

傳承地圈技巧與創新課程實踐—以國立

臺灣戲曲學院民俗技藝學系高職部為例

彭書相·張惟翔·

摘要

本文針對地圈技巧之傳承、創新與課程實踐進行分析，藉由蒐集民俗技藝學系高職部各時期畢業展演之地圈穿圈技巧教學內容、文獻、影音、師資訪談、服裝與器材設備資料進行研究，同時運用運動科學的方式進行技術教學與動作分析，試圖歸納出更有效率之傳統技藝教學、傳承模式。

研究結果發現傳承地圈技巧創新課程實踐由三個時期演變：

一、1982~1996年由吳成琨、張連起教師指導，強調扎實的基本技法，動作較樸實。

二、1996~2001年經過上述兩位教師與高年級學生之經驗，再加上1996~2000年網羅大陸師資（王家朋）編導來台授藝，節目上開始有主題性，並在原有技術上增加難度與變化。

三、2001~2016年除大陸師資授藝編排外，節目開始著重故事性並結合舞蹈、戲劇、音樂（音效）、服裝、舞台技術與燈光等元素，大幅提升地圈表演的綜合藝術水準。此外，2008年舉辦的「創新教學工作坊」開始聘請各界專家學者共同參與並交流傳統技藝之傳承與創新議題。

結論，現今社會傳統技藝已逐漸沒落，為鞏固傳承穿圈基本技巧與創新穿圈難度，若能將傳統技藝融入體育課程將對傳統技藝的普及與保存有所助益，同時也提供學者先進另一個多元化課程之參考。

關鍵字： 雜技教學、地圈、體操、翻滾技巧

The Innovation and Succession of Jumping Through Hoops Curriculum- In Case of the Department of Acrobatics and Dance of National Taiwan College of Performing Arts

Peng, Shu-Hsiang* Chang, Wei-Hsiang*

In this study, an analysis was carried out targeting the heritage and innovation of hoop jumping techniques and curriculum implementation. By collecting the teaching contents of hoop jumping (jumping through hoop) techniques during Vocational Senior High School, Department of Acrobatics and Dance graduation performances, literature, videos, interviews with instructors, costumes and equipment data, a research was conducted. At the same time, the sports scientific approach was adopted to teach techniques and analyze the movements, attempting to summarize more efficient traditional skills teaching and heritage models.

The research results show that the implementation and analysis of innovative curriculums of hoop jumping techniques evolved spanning three periods:

1. 1982-1996 Under the supervision of Instructor Cheng-Kun Wu and Lien-Chi Chang solid basic techniques were emphasized, with simpler movements.
2. 1996-2001 Based on the experience of the above-mentioned two instructors and senior high school students, coupled with Mainland Chinese instructors recruited to impart skills in Taiwan between 1996 and 2000, the number of skilled instructors was the highest during this period; the programs became theme-based, and the original techniques involved greater difficulty and variation.
3. 2001-2016 In addition to skill teaching and arrangements by Mainland Chinese teachers, the programs focused on story and incorporated dance, drama, music (sound effects), costumes, stage technology, lighting, and other elements, substantially enhancing the overall art standard of hoop jumping performances. In addition, at the “Innovative Teaching Workshop” held in 2008, experts and scholars from all over the world were invited to jointly participate in and exchange ideas on traditional skill heritage and innovation related issues.

It is concluded that with the gradual downfall of traditional skills in today's

society, in order to consolidate the basic hoop jumping skills and innovate on hoop jumping difficulty, the incorporation of traditional skills into physical education curriculums will contribute to the popularization and preservation of traditional skills, which shall also serve as a reference for fellow scholars engaged in diversity curriculums.

Keywords : Acrobatics teaching, jumping through hoops, gymnastics, tumbling