit of slimming down

芭蕾舞者追求瘦身材的原因主要是线条好看和灵活，瘦起来在双人舞上会有更多优势。然而，实际上瘦与否与托举并没有非常大的关系，更重要的是肌肉能力和核心收紧程度。观众的观感方面，从剧院第十排往后开始，舞者胖了或瘦了 5-10 斤基本上看不出来。

The main reason why ballerinas look thin is because of their good lines and flexibility, which gives them more advantages in pas de deux. However, actually being thin does not have much to do with lifts, but more to do with muscle strength and core tightening. The audience's perception, from the theater 10th row back, dancers fat or thin 5-10 kg basically can not be seen.

芭蕾舞者中的身材歧视与心理问题

Body discrimination and psychological problems among ballet dancers

在芭蕾舞者中，存在身材歧视现象，胖的舞者可能会受到嘲笑或讽刺，导致他们逃课或不愿意上高中。这种歧视不仅影响舞者的心理状态，还可能导致他们在专业圈里面一直得不到角色。此外，种族歧视在芭蕾界也存在，老师会在选角时考虑舞者的肤色。

In Ballet, there is body discrimination, fat dancers may be ridiculed or ridiculed, leading them to skip class or do not want to go to high school. This discrimination not only affects the psychological state of the dancers, but may also lead to them in the professional circle has been

unable to get the role. In addition, racism also exists in ballet, where teachers consider the color of a dancer's skin when casting.

女演员因变胖被建议休息，引发对舞者身材标准的讨论

The actress has been advised to take a break because of her weight gain, sparking a debate about the standard body shape for dancers

女演员因变胖被建议休息，引发讨论。有观点认为，国内院校或舞团对舞者的身材标准不科学，运动量大且限制饮食。不同老师对饮食的要求也不同，有的老师允许正常吃饭，有的则非常严格，甚至有学生一天只吃五颗枣。此外，还有学校实行碰一斤罚 100 的规定，罚款归老师所有，这导致老师希望学生越瘦越好。

An actress is advised to take a break because of her weight gain, sparking a discussion. There is a view that domestic colleges or dance companies on the dancer's body standards are not scientific, exercise and restrictions on diet. Different teachers have different dietary requirements, some teachers allow normal eating, some are very strict, and even students eat only five dates a day. In addition, there are schools to touch a catty of 100 fine regulations, fines belong to teachers, which leads to teachers want students to be as thin as possible.

关于舞者体重管理和老师罚款行为的深入讨论

An in-depth discussion of dancer weight management and teacher fines

讨论中提到了芭蕾舞中通常使用体罚，而中国舞则真的会罚款。老师每周都会因为学生体重增加而罚款，每超过一斤罚款 100 或更多，老师经常拿着钱下课。一个班有二三十个人，老师可以轻松赚到 3000 多。有老师会说将罚款给家长，但家长从未见过这些钱。还讨论了老师是否会给学生定一个瘦身指标，以及胖的话老师会如何要求。

It was mentioned that corporal punishment is commonly used in ballet, while in Chinese dance there is a real fine. Teachers are fined every week for weight gain, 100 or more per kilogram or more, and teachers often take the money out of class. With 20 or 30 students in a class, teachers can easily earn more than 3,000 yuan. Some teachers would say they would fine the parents, but the parents would never see the money. Also discussed whether the teacher will give students a weight loss index, and fat if the teacher will request.

舞者为了保持身材所遭受的痛苦和身体伤害

The pain and physical injury suffered by a dancer in order to stay in shape

舞者为了保持身材需要一直瘦，没有下限，胖一点都不行。有人回忆起罚款不是一斤 100，而是一两 100。还提到了中国舞特别严格，上课前称体重，周一看与周五的体重对比。老师因此赚得盆满钵满。接着讨论了为了保持身材，舞者可能会造成身体的伤害，如不来例假、没有体力、容易骨折、心率过缓或心律不齐等。有人因发育期营养不良导致骨头槽比别人浅，容易脱位。

Dancers need to be thin all the time in order to stay in shape. One recalled that the fine was not 100 yuan per pound, but 100 yuan per pound. Also mentioned that Chinese dance is especially strict, weighing before class and comparing the weight on Monday with that on Friday. The teacher made a lot of money. Then there's the physical damage that dancers can cause to stay in

shape, such as not getting their period, not having energy, breaking bones, having a slow or irregular heart rate. Some people have shallower bone troughs and are more prone to dislocations due to developmental malnutrition.

舞者因压力大和减肥导致的健康问题

Dancer's health problems due to stress and weight loss

讨论中提到一个演员因压力大、减肥过度导致一年没有来例假，甚至尿血。老师告诫大家别把自己逼太紧，压力大又减肥可能会造成不可逆转的伤害。还提到有朋友一减肥就不来例假，尽管在正常人看来已经很瘦了。有人为了考大学饿到 90 斤，一米七三的身高只有 90 多斤，甚至吃完就催吐。

The discussion mentioned an actor who missed his period for a year due to stress and excessive weight loss, and even blood in his urine. The teacher warned us not to push ourselves too hard, stress and weight loss may cause irreversible damage. He also mentioned that some friends who lose weight don't get their periods, even though they look thin to normal people. Some people in order to test the university hungry to 90 jins, 1.73 meters of height only 90 jins, and even eat to vomit.

对舞者健康问题的关注和舞蹈艺术发展的思考

Concern for the health of dancers and the development of dance art

讨论认为舞蹈作为一个艺术项目需要有人参与才能长久不衰地发展下去，但如果不在乎舞者是否健康，就无法保证这个学科能够很好地发展。然而，这个行业永远不缺新人，有大量新人挤破头皮想进团，没有人管老人的死活。

It was argued that dance as an art project needs people to be involved in order to develop in the long run, but there is no guarantee that the discipline will develop well without concern for the health of the dancers. However, the industry is never short of new people, there are a lot of new people want to enter the group through the scalp, no one care about the old dead or alive.

艺考竞争激烈，家长与老师对学生的健康要求严苛

The competition of art examination is fierce, and parents and teachers are strict about students' health

艺考竞争激烈，团里永远不缺新血液。有些家长与老师对学生的健康要求严苛，会指责学生不够瘦，太胖了，不能吃。有些父母比较好，会心疼孩子，选择陪读或者其他方式照顾孩子。但有些家长则会与老师站在一条线上，对孩子进行严格的饮食控制，甚至有的家长采用极端方式如裹保鲜膜来帮助孩子减肥。

The competition is fierce, and there is no shortage of new blood in the troupe. Some parents and teachers are strict with their students' health, accusing them of not being thin enough and too fat to eat. Some parents are better off, feeling sorry for their children and choosing to accompany them to school or take care of them in other ways. But some parents will stand in line with the teacher, the children on strict diet control, and even some parents use extreme measures such as plastic wrap to help children lose weight.

老师与家长对艺考生的减肥要求缺乏科学依据

Teachers and parents lack scientific basis for the weight-loss requirements of art test students

现在帮助小孩减肥的方法和训练都是没有科学依据的，可能是从几代之前传下来的方法，然后继续这样去用。而且，有些老师和机构会给孩子过早练习肌肉或进行系统的训练，这可能会影响孩子的生长发育。虽然有人认为过早的练习和训练会影响孩子的生长发育，但没有科学依据，也没有去做研究。

There is no scientific basis for the methods and exercises that are being used to help children lose weight. They may have been passed down from a few generations ago and continue to be used. In addition, some teachers and institutions will give children early muscle training or systematic training, which may affect the child's growth and development. Although some people think that early practice and training will affect the growth and development of children, but there is no scientific basis, nor to do research.

小艺考现象：过度追求瘦身与过早专业训练的影响

The phenomenon of minor arts examination: excessive pursuit of weight loss and the impact of premature professional training

小艺考现象中，有些人过度追求瘦身，甚至觉得越瘦越好。这种现象是无脑跟随，而且被无脑卷。跳舞不仅仅瘦就是好，有时间去减肥，还不如好好多练功。此外，过早的专业训练可能会影响孩子的生长发育，有些孩子因为过早的训练导致不长个，而有些偷懒的孩子反而长得高。这也证明了现在对身材的要求和训练体系可能是不科学的。

In the Xiaoyi exam phenomenon, some people are excessively pursuing weight loss, and even think that the thinner the better. This phenomenon is followed without a brain, and without a brain volume. Dancing isn't just about being thin. If you have time to lose weight, you might as well practice a lot. In addition, early professional training may affect children's growth and development, some children because of early training lead to not long, and some lazy children grow tall instead. This also proves that the current body size requirements and training system may not be scientific.

艺考生的生长发育与训练问题

The growth and development and training of art examinees

艺考生的生长发育与训练问题一直存在讨论，但没有得到解释。过早的练习肌肉或过早的让孩子形成一个非常系统的训练，可能会影响他的生长发育。有些练得非常好的人，不长个，包括练体操的。现在小艺考的训练方式，其实会影响孩子以后的发育，但因为这两年才开始卷，可能孩子还没有开始长大，所以还没有看到明显的影响。

The growth, development and training of art examinees have been discussed, but no explanation has been given. Training muscles too early or allowing a child to develop a very systematic training program too early May affect his growth and development. Some people who practice very well don't grow, including gymnasts. The current way of training for the minor arts examination would actually affect the child's development in the future. However, since the test had only started in the past two years, perhaps the child had not yet begun to grow up, so no obvious impact had been seen.

对比中俄芭蕾舞者的身材要求和训练方式

Contrast the figure requirements and training methods of Chinese and Russian ballet dancers

讲述自己在俄罗斯和中国学习芭蕾的经历，对比了两国对芭蕾舞者身材要求的严格程度。提到了在俄罗斯，老师对身材的接受度相对较高，而在中国，对身材的要求则非常严格，甚至到了极端的程度。还提到了中国芭蕾受俄罗斯影响很大，早期有苏联专家来教授芭蕾。

She recounted her experiences of studying ballet in Russia and China, and compared the severity of the body requirements for ballet dancers in the two countries. It was mentioned that in Russia, teachers have a relatively high acceptance of body shape, while in China, the requirements of body shape are very strict, even to the extreme. It was also mentioned that Chinese ballet was heavily influenced by Russia, and that ballet was taught by Soviet experts in the early days.

讨论国内芭蕾身材标准对演员职业生涯的影响

This paper discusses the influence of the national ballet figure standards on the actors' career

讨论了国内芭蕾身材标准对演员职业生涯的影响。提到了国内身材标准主要沿用了之前俄派芭蕾的身材标准，但这个标准对亚洲人来说更困难。还讨论了为了满足身材标准而培养出来的演员，是否会在长期内影响到他们的职业生涯长短。提到了国外演员四五十岁还在跳，而中国演员过了一定年龄就下去了。

This paper discusses the influence of the national ballet figure standards on the actors' career. It was mentioned that the domestic body size standards mainly follow the previous body size standards of Russian ballet, but this standard is more difficult for Asians. It was also discussed whether the length of an actor's career would be affected in the long term by his or her training to meet the physical standards. It is mentioned that foreign actors still dance at the age of 40 or 50, while Chinese actors go down after a certain age.

对比老一代和现代芭蕾老师对身材和饮食的要求

Contrast the body and diet requirements of the older generation with those of modern ballet teachers

对比了老一代和现代芭蕾老师对身材和饮食的要求。提到了老一代老师，如黄博红老师和曲华老师，他们的思想概念更科学，对身材和饮食的要求也更合理。而现代老师则更倾向于极端的饮食控制，甚至不让吃饭。还提到了成长期应该好好吃饭，不吃零食的观点。

The body and diet requirements of the older generation and modern ballet teachers were compared. The older generation of teachers, such as Huang Bohong and Qu Hua, are more scientific in their concepts and more reasonable in their requirements for body shape and diet. Modern teachers, on the other hand, are more likely to adopt extreme dietary restrictions, even denying themselves meals. The idea that we should eat well and not snack during our growing-up years is also mentioned.

中国舞蹈界对身材的要求及对舞蹈者职业生涯的影响

The requirement of figure in Chinese dance circle and its influence on dancers' career

讨论了中国舞蹈界对身材的严格要求，以及这种要求如何影响舞蹈者的职业生涯。提到了舞蹈者因年龄、身体状态等原因而提前结束职业生涯的现象，以及这种现象背后的原因，包括舞蹈界对身材的苛刻要求和舞蹈者心理压力等。

It discusses the strict body requirements of the Chinese dance community and how these requirements affect dancers' careers. It also mentions the phenomenon that dancers end their career early because of their age and physical condition, and the reasons behind this phenomenon, including the strict requirements of body shape and the psychological pressure of dancers.

国内外芭蕾舞者对身材要求的不同观念

Different ideas about body requirements of ballet dancers at home and abroad

对比了国内外芭蕾舞者对于身材要求的不同观念。在国外，芭蕾舞者更加注重健康，而在国内，则更加强调瘦。提到了国内芭蕾舞者在身材上的压力，以及这种压力如何影响他们的心理状态和职业生涯。

This article compares the different views of body requirements of ballet dancers at home and abroad. Abroad, ballerinas are more health-conscious, while at home, the emphasis is on thinness. Reference was made to the physical stress of domestic ballet dancers and how it affected their psychological state and their careers.

国内芭蕾舞身材标准的改变尝试与困难

The attempt and difficulty of changing the figure standard of domestic ballet

讨论了国内芭蕾舞界尝试改变身材标准的过程和遇到的困难。提到了引进舞蹈科学、进行体测等措施，但同时也指出了刻板印象和训练体系不科学等问题，这些问题使得改变身材标准的尝试面临很大的挑战。

This article discusses the process and difficulties of trying to change the body standard in the domestic ballet industry. Some measures such as introducing dance science and physical testing were mentioned, but some problems such as stereotyping and unscientific training system were also pointed out.

个人经历：从受伤到康复，对芭蕾舞身材标准的反思

Personal Experience: from injury to recovery, the reflection of the ballet figure standard

通过个人经历，讲述了因为身材过瘦导致的受伤和康复过程，以及这个过程中对芭蕾舞身材标准的反思。提到了通过增肥和练习普拉提等方式改善身体状况，同时也表达了对芭蕾舞身材标准的质疑和思考。

Through personal experience, it tells about the process of injury and recovery from being too thin, and the reflection on the standard of ballet figure in the process. Mentioned through weight gain and Pilates and other ways to improve physical condition, but also expressed doubts about the ballet body standards and thinking.

北舞舞蹈科学理论与实践脱节的问题及原因

The problem and reason of disconnection between theory and practice of North Dance Science

讨论了北舞舞蹈科学理论与实践脱节的问题，指出了舞蹈科学并没有真正运用到日常训练中的现象，并分析了其原因，包括老师们根深蒂固的观念和训练体系的不科学等。同时也提到了体育领域在这方面的成功经验，以及芭蕾舞界可以借鉴的地方。

This paper discusses the problem of the disconnection between the theory and practice of the

northern dance science, points out the phenomenon that the dance science has not been applied to the daily training, and analyzes on the reasons, including the deep-rooted ideas of teachers and the unscientific training system, etc. . It also mentions successful experiences in the field of sports and what the world of ballet can learn from.

舞蹈界老师对问题的认识和态度

Dance teacher's knowledge and attitude to the problem

舞蹈界的老师们已经意识到存在的问题，但他们不敢发声。因为在这个小圈子中，一旦说出不好听的话，可能会得罪人，导致大家不再给机会和情面。他们不敢站出来讲话，即使站出来，也会觉得这与自己无关，学生不行就被淘汰。这种态度对学生来说既不健康又不负责任，对练废了的学生来说很不公平，因为他们花费了大量的金钱和时间。

Dance teachers are aware of the problem, but they are afraid to speak up. Because in this small circle, once said bad words, may offend people, lead to no longer give opportunities and feelings. They do not dare to stand up and speak out, even if they do, they will feel it has nothing to do with themselves, students can not be eliminated. This kind of attitude is neither healthy nor responsible to the students, and it is unfair to the students who have lost their practice, because they spend a lot of money and time.

国内外舞蹈健康处理的差异

Differences in health management of dance at home and abroad

在国外，舞者受伤后能够得到很好的治疗，并有机会回到舞蹈上。但在国内，受伤往往意味着舞蹈生涯的结束，老师也会放弃学生。国内舞蹈健康领域的人可能不是舞蹈出身，意识不到很多问题。国内人的思想理念认为受伤后应看医生、扎针、多休息，但实际上越休息肌肉会萎缩，人越躺越废。而在国外，老师会鼓励受伤的舞者进行理疗和康复。

In foreign countries, dancers can get good treatment after injury and have the opportunity to return to dance. But at home, injuries often mean the end of the dance career, and teachers give up on students. People in the domestic dance health field may not have been born into dance and may not be aware of many problems. The domestic people's idea that injury should see a doctor, acupuncture, more rest, but in fact, the more rest muscle atrophy, the more people lie waste. Overseas, teachers encourage physical therapy and rehabilitation for injured dancers.

与舞蹈理疗师聊舞蹈身材标准的计划

Talk to a dance therapist about plans for a standard dance figure

计划从舞蹈科学、理疗师的角度，与一位专业人士聊一下国内舞蹈身材标准对舞者造成的身体负担。探讨是否可以在保持舞者健康的同时，满足一定的审美标准，如英国那样，保持看上去瘦但不过分极端的状态。希望通过这样的讨论，能找到一个健康且良好的发展方式。

From the perspective of dance science and Physical Therapist, the plan is to talk with a professional about the physical burden on dancers caused by domestic dance body standards. Explore the possibility of keeping dancers healthy while meeting certain aesthetic standards, such as the UK, to look thin but not overly extreme. It is hoped that this discussion will lead to a

healthy and healthy development.

国内外舞蹈者身体评估的差异

Differences in body assessment between Chinese and foreign dancers

在英国，舞蹈者在入学前需要进行详细的身体评估，以确定身体状态。而在国内，通常是在入学后进行体测，但并非每年进行，且执行并不严格。有时只是走形式，抽测的次数也很少，七年才抽到三回，而且测试内容相对简单。相比之下，英国的身体评估要详细得多。

In the UK, dancers are required to undergo a detailed physical assessment before entering school to determine their physical condition. In China, the physical examination is usually conducted after admission, but not every year, and the implementation is not strict. Sometimes just go through the form, the number of sampling is also very small, seven years to draw three times, and the test content is relatively simple. In the UK, by contrast, the physical assessment is much more detailed.