

1. What do you think is the current body standard in the Chinese ballet world? (Please be as specific as possible, e.g. height, weight, proportions, etc.)

As far as I know, the standards of Chinese ballet are close to Russian ones, except that Chinese dancers pay special attention to the length of the artists' legs.

2. What do you think are the sources of these body standards? (e.g. historical factors, cultural influences, western aesthetic standards, popular aesthetics, industry traditions, etc.)

This is dictated by the history of the development of ballet, ballet pedagogy, as well as canonical ballets, which require certain images of the dancer (for example, the ballet "Swan Lake")

3. Why do ballerinas need to be slender?

This is due to several factors: firstly, duet dance. Often the choreography includes duet dance with acrobatic elements. Men must be able to work with their partners without excessive strain on their backs, which affects their health. Secondly, female ballet technique. A ballerina dances on pointes. Accordingly, her weight is entirely on her ankles and toes. Excess weight will lead to leg injuries. Excess weight also interferes with the speed of the body, which leads to a loss of technique. Thirdly, the general aesthetics of ballet. Ballet is an art form that creates the image of an airy, flying person who strives to overcome the laws of gravity. With excess weight, a person looks heavy and down to earth, which does not correspond to the image of an airy dancer.

4. How do you view and deal with the issue of dancers' body size in your practical work? (e.g. selection criteria, training methods, psychological counselling, etc.)

We use the standards adopted in the Russian Vaganova School to carefully select students. Strict selection will solve many issues.

5. What impact do you think these body standards have had on the development of the Chinese ballet scene? (Positive or negative impacts, and specific examples)

I see more positive aspects in this. Chinese ballet theatres strive to maintain canonical standards of a ballerina, which has a positive effect on the technique of performance and the overall aesthetic perception of the performances. In this

regard, the selection for this profession is more strict, which I consider another positive factor.

6. What do you think about the curtain call video of the Central Ballet's performance of La Bayadere in which many audience members thought that the female principal dancer (QiuYunting) was too thin?

I don't think she's too thin. As long as it doesn't affect her health and ability to exercise.

7. What do you think about the Royal Ballet School's restriction of exercise for young dancers with a BMI of less than 8-9 % and the requirement to gain weight?

This is a forced measure. It speaks of the unbalanced distribution of workload and rest among students. With the right diet and workloads corresponding to age, such a need does not arise.

8. Do you think these standards are scientific and reasonable? Are they compatible with Asian genetics? Why? (You may elaborate in terms of physiology, psychology, artistic expression, etc.)

These standards have no scientific basis, so they should not be taken too strictly. This also has nothing to do with genetics. These criteria are entirely based on aesthetic taste and artistic validity of the image and role that the dancer plays on stage. If a dancer plays the image of a snake, then he should look like a snake... Science has nothing to do with it. Now many famous schools are trying to provide a scientific rational basis for this, trying to justify it from the point of view of physiology, medicine, etc. But all this is mainly needed by the parents of students, who need to be provided with at least some semblance of rational selection for school/theatre/role/

9. Are you aware of the body image requirements in the ballet/dance world in other countries or regions? If so, what do you think are the lessons to be learnt?

It all depends on the audience in each specific region, what kind of art they want to see, how they perceive beauty, why they watch ballet. Each country has its own cultural traditions, values, and perception features. This is important for the development of dance art in specific regions.

10. What do you think can be done to improve or change the current body image standards in the Chinese ballet/dance world to promote dancers' physical and mental health and artistic development? (e.g.

setting more scientific standards, strengthening professional support, changing social aesthetics, etc.)

Scientific standards in art will not help. It is necessary for dancers to learn to correctly distribute their personal and professional interests, to understand why the introduced parameters are needed, and how this will affect their professional activity. **A dancer, while still a student, must learn to control his body and his psyche, correctly distribute physical activity, rest and nutrition, be able to adjust his body to the professional requirements of the stage, without ruining his health. Students must be taught this.**